

Buddhist Prayers and Poems for Healing

A Buddhist Prayer for Peace

May all beings everywhere plagued with sufferings of body and mind quickly be freed from their illnesses.

May those frightened cease to be afraid, and may those bound be free.

May the powerless find power and may people think of befriending one another.

May those who find themselves in trackless, fearful wildernesses—the children, the aged, the unprotected—be guarded by beneficent celestials, and may they swiftly attain Buddhahood.

Karma

*Just as the soft rains fill the streams,
Pour into the rivers and join together in the oceans,
So may the power of every moment of your goodness
Flow forth to awaken and heal all beings,
Those here now, those gone before, those yet to come.*

*By the power of every moment of your goodness
May your heart's wishes be soon fulfilled
As completely shining as the bright full moon,
As magically as by a wish-fulfilling gem.*

*By the power of every moment of your goodness
May all dangers be averted and all disease be gone.
May no obstacle come across your way.
May you enjoy fulfillment and long life.*

*For all in whose heart dwells respect,
Who follow the wisdom and compassion, of the Way,
May your life prosper in the four blessings
Of old age, beauty, happiness, and strength.*

Golden Chain

I am a link in Lord Buddha's golden chain of love that stretches around the world.

I must keep my link bright and strong.

I will try to be kind and gentle to every living thing, and protect all who are weaker than myself.

I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now depends my happiness and misery.