

Golden Chain of Love

I am a link
in Amida Buddha's Golden Chain of Love
that stretches around the world.
I must keep my link bright
and strong.

Everyone is interconnected.
Everyone is equally deserving of love and care,
and our compassion must reach out to embrace all life, everywhere.
I will reach for courage and resilience when times are dark.
I will do what I can to protect my own health, to stay safe,
and to provide for those who depend on me.

I will try to be kind and gentle to every living thing
and protect all who are weaker than myself.

I will be considerate of others' needs, take only my fair share,
and be a good steward of resources and of the environment.
I will follow precautions like social distancing so that I can protect those
in my community who are most at risk. I will make sure that our society
respects and provides for those who are less privileged than I am.

I will try to think pure and beautiful thoughts,
to say pure and beautiful words,
and to do pure and beautiful deeds,

I will encourage my mind to focus on finding practical solutions,
even on a small scale, and release anxiety about events outside my control.
I will look for ways to support and encourage others in challenging times.
I will share helpful and accurate information with my community, and offer
comfort and compassion to myself and to all who feel anger, frustration, or fear.
I will seek ways to take actions that benefit others,
even if that means staying home.

knowing that on what I do now
depends not only my happiness or unhappiness
but also that of others.

I will make these choices because everything I choose to do today
will affect my future journey through this life,
and will also affect the health and well-being of my family,
my community, humanity, and the Earth.

May every link in Amida's Golden Chain of Love
be bright and strong
and may we all attain
perfect peace.

Let us work together to help all beings
be comforted, calm, safe, and well,
so that we can build a world
governed by peace, compassion, and respect for all.