

# Honouring Sonia

10.11.53 - 11.6.13



Walk on, my love, walk on free from fear.  
Dance Sonia, dance, you are free.

Ad

## HONOURING SONIA

ON ENTERING: SPEM IN ALIUM composed by Thomas Tallis  
and performed by The Sixteen

WELCOME: Sue Felgate

PEACE TO ALL BEINGS, a prayer learnt from John Garrie Roshi – Ad leading

Peace to all beings,  
May all beings be well and happy and free from fear.

Peace to all beings,  
Whether near or far, whether known or unknown,  
Real or imaginary, visible or invisible,  
Born or yet to be born,  
May all beings be well and happy and free from fear.

Peace to all beings,  
Within and beyond the imagination,  
In the world of ideas,  
In the world of memories,  
And in the world of dreams,  
May all beings be well and happy and free from fear.

Peace in all elements,  
Of earth and air and fire and water,  
Fulfilled in space,  
Peace,  
Peace in all universes, from the smallest cells in the body,  
To the greatest galaxies in space,  
Peace and light rising.

Peace to all beings  
Within each being here,  
Those beings that are of the past,  
And those that are yet to be in the future,  
May all beings be well and happy and free from fear

Peace and love and comfort and ease to all those in need,  
May they all be well and happy and free from fear

SONIA, MY TEACHER: Tony Austin

AHAM AVERO HOMI: A Pali Chant passed on by Namgyal Rinpoche - All  
Aham avero homi, abyapajjiho homi, anigho homi, sukhi attanam pariharami.  
Aham viya sabbe satta avera hontu, abyapajjha hontu, anigha hontu, sukhi attanam  
pariharantu (x3)

Translated as: May I be friendly, calm and free from ill will and may I live in happiness.  
As I am, so may all beings be friendly, calm and free from ill will and may they live in happiness

TWO CONTEMPLATIONS led by: Naomi

- The Precious Human Birth
- Death and Impermanence

TAKING REFUGE - All

I take refuge in wisdom

I take refuge in compassion

I take refuge in non-clinging awareness

May I develop the six perfections of generosity, non-selfish behaviour, patience, clear awareness,  
concentration and wisdom

And awaken speedily for the sake of all beings (x 3)

C'EST AILLEURS performed by Anouar Brahem

AN OFFERING BY THE VENERABLE KHEMMADHAMMO

SONIA, MY FRIEND: Jennie Kerrigan

THE BRAHMA VIHARAS - All

May all beings have happiness and the causes of happiness;

May all beings be free from sorrow and the causes of sorrow;

May all never be separated from the sacred happiness that is sorrowless;

Without loving dear ones only and being unfriendly to others, may I live more peacefully and  
abide in equanimity. (x3)

OFFERINGS FROM AROUND THE WORLD

with Ad and with Jane

ON PARTING - THE SONG OF VAJRA : learnt from Norbu Rinpoche, and sung by Helen  
Williams

