



# Sokukoji Buddhist Temple Monastery

## Order of Immediate Light

### *Maitri Bhavana*

### Unlimited Friendliness

#### **(An Adapted Version of The Buddha's Metta Sutta)**

This is what should be done by the one who is wise, who seeks the good, and who knows the meaning of the place of peace.

Let one be strenuous, upright, and truly straight, without conceit of self, easily contented and joyous, free of cares;

Let one not be submerged by the things of the world;

Let one not take upon oneself the burden of worldly goods;

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 and at their ease!

May they be joyous and live in safety!

All beings, whether weak or strong - omitting none - in high, middle, or low realms of existence; small or great; visible or invisible; near or far away; born or to be born.

May all beings be happy and at their ease!

Let none deceive another, or despise any being in any state!

Let none by anger or ill-will wish harm to another!

Even as a mother watches over and protects her child, her only child, so with a boundless mind should one cherish all living beings, radiating friendliness over the entire world, above, below, and all around without limit.

So let one cultivate a boundless good-will towards the entire world, uncramped, free from ill will or enmity.

Standing or walking, sitting or lying down, during all one's waking hours, let one establish this mindfulness of good-will, which is called the highest state!

Abandoning vain discussions, having a clear vision, free from sense appetites and addictions.

May all beings be happy and at their ease!

This **Bodhisattva Prayer** is for anyone who has passed from this life.

Oh, Buddhas and Bodhisattvas, abiding in all directions,

Endowed with great compassion,

Endowed with foreknowledge,

Endowed with divine eye,

Endowed with love,

Affording protection to sentient beings and leading them into the light.

Please come forth through the power of your great compassion.

Please accept these offerings, both actually presented and mentally created.

Oh, Compassionate Ones, you who possess:

The wisdom of understanding;

The love of compassion;

The power of doing divine deeds and of protecting in incomprehensible measure.

.... is (are) passing from this world to the next;

(He/she/they) is (are) taking a great leap;

The light of this world has faded for (him/her/them);

(He/she/they) has (have) entered solitude with their karmic forces;

(He/she/they) has (have) gone into a vast silence;

(He/she/they) is (are) borne away by the great ocean of birth and death.

Oh, Compassionate Ones, protect them, as they are defenseless.

Be to (him/her/them) like a guide, like a teacher, like a loving mother and father.

Oh, Compassionate Ones, let not the force of your compassion be weak, but aid (him/her/them).

Let them not go into the miserable states of existence, but lead them into the Light.

Remembering your ancient vows.