

## May All Be Happy

Last Friday I got a phone call from a distressed parent about their child in the school. She said that her child felt very lonely and that nobody like them.

It is not nice getting phone calls like that, and I felt pretty helpless in offering a solution. All I could do was listen with empathy and say I would look into the situation. After the phone call I felt disappointed that a student could feel like that in our school which I think is most inclusive.

What came to mind was the universal prayer we say at assembly, and which I was studying over the weekend at a philosophical event in Townley Hall.

*May all be happy*

*May all be without dis-ease*

*May all see good things*

*And none be in misery of any sort.*

What does this mean in practical terms? What does it mean to keep in your heart the words “May all be happy”.

It means to that if we have a grudge against someone in our class, we are not wishing happiness for all. It means that if we get irritated by another students, we are not wishing happiness for all. It means that if we get angry with another person, we are not wishing happiness for all.

And even more interesting is that when we hold onto grudges, irritation and anger we remain in a prison cell of grudges, irritation and anger. And in that prison cell we get immersed in misery.

This is why we need to live with good feelings for others. Hold in your heart the desire to wish all happiness. If they have problems help them solve them, if they are lonely be compassionate and if they are in misery help them to be happy

And so the challenge for this week is to ask yourself the question:

How do I practice the desire of happiness for all?