

Litany of Intentions in the Time of Pandemic

BY JOANNA LIN WANT | May 1, 2020

May we be happy
May we be peaceful
May we be free

May we grow in awareness of our interconnectedness to all beings
May we grow in love of our neighbor
May we grow our resolve to build a social safety net for all
May we restore our commitment to the common good

May we wash our hands
May we wash our hands some more
May we buy only as much hand sanitizer as we need

If we must shelter in place, may we be grateful to have a shelter
May we be mindful of those who are without shelter
May we grow in curiosity and compassion toward those with empty pantries
May we fill the pantries of our neighbors as we fill our own

If we are sick, may we stay home
May we grow our resolve to grant all workers this same right
May we make small decisions mindful of the great impact they may have on our community

May we wash our hands
May we wash our hands some more
May we buy only as much hand sanitizer as we need

May we take solace in nature, in open spaces, in fresh air
May we grow our resolve to protect the precious resources of air, water, and land

May we be good friends to one another
May we grow in kindness, patience, and flexibility

May we offer up temporary disruptions in our daily lives
For those whose lives have been disrupted for years

May we wash our hands
May we wash our hands some more

May we be mindful of those who are suffering
May we remember those who have perished

May we be happy
May we be peaceful
May we be free