

## Reading from the Buddhist tradition

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May no one who encounters me  
ever find it meaningless.  
May the mere fact of our meeting  
contribute to the fulfilment of their wishes.

May I be a protector of the helpless,  
a guide to those travelling the path,  
a boat to those wishing to cross over  
or a bridge, or a raft.

May I be a lamp for those in darkness,  
a home for the homeless  
and a servant to the world.

Just as the earth and the other three elements together with space  
continually nourish and support all beings  
may I become that source of nourishment and sustenance  
that supports all beings throughout space  
as long as all have not attained to peace.

*From the Bodhicaryavatara*  
*By Shantideva (early 8th Century CE)*

