



Practice for saving the lives of animals

You can save the life of birds, fishes, worms (usually used for fishing) or any other animal

- You can make a wish for the animal :
"May you be well, may you be happy. May you be a human being in your next life."
You can also chant a mantra , e.g. OM MANI PADME HUNG.
- After that blow gently on the body of the animal(s).
- If you have blessed water (with saffron) , add some on the animals' body. You can also give a bit of food.
- Scatter scatter the flower petals over the animals.
- You can take the animal round a sacred building (stupa, temple) or simply put it in front of a Buddha statue (a few minutes is enough).
- Finally: free the animal in a safe place (wherever is appropriate)