

## 8. DEDICATING THE MERIT

**Reciting the Sutras.** Practising the way off awareness, give rise to benefits without limit. We vow to share the fruits with all beings. We vow to offer tribute to parents, teachers, friends, and numerous beings who give guidance and support along the path. **\*BELL x 4:**

THE END

**(SMALL BOW TO ALL PRESENT).**

## AT THE SHRINE OF THE PATRIARCHS

[Before the Invocation we light **three** sticks of incense representing the following qualities]:

Morality (*Sila*);  
Concentration (*Samadhi*);  
Wisdom (*Panna*)

*(INVOCATION)*

“With respect and gratitude

***WE BOW THREE TIMES***

to the Patriarchs from

**INDIA, CHINA, & VIETNAM”.**

**\*BELL AND BOW X 3 \***

*[We now move into the main Meditation Hall]*

## AT THE MAIN TEMPLE

### 1. INCENSE OFFERING:

**\*3 X BELLS\***

**In gratitude**, we offer this incense to all Buddhas and bodhisattvas throughout space and time.

**May** it be fragrant as Earth herself, reflecting our careful efforts, our wholehearted mindfulness, and the fruit of understanding, slowly ripening.

**May** we and all beings, be companions of Buddhas and bodhisattvas. May we awaken from forgetfulness and realise our true mind". **\*BELL\***

## 7. TAKING SELF-REFUGE

**Taking refuge** in the Buddha in myself, I aspire to help all people recognize their own awakened nature, realising the true mind. **\*BELL AND BOW**

**Taking refuge** in the Dharma in myself, I aspire to help all people fully master the ways of practice and walk together on the path of liberation.

**\*BELL AND BOW**

**Taking refuge** in the Sangha in myself, I aspire to help all people build fourfold communities, to live in harmony and support their transformation.

**\*BELL AND BOW**

**Because** there is no attainment, the bodhisattvas, grounded in perfect understanding, find no obstacles for their minds. Having no obstacles, they overcome fear, liberating themselves forever from illusion and realising Perfect Nirvana.

**All** Buddhas in the past, present, and future, thanks to this perfect understanding, arrive at full, right, and universal enlightenment. **\*BELL X 1**

**Therefore** one should know that Perfect Understanding is the highest mantra, the unequalled mantra, the destroyer of ill being, the incorruptible truth. A mantra of prajnaparamita should therefore be proclaimed:

Gate gate paragate parasamgate  
bodhi Svaha **\*\*3 TIMES\*\***

**\*BELL X 2**

## **2. DEEP BOWING**

**We wish** to revere with speech mind and body, the Buddha.  
The one who shows us the way in this life. **\*BELL AND BOW\***

**We wish** to revere with speech mind and body, the Dharma.  
The way of understanding and of love. **\*BELL AND BOW\***

**We wish** to revere with speech mind and body, the Sangha.  
The community of mindful harmony. **\*BELL AND BOW\***

### **3. PREPARING FOR MEDITATION**

Prepare yourself for meditation either on the floor or on a chair. If on the floor sit in either a full or half lotus position. If on a chair place feet flat on the floor. Hands are either cupped, with thumbs gently touching or gently placed on thighs. Press down strongly **3 times** on the hands straightening the **spine**".

Aligning head and shoulders; looking down the side of the nose focusing on a spot about 3 feet from the end of your nose. The mouth is gently closed and the tongue placed behind the upper teeth (this limits saliva production). Next take **3 deep breaths** slowly in through the nose and out through the mouth.

Keep your eyes slightly opened at the beginning of the meditation closing them later when your **position, breathing, and mind** have stabilised. The bells during the meditation remind us to re-concentrate on the breath, this is especially helpful when our mind wanders or we begin to feel drowsy. **Meditation will now begin with either 'Morning or Evening Chant'.**

**Listen Shariputra**, all Dharma are marked with emptiness. They are neither produced nor destroyed, neither defiled nor immaculate, neither increasing nor decreasing.

Therefore in emptiness there is neither form, nor feelings, nor perceptions, nor mental formations, nor consciousness.

No eye, or ear, or nose, or tongue, or body, or mind.

No form, no sound, no smell, no taste, no touch, no object of mind. No realms of elements (from eyes to mind consciousness), no interdependent origins and no extinction of them (from ignorance to death and decay).

No ill-being, no cause of ill-being, no end of ill-being, and no path. No understanding, no attainment. **\*BELL X 1**

## 6. SUTRA OPENING VERSE: \*BELL X 2

Namo Tassa Bhagavato Arahato  
Samma Sambuddhassa **\*\* (3 TIMES) \*\***

\*BELL x 1

The Dharma is profound and wonderful.  
We now have a chance to see it, study it,  
and practice it. We vow to realise its true  
meaning. \*BELL x 1

### 6. Heart of the Prajnaparamita

**The Bodhisattva Avalokiteshvara**, while  
moving in the deep course of perfect un-  
derstanding, shed light on the **5 Skandhas**  
and found them equally empty. After this  
penetration, he overcame ill-being.

\*BELL X 1

**Listen Shariputra**, form is emptiness,  
emptiness is form. Form is not other than  
emptiness; emptiness is not other than  
form. The same is true with feelings,  
perceptions, mental formations, and con-  
sciousness. \*BELL X 1

## 4. ENDING THE MEDITATION

You are now listening to the last **3 bells** of  
this meditation.

On hearing the **1st bell** we will dedicate  
this meditation to all sentient beings.

\* STRIKE THE BELL (PAUSE).

On hearing the **2nd bell** we will take **3**  
deep breaths: in through the nose; and  
out through the mouth. Breathing in all  
the positives in our lives; breathing out  
all the negatives of our lives. STRIKE  
THE BELL (PAUSE).

When you hear the **3rd and last bell**,  
slowly open your eyes and follow further  
instructions to get out of this meditation.  
STRIKE THE BELL

## 5: MASSAGE ENDING MEDITATION.

1. Squeeze fingers 5 times.
2. Push down hard 3 times on your lap; straightening your spine.
3. Rotate your **left** shoulder: 5 times.
4. Rotate your **right** shoulder: 5 times.
5. Now rotate **both** shoulders 10 times:  
REVERSE the direction another 10 times.
6. Gently move your head up and down 5 times.
7. Gently move your head from right to left 5 times.

33. Hold your toes, rotate them gently 5 times, now reverse direction 5 times.  
PUT DOWN YOUR RIGHT LEG

34. take out your cushions, straighten out **both legs**, rub down to the toes 10 times.

35. Stand-up and tidy up around you.  
Stand in a relaxed and stable position.  
**Tai Chi**: breathing exercise: 3 breaths up and down. This ENDS OF MEDITATION EXERCISES:

THAY will now conduct a WALKING MEDITATION or give FEEDBACK.

N.B. (Following the walking meditation etc. Thay will hand the practice back **to the leader**, who will begin the Sutra Opening Verse [**see next page**] ).

26. Bring **OUT** your **LEFT** leg, massage down to the tibia **10 times.**
27. Straighten out your **left** leg, rub your **knee 10 times.**
28. Bring **UP** your **left foot**, rub the **sole** of your foot with your knuckles **10 times.**
29. Hold your **toes**, rotate them gently **5 times**, now REVERSE direction **5 times.** **PUT DOWN YOUR LEFT LEG.**
30. Bring **OUT** your **RIGHT** leg, massage down to the tibia **10 times.**
31. **Straighten out** your **right** leg, rub your knee **10 times.**
32. Bring **UP** your **right** foot, rub the sole of your foot with your knuckles **10 times.**
8. Rub your hands strongly, generating heat, place your hands over your eyes, pause for a few seconds, be aware of the touch and the pleasant feelings that arise throughout this massage.
9. Rub your face in an upwardly circulating movement **20 times.**
10. Rub your head from the front to the back **10 times.**
11. Rub your ears **10 times.**
12. Pull your ears lobes **10 times**
13. Place one hand on the crown of your head, the other on the back of your neck and massage **10 times.**
14. Rub **2 fingers** of each hand together, generating heat, now massage your eyes either inwardly or outwardly **10 times.**

15. Rub both sides of the back of your neck **10 times.**
16. Rub your throat upwardly **10 times.**
17. Place your **left hand** on your **right shoulder** and massage the whole of the arm **10 times.**
18. Place your **right hand** on your **left shoulder** and massage the whole of the arm **10 times.**
19. Place your **right hand** on your **left shoulder**; and your **left hand** under your **right armpit**. Massage up and down **5 times** then stretch and breathe out strongly. REPEAT.

20. Place your **left hand** on your **right shoulder**; and your **right hand** under your **left armpit**. Massage up and down **5 times** then stretch and breathe out strongly. REPEAT
21. Place one hand on the chest and one hand on the stomach Massage in a circular motion **10 times.** Now Reverse **10 times.**
22. Using the back of your hands rub your back from the top to the bottom **10 times.**
23. using your palms rub your kidney and waist area **10 times.**
24. massage your **sciatic** nerve in both legs, first **left** then **right** **10 times**
25. Rub your upper and inner thighs toward the knees **10 times.**