

Eight sentences that
can change the world:

May I be Well
May I be Happy
May I know Love
May I know Peace

May you be Well
May you be Happy
May you know Love
May you know Peace

Start out by holding your right hand over the center of your chest, then place your left hand over your right one and gently hug your chest.

Then say the above sentences. Think of yourself as you say the “May I ...” Think first of a loved one as you say the “May you...” Then to cleanse your heart, think of someone who has caused you pain or distress and repeat the “May you...”

The Buddha tells us - What we think we become.

From Venerable Thay Kozen, Abbot at Mt. Adams Temple & Retreat Center, as he taught the MDC Sangha at our 2021 retreat and 2022 retreat. Thank you Thay Kozen!