

A Prayer for Self-Confidence
Written by Venerable Master Hsing Yun

Oh great, compassionate Buddha!
Please listen to my quavering voice.
Respectfully praying before you,
I acknowledge that
I am a person with little self-assurance.
I face society with apprehension.
I face relatives and friends with timidity.
I vigorously strive to exert myself,
Yet I lack an open and selfless mind.
I vigorously strive to improve myself,
Yet I lack decisive willpower.
Therefore, when facing my past,
I feel deeply inferior and insignificant.
When facing my present,
I feel deeply agitated and vulnerable.

Oh great, compassionate Buddha!
I acknowledge that
Whenever I encounter failure, I become discouraged.
Whenever I encounter adversity, I become hesitant.
Whenever I encounter setbacks, I become disheartened.

Whenever I encounter slander, I become resentful.

Oh Buddha!

I pray to you

In an honest petition for guidance.

When encountering obstacles,

May I learn to march fearlessly onward.

When encountering uncertainty,

May I be able to pluck up my courage.

Oh great, compassionate Buddha!

I acknowledge that

I am a stubborn and self-absorbed person.

When my career lacks progress,

I shirk responsibility.

When my teachers reproach me,

I attribute all faults to others.

When people get together,

I avoid interacting with them.

When life presents difficulties,

I hide within my delusions and cringe with worry.

Oh great, compassionate Buddha!

I am a beginner in learning your teachings.

I often make errors in judgement.
I stumble on the Path time and again.

Oh Buddha!

I pray to you,

May I increase my wisdom and build my self-confidence.

Through the diligent practice of your teachings,

May I gain merits and virtue, and establish dignity.

Through zealous cultivation,

May I no longer fear disrespect from others.

May I no longer doubt their constructive criticism.

Oh great, compassionate Buddha,

Please accept my sincere prayer!

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