## **GOLDEN CHAIN**

I am a link in Amida's golden chain of love that stretches around the world. I will keep my link bright and strong;

I will be kind and gentle to every living thing, and protect all who are weaker than myself;

I will think pure and beautiful thoughts, say pure and beautiful words, and do pure and beautiful deeds;

May every link in Amida's golden chain of love be bright and strong, and may we all attain perfect peace.