**Reflections on the Sharing of Blessings**

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Through the goodness that arises from my practice,

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May my spiritual teachers and guides of great virtue,

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My mother, my father, and my relatives,

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The sun and the moon, and all virtuous leaders of the world.

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May the highest gods and evil forces,

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Celestial beings, guardian spirits of the earth, and the lord of death;

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May those who are friendly, indifferent, or hostile;

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May all beings receive the blessings of my life.

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May they soon attain the threefold bliss, and realize the deathless.

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Through the goodness that arises from my practice,

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And through this act of sharing,

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May all desires and attachments quickly cease, and all harmful states of mind

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Until I realize Nibbāna, in every kind of birth, may I have an upright mind,

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With mindfulness and wisdom, austerity and vigor,

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

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The Buddha is my excellent refuge,

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Unsurpassed is the protection of the Dhamma,

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The solitary Buddha is my noble guide,

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The Sangha is my supreme support,

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Through the supreme power of all these,

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May darkness and delusion be dispelled.

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