



PEACE, **LUV** AND HAPPINESS

About the Rays of Peace, Love and Happiness:

I am Jonathan Beyer, and *The Rays of Peace, Love and Happiness* sutras, mantra and meditations are my gift to all life on Earth, in all of the universes, the celestial kingdoms and especially to the holy people in those amazing heavens. As humans there is not much we can do to benefit those in the celestial heavens, or to have a positive impact on their lives, while positively benefiting all beings here on earth and elsewhere. I hope that through the *Rays of Peace, Love and Happiness*, that more of that can be realized by all.

The Rays of Peace, Love & Happiness Meditations:

Anyone may practice the *Rays of Peace, Love and Happiness*. It is not Buddhist, nor is it Christian, it is for all. When meditating on the *Rays of Peace, Love and Happiness*, imagine coloured rays of light emanating from your heart center. Fill your home with the rays, then throughout your city, then your country, throughout all of the lands of world, over and through the oceans and then out into infinity space. Repeat the words of the sutra as many times as you wish, until the rays go out of your heart center and throughout into the universe, filling the entire world and universe with peace, love and happiness.

We do this with the hope that all of the birds in the sky, all of the butterflies, all of the flowers, all of the fish in the waters, and all of the people and creatures that see and feel the rays, will experience a moment of peace, love and happiness; if not in the physical, they will most likely in the spirit. The experience of the *Rays of Peace, Love and Happiness* will bring more peace, love and happiness to this world, and all of the worlds that it reaches. If only a little at a time, the effect will be felt more and more each day as we practice the *Rays of Peace, Love and Happiness*. And one day, all beings might all actualise peace, love and happiness in their lives.



RAYS OF PEACE, LOVE & HAPPINESS SUTRA & MEDITATION

FOR PEACE, LOVE & HAPPINESS FOR ALL BEINGS:

Short Version:

May all have peace
May all have love
May all have happiness

Long Version:

May all have peace and be more at peace.
May all have love and be more and more loved.
May all have happiness and be more and more happy.

Alternate Version:

May all have peace, the causes of peace and be more at peace.
May all have love, the causes of love and be more and more loved.
May all have happiness, the causes of happiness, and be more and more happy.

THE RAYS OF INNER PEACE, LOVE & HAPPINESS

FOR INNER PEACE, LOVE & HAPPINESS:

I am peace. I am peace.
I am love. I am love.
I am happiness. I am happy.

THE BREATH OF PEACE, LOVE, HAPPINESS

FOR ALL OF YOUR BEING TO BE PEACE, LOVE & HAPPINESS:

Breathe in, "I am peace"
Breathe out, "I am peace"
"All of me is of peace"

Breathe in, "I am love"
Breathe out, "I am love"
"All of me is of love"

Breathe in, "I am happiness"
Breathe out, "I am happy"
"All of me is of happiness"

RAYS OF PEACE, LOVE & HAPPINESS MANTRA

OM SHANTI METTA SUKHA (Pali for "Peace, Love, Happiness")

TRANSLATION:

OM = holy power from within you, and "it is" or "there will be."

SHANTI = Peace

METTA = Love

SUKHA = Happiness

This powerful mantra will help you realize and actualise the power of peace, love and happiness.

Dedicating the Merit from the Meditation on Peace, Love and Happiness:

After you complete the meditation, you will have gained extensive merit by causing beings and life to feel more peaceful, happy and loved. You can then dedicate that merit by repeating the following:

"I dedicate the merit from my meditation on the *Rays of Peace, Love and Happiness*, to everything that is good on earth and in the universe. May they rejoice from the merit and be more and more happy, and have more and more peace in their lives."

"May the merits from my meditation on the *Rays of Peace, Love and Happiness*, and dedications thereof, result in me having more peace, love and happiness in my life, and in the lives of those around me, and bring me to a harmonious enlightenment."

The Rays of Peace, Love & Happiness Are Dedicate to:

"ALL LIVING BEINGS, REGARDLESS IF THEY ARE FORTUNATE OR UNFORTUNATE." - From Jonathan