



Sorrow and Hope

— A Prayer to Kuan Yin —



Kuan Yin, you who hears the cries of the world, please listen to our outpouring of sorrow and hope.

Just as when frightened, children seek protection and refuge in their mother's comforting arms, so do we children of the Dharma seek protection and refuge in you when saddened and horrified by the suffering of saṃsāra.

But who are you? You are nothing other than wisdom and compassion—the wisdom and compassion of all the Buddhas and bodhisattvas, and our own latent wisdom and compassion that can grow to become like yours.

In tragedy may we turn to wisdom and compassion and be comforted by its protective embrace. Seeing that all beings seek only happiness and never misery, may we abandon despair, anger, and blame.

May all those who suffer from loss and grief, from horror and outrage, become fountains of wisdom and compassion flowing out to the world and healing beings' pain.

May all those who have died in avoidable tragedies release all attachment to this life and go on to the next with their hearts of wisdom and compassion. And with love, may we send them on with prayers that they be born in your pure land.

By holding ourselves and others responsible for our misdeeds, may we too hear the cries of the world. And with compassion may all of us overcome the self-centered attitude and create a better world—one in which everyone seeks to benefit each other.

