

When you are waking up

May all be happy and have the causes of happiness

Waking up, my eyes are open,

My heart is ready for the day

From head to toe I make this wish

With hands together I pray:

May everyone be happy,

May everyone be free,

May every being have the cause

Of happiness, just like me.



MIDDLE WAY
EDUCATION

Our advisor Dzongsar Khyentse Rinpoche provided the seed statement for this prayer for children to say in the morning.