

A Tonglen Meditation Session¹

- **Generate Bodhicitta** (Drikung Yangzab Prayer Book)
- **Take Refuge** (Drikung Yangzab Prayer Book)
- **Four Common Foundations** (Drikung Yangzab Preliminary Practices):
 - “As this excellent body of mine with leisure and endowments will be difficult to obtain repeatedly in the future, right now I will accomplish the state of the unsurpassed *Samantabhadra* to meaningfully benefit others. Also it is not certain when the hateful enemy of this present precious body, the *mara* of death, will arrive: I and other beings are impermanent, the time of death being uncertain. Since there is no opportunity for happiness wherever one is born in samsara, and since a happy existence was never seen, I will enter the path of nirvana. In order for this body with leisure and wealth to possess meaning, I will abandon the three non-virtuous poisonous afflictions, develop diligence in virtuous actions, and protect the vows and commitments of the three doors.”
- **Guru Yoga:** ...”your root guru sits on a lotus-moon seat above your head. His body is radiant and his face is happy and smiling as he regards all beings with non-referential compassion. In him all the root and lineage teachers are present. With intense respect and devotion, repeat the lineage prayer if you wish and, in particular, the following prayer a hundred or a thousand times:
 - “I pray for your blessing, my guru, great and completely worthy spiritual friend. I pray that you will cause love, compassion and bodhicitta to arise in my mind.”*Then, imagine that your guru descends through the aperture of Brahma and sits in your heart in a pavilion of light, like an open shell.”
- **Count the breath to 21 times**
- Vipassana with support: **“Regard all phenomena (experience), inner and outer as dream like.”**
- Vipassana without support: **“Examine the nature of unborn awareness”**
- **“Even the remedy (antidote) is free to subside naturally (self-liberate)”**
- **“Rest in the nature of all, the basis of everything (rest the mind in the natural state)”**
- **Relative Bodhicitta:** Love and compassion to someone close (e.g. one’s mother) through to those who dislike you and those who you dislike. Then love and compassion to all sentient beings.
- **“Train in taking and sending alternately. Put them on the breath.”**
- **Dedication of merit**

In post-meditation practice be a magician (“be a child of illusion”)

¹ In response to requests about the order of Tonglen practice, this meditation was adapted from classical sources, especially Jamgon Kongtrul’s Lojong Guide (“The Great Path of Awakening”, transl. by Ken McLeod), by Lama Yongdu, Namgyal Choling Gompa, Galiano Island, July 10-2015, for a Lojong retreat. Second Draft (July 12, 2015). Through this offering, may countless beings fully realize relative and ultimate Bodhicitta.