Sharing of Merits

After Meditation Practice

(English)

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Sharing of Merits (After Meditation Practice).

With this meditation, acquiring great merits,
We share it with, our protecting Devas, and Devas everywhere,

We share this merits, with our dear departed relatives,
And all beings, seen and unseen, near and far, big and small, strong and weak,

May all beings everywhere,
be well and happy sharing this merits

Sadhu! Sadhu! Sadhu!

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Final Salutation

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Final Salutation…

Imāya Dhammānu-Dhammapatipattiyā Buddhampūjemi
With all my practice, I pay respect to the Buddha

Imāya Dhammānu-Dhammapatipattiyā Dhammampūjemi
With all my practice, I pay respect to the Dhamma

Imāya Dhammānu-Dhammapatipattiyā Sanghampūjemi
With all my practice, I pay respect to the Sangha

Imāya Dhammānu-Dhammapatipattiyā Mātāpitaro pūjemi
With all my practice, I pay respect to my parents

Imāya Dhammānu-Dhammapatipattiyā Ācariye pūjemi
With all my practice, I pay respect to my teachers

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Final Salutation…

Addhā māya patipadāya jarā-maranamhā parimuccissāmi
With this noble practice of Vipassana meditation, may I be liberated from the universal suffering of aging, sickness and death

Idam me puññam āsavakkhayāvaham hotu
May this merit of mine be a good cause for the attainment of Nibbana

Idam me sīlammaggaphala-ñānassa paccayo hotu
May my sila be a good cause for the attainment of Magga and Phala

Imam no puññabhāgam sabbasattānam dema
We share our merit with all beings

Sabbe sattā sukhīta hontu
May they be well and happy

Sādhu! Sādhu! Sādhu!
Excellent! Excellent! Excellent!

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