

Buddhist Prayers
Used by Gil Fronsdal

Dedication of Merit

In considering whatever benefits we have received from our practices and actions today, may those benefits be of benefit to others.

If we have become kinder, may we be kind to others.

If we are more compassionate, may we care for others.

If we have become calmer, may we bring calm to others.

If we have become more patient may we be patient for others.

If we have become happier, may we bring happiness to others.

If we have more understanding, may we bring clarity to others.

If we are more peaceful, may we bring peace to others.

If we are at home in the sacred may we help all people find their heart's true home.

May whatever benefits and merit we have acquired, known and unknown, be used for the happiness and well-being of all beings everywhere. May all beings be happy.

A Blessing for Political Action:

As we engage in the public sphere may we be guided by the ten virtues of political leadership:

May we be generous so everyone is supported

May we have integrity so everyone can trust us

May we sacrifice selfish interest so everyone benefits

May we be kind so everyone can relax

May we have self-control so everyone may be safe

May we be free of ill-will so everyone can speak freely

May we be non-violent so everyone feels valued

May we be patient so everyone can participate

May we not obstruct so that we can find how to work together

Based on the Ten Virtues of a Ruler (Buddhist)

Blessing

May there be every good blessing.

May divine goodness protect you.

Through the power of a clear heart

May you always be well.

May there be every good blessing.

May divine goodness protect you.

Through the power of the truth

May you always be well.

May there be every good blessing.
May divine goodness protect you.
Through the power of the caring community
May you always be well.

Based on a traditional Buddhist Blessing

Aspiration

Through the power and radiance of the awakened mind,
The truthful heart, and the conscious community
May suffering, disease, danger, hostility, sorrow, misfortune, and all obstacles
Vanish without a trace.
May there be triumph, success, wealth, gain, safety, luck, happiness, strength,
Long life, beauty and Awakening.

Based on a traditional Buddhist Aspiration