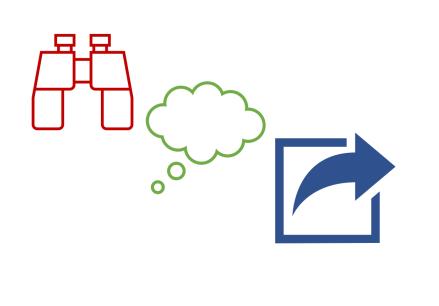


Session 11 : Happiness Sharing the Benefit

May All Beings Be Happy

Share the Benefit of the Practice



Sharing the Benefit = Happiness + Optimism



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