

## A Prayer to Empty the Six Realms

Countless beings are wandering, trapped in cycles of confusion and struggle.  
My heart goes out to them!  
Through karma gathered from beginningless time,  
The force of reactive emotions creates realms of suffering.  
There is no refuge but awakened compassion.  
May I fully awaken for the benefit of all beings.

Through reaction and habit, the force of anger creates the hell realm.  
Hot anger and cold hate, attacking and revenge, what torture!  
Opening to this experience, knowing it completely, reaction and struggle come to an end.  
May we awaken to kindness and harmony.

Through reaction and habit, the force of greed creates the hungry ghost realm.  
Hunger and thirst, craving and grasping, frustrated misery!  
Opening to this experience, knowing it completely, reaction and struggle come to an end.  
May we awaken to generosity and gratitude.

Through reaction and habit, the force of instinct creates the animal realm.  
Fearful hiding, seeking safety and comfort, the thick fog of dullness!  
Opening to this experience, knowing it completely, reaction and struggle come to an end.  
May we awaken to intelligence and creativity.

Through reaction and habit, the force of desire creates the human realm.  
Restless searching, fleeting pleasure, the stress of constant activity!  
Opening to this experience, knowing it completely, reaction and struggle come to an end.  
May we awaken to contentment and ease.

Through reaction and habit, the force of jealousy creates the titan realm.  
Stab of envy, furious competition, unjust defeat!  
Opening to this experience, knowing it completely, reaction and struggle come to an end.  
May we awaken to appreciation and sympathetic joy.

Through reaction and habit, the force of pride creates the god realm.  
Deluded pleasure of self-absorption, the shock of humiliation when it ends!  
Opening to this experience, knowing it completely, reaction and struggle come to an end.  
May we awaken to humility, connection, and service.

In all my lives, may I meet whatever arises with awakened compassion.  
Opening to the depths of each realm, I rest in experience just as it is.  
Knowing and freedom arise together; may I not take birth in the six realms again.  
With a heart open to the cries of others, realms are emptied and beings are freed.

*From seeds planted, fruit grows. Seeking to escape from pain, we may discover that others are suffering too. Relying on the teachings of Thangtong Gyalpo and Ken McLeod, George Draffan gathered these words to remind himself and others of a way to meet confusion and turmoil.*

