

## Six Preparatory Practices

This is an outline of the points Arjia Rinpoche covered in his teaching on March 30, 2008. Please listen to the audio file for the full teaching which includes details, examples, and stories.

There are six ways to prepare oneself for a daily session of meditation.

1. Cleaning the room or the place of practice
2. Arranging symbolic objects of refuge and pure offerings
3. Sitting on a comfortable cushion and maintaining the seven-fold posture of Vairocana<sup>0</sup>, then taking refuge and generating the mind of enlightenment.
  - a. Sit with legs folded—preferably in the lotus position
  - b. Straighten your back
  - c. Fold your hands so that your right hand is sitting on top of your left hand and your thumbs are touching
  - d. Bow head slightly
  - e. Straighten your shoulders – not too loose and not too tight
  - f. Focus your eyes on the tip of your nose or on an image of the Buddha
  - g. Put your tongue on the roof of your mouth right behind your front teeth
4. Visualizing the merit field
5. Offering the seven branch practice and the mandala of the universe

### Seven-branch Practice

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

### Mandala Offering

This land anointed with perfume, flowers strewn  
Mount Meru, four lands sun and moon  
Imagined as a Buddha land and offered to you  
May all beings enjoy this pure land.

6. Making powerful supplication and prayers from one heart.

