



## Tibetan Buddhist Learning Center: Middle Length Prayer and Meditation Session

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### PREPARATION

#### Six Aspects of Preparation

1. Clean and make neat the room [in which you are going to meditate] and set up [the altar with] representations of Buddha's body, speech and mind.
2. Make beautiful arrangements of pure offerings.
3. Sit properly upon a comfortable cushion and examine your mind. Sincerely go for refuge, develop an altruistic aspiration to highest enlightenment for the sake of all sentient beings, and produce the four immeasurables:

#### REFUGE

I go for refuge to the holy, glorious lamas—  
The gracious root lama and the lamas of the lineage—  
Essences of all the activities and good qualities  
Of body, speech, and mind of all the Buddhas  
Of the ten directions and three times,  
Sources of the eighty-four thousand aggregates of the  
Teaching,  
Leaders of the entire Spiritual Community.

I go for refuge to the Lama.  
I go for refuge to Buddha.  
I go for refuge to the Teaching.  
I go for refuge to the Spiritual Community.  
**(Repeat this verse three times)**

I go for refuge to the meditational deities and the  
gods of the  
mandala, along with their heavenly attendants.

I go for refuge to the holy, glorious protectors, those  
who have  
the eye of exalted wisdom, guardians who protect the  
teaching.

#### REFUGE ALONG WITH THE ALTRUISTIC ASPIRATION

I go for refuge until enlightenment  
To Buddha, the Teaching, and the Spiritual Community.  
By the merit of practicing the six perfections  
May I achieve Buddhahood in order to help living beings.  
**(Repeat this verse three times)**

I go for refuge to the Three Jewels.  
I confess each and every misdeed.  
I rejoice in the virtue of living beings.  
I keep in mind Buddha and his enlightenment.

To Buddha, the Teaching, and the Spiritual Community  
I go for refuge until enlightenment.  
In order to fully accomplish the purposes of others  
I will generate the altruistic aspiration to enlightenment.

After generating this superior aspiration  
I will invite all sentient beings  
To enjoy the beautiful, highest deeds of enlightenment.  
May I achieve Buddhahood to help sentient beings.  
**(Repeat this and previous two verses three times)**

#### THE FOUR IMMEASUREABLES: [LOVE, COMPASSION, JOY, AND EQUANIMITY]

May all sentient beings enjoy happiness and the causes  
of happiness.  
May all sentient beings be freed from suffering and the  
causes of suffering.  
May all sentient beings be inseparable from happiness  
and have freedom from suffering.  
May all sentient beings abide in equanimity, free from  
attachment and aversion.  
**(Repeat this verse three times)**

#### 4. Visualizing the field of assembly:

##### A. INVITATION

O Protector of all beings without remainder,  
Divine conqueror of the wicked devils and their legions,  
One who knows rightly all things—  
O Supramundane Victor, please come here with your  
attendants.

##### B. ABLUTIONS

Just as the gods offered ablutions  
To Buddha upon his birth,  
So I offer ablutions  
With pure divine water .

When I offer with firm faith  
Divine garments thin, soft, and light,  
To one who has obtained the firm vajra body  
May I also attain the vajra body.

C. *SHORT MANDALA OFFERING*

Golden land, filled with incense and strewn with flowers,  
Mount Meru and the four continents ornamented by  
sun and moon—  
Imagining all this as a buddha field, I offer it.  
May all beings find enjoyment in this pure land.

**Idam guru ratna mandalakam niryatayami.**

**5. The seven aspects of worship—the key to purifying  
misdeeds and accumulating merit—as well as offering  
the mandala**

**Condensed form of the seven aspects from Shantideva's  
"Engaging in the Bodhisattva Deeds", Chapters Two and  
Three**

To all the Buddhas who traverse the three times,  
To the Teaching and the Spiritual Community,  
I bow down with emanations of my body  
As many as atoms in a buddha field.(2;24)

Just as bodhisattvas such as Manjushri  
Make offerings to the Conquerors,  
So I make offerings to you, Thus Gone Ones,  
You, the Protectors, and your Offspring.(2;22)  
In this beginningless cyclic existence  
In this life or in others  
Compelled by the errors of ignorance  
I needlessly engaged in misdeeds.(2;28)

I urged others to commit wrongdoings  
And rejoiced in others' bad actions as well.  
Having understood my faults  
I confess them to the Protectors from my heart.(2;29)

I rejoice with pleasure in actions helpful to beings  
And in the oceans of virtue  
Which increase the altruistic aspiration  
And bring happiness to all.(3;3)

I join my palms requesting  
The buddhas of all the directions,  
"Please light the lamp of the teaching  
For beings who suffer in dark confusion."(3;4)

I pray with joined palms  
To Conquerors who wish for final nirvana,  
"Please stay for innumerable aeons.  
Do not leave beings in this blindness."(3;5)

I have done all these in this way  
And accumulated virtue;  
May it remove all the miseries  
Of all sentient beings.(3;6)

B. *MANDALA OFFERING*

**Om vajra bhumi ah hum.**

Here is the mighty and powerful base of gold.

**Om vajra rekhe ah hum.**

Here is the diamond-hard fence.

The outer ring is encircled with this iron fence  
In the center of which stands Mount Meru, the King of  
All Mountains,  
In the East is the continent Purva-videha,  
In the South is the continent Jambudvipa,  
In the West is the continent Aparagodaniya,  
In the North is the continent Uttarakuru.

Around the East the sub-continent Deha and Videha,  
Around the South the sub-continent Chamara  
and Aparachamara,  
Around the West the sub-continent Satha and  
Uttaramantrina,  
Around the North the sub-continent Kurava and Kaurava.

In the East is the treasure mountain.  
In the South is the wish-granting tree.  
In the West is the wish-granting cow.  
In the North is the unplowed harvest.

Here is the precious wheel.  
Here is the precious jewel.  
Here is the precious queen.  
Here is the precious minister.  
Here is the precious elephant.  
Here is the precious and best of horses.  
Here is the precious general.  
Here is the precious vase.

Here is the goddess of beauty.  
Here is the goddess of garlands.  
Here is the goddess of song.  
Here is the goddess of dance.  
Here is the goddess of flowers.  
Here is the goddess of incense.  
Here is the goddess of light.  
Here is the goddess of perfume.  
Here is the sun.  
Here is the moon.  
Here is the umbrella of all precious things.  
Here is the banner of victory in all the directions.  
In the center are all the possessions precious to both  
gods and humans.  
This magnificent and glorious collection,  
Lacking in nothing,  
I offer to you, glorious and holy lamas,  
Both my gracious root lama and lineage lamas,  
To the assembly of deities of the peerless Shakyha Con-  
queror,  
As well as to their retinues.

Out of your great compassion,  
Please accept all these offerings  
For the sake of all sentient beings.  
And after accepting them, please bless me.

*(continued on next page)*

Golden land, filled with incense and strewn with flowers,  
Mount Meru and the four continents ornamented by  
sun and moon—  
Imagining all this as a buddha field, I offer it.  
May all beings find enjoyment in this pure land.

**Idam guru ratna mandala kam niryatayami.**

#### 6. Prayer petitioning for one's desired purpose

I go for refuge to the Lama and the precious Three Jewels.

Please bless my mind.

Please bless all sentient beings - my mothers - and myself to put an end to all mistaken states of mind, from not respecting the spiritual teacher to conceiving signs in the two kinds of self.

Please bless us to easily produce all non-mistaken states of mind, respecting the spiritual teacher and so forth.

Please bless us to quell all inner and outer obstacles.  
**(Repeat these five verses three times)**

### ACTUAL SESSION

#### A. REFLECTIVE MEDITATION ON THE PATH

With a determination to accomplish  
The highest welfare for all sentient beings  
Who surpass even a wish-granting jewel  
I will learn to hold them supremely dear.

Whenever I associate with others I will learn  
To think of myself as the lowest among all  
And respectfully hold others to be supreme  
From the very depths of my heart.  
In all actions I will learn to search into my mind  
And as soon as an afflictive emotion arises  
Endangering myself and others  
Will firmly face and avert it.

I will learn to cherish beings of bad nature  
And those pressed by strong sins and sufferings  
As if I had found a precious  
Treasure very difficult to find.

When others out of jealousy treat me badly  
With abuse, slander, and so on,  
I will learn to take all loss  
And offer the victory to them.

When one whom I have benefited with great hope  
Unreasonably hurts me very badly,  
I will learn to view that person  
As an excellent spiritual guide.

In short, I will learn to offer to everyone without exception  
All help and happiness directly and indirectly  
And respectfully take upon myself  
All harm and suffering of my mothers.

I will learn to keep all these practices  
Undeiled by the stains of the eight worldly conceptions  
And by understanding all phenomena as like illusions  
Be released from the bondage of attachment.

*B. MEDITATE SILENTLY ON YOUR WHATEVER TOPIC THAT YOU CHOOSE.*

### CONCLUSION

#### A. DISSOLVING THE FIELD OF ASSEMBLY

Glorious and precious root lama, please sit upon  
The moon-lotus cushion on the crown of my head.  
Favouring me by your great kindness, please bestow  
Physical, verbal, and mental attainments.

I bow down to the Prince of the Shakyas,  
Whose body was formed by a million perfect virtues,  
Whose speech fulfills the hopes of limitless beings,  
Whose mind sees accordingly all to be known.

Precious Buddha, unexcelled teacher,  
Precious, holy Teaching, unexcelled activity,  
Precious Spiritual Community, unexcelled guides -  
I bow down to you, who comprise all objects of refuge.

I make all offerings, real and imaginary.  
I confess all misdeeds and transgressions, committed  
since beginningless time.  
I rejoice in the virtue of ordinary and holy beings.  
Please stay until cyclic existence is emptied  
And turn the wheel of the teaching to beings.  
I dedicate to great enlightenment my own and others'  
virtues.

I offer to the Lama, meditational deities, and Three Jewels,  
The four continents, Mt. Meru, sun, moon, the seven jewels -  
A precious mandala, and the masses of Samantabhadra's offerings.  
Accepting them out of compassion, please bless me.

#### B. MANTRA RECITATION

I bow down, make offerings, and go for refuge to the  
Lama, Shakya Conqueror and Subduer.

**Om muni muni mahamuna ye svaha. (repeat quietly until you change to:)**

**Om mani padme hum. (repeat quietly until:)**

By this virtue may I quickly  
Attain the state of Lama, Buddha.  
Then may I place there  
Beings without even one remaining.

May those who have not developed the precious  
Altruistic aspiration, develop it;  
May those who have developed it, without faltering  
Increase it from high to higher.

*C. DEDICATION*

I dedicate all this virtue  
To emulate the knowledge  
Of the hero Manjushri  
And likewise Samantabhadra as well.

With whatever dedication is praised as supreme  
By all the Conquerors who traverse the three times  
I also dedicate all my roots of virtue  
For the sake of auspicious deeds.