

Meditation Dedication

At the completion of every meditation session one dedicates any merit created in order to assure its safe accumulation.

While reflecting on the peace and stability gained through one's practice recite,

Meditation dedication

As I arise from my meditation I feel joy that I have fulfilled my ongoing wish to develop myself.

May I sustain throughout the day the meditative equanimity that I have cultivated.

May my own peace, stability, and contentment extend to and nurture others.

May all beings benefit from any merit I may have gained.

~ Tenzin Tharpa