

How can I
Be peaceful and happy?

The greatest happiness is Love.

Wish all beings be well, peaceful & happy. and makes our anger, disgust, fear disappear. acts of kindness, well-wishes & sharing merit

How can I love a snake, bully, or someone who hurt me? Know they suffer from fear, insecurity or anger, and wish they be happy & free from suffering. If free from suffering, they won't attack.

How can I love others if I don't love myself? Think: what is "me"? My body is only a vehicle, and my mind is only a stream of thoughts. Add more & more drops of fresh thoughts, wishes, words and deeds of lovingkindness toward others, and that will replace your murky unhappy thoughts.

Does love mean doing what others want? Love means lovingly giving what others truly need to live their best life. Helping other beings live their best life is merit, like money in a bank.

Does love mean sacrifice? What you gain from lovingkindness is more than you gave.

Love from others comes and goes. But we can keep lovingkindness going & going.

Lovingkindness is contagious; it spreads like a virus of healing, uplifting, inspiring others to brighten the day of those around them.

Again and again, I wish others happiness, so

Like the sun I radiate love, so

I am love, so

Happy

Am

I

How can I

Have lovingkindness?

Love + Kindness=Lovingkindness.

Each wish replaces unpleasant thoughts, A smile, words of encouragement, helping, can lessen the storms of others' deep suffering.

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M. Lisa Buschmann

