

# Reflections on the Sharing of Blessings

Through the goodness that arises from my practice,  
May my spiritual teachers and guides of great virtue,  
My mother, my father, and my relatives,  
The sun and the moon,  
And all virtuous leaders of the world—  
May the highest gods and evil forces;  
Celestial beings,  
Guardian spirits of the earth,  
And the lord of death;  
May those who are friendly,  
Indifferent or hostile;  
May all beings receive the blessings of my life.  
May they soon attain the threefold bliss,  
And realize the deathless.  
Through the goodness that arises from my practice,  
And through this act of sharing,

May all desires and attachments quickly cease,

And all harmful states of mind.

Until I realize Nibbana,

In every kind of life,

May I have an upright mind.

With mindfulness and wisdom,

Austerity and vigor.

May the forces of delusion not take hold,

Or weaken my resolve.

The Buddha is my excellent refuge,

Unsurpassed is the protection of the Dhamma,

The solitary Buddha is my noble guide,

The Sangha is my supreme support,

Through the supreme power of all these,

May darkness and delusion be dispelled.