



A Prayer Before Retiring for the Day

By Venerable Master Hsing Yun

Oh great, compassionate Buddha!
The day is gone,
Today has passed:
Although I am unable to stop the course of time,
I pray to you, Buddha, to
Allow me to realize
The true meaning of impermanence;
Although I am unable to follow the footsteps of
the sunrise and sunset,
I pray to you, Buddha, to
Allow me to see the value of life clearly.

In the day that has just passed,
I had ceaseless delusions and ignorance;
I had ceaseless worries and restlessness.
But relying on your compassion and respect-
inspiring virtue,
Your wisdom and guidance,
I passed the day in complete safety.

From today on, may I be:
Like bridges and roads,
That extend good causes and good conditions to
the world;
Like fresh spring rain and dew,
That alleviate the affliction and tiredness of all
sentient beings;
Like the forest and old trees,
That provide coolness and ease to all beings;
Like the sun, the moon, and the stars,
That illuminate all beings who have taken the
wrong path.

Oh great, compassionate Buddha!
The day has passed.
On such a night,
I can feel how quickly life and time have gone by;
Just like a fish in shallow water;
I know the time is short;
I cannot help feeling the impermanence of life.

I can only pray to you,
Great Buddha:
May I possess a magnanimous mind
And forgive my enemies who have mistreated
me;
May I have a grateful mind
And repay my friends who have helped me;
May I have a mind of prajna wisdom
And reflect upon my own shortcomings;
May I have zealously progressing mind
And carry out your compassionate teachings.

Oh great, compassionate Buddha!
Thank you for your teaching and guidance:
May I abandon the weapons of hatred and
vengeance,
And enjoy the refreshing happiness of hearing
your teachings and meditating on Dharma Joy;
May I remove the shackles of attachment
And liberate my body and mind.

Oh great, compassionate Buddha!
Today is gone and my life is one day shorter.
I pray for your blessing.
From today on, may I be able to have:
No fear, no delusion,
No worries, and no nightmares.
Relying on the support of your great power:
May I rise and retire with you
And enjoy boundless happiness;
May I find true self
And have eternal life.

Oh great, compassionate Buddha!
Please accept my sincerest prayer!
Oh great, compassionate Buddha!
Please accept my sincerest prayer!

Namo Shakyamuni Buddha.