

PRAYERS FOR MEDITATION

Going for Refuge and Generating Bodhicitta

I go for refuge until I am enlightened
To the Buddha, the Dharma and the Sangha.
Through my practice of giving and other perfections
May I become a buddha to benefit all sentient beings. (3x)

The Four Immeasurables

May all beings have happiness and the cause of happiness.
May they be free from suffering and the cause of suffering.
May they never be separated from the happiness that knows no suffering.
May they dwell in equanimity, free from attachment and aversion to those near and far.

Seven-Limb Prayer

Reverently, I prostrate with my body, speech, and mind;
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time
And rejoice in the merit of all holy and ordinary beings.
Please remain until the end of cyclic existence
And turn the wheel of Dharma for sentient beings.
I dedicate all the virtues of myself and others to the great enlightenment.

Short Mandala Offering

This ground, anointed with perfume and strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon;
I imagine this as a buddha land and offer it.
May all sentient beings enjoy this pure land.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Request

Please bless me to cease all deluded minds immediately,
From disrespect for the gurus to the subtle dualistic conception.
Bless me to generate all unmistaken minds instantly,
From respect for the gurus to the realisation of emptiness.
Bless me to completely pacify all outer and inner obstacles.

Dedication Prayers

Due to the merits of these virtuous actions,
May I quickly attain the state of a guru-buddha
And lead all sentient beings, without exception
Into that enlightened state.

May the supreme jewel bodhicitta
That has not arisen, arise and grow;
And may that which has arisen not diminish
But increase more and more.