

Meditation 12

Dedication of Merit

Contemplate everything we've addressed here, paragraph by paragraph, and see if it makes sense in your experience.

Check out the power of dedicating merit in your own life. Choose a person you have enough contact with that you can observe them over months or maybe even years. Start each day by giving rise to bodhicitta and, as you go through the day, create and dedicate as much virtue as you can and avoid non-virtue. At the end of the day, dedicate the merit you've created through all your efforts to that person's and all beings' temporary and ultimate happiness.

Do that every day, and observe what happens to that person and to your own mind over time. Do you have glimpses of principles at work that are invisible to the ordinary mind and senses?