

Remembering Motivation

May all sentient beings attain happiness and the causes of happiness;

May all sentient beings be free from suffering and the causes of suffering;

May all sentient beings never be separated from the happiness that is without suffering;

May all sentient beings abide in equanimity,

free from attachment and anger

that holds some close and others distant.

The Dharma is deep and lovely

We now have a chance to see it

Study it, and practice it.

We vow to realize its true meaning.