

## Evening reflection: The Sharing of Benefits

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Good evening everybody. I'm here to read a sharing of benefits to close out this first day of the retreat. Each night someone will be up here to read this. I'll be here for the first week of the retreat. The sharing of benefits was written by Gil.

We practice within a wheel of giving and receiving. May we keep this Dharma wheel turning to benefit all beings. With whatever benefits we receive from practice, may these serve us to benefit others. With whatever benefits we receive from others, may we receive them so we can benefit others as well. May we give so we can receive, receive so we can give.

May we share our goodness with others. May we share our goodness with ourselves. May we receive the goodness of others. May we receive our own goodness. May we be the still point in the center of the wheel, free from the turning, free to support the turning, always allowing giving and receiving to roll on peacefully.

Wishing everybody a peaceful evening and a good sleep and further practice.