

## A Daily Will-Prayer for Contemplative Self-Reflection

For recitation and contemplation after morning meditation

**May I be well:** This is a “will” prayer meant to work in the same manner as affirmations, transmuting the expressed thoughts into spiritual energy providing the right direction to oneself. **In body, heart, and mind:** with healthful living, sensitive emotions, and mindful thoughts. **May my intentions, words, and actions always be positive:** Thoughts, words, and deeds are the progressive building blocks of karmic weight that one carries. Be careful with each and every one. **for averting the negative, I shall light my own way:** Practice “pratipaksha bhavana,” (Yoga Sutras 2.33), that is, learn to cultivate an immediate positive thought to every time any negative thought enters the mind. **as well as the way of others:** Being your best positive self in all situations sets the finest example for others to see. **May I learn to relinquish anger:** Recall the words of the Buddha . . . “Holding on to anger is like drinking poison and expecting the other

**May I be well  
In body, heart, and mind.  
May my intentions, words, and actions  
always be positive  
for averting the negative  
I shall light my own way  
as well as the way of others.  
May I learn to relinquish  
anger and disappointment  
and rather show  
patience, compassion,  
understanding and determination  
to meet and overcome  
the many obstacles  
I will encounter in this life  
and greet the problems  
I cannot surmount  
With composure and grace.  
May I learn to be happy  
Instead of always  
seeking happiness,  
and create peace  
where before there was none.  
Peace for myself.  
Peace for my beloved others.  
Peace for all sentient beings.  
AUM shanti, shanti, shanti-he.**

person to die.” **and disappointment:** Stay open-hearted rather than shut down. Examine your expectations of others. **and show rather patience:** display the strength of self-control that allows clarity of vision to remain grounded for yourself and others. **compassion:** From Latin, meaning “co-suffering.” Go out of your way to relieve any suffering of another living being. **understanding:** A key to placing yourself in another’s position or place so you may act with discrimination and kindness. **and determination:** Meeting any challenge, act with perseverance and courage. **to meet and overcome the many obstacles I will encounter in this life:** Just as a caterpillar must struggle to emerge from its chrysalis, so we must likewise meet adversity. These arrive as natural consequences of our karmic choices, past and present, and offer us various opportunities to improve our moral character. Everyone, regardless of station in life, must engage with their karma.

**and greet the problems I cannot surmount:** There are always some issues in life that we encounter that are like the proverbial “Gordian knot,” presenting as an intractable obstacle. These could come in many forms, like a terminal diagnosis, some other health related malady that may radically alter your life, or even a major financial setback. Even so, we should try to meet them **with composure:** That is, try to face the situation with mental calm and self-control so that you may make the best choices among those still available to you. **and grace:** With serene acceptance and staying cognizant of the many joys life has given to us. **May I learn to be happy:** If our thoughts control how we are feeling, happiness should be within reach all the time. Appreciating what we have, showing gratitude at all times, is the key to happiness. **instead of always seeking happiness:** “The search for happiness is one of the chief sources of unhappiness,” (Eric Hoffer, American Philosopher). Why? Because true happiness is not at all contingent on external sources. It only comes from that internal source of contentment with what you have now in each present moment of your life. **and create peace where before there was none:** Life is fraught with all types and levels of conflict and even violence. Where does one start to remedy this? With you treating all people with kindness and understanding, regardless of relation, race, social status, gender orientation, sexual orientation, religion or spiritual beliefs, or the absence of them, in all circumstances. **Peace for myself:** Peace for yourself is not a place bereft of trouble or disharmony, but it means that in the midst of all things to still remain emotionally and mentally calm. It is known as the “state of steady wisdom.” **Peace for my beloved others:** Maintaining peaceful relations with family and friends is the proving ground for the practice of “Steady Wisdom.” **Peace for all sentient beings:** All beings or things wherein consciousness may reside are referred to here. This requires serious deliberation by everyone about what it means to practice ahimsa or doing no harm to any of these entities. One cannot bring peace to any sentient being or living system if we are doing harm or violence to them. **AUM shanti, shanti, shanti-he:** AUM, the creative sound of the universe and the threefold repetition of peace (shanti) close the prayer only to welcome the pathway to enlightenment to be felt in body, heart, and mind.