



49-DAY TAPAS FOR AWAKENING COMPASSION

This sequence may be practiced at least once daily at one of the following times:

- 8:00 (after meditation)
- 12:30
- 18:30

1. PEACE PRAYER ATTRIBUTED TO ST. FRANCIS OF ASSISI

*Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

*O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.*

2. SHANTIDEVA'S PRAYER

*May I become food and drink in the eons of famine for those poverty-stricken sufferers.
May I be a doctor, medicine, and nurse for all sick beings in the world until everyone is cured.
May I become never-ending wish-fulfilling treasures materializing in front of each of them
as all the enjoyments they need.
May I be a guide for those who do not have a guide, a leader for those who journey, a
boat for those who want to cross over, and all sorts of ships, bridges, beautiful parks for
those who desire them, and light for those who need light.
And may I become beds for those who need a rest, and a servant to all who need
servants.
May I also become the basic conditions for all sentient beings, such as earth or even the
sky, which is indestructible.
May I always be the living conditions for all sentient beings until all sentient beings are
enlightened.*

3. INVOCATION OF GREEN TARA

Oh Tara, mother of all the buddhas and bodhisattvas, You who are full of wisdom and compassion, bestow your mercy upon humanity, who, in this difficult time of confusion, fear, and dismay in many regions of the world, turn to Your mercy seeking strength, salvation and relief, deliver us from illness and fear, heal our sick, comfort their families, give wisdom to our rulers, energy, love, and healing powers to our doctors, nurses, and volunteers, take away the burden of suffering in all forms, and bless us with compassionate hearts.

Oh Tara, bestow your grace upon humanity!

4. GREEN TARA MANTRA

Chant the following *mantra* 108 times to release human beings from fear, panic, and ill health caused by the coronavirus: *Om Tare Tuttare Ture Soha.*

5. OM MANI PADME HUM

Chant *Om Mani Padme Hum* 108 times to generate loving-kindness and compassion in all human beings.

6. PRAYER OF THE HEART

Recite the following prayer 108 times for the benefit of all human beings: *Lord Jesus Christ have mercy upon humanity*

or

METTA MEDITATION

Generate feelings of loving-kindness by internally uttering the following statements:

1. **For yourself:** May I be happy. May I be well. May I be safe. May I be peaceful and at ease.
2. **For those infected with the coronavirus:** May you be happy. May you be well. May you be safe. May you be peaceful and at ease.
3. **For all humanity:** May you be happy. May you be well. May you be safe. May you be peaceful and at ease.

7. THE FOUR IMMEASURABLES

Conclude with the following prayer:

May all beings have happiness and the causes of happiness.

May all beings be free from suffering and the causes of suffering.

May all beings rejoice in the well-being of others.

May all beings live in peace, free from greed and hatred.