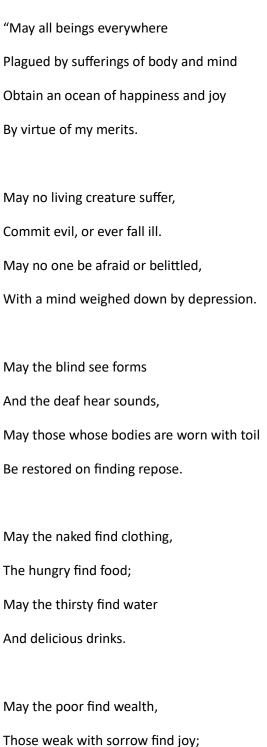
Dalai Lama's Morning Prayer



May the forlorn find hope,

Constant happiness, and prosperity.

May there be timely rains

And bountiful harvests;

May all medicines be effective

And wholesome prayers bear fruit.

May all who are sick and ill

Quickly be freed from their ailments.

Whatever diseases there are in the world,

May they never occur again.

May the frightened cease to be afraid

And those bound be freed;

May the powerless find power,

And may people think of benefiting each other.

For as long as space remains,

For as long as sentient beings remain,

Until then may I too remain

To dispel the miseries of the world."