

May all beings everywhere plagued
With sufferings of body and mind
Quickly be freed from their illnesses.

May those frightened cease to be afraid,
And may those bound be free.

May the powerless find power,
And may people think of befriending one another.
May those who find themselves in trackless, fearful
wilderness –
The children, the aged, the unprotected –
Be guarded by beneficial celestials,
And may they swiftly attain enlightenment.

- Buddhist salutation for peace