

## Shantideva's Way of the Bodhisattva

I rejoice in the virtue of all beings!

To help attain the Way, I offer any virtue that I have.

May the pain of every living creature be completely cleared away!

May I support the life of boundless untold beings!

Just as does the earth. Enduring as space it-self,

May I be a bridge, a boat and ship, for all to cross the water!

May I become doctor, nurse & medicine for sick beings in the world.

May food and drink descend, ending thirst and hunger.

May I be the nourishment they need, until everyone is healed!

May I provide for the lost and destitute ~~~

Everything they need, through the night to guide them.

May this very life that I've received, liberate the world!

May even acts of harm, help the violent a-wa-ken.

May they all come to know, each and every joy.

Until free from pain,

may I be life for all beings throughout the ends of space!

Everything I've gained, I joyfully sur-render!

Every step I take, I'm moving with the world.

May we all come to know the promise of this life!

Just as all buddhas embraced the awakened mind,

Just as they embodied all bo-dhi-satt-va prac-tic-es,

For the sake of all, I do a-dopt the Spirit of Enlightenment,

and will follow the Way of the Bo-dhi-satt-va.

## Amazing Metta

May I be filled with loving kindness, May I-I-I be well,  
May I be peaceful and at ease, May I be ha-a-py.

May you ...      May we ...      Shanti, Shanti, ...

# Metta Song

(Tim Hamm)

May I be well, may I be happy, may I be peaceful and at ease.  
May I have courage, determination, and understanding for all I  
meet. May I be well.

May you be well, may you be happy, may you be peaceful and at ease.  
May you have courage, determination, and understanding for all you  
meet. May you be well.

And for my friends and teachers and my whole family,  
May they always meet with success and overcome their difficulties.

May they be well, may they be happy, may they be peaceful and at  
ease. May they have courage, determination, and understanding for all  
they meet. May they be well.

And for all living beings, especially my enemies,  
May we all be healthy and strong, and may we live in harmony.

May we be well, may we be happy, may we be peaceful and at ease.  
May we have courage, determination, and understanding for all we  
meet.

May we be well, may we be well.

~~~~~

## I am a Cloud / I am Free (Freedom of the Heart)

(a Plum Village song)

I am a cloud, I am the blue sky  
I am a bird spreading out its wings I  
am a flower, I am the sunshine I am  
the earth receiving a seed

And I am free when my heart is open I am  
free when my mind is still Oh dear  
brother, oh dear sister  
Let's walk together mindfully (joyfully)

(2x)