

# FEAR OF FLYING?

**MAY ALL BEINGS BE HAPPY + FREE.**

**MAY ALL BEINGS BE PROTECTED FROM OUTER + INNER HARM.**

**MAY ALL BEINGS BE HEALTHY + STRONG.**

**MAY ALL BEINGS HAVE OPEN HEARTS, AND EQUANIMITY.**

**MAY ALL BEINGS ON THE GROUND BE HAPPY + FREE. MAY ALL NEMATODES AND MICROORGANISMS BE HAPPY + FREE. MAY ALL FUNGI AND FRUITING BODIES BE HAPPY + FREE. MAY ALL MOLES, VOLES, FIELD MICE, RABBITS AND RATS BE HAPPY + FREE. MAY ALL ROACHES, BEETLES, AND ANTS BE HAPPY + FREE. MAY ALL BADGERS, FOXES AND COYOTES BE HAPPY + FREE. MAY ALL SQUIRRELS BE HAPPY + FREE. MAY ALL FERAL CATS BE HAPPY + FREE. MAY ALL BEINGS IN OUR LANDFILLS, SEWERS, BASEMENTS, ATTICS, PIPES AND GUTTERS BE HAPPY + FREE. MAY ALL DEPARTMENT OF HOMELAND SECURITY OFFICERS BE HAPPY + FREE. MAY ALL BAGGAGE HANDLERS BE HAPPY AND FREE. MAY ALL COFFEE, BAGEL, MAGAZINE AND GADGET CONCESSION WORKERS BE HAPPY + FREE. MAY ALL BATHROOM ATTENDANTS BE HAPPY + FREE. MAY ALL AIR TRAFFIC CONTROLLERS BE HAPPY + FREE. MAY ALL CREATURES ON THE TARMAC AND ASPHALT BE HAPPY AND FREE. MAY ALL PILOTS AND CO-PILOTS BE HAPPY + FREE. MAY OUR AIRPLANE BE HAPPY + FREE. MAY OUR CABIN CREW BE HAPPY + FREE. MAY ALL PASSENGERS BE HAPPY + FREE. MAY WE BE PROTECTED FROM OUTER + INNER HARM. MAY OUR FLIGHT INSTRUMENTS AND FUEL LINES BE HEALTHY + STRONG. MAY WE RISE IN THE SKY WITH EQUANIMITY.**

**MAY ALL CREATURES BENEATH US BE HAPPY + FREE. MAY ALL BEINGS IN PARKS, AND ALONG HIGHWAYS BELOW BE HAPPY + FREE. MAY ALL CARS BE HAPPY + FREE. MAY ALL CEMETERY WORKERS BE HAPPY AND FREE. MAY ALL MOURNERS BE HAPPY + FREE. MAY ALL PIGEONS BE HAPPY + FREE. MAY ALL BEINGS IN THE ATLANTIC OCEAN BE HAPPY + FREE. MAY ALL FISHERMEN, SAILORS, PLANKTON, ALGAE, SHAD, SCUP, COD, PERCH, BASS, FARMED AND WILD SALMON, TUNA, DOLPHIN, WHALES, SHARKS, JELLYFISH, SEA TURTLES, AND URCHIN BE HAPPY + FREE. MAY ALL BY-CATCH BE HAPPY + FREE.**

**MAY ALL BEINGS OF THE AIR BE HAPPY + FREE. MAY ALL MALLARDS, MERGANSERS, LAUGHING GULLS, PIPING PLOVERS, SPARROWS, STARLINGS, FINCHES, RED-TAILED HAWKS, CANADA GEESE, NORTH CAROLINA PARAKEETS, AND CROWS BE HAPPY + FREE. MAY ALL MOSQUITOES, FLIES, BEES, BUTTERFLIES, MOTHS, BEETLES AND BATS BE HAPPY + FREE. MAY ALL THE GASES OF THE ATMOSPHERE BE HAPPY + FREE. MAY ALL METHANE AND CARBON DIOXIDE BE HAPPY + FREE. MAY ALL AIRBORNE PARTICULATES, PARACHUTING SEEDS, POLLEN, SOOT, CAR EXHAUST, AND HEAVY METALS BE HAPPY + FREE. MAY OUR CLOUDS, WIND, AND RAIN BE HAPPY + FREE.**

**MAY THE SUN BE HAPPY + FREE.**

## GET OVER YOUR SELF.