

MSB STUDY & PRACTICE MANUAL

Revised September 10, 2009

PHASE II: SESSIONS MEDITATION

Students in this phase of practice have participated in the MSB Sangha Ceremony and are now eligible to receive the Sessions teachings from Rinpoche. Please contact Rebecca Zepp, Rinpoche's secretary, at vdkrsecretary@mangalashribhuti.org to find out more about the location and dates of these teachings. To support you in this new phase, you should choose a meditation instructor (MI). Visit the Study and Practice Manual webpage on the Study and Practice website to download the most current list of MIs (listed under Supplementary Materials). In many cases, your SPR will also be a trained MI. You can continue this relationship into its new phase, or choose a new MI.

A few months before receiving the Sessions teachings, Rinpoche asks that you listen to the "Egolessness of Self" talk from the *Guided Meditation on Relative and Absolute Bodhicitta* CD. This recording should be listened to in formal meditation periods. Please see the outline included in this section of the manual for more information.

The Sessions teachings are only open to MSB students, and are given in a practice retreat setting. Therefore, plan to limit the amount of contact you have with others. Rinpoche even suggests that students not attend public MSB teaching programs during this time. Please contact Rebecca for details about the structure of the teachings and practice sessions.

Print out and bring the *Seven-Line Prayer* (shown below) to the Sessions teachings. You can learn the traditional melody of this prayer by listening to the *Songs of Dharma* CD by Dzigar Kongtrul Rinpoche.

SEVEN-LINE PRAYER

HUNG

Ögyen yulgyi nupchang tsam
In the north-west of the country of Uddiyana,

Péma késar dongpo la
In the heart of a lotus flower,

Yamtsen chokgi ngödrup nyé
You are endowed with the supreme, wondrous siddhis,

Péma jungne shyésu drak
And are renowned as the Lotus Born.

Khordu khandro mangpö kor
Surrounded by a host of many dakinis

Chyéchyí jésu dagdrup kyi
I will practice by following your example.

Chingyi lapchir sheksu sol
Please approach and grant your blessings!

GURU PÉMA SIDDHI HUNG

EGOLESSNESS OF SELF MEDITATION

I. Preliminaries

- A. Recite the following:

REFUGE AND BODHICITTA

In the Buddha, the Dharma and the Supreme Assembly
I take refuge until enlightenment.
By the merit of generosity and so forth,
May I attain buddhahood for the welfare of all beings.
(*recite three times*)

FOUR IMMEASURABLES

May all sentient beings enjoy happiness and the root of happiness.
May they be free from suffering and the root of suffering.
May they not be separated from the great happiness devoid of suffering.
May they dwell in the great equanimity free from passion, aggression, and
prejudice.
(*recite three times*)

II. Count 21 Breaths

- A. Count the breath 21 times before moving on to the four immeasurables practice.

III. Four Immeasurables Contemplations

- A. Starting with equanimity, spend time sequentially contemplating on all four immeasurables.

IV. Aspiration Bodhicitta

- A. Give birth to aspiration bodhicitta.

V. Egolessness of Self Meditation

- A. As time allows, listen to all or part of the “Egolessness of Self” recording from the *Guided Meditations on Relative and Absolute Bodhicitta* CD.
B. You may pick up where you left off in the recording during your next meditation session.
C. After practicing along with the recording at least ten times, you can start doing the egolessness of self meditation without the recording.

VI. Conclusion

A. Recite the following:

DEDICATION OF MERIT

By this merit, may all attain omniscience,
May it defeat the enemy, wrongdoing,
From the stormy waves of birth, old age, sickness and death,
From the ocean of samsara, may I free all beings.
(recite once)

Emulating the heroes Manjushri,
Samantabhadra and all those with knowledge,
I too make a perfect dedication
Of all actions that are positive.
(recite three times)

Website Resources

Guided Meditation on Relative and Absolute Bodhicitta CD:

http://www.mangalashribhuti.org/html/store/recordings_new.html

Songs of Dharma CD:

http://www.mangalashribhuti.org/html/store/recordings_other.html