



Offering Traditional Buddhist Teachings to Enrich Our Contemporary Lives

Dedication

As long as space remains,
As long as sentient beings remain,
Until then, may I too remain
And dispel the miseries of the world.

With my heart going out in great compassion
In whatever direction the most precious teachings
Have not yet spread, or once spread have declined,
May I reveal this treasure of happiness and aid.

It is solely from my gurus that I've come to be acquainted
With the peerless teachings of the Buddha.
Thus I dedicate whatever virtue my actions may have
So that all beings may be cared for in the future by kind
and holy teachers.

Taking Refuge and Generating the Altruistic Aspiration

With a wish to free all beings
I shall always go for refuge
To the Buddha, Dharma, and Sangha,
Until I reach full enlightenment.

Enthused by wisdom and compassion,
Today in the Buddhas' presence,
I generate the mind for full awakening
For the benefit of all sentient beings.

BodhiMind Center

1st Monday Monthly Meditation at 5:30 PM : Colorado College Woman's Club*,
20 Mesa Road, Colorado Springs, CO, 80903

Seven Limb Preliminary Prayer

- (1) I prostrate to all you Buddhas who have graced the three times, to the Dharma and to the Highest Assembly, bowing down with bodies as numerous as all the atoms of the world.
- (2) Just as Manjushri and others have made offerings to you, the Buddhas, so do I also make offerings to you, our awakened guides, and to your spiritual offspring.
- (3) Throughout beginningless samsaric existence, in this and other lives, I've unwittingly committed negative acts, or caused others to commit them. Oppressed by the confusion of ignorance, I've rejoiced in this. Whatever I've done, I see them as mistakes and openly declare them to you, my Guardians, from the depth of my heart.
- (4) With pleasure, I rejoice in the ocean of positive force of developing bodhichitta, aiming to bring every limited being joy and in your deeds that have aided limited beings.
- (5) With palms pressed together, I beseech you Buddhas of all directions: please shine the lamp of Dharma for all sentient beings suffering and groping in darkness.
- (6) With palms pressed together, I beseech you Buddhas who would wish to pass beyond sorrow: I beg you remain for countless eons so as not to leave in their blindness these wandering beings.
- (7) By whatever positive force I've built up through all of these actions I've done here, may I remove every suffering of all sentient beings.