

BRAHMA VIHARA VOW*

[dedication offering the fruits of Brahma Vihara Bhavana]

May I be present for that which is painful and difficult to bear,
and offer Compassion.

May I be present for sorrow and sadness, and offer Joy.

May I be present for conflict, anxiety, and fear, and offer Peace.

May I be present for hatred, anger, and ill will, and offer Love.

* A compendium of phrases from the *Karaniya Metta Sutta* and the Mahayana *Bodhisattva Vow*, in the style of Francis of Assisi's aspirational prayer.