

Loving Kindness Created by IMCC community, March 2018

May we be filled with lovingkindness. May we be well. May we be peaceful and at ease. May we be happy.

Planting seeds in the garden this spring, may we be happy.

May we awake into freedom as we dig and water and weed and watch things grow.

May we open our minds and outstretched arms and grateful hearts to the yellow forsythia as it flashes its friendly high beams of joy.

May all who work in the soil and who bring food to our tables, may they be safe and free from danger.

May we all notice and receive the radiant warmth of the sun and its changing shadows.

And the deer who just ate all my new day lilies, may they be nourished and happy too.

May they not notice the rose bush just pushing out its first little leaves.

May all beings be joyful and nourished.

May all pets; dogs and cats, guinea pigs, hamsters and parakeets, all beings who live in land and sea, may they have a safe home and be well-loved and nourished.

May the mice that my cat is stalking slip away quietly and be free to raise her babies in peace.

May all wild animals; bears and wolves, cheetahs, giraffes and elephants, koalas and kangaroos, rabbits and woodchucks enjoy rain, shelter, and nourishment.

May all bus drivers and train conductors, pilots and taxi drivers be safe and free from danger.

May all beings who ride or fly with them be protected and happy. May they arrive at home in the arms of their loved ones protected and unharmed.

May we find joy and patience as we wait for the 3rd change of a traffic light.

May the immigrant and refugee be safe and be welcomed by their neighbors into their new homelands.

May all public servants, all police and emergency teams, all teachers and health care professionals be appreciated and safe.

May they be wise and discerning and patient and filled with kindness. May all who they serve be safe and protected recipients of justice and compassion and healing.

May all politicians and journalists, all kings and queens be filled with goodness and wisdom. May all who vote for them and serve them be prudent and sane; may they lean into happiness, civil discourse and kindness and justice for all.

May we be filled with universal blessing for the Nigerian who so much wants to send us money...

May the addicts and homeless, the people sleeping in doorways and on a few feet of cold ground, those panhandling with signs who stand next to me as I wait in my car, may they be well.

May those who walk down the mall, whose minds have slipped away, young and old, male and female may they be safe; may they have a chance, a respite and freedom from pain. May their feet and hearts be warmed with socks and shelter and care and rest.

May the young person or old person who makes a grave or foolish mistake have as many second chances as it takes to find their right path.

May those who are certain be blessed with the gift of uncertainty.

May those who are fearful learn to be brave and trusting.

May those who hurt feel the balm of love and forgiveness.

May the bully realize they'd rather be a friend.

May we see ourselves, along with our brothers and sisters, with kindness and care. May we pause during the busyness of our lives. May we all offer prayers to one another like individual fragrant flowers tumbling down.

May we be filled with overflowing light.

May we be held and rocked by the universe.

May our minds be clear and still like a singing bowl's last wave.

May we receive joy from the small moments of simple awareness.

May we delight in peaceful silence and in its passing.

May all beings be filled with lovingkindness. May we be well. May we be peaceful and at ease. May we be happy.