

PEACE PRAYERS FROM VARIOUS FAITH TRADITIONS



Loving Kindness Meditation

Buddhist Peace Fellowship

This is what should be accomplished by the one who is wise,
Who seeks the good and has obtained peace.
Let one be strenuous, upright and sincere,
Without pride, easily contented and joyous.
Let one not be submerged by the things of the world.
Let one not take upon oneself the burden of riches.
Let one's senses be controlled.
Let one be wise but not puffed up,
and let one not desire great possessions, even for one's family.
Let one do nothing that is mean or that the wise would reprove.

May all beings be happy.

May they be joyous and live in safety.

All living beings, whether weak or strong,
In high or middle or low realms of existence,
Small or great, visible or invisible, near or far,
Born or to be born, may all beings be happy.
Let no one deceive another, nor despise any being in any state;
Let none by anger or hatred wish harm to another.
Even as a mother at the risk of her own life,
Watches over and protects her only child,
So with a boundless mind should one cherish all living things,
Suffusing love over the entire world--
Above, below, and all around, without limit;
So let one cultivate an infinite good will toward the whole world.
Standing or walking, sitting or lying down,
During all one's waking hours,
Let one practice the way with gratitude.
Not holding to fixed views,
Endowed with insight,
Freed from sense appetites,
One who achieves the way will be free
From the duality of birth and death.

Prayers from the Muslim Tradition:

O you who believe! Be steadfast witnesses for Allah in equity, and let not hatred of any people seduce you, that you deal not justly. Deal justly, that is nearer to reverence. Show reverence toward Allah: Allah is Aware of what ye do. (Surah Ma'idah, 🙏)

The Messenger of Allah (peace be upon him) stated that Allah Exalted and Glorious, said: My servants, I have made oppression unlawful for Me and unlawful for you, so do not commit oppression against one another. (Muslim 6246; from Abu Dharr)

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