

Dedication Prayers, June 16th, 2021

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Dedication Prayers from A Healing Buddha Practice

By all the virtue and all the blessings
of all the ten directions three times Buddhas and Bodhisattvas
Saints and Sages, Arhats and Ajahns,
Lamas, monks and nuns,
and of all Holy Beings...

together with all the virtue of kind hearted people everywhere,
and all excellent practitioners,
in mountains, and hermitages,
in monasteries, Dharma Centers, and at home...

and by the merit of this practice,
and by the merit and positive energy of any other good I have done,

all of us, deeply united in our intention -

May all the sufferings that living beings are experiencing be pacified
and completely removed at once,
and may an abundance of health and well being be enjoyed by all,
now, and always

May all beings benefit in every way that is needed,
both spiritually and materially by them

By all the blessings we have received,
and by the strength of our own awakened insight,
courage, and love,
may all beings have lasting happiness

From this point forward,
may we all experience only complete liberation
from every form of suffering

May we all experience nibbana,
the remainderless quenching of dukkha

From this point forward,
May we all experience only peace, joy,
true health, and happiness.

For myself and all others,
May the supreme Awakening Mind
arise where it has not yet arisen
Where it has arisen, may it not diminish
May it ever grow and flourish

For myself and for all others,
May the complete Right View awaken where it has not yet done so
Where it has been known, may it remain stable,
and May its power increase, more and more

May our intentions equally penetrate
every being and place
with the true merit of Buddha's Way.

May this bring complete health wherever it is needed,
on outer, inner, and secret levels

May this bring about the health and balance of the elements,
and the firm establishment of well being,
long life, and happiness for us all

By all this virtue,
may all the environments where we live be purified,
and may we all together accomplish the full realization
of the Noble healing buddha

By this merit,
Wherever I am, and wherever I may go,
may I further the work of the Buddhas and Bodhisattvas,
the awakening of light, complete freedom and peace.

By all this virtue,
May all holy teachers live long, and guide us until samsara ends.
And may there be peace and joy in all the world.

Dedication, Aspiration and Benediction, by Tulku Thondup, from the audio cd 'Boundless Healing', lightly edited.

{So now let us dedicate, and make boundless the aspirations of this meditation.}

Let us dedicate all these merits that we have created by this meditation to all beings, as a cause of happiness, peace and joy for them, and as a cause of their attainment of Healing Buddha's blessings, peace and joy.

By the power of the Buddhas,
the Healing Buddha,
and by the power of the infinite Buddhas
that we have prayed to in the sky
and prayed to in our body,

by the power of all the Buddhas,
and by the power of all the Pure Lands,

and by the power of the Buddha, Dharma, and Sangha,

by the power of the meditation we have done,

by the power of all the merits that we have created,

and by the power of the Ultimate Nature, Absolute Truth,
by the power of interdependent causation,

May all beings always have happiness, peace and joy
May they always be with Healing Buddha's blessing light,
blessing energy, and blessing sound, without separation

And may we always be with Healing Buddha's blessing light,
blessing energy, and blessing sound, without separation,
day and night, awake or asleep,
in good times and bad times

And may we always be the source of Healing Buddha's blessings
for all mother beings, especially those with whom we have close
connections, and we have special responsibilities

And by the power of all the Buddhas,
May all our prayers be answered
May all our wishes be fulfilled

(Benediction)

{Now think and feel that Buddhas in the sky, and Buddhas in our body,
give us their benediction. In one thunderous voice, filling the universe,
they say to us:}

'May your prayers be answered
May your wishes be fulfilled

'May you be healed of your old illness
ills of your mind, and your body

'And may you always be with Healing Buddha's
blessing light, blessing energies, and blessing sound'

Think and feel that we have accomplished the healing activities, the
blessings of the Healing Buddha.

Shantideva's Dedication of Merit (excerpt)

May all beings everywhere,
Plagued by sufferings of body and mind,
Obtain oceans of happiness and joy
By virtue of these merits.

May no living creature suffer,
Commit evil or ever fall ill.
May no one be afraid or belittled,
or have a mind weighed down by depression.

May the blind see forms,
And the deaf hear sounds.
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing,
The hungry find food.
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy.
May the forlorn find hope,
Constant happiness and prosperity.

May there be timely rains
And bountiful harvests.
May all medicines be effective
And all wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments
And whatever diseases there are in the world
may they never occur again.

May the frightened cease to be afraid
And those bound be freed.
May the powerless find power
And may people think of benefiting each other.

For as long as space endures,
And for as long as living beings remain,
Until then, may I too abide,
To dispel the misery of the world.

Two Verses by Shantideva

As long as diseases afflict living beings,
may I be the doctor, the medicine,
and also the nurse who restores them to health

May I fall as rain
to increase the harvests that must feed living beings,
and in times of dire famine,
may I myself serve as food and drink

From The Bodhisattva Attitude

Like a wish-granting jewel,
and a wish-granting tree,
May I fulfill all the wishes of sentient beings.

Just like the sky and the great elements
May I always be the means of living and the cause
of happiness
For sentient beings equaling the limitless sky.

As long as space exists,
As long as sentient beings exist,
May I too abide and eliminate the suffering of sentient beings.

{A preceding reflection, by Lama Zopa Rinpoche

All phenomena – including the I, the action of dedicating, the merits that are dedicated, the goal of enlightenment to which they are dedicated, and the sentient beings for whom they are dedicated – are completely empty of existing from their own side. With the continual awareness of this, I now impute labels, and dedicate...}

A simple prayer, a verse, and a prayer of protection

{By this merit,

and due to all the past, present, and future merits collected by me, the numberless buddhas, and the numberless sentient beings}

May all illness that living beings are experiencing immediately be pacified, and completely removed

May all fears be calmed right away

and,

May everyone have all the resources they need, now and always

May they have contentment

And May their needs be fulfilled

* * *

However many sick sentient beings there are,
May they all quickly be freed from all sicknesses.
and may all the sicknesses of transmigratory beings never occur again.

* * *

May the vulnerable be safe and protected
 May they be healthy and strong
 and may their good health remain firmly established

* * *

Dedication Prayers by Lama Zopa Rinpoche

Due to all the merits of the three times collected by me, by all the ten directions three times buddhas and bodhisattvas, and all other sentient beings, may sentient beings immediately be liberated from all sickness, spirit harm and negative karma and defilements.

May they develop faith in refuge and karma, and quickly achieve enlightenment, by actualizing the whole path, especially bodhichitta.

By my hearing that someone is sick may it immediately cause that person to completely recover and have the most meaningful life by practicing the Mahayana path.

By my hearing somebody has died may it cause that person to immediately be reborn in a pure land where they can get enlightened.

* * *

{At every stage of life,
 May we all be guided by Noble Buddhas and Bodhisattvas,
 comforted and supported by beneficent celestials...}

* * *

Due to all the past, present, and future merits collected by me, the numberless buddhas, and the numberless sentient beings, may all wars, epidemics, sickness, famine, torture, poverty, and economic problems in the world, and all dangers of earth, water, fire, and wind, be pacified immediately, and may perfect peace and happiness prevail in everyone's hearts and lives.

May the Buddhadharma last for a long time, and may the sentient beings in this world meet the Buddhadharma and achieve enlightenment as quickly as possible.

* * *

Due to this virtue, may I quickly
Become a Guru-Buddha,
And lead all transmigratory beings,
Without exception, to that very same state.

May the supreme jewel, bodhicitta
arise where it has not yet arisen;
where it has arisen, may it not diminish
May it ever grow and flourish

May all temporal and ultimate aims be fulfilled

* * *

Due to all the past, present, and future merits collected by me and all the merits of the three times collected by the numberless buddhas and numberless sentient beings, which are completely empty of existing from *their* own side,

may I, who am completely empty of existing from *my* own side,

achieve the state of full enlightenment, which is completely empty of existing from *its* own side,

and lead all sentient beings, who are completely empty of existing from *their* own side, to that state,

which is completely empty of existing from *its* own side,

by myself alone, who is completely empty of existing from *my* own side.

* * *

{By this merit,
together with all the virtue and all the blessings
of all the ten directions three times Buddhas and Bodhisattvas,
Saints and Sages,
Arhats and Ajahns,
Lamas, Monks and nuns, all holy beings,
and all people everywhere who are
motivated by love...

all of us, deeply united in our intention,

Due to all the prayers we have made

May all beings be entirely well and at their ease

Prayers for Teachers, and for Doctors, Nurses, and Health Care Providers

{By all this merit,
together with all the virtue and all the blessings
of all the ten directions three times Buddhas and Bodhisattvas,}

May all holy teachers live long,
and may they always be entirely well and strong, and at their ease...

May they always receive abundant resources and positive conditions
so that all of their beneficial Activities effectively flourish forever

May all those in monasteries,
all monks, and nuns, and lay practitioners,
all those in Dharma Centers, hospitals, clinics,
schools and social service centers always be well,

and may they have everything they need
to serve beings most effectively

May they surely be praised,
upheld and supported by me, and by all others,
and may it always be so

Due to all the past, present, and future merits collected by me,
the numberless buddhas, and the numberless sentient beings,
may all those who work to heal,
doctors, and nurses, and health care providers,
be safe and protected always, day and night

May they immediately receive all that they need
to do their work most effectively

May all their patients be free from suffering,
and quickly recover,
May they very soon rejoin their families,
in a celebration of their health

A Prayer to Tara for the Fulfillment of Wishes

*Especially now, O Tara, Great Compassionate Mother,
please hear our prayer!*

Holy Tara, Protector of living beings,
May your blessings flow throughout all of our lives,
and by Your Compassionate Activity,
May all the needs of all beings be completely fulfilled now

May all beings be safe and protected

May all beings enjoy good health,
and have long lives

May we all have peace

May all beings everywhere receive everything that they need,
both spiritually and materially

By your grace, and blessings, Tara,
May it be so

From Tara - Giver of Joy and Peace

O Tara, Joy of the World,
let your presence be more fully known by us

clear away whatever obstacles there may be
and let the light, comfort and inspiration that you are
be known ever more fully by us now

pacify suffering conditions
and help us to live well
encourage us to outdo
what we thought was possible before

stabilize whatever we have now
of health, virtue,
wisdom and good fortune,
and increase, to meet our needs,
whatever we may lack

O Glorious Tara,
hope of the world,
to you we all pray,

May your blessings be upon us all,
so that we can, each one of us, achieve our aims,
and peace,
and fulfillment

By the blessings and power of the Three Jewels,
by the power of all the Buddhas and Bodhisattvas,
and by the power of infallible dependent arising,

May an excellent network of favorable conditions be created,
and increase like the waxing moon

Longchenpa's prayer of compassion

{By this merit}

May all ailing sentient beings everywhere be completely healed
 May their lives be extended and made meaningful.

May those who are suffering from hunger or thirst obtain sustenance

May those who are afflicted by external fears become fearless

and may everything that beings desire be granted exactly as they wish,
 all in accord with the Dharma.

May all sentient beings be free from all possible forms of suffering.
 May they all attain liberation,
 their minds free of unwholesome states,
 and their time devoted to realizing their true nature.

May all sentient beings do good and swiftly attain enlightenment.

May there be bountiful harvests in all the lands.
 May there be no sickness or any threat to life, anywhere at all,
 No conflict between self and others,
 and peace and prosperity everywhere.

May those in power rule with justice,
 May governments be of service
 and ministers be endowed with wholesome qualities,
 and may the public remain in peace at all times.

May all the limitless sentient beings in the ten directions
 be completely free from all suffering.
 May whatever they put their mind to bear fruit,

and may they attain bliss
as a result of the merit accumulated from these prayers.

From The Continual Practice of Right View

{Khenpo Choga has said:

‘The strongest way to dedicate merit is called ‘a dedication that does not conceptualize the three factors’. This dedication is done while recognizing the buddha nature. In that recognition there is no (independently existing) subject who dedicates the merit, no (independently existing) merit to be dedicated and no (independently existing) object who receives the merit. A mind that has truly realized the buddha nature actually does pervade the totality of space so the dedication of such a mind actually reaches all beings in all universes. This is the most powerful form of dedication.’}

In the words of the Avatamsaka Sutra:

*To all internal and external worlds
Bodhisattvas have no attachment at all,
Yet do not abandon works beneficial to sentient beings;
The great ones cultivate this kind of knowledge.*

*In all lands in the ten directions
They do not depend or dwell on anything;
They do not grasp things, such as livelihood,
And do not arbitrarily create distinctions.*

*They engage with all sentient beings
In all worlds in the ten directions;
Observing their essential original nature,
They practice dedication reaching everywhere.*

May all beings have happiness, and all the causes of happiness flourishing.
May all beings enjoy an abundance of positive conditions,
well being, and peace.

The Prayer Liberaing Sakya from Disease,
by the Mahasiddha Thangthong Gyalpo

Lamas, Yidams, Buddhas, and Bodhisattvas,
All objects of refuge, great compassionate ones,
I pray, Protect all beings from illness, negativity, and misfortune!

May all the diseases that sadden the minds of sentient beings
that result from karma and temporary conditions,
such as the harms of spirits, illnesses, and the elements,
not occur in the realms of the world.

May whatever sufferings there are from life-threatening diseases that,
like a butcher leading a being to be slaughtered,
separate the body from the mind in a mere instant,
not occur in the realms of the world.

May all embodied beings be unharmed by acute, chronic,
and other infectious diseases,
the mere sound of whose names terrifies beings,
as though they had been placed inside the mouth of Yama,
the Lord of Death.

May all embodied beings be unharmed
by the 80,000 classes of harmful interferers,
the 360 evil spirits, that harm suddenly,
the 424 diseases, and so forth.

May whatever sufferings there are
due to disturbances of the four elements,
depriving the body and mind of every pleasure,
be totally pacified,
and may the body and mind have radiance and power
and be endowed with long life, good health, and well-being.

By the compassion of the gurus and the Triple Gem,
by the power of the dakinis, Dharma protectors, and guardians,
and by the strength of the infallibility of karma and its results,
may these many dedications and prayers be fulfilled as soon as they are
made.

* * *

Colophon:

Once an epidemic was spreading from one person to another at the great monastery of the Glorious Sakya tradition. Whatever the mantric masters tried – effigies, tormas medicines, mantras, protection-amulets, and so forth – had no effect, and the monastery was in danger of annihilation.

At that time, the great accomplished siddha Tangtong Gyalpo told the people to practice the refuge recitation which begins, ‘Our mothers, infinite as space...’, accumulate a large number of recitations of the mani, and conclude with this prayer, called ‘Attainment,’. They did as he said, and as a result the entire epidemic immediately ceased in dependence upon its performance. Thereby, it became renowned as the vajra speech radiating masses of clouds of blessing entitled ‘The Prayer Liberating Sakya from Disease.’

Sarvamangalam

* * *

{Note, this version of the prayer and endnote combines the translations offered by Thubten Tsultrim, from the book The Healing Buddha, and that by the Sakya Trinzin.}

Dedication Prayers from Paritta Recitation - A Selection of Texts

Chants of Protection, from Paritta Chants for Special Blessings

By the merit, blessings, and power of the Buddha, the Dhamma, and the Sangha

May those afflicted with pain be free from pain,

May those afflicted with fear be free from fear,

May those afflicted with grief be free from grief,

For all beings, may it be so.

May we all practice generosity with faith in the Triple Gem.

May we always keep moral precepts.

May we all rejoice in bhavana.

All Buddhas, Bodhisattvas, Pratyekabuddhas and Arhats are powerful.
By their power, may we all be blessed

Dedication prayers from The Book of Protection, lightly edited

May the blessings of all the Buddhas,
Bodhisattvas, and Arhats be upon you

May all misfortunes be warded off,
May all ailments cease;
May no calamities befall you;
May you all live long in peace.

May all blessings be upon you.
May all devas protect you.

By the protective power of all the Buddhas, Dharma, and Sangha,
may safety ever be yours.

By the power of this recitation,
may you be free from all dangers
arising from malign influences of the planets, demons, and spirits.
May all misfortunes vanish.

By the power of the Buddha
may all evil omens and untoward circumstances,
the ominous cry of birds,
the malign conjunctions of the stars,
and evil dreams be neutralized.

By the power of the Dhamma, may these be nullified.
By the power of the Sangha, may they be rendered harmless.

May those beings who suffer be free from suffering.
those who are in fear be free from fear.
those who are in grief be free from grief.

May the rains fall in due season;
 May there be a rich harvest;
 May the whole world prosper;
 And may the rulers be righteous.

May beings, celestial and terrestrial,
 Devas and Nagas of mighty power,
 share this merit of ours.
 And May they long protect the Dispensation.

May all beings share this merit which we have thus acquired.
 And May it be a cause of their happiness.

Let this merit be received by my relatives;
 May they all be perfectly well and happy.

From the highest realm of existence, to avici hell,
 whatever beings are born -
 those with form, and the formless ones,
 those with, or without consciousness
 in the spirit, animal,
 human, and deva realms -
 May all beings realize the complete end of suffering.

May they all attain Nibbana!

By the power of the merit of paying homage
 to the the Buddha, Dhamma, and Sangha,
 those that are eminently worthy of reverence,
 may all dangers immediately cease!

May all beings be kept entirely well and at their ease!

Verses for the Sharing of Merits

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā
Puññaṃ taṃ anumoditvā
Ciraṃ rakkhantu sāsaṇaṃ.

May the powerful devas & nāgas
dwelling in the sky and on earth
rejoice in this merit
and long protect the Sāsana.

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā
Puññaṃ taṃ anumoditvā
Ciraṃ rakkhantu desanaṃ.

May the powerful devas & nāgas
dwelling in the sky and on earth
rejoice in this merit
and long protect the teaching.

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā
Puññaṃ taṃ anumoditvā
Ciraṃ rakkhantu maṃ paraṃ.

May the powerful devas & nāgas
dwelling in the sky and on earth
rejoice in this merit
and long protect me & others.

Ettāvatā ca amhehi
Sambhataṃ puññasampadaṃ
Sabbe devā anumodantu
Sabbasampatti siddhiyā.

To the extent that we have
acquired any merit,
may all devas rejoice in it
for achieving all success.

Ettāvatā ca amhehi
Sambhataṃ puññasampadaṃ
Sabbe bhūtā anumodantu
Sabbasampatti siddhiyā.

To the extent that we have
acquired any merit,
may all spirits rejoice in it
for achieving all success.

Ettāvatā ca amhehi
Sambhataṃ puññasampadaṃ
Sabbe sattā anumodantu
Sabbasampatti siddhiyā.

To the extent that we have
acquired any merit,
may all beings rejoice in it
for achieving all success.

Bhavagg'upādāya avāciheṭṭhato
 etth'antare sattakāy' upapannā
 rūpī arūpī ca asaññā saññino
 dukkhā pamucantu
 phusantu nibbutiṃ.

From the peak of existence,
 down as far as avīci hell
 may all beings reborn here--
 with form, without form,
 with and without perception,
 all be freed from suffering;
 may all attain peace (= nibbàna).

The Sharing of Blessings

Through the goodness that arises from my practice,
 May my spiritual teachers and guides of great virtue,
 My mother, father, and relatives,
 all the leaders of the world,

the highest gods and evil forces,
 Celestial beings, guardian spirits of the Earth,
 those who are friendly, indifferent, or hostile,
 realized beings and ordinary worldly people -

all receive the blessings of my life.

May they soon attain the threefold bliss¹ and realize the Deathless².

Through the goodness that arises from my practice,
 And through this act of sharing,
 May all desires and attachments,
 and all harmful states of mind of myself and all others quickly cease.

May we all be completely healed.

May we all be completely liberated.

Until I realize Nibanna,

In every kind of birth, may I have an upright mind,

With mindfulness and wisdom, austerity and vigor.

May the forces of delusion not take hold nor weaken my resolve.

The Buddha is my excellent refuge and Guide

Unsurpassed is the protection of practicing the Holy Dhamma,

and the Noble Sangha is my supreme support.

¹ All the happiness of this life, celestial realms, and liberation

² Or 'May they all realize the true nature of no birth and no death'.

Through the supreme power of these three,
for myself and for all others,
May all darkness and delusion be dispelled.

Dedication, based on a prayer by His Holiness, Kyabje Dudjom Rinpoche

For myself and for all others,
May the Victory Banner of the accomplishment
of spiritual practice be raised.

May the Victorious Drum of the teaching and practice
of liberating and enlightening instructions resound in the Ten Directions.

For myself and for all others,
May the Lion's Roar of reasoning pervade
and the Light of unequalled virtues increase

Everywhere, may the study, practice,
and realization of Dharma Paths flourish.
May the Sanghas always be in harmony,
And may all the aspirations of the Nobles Ones be achieved.

At this very moment, for all the peoples and nations of the earth,
May not even the names disease, famine, war, and suffering be heard,
But rather may pure conduct, merit, wealth, and prosperity increase,
And may supreme good fortune and well-being always arise.