

A Prayer for Letting Go of Emotional Attachment

Written by Venerable Master Hsing Yun

Oh great, compassionate Buddha!
Have you heard a humble voice
Sincerely praying to you for guidance?

Oh Buddha!
I have sunk into the quagmire of emotional attachment.
If I do not rise,
I will drown right here!
I have become entangled in the web of emotional attachment.
If I do not escape,
I will suffocate right here!

Oh great, compassionate Buddha!
Relatives and friends have cautioned me that
Romantic love is like the tumultuous ocean waves,
And that those who risk playing in the waves
May soon be battered on the rocky shore.
Yet I disregard the dangers
And do not know how to turn back.
Many wise ones have also said that
Romantic love is like eating

Honey from the blade of a knife.
Sooner or later, someone will be wounded.

Oh great, compassionate Buddha!
Through the wisdom of your teachings,
May I gather the strength
To break free from this emotional prison.
May I build the courage
To walk the Path into a new future.

Oh great, compassionate Buddha!
Please help me realize a broader understanding of love.
Through your benevolence and sincerity,
Please help transform love into compassion for all beings
That is selfless and without expectations.

Oh great, compassionate Buddha!
So many people have harmed themselves
In a moment of emotional attachment.
So many people have caused tragedy
In a moment of emotional attachment.

Oh Buddha!
I pray that from this day forward,

Affection and love for the Dharma will overflow

And comfort all people.

I pray that, from this day forward,

Affection and love for the Dharma will fill the universe

And motivate the careers of all people.

Oh great, compassionate Buddha,

Please accept my sincere prayer!

Please accept my sincere prayer!