



Happiness Blessing

May all beings have happiness and the causes of happiness.

May all beings be free from suffering and the causes of suffering.

May all beings never be separated from the Joy that lies beyond suffering.

May all beings abide in equanimity. Free from the attachment, anger, and dullness, that hold some close and others distant,

Sarvesham Mantra

Sarvesham Svastir Bhavatu *May there be _____ in all.*

Sarvesham Shantir Bhavatu

Sarvesham Purnam Bhavatu

Sarvesham Mangalam Bhavatu

Om Shanti Shanti Shantihi

May all beings have health and wholeness

May all beings experience peace.

May all beings come to know the perfection of who they are.

May all beings be blessed with auspiciousness and abundance.

Om Shanti Shanti Shantihi

Om Shanti Shanti Shantihi

May we be blessed.

May we be blessed. May we be blessed. And may we be triply blessed. That we may be an even greater blessing to others.