

Pain

Let there be harmony.

Let there be energy.

*Let goodwill bring abiding health;
let love fill the being with radiance.*

Let there be bliss.

Let this pain
grow faint
and let this pain
disappear.

May all beings be free of pain;
may I too be free.

May I always
be filled with wholesome
feelings and thoughts;
may I be blessed
like all beings,
in the beginning, in the middle
and in the end.

*Let there be harmony.
Let there be energy.
Let goodwill bring abiding health;
let love fill the being with radiance.
Let there be bliss.*

May the goodwill I bear all beings
may this unqualified undemanding goodwill
and may the compassion all beings radiate
fill my body and my being
with pleasant feeling and wellness.
May good health and radiance
always fill my body and being.

*Let there be harmony.
Let there be energy.
Let goodwill bring abiding health;
let love fill the being with radiance.
Let there be bliss.*