

### Establishment of Motivation

By the power and truth of my practice,  
May all sentient beings enjoy happiness and the causes of happiness,  
Be free from suffering and the causes of suffering,  
May they never be separated from the immeasurable joy that transcends all suffering,  
And may they dwell in the great equanimity that is free from attachment, aversion and ignorance.

### Dedication of Merit

Whatever goodness my practice has brought  
I dedicate to all those who suffer.  
Whatever insight and joy I have found,  
I willingly share with all beings.  
Whatever merit my practice has generated,  
May it be multiplied to infinity, For the happiness and welfare of all.