

Prayer from The Treasury of Blessings—A Practice of Buddha Shakyamuni

With your great compassion, you embraced this turbulent and degenerate world, And made five hundred mighty aspirations.

You are exalted as the white lotus; whoever hears your name shall never return to saṃsāra—Most compassionate teacher, to you I pay homage!

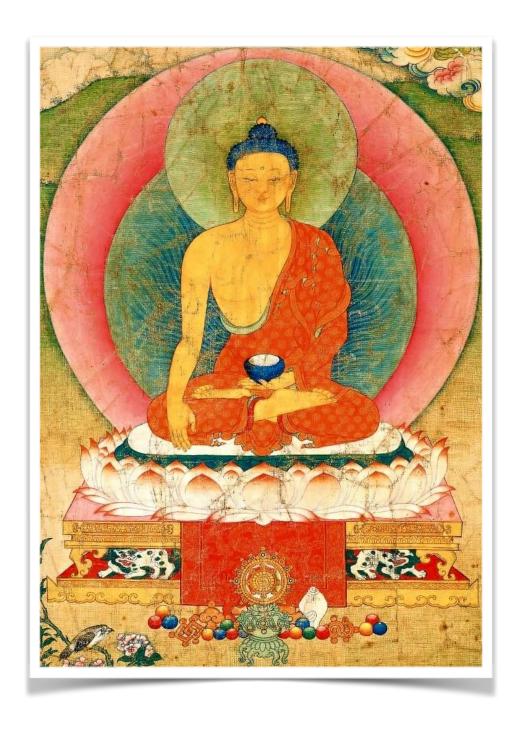
क्रॅं सुवे सुवे सक्तु सुव भे शृह्य

om muné muné maha munayé soha om muni muni mahāmunaye svāhā

Blessing Supplication Prayer

Grant your blessings so that I realize primordial purity is the true nature. Grant your blessings so that I recognize whatever arises is my own mind. Grant your blessings so that I liberate delusion into its own natural state. Grant your blessings so that I increase my meditative stability continually. Grant your blessings so that I actualize enlightenment in this lifetime.

Page 1 of 3 bodhicittasangha.org



How to Practice Shamatha and Vipashyana after Completion of the Preliminaries

Most people were at the May Retreat in 2019, so they already know how to practice shamatha and vipashyana using the *Treasury of Blessings: A Practice of Shakyamuni Buddha*.

For those not at the retreat, please watch the videos.

Page 2 of 3 bodhicittasangha.org

Here is how to practice shamatha and vipashyana for your daily practice when you finish the preliminaries:

Usually we practice the outer preliminaries for 20 minutes every day. Once you finish the preliminaries, you don't have to do that anymore. You should still say the outer preliminaries one time (1x) every day, very slowly with visualizations.

Then, for the inner preliminaries, say the refuge prayer 3x, bodhicitta 3x, Vajrasattva 100-syllable mantra 21x, mandala 1x, guru yoga 1x, and the mantra 100x.

Finish the preliminaries like that.

Then, start the *Treasury of Blessings: A Practice of Shakyamuni Buddha* according to what I taught at May Retreat in 2019.

At the end, practice either with an object by focusing on the image of Buddha Shakyamuni or without object by focusing on your mind.

Shamatha and vipashyana (in addition to the preliminaries) need to be practiced for at least 30 minutes every single day.

For these instructions, you must watch the 2019 May Retreat videos, if you don't know how to practice shamatha and vipashyana.

Khenpo Sherab Sangpo Spiritual Director, Bodhicitta Sangha | Heart of Enlightenment Institute

Practice Resources for Shamatha and Vipashyana

- 1. How to Practice Shamatha and Vipashyana (video series): https://www.youtube.com/watch?v=FbKG9MSmk0A&list=PLaAW1H5vg2nETqoL-JXZenEn3tMOy3gVP
- 2. Treasury of Blessings: A Practice of Shakyamuni Buddha (practice text PDF): https://www.bodhicittasangha.org/wp-content/uploads/2017/04/Treasury-of-Blessings-Ju-Mipham.pdf
- 3. Preliminary practices resources on our website: https://www.bodhicittasangha.org/preliminary-practices/