

## Selected Dedication Prayers

By this merit, and by the virtue of any other good I have done,  
together with that of kind hearted people everywhere,  
and all excellent practitioners,

and 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  
May all beings benefit.

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  
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

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 balance of the elements,  
and the firm establishment of true health and 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 our Spiritual Practice

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.

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From Lama Zopa Rinpoche

A preceding reflection

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...

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.

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Due to all the past, present, and future merits collected by me, the numberless buddhas, and the numberless sentient beings, may all wars, 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.

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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.

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

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 may whatever diseases there are in the world  
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.

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

For myself and 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 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 the 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 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.