

Meditation Session Prayers

Refuge Vows (*Everyone 3 times*)

In the Buddha, Dharma and the Sangha,
I go for refuge until enlightenment is reached.
May my generosity and accumulations of merit bring benefit to all beings,
And may beings actualize perfect Buddhahood.

Four Immeasurables (*Everyone 3 times*)

May all beings be endowed with happiness;
May all beings be free from suffering;
May all beings never be separated from happiness;
And may all beings abide in equanimity,
Undisturbed by the eight worldly concerns.

(then say once:)

For as long as space endures,
And for as long as living beings remain,
Until then may we, too,
Abide to dispel the misery of the world.

Seven Limbed Prayer (*Everyone, once*)

Reverently, I prostrate with my body, speech, and mind
And present clouds of every type of offering, actual and mentally transformed.
I declare all my negative actions accumulated since beginningless time
And rejoice in the merits of all holy and ordinary beings.
Please remain until samsara ends
And turn the wheel of Dharma for sentient beings.
I dedicate the merit created by myself and others to the great enlightenment.

Mandala Offering (*Everyone, once*)

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon –
I imagine this as a Buddha field and offer it.
May all living beings enjoy this pure land!
The objects of my attachment, aversion and ignorance –
Friends, enemies, strangers, and my body, wealth, and enjoyments –
Without any sense of loss, I offer this collection.

Please accept it with pleasure and bless me with freedom from the three poisons.

IDAM GURU RATNA MANDALAKAM NIYATAYAMI

(E-Dum Guru Ratna Men-Da-Lakum Neeya-Taya-Mee)

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Meditation Session *(20 minutes)*

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Dedication of Merit *(Everyone 3 times)*

By this merit, may all obtain omniscience,

May it defeat the enemy wrongdoing.

From the stormy waves of birth, old age, sickness, and death,

From the ocean of samsara, may I free all beings.

Thursday Evening Meditation Prayers

The Threefold Refuge – Tri-Sarana

Buddham sharanam gacchami

I go to the Buddha for refuge.

Dharmam sharanam gacchami

I go to the Dharma for refuge.

Sangham sharanam gacchami

I go to the Sangha for refuge.

Meditation Session *(40 min)*

Praising Bodhicitta

JANG CHUB SEM CHOK RINPOCHE

May bodhichitta, precious and sublime,

MA KYI PA NAM KYE GYUR CHIK

Arise in those in whom it has not arisen,

KYE PA NAM PA ME PAR YANG

Where it has arisen may it never fail,

GONG NE GON DU PEL WAR SHOG

But grow and flourish ever more.