

## GENERAL MEDITATION GUIDE- SCRIPT

### WELCOME

Welcome.

Let's begin the guided meditation.

### SEVEN POINT YOGA POSTURE

First we'll relax our body and mind.

- Sitting in the cross-legged position, the diamond posture, or relaxed on the chair.
- hands in the meditation mudra -right hand over left, thumbs touching; the union of method and wisdom,
- back straight,
- shoulders relaxed- left shoulder relaxed letting go of all thoughts of the past, right shoulder relaxed- letting go of all thoughts of the future;
- elbows a little away from the body
- neck relaxed and ever so slightly forward;
- eyes restful, partly closed, looking past the tip of the nose,
- cheeks relaxed,
- tip of the tongue on the upper palate, and
- mouth slightly open.

### PRELIMINARIES

- Some are fortunate to be living in a beautiful environment with fresh air, a natural landscape where we can feel calm and not stressed.
- Even if we do not have these things, there is always something we can appreciate about our environment.
- Maybe we can hear a bird singing, the roof creaking, the wind in the trees, the dog barking, the traffic down the road.
- In our environment, no matter what it is like, we can practise living simply- reducing our activities -and limiting our desires and attachments. We can practise contentment with what we have.

- Let's take a few moments to notice where we are and to feel grateful for what we have.

## THE MAIN PART OF MEDITATION

### REFUGE PRAYER

- To begin our meditation, we think about the Buddha, the Dharma and the sangha – These are the guide, the path and the support.
- The right guide is the Buddha, the person who journeyed this path to enlightenment for the sake of all other sentient beings.
- This result was not just possible for only Buddha. We all have the potential to achieve enlightenment like the Buddha himself.
- The Buddha realised the causes of suffering and the way out of suffering.
- The main cause of our suffering is negative mind, self-cherishing mind. As long as we have self-cherishing mind, we create negative thoughts and actions.
- Sometimes we're not happy with where we live, what we eat, not happy with what we wear, not happy with the people we meet.
- But it is our own mind, dissatisfaction mind, our non-appreciation mind, that causes this unhappiness.
- To make us happy, we don't need to change the house, there is no need to change the food, no need to change our clothes, no need to change that person, and so on.
- What we have to change- is our mind.
- How can we change? The Dharma can show us the way. Dharma tells us how we can develop our mind, what to adopt and what to abandon. If we follow the right path of what the Buddha taught us, we have a great opportunity to find happiness.
- Our companions help us on the path. Alone, It's not easy to reach the destination, but if we travel with positive companions, our efforts will be far more effective, a lot more will be achieved. These companions we refer to as the sangha – a group who work together holding the right view, right intention and a desire to work together – this makes everyone's path easier.

Let's meditate on the value of these three the Buddha the Dharma and the

sangha in our lives for a few minutes.

Refuge prayer Say we will do it 3x in English

## MEDITATION ON THE FOUR IMMEASURABLES

Now we have the meditation on the Four Immeasurables.

We have the chance to find happiness through the practice of loving kindness, compassion, equanimity and joy.

Through the practice of loving kindness we have the chance to be free from suffering;

-through the practice of compassion, we have the chance to achieve happiness;

-through the practice of joy we have the chance to be content with what we have

-through the practice of equanimity the chance to be wise.

If we open up our heart and look and see that all sentient beings are the same, we will see that they are all trying to achieve the one goal, which is happiness and peace.

Therefore, we must practise for all beings. They are just like us. There is little difference.

This we call the diamond heart, the big heart that takes in all others. This brings one so much joy, so much happiness.

Let's meditate on how we can take one step towards this big heart for a few moments.

Do the Four Immeasurables 3 times in in English

## SHAKYAMUNI MANTRA

Now we will recite the Shakyamuni Mantra 21 times. This mantra is a sign of respect and acknowledgment of the Buddha Shakyamuni. We seek the inspiration to follow the path to attain enlightenment just as he did.

Do Shakyamuni mantra 21 x in Tibetan

## MEDITATION

Take time to stretch now. [Wait a few minutes].

Turn to a picture or a statue of the Buddha

Shamatha, or calm abiding, meditation is the foundation of all other meditations.

The main purpose is to train in calm abiding and to stabilise it so we can develop the wisdom mind.

Wisdom cannot arise without a calm mind.

This clear mind, which comes from having the right focus, is not only the foundation for wisdom, it is useful in everyday life, with whatever we do, in all our work, in every relationship. All requires a clear and calm mind.

We establish the clarity of the picture or statues and maintain this clarity for the period of the meditation.

Don't worry if your mind strays- Khenpo la tells us that we can't expect to be perfect in the beginning. All the great masters at the beginning went through what we are going through now.

Its common that the mind runs away. If our mind wanders we can gently relax, notice and bring it back to the picture or statue.

Before our minds wandered without our awareness but now we are aware of how easy it is for the mind to wander. Realising this is enough.

When we realise our mind is wandering we can gently bring it back into focus. We can repeat this over and over again gently and calmly.

Now we'll focus on the picture or statue for ten minutes.

We will meditate for ten minutes.

Sound the bell.

#### CONCLUSION – DEDICATION

Now we have the dedication. Here it's good to think three things:

- 'I am so fortunate to have this opportunity to meditate.
- 'Having this opportunity I can be happy:
- 'Having this opportunity, I don't have to limit it. If I feel I want to do more, I can; the more I will benefit and the more I can contribute to helping others.

In this way, may this meditation be beneficial for me and others and may I have more opportunity to practise in my life.'

Say the Dedication 1x English

We really hope you can relax now for a while in calm abiding and if you have time, enjoy a cup of tea.

Thank you.