

## **Daily meditations and practice 10 - Tonglen ('group')**

Two meditation sessions of 10 minutes each, practiced as mentioned below:

- Turn off your phone or alternatively put it somewhere (or put it into a mode) that will not disturb or distract you for the duration of the meditation session.
- Sit in 7 Points of Vairocana meditation posture (alternatively sitting comfortably with your back as straight as possible)
- be aware of your state of mind before you start and take this into account when you are doing your meditations. For example, if you are very tired it might be very difficult for you to concentrate, be drowsy without awareness and easily fall asleep, adjust for this. Alternatively, you have just had an argument with somebody and your mind is racing or is very busy and this too will affect your meditation

### **1) Recite the aspiration prayer of the four boundless qualities.**

May all beings have happiness and the causes of happiness.

May they be free of suffering and the causes of suffering.

May they never be separated from the great happiness which is devoid of suffering.

May they forever remain in boundless equanimity, free from both attachment and aversion.

### **2) Three minutes of being present with awareness (open awareness)**

### **3) contemplation for 5 minutes :**

Step 1 (for a while): Bring to mind a group of people with whom you have a positive relationship. This may be a friend, family, a relative, someone at work etc. Visualise that all their troubles, pains and sufferings become thick black smoke which you breathe in. In so doing it removes all their troubles, pains and sufferings. The black smoke enters into your heart centre and dissolves all your self cherishing, which then transforms into boundless light of kindness and joy. When you breathe out, this boundless light is absorbed into the person you are practising for and in so doing all their troubles, pains and sufferings disappear and they become content and happy.

Step 2: Expand your visualisation to include a group of people and continue the above practice for all those in the group. The group you choose to visualize may be any size you choose.

**4) Two minutes of being present with awareness (open awareness)**

**5) conclude with the dedication prayer**

By this merit may all attain omniscience.

Having defeated the enemies of wrongdoing.

In the turbulent waves of birth, old age, sickness and death;

May all beings be liberated from the ocean of samsara!

### **Post meditation practices**

1) wherever you are, whoever you are with, whenever you can, practice Tonglen for someone or a group of people around you. For instance when you travel by train, bus or when you are in the office, practice for everyone on the bus, train or in the office. It may be only for a few seconds, a few minutes or longer.

Note: if anyone is unsure about how to go about the practices, or how to meditate in the present with awareness, please don't be shy and feel free to contact me.