

# **The Buddhist Scriptures, The Buddha's Sermon at Rajagaha, Verses 19-22**



Do not deceive, do not despise each other anywhere.

Do not be angry nor bear secret resentments; for as a mother will risk her life and watches over her child, so boundless be your love to all, so tender, kind, and mild.

Cherish goodwill right and left, early and late, and without hindrance, without stint, be free of hate and envy, while standing and walking and sitting down, whatever you have in mind, the rule of life that is always best is to be loving and kind.



## Prayer by Lama Thubten Yeshe



Today we promise to dedicate ourselves completely to each other,  
with body, speech, and mind.

In this life, in every situation, in wealth or poverty, in health or sickness,  
in happiness or difficulty, we will work to help each other perfectly.

The purpose of our relationship will be to attain enlightenment by  
perfecting our kindness and compassion toward all sentient beings.

