

## **Sunday Drive Meditation Collective**

**Aspiration – Opening Statement** > Read aloud **3x** as Group before Meditation begins (optional)

May all sentient beings gain happiness and the roots of happiness.

May they be free from suffering and the roots of suffering.

May they never be cut off from the highest bliss, which is devoid of suffering.

May they come to rest in the great impartiality which is free of attachment and aversion.

**Dedication of Merit – Closing Statement** > Read as Group after Meditation ends (optional)

We dedicate the merit of our practice today  
to the benefit of all beings, in full measure to each.

May all beings remain safe.

May all beings remain healthy.

May all beings be peaceful and at ease.

May all beings be free from suffering and the roots of suffering.

(Source: The Prairie Sangha of Urbana-Champaign)

### **Online Meditation Resources:**

Columbus KTC Buddhist Center: <https://columbusktc.org/>

KTD Monastery: <https://www.kagyu.org/>

Prairie Sangha: <https://www.prairiesangha.org/resources>