

Generating Motivation Before Meeting or Gathering



Refuge and Bodhicitta

I go for refuge to Buddha, Dharma and Sangha until enlightenment is achieved.

Due to the merits from giving and other perfections,

May I achieve enlightenment in order to benefit the transmigrating beings.

The Four Immeasurable Thoughts

How wonderful it would be if all sentient beings were to abide in equanimity, free of hatred and attachment. May they abide in equanimity, I myself will cause them to abide in equanimity. Please, guru-deity, grant me blessings to be able to do this.

How wonderful it would be if all sentient beings had happiness and the causes of happiness. May they have happiness and its causes. I myself will cause them to have happiness and its causes. Please, guru-deity, grant me blessings to be able to do this.

How wonderful it would be if all sentient beings were free of suffering and its causes. May they be free of suffering and its causes. I myself will cause them to be free of suffering and its causes. Please, guru-deity, grant me blessings to be able to do this.

How wonderful it would be if all sentient beings were never separated from the happiness of higher rebirth and liberation. May they never be separated from these. I myself will cause them never be separated from these. Please, guru-deity, grant me blessings to be able to do this.

“The purpose of my life is to free all sentient beings from suffering and its causes- that is negative karma and disturbing thoughts and to lead them to the temporal and ultimate happiness, and especially to lead them to the peerless happiness of enlightenment. In order to fulfill this purpose, it is necessary for me to achieve the state of full enlighten, therefore, I am going to work for the sake of all sentient beings who have been the source of all success and happiness over all three times”.

May I not arise heresy even for a second. In the action of the glorious Guru. May I regard whatever actions are done as pure. [With this devotion] may I receive the blessings of the Guru in my heart. Magnificent and precious root Guru. Please abide on the lotus seat at my heart. Guide me with your great kindness and grant me the realizations of your hold body, speech, and mind. (After the verses meditate on the Guru entering your heart)

After this motivation, recite the following verses on how to live your life for sentient beings.



From Kadampa [Gehe] Langri Tanapa:

Determined to obtain the greatest possible benefit from all sentient beings. Who are more precious than a wish-fulfilling jewel, I shall hold them most dear at all times.



From the Savior Nagarjuna:

May I become like a wish-granting jewel,
Fulfilling all the wishes,
And like a wish-granting tree,
Fulfilling all the hopes of sentient beings.

From Shantideva's A Guide to the Bodhisattva's Way of Life:

For the sake of accomplishing the two purposes of all sentient beings. Without any sense of loss or concern, I give away my body as well as food, clothing, enjoyments, and so on, and even all virtues accumulated over the three times.

By abandoning a giving away attachment to all, My mind achieves the non-abiding sorrowless state (the state of omniscient mind). Since I [have to] give up everything altogether, It is supreme to give it away to the sentient beings.

I have given up this body (the impure aggregates) to all beings, As comfortable as possible for them to use. Even if others always kill me, criticize me, beat my body, and so on, Let them do whatever they like.

Sentient beings play with my body, inflict harm, Ridicule and make fun of me. As I have already given it to them, Why do I go against this?

Let the sentient beings be allowed to do any action that doesn't do harm to them. Whoever encounters me, May it never be meaningless for them.

Just by looking at me, Anyone who gets angry or has a devotional thought arise, May that mind alone become the cause to accomplish all the welfare of those living beings.

Any being who criticizes me [puts down], Or anyone who gives harm, [Like that] even making fun of me [behind my back]. May all become fortunate to achieve [great] enlightenment.

May I become the great elements, The earth, and like the forever [boundless] sky, May I become the cause of living of the innumerable sentient beings.

As long as space exists, As long as sentient beings exist, May I too abide and eliminate the sufferings of sentient beings.

“Therefore, having come to this gathering, I pray:

May the Three Jewels bestow upon me all compassion, wisdom and blessings, endowed with noble intention.

Through offering this supplication, rays of white light emanated from the Buddha’s heart and completely filled my body, becoming the essence of compassion and wisdom”.



TADYATHA OM MUNI MUNI MAHA MUNIYE SOHA !

(Recite 7 x)

Dedication at the End of Sessions

Due to all the three time merits accumulated by myself, all the buddhas and bodhisattvas and all sentient beings, which are completely empty of existing from their own side, may the I, which is completely empty of existing from its own side, quickly achieve the state of full enlightenment, which is completely empty of existing from its own side, in order to lead all sentient beings, who are completely empty of existing from their own side, to that state by myself alone, who is completely empty of existing from its own side.

Due to all the three-time merits accumulated by myself, all the buddhas and bodhisattvas and all sentient beings, may the precious supreme enlighten thought, bodhicitta – letting of self and cherishing others – which is the source of all success and happiness for myself and all sentient beings, immediately be generated within my own mind, and within the minds of all sentient beings. May that which has already been generated never decline, but increase more and more.

Due to these merits, may all the father and mother sentient beings have all happiness, And may all the lower realms be empty forever. Wherever there are bodhisattvas, may all their prayers be accomplished immediately. May I cause all this by myself alone.

I dedicate all these roots of virtue with the dedication praised as the best. By the victorious ones thus gone of the three times, So I might perform good works. Due to the merits of these virtuous actions, May I quickly attain the state of a Guru-Buddha. And lead all living beings, without exceptional, Into that enlightened state.

This sacred text was compassionately composed by Lama Khedup for the spiritual practice of Thekchen Choling (Melaka) committees.

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