

## Caregiving

Membership Service – October 8, 2017

(Adapted from the words of the Buddha on Lovingkindness)

Leader: The Buddha said,

Hatred can never cease by hatred.  
Hatred can only cease by love.  
This is an eternal law.

Right Side: This is what should be done  
By those who are skilled in goodness,  
And who know the path of peace:  
Let them be able and upright,  
Straightforward and gentle in speech.

Left Side: Humble and not conceited,  
Contented and easily satisfied.  
Unburdened with duties and frugal in their ways.

Middle: Let them not do the slightest thing  
That the wise would later reprove.  
Wishing: in gladness and in safety,

All: May all beings be at ease.

Left Side: Whatever living beings there may be;  
Whether they are weak or strong, omitting none,

Middle: They great or the mighty, medium, short or small,  
The seen and the unseen,

Right: Those living near and far away,  
Those born and to-be-born—

All: May all beings be at ease!

Middle: Let none deceive another,  
Or despise any being in any state.  
Let none through anger or ill will  
Wish harm upon another.

All: May all beings be at ease.

Left Side: Even as a mother protects with her life  
Her child, her only child,  
So with boundless hearts should one cherish all living beings;  
Radiating kindness over the entire world:  
Spreading upward to the skies,  
And downward to the depths;  
Outward and unbounded,  
Freed from hatred and ill-will.

All: May all beings be at ease.

Right Side: Whether standing or walking, seated or lying down,  
Free from drowsiness,  
One should sustain this recollection.  
This is said to be the sublime abiding.  
By not holding to fixed views,  
The pure-hearted one, having clarity of vision,  
Being freed from all sense desires,  
Will not suffer in this world.

All: May all beings be at ease.

Leader: Hatred can never cease by hatred.  
Hatred can only cease by love.  
This is an eternal law.