



Buddhist Recovery Christchurch

Serenity Prayer & Transference

May I have the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

May I be free of suffering.
May I be well.
May I be happy.
May I be at peace.

May all beings be free of suffering.
May all beings be well.
May all beings be happy.
May all beings be at peace.