

Aspiration

By the blessings that have arisen from my practice,
May my venerable preceptors, and teachers who have helped me,
Mother, father, and relatives, male and female rulers,
Worldly powers, virtuous human beings,
The higher beings, demons, and high gods,
The guardian deities of the world, celestial beings,
The lord of death, friendly people, indifferent and hostile,
May all beings be well.

By means of this meritorious deed and through this aspiration,
May I quickly attain the cutting off of craving and clinging.
Whatever faults I have until I attain liberation, may they quickly
perish.

May the suffering be free from suffering;
May the fear-struck be free from fear;
May the grieving be free from grief;
So too may all beings be.

From the highest realm of existence to the lowest,
May all beings arise in these realms,
With form and without form,
With perception and without perception,
Be released from all suffering
And attain eternal peace.