

## First Session

1. Guru Founder
2. Liberating Prayer
3. Recite from beginning of *Offering to the Spiritual Guide* page 5 up to and including dedication on pg 15
4. Offer long mandala (page 42) and
5. one recitation of 9-line Migtsema prayer (p46)
6. Recite 'idam guru ratna mandalakam niryatayami'
7. Silently offer short mandalas with 9-line Migtsema prayer as follows:(20 minutes)
  - a. Circle mandala base clockwise (3x's) and counter clockwise (3x's) as usual
  - b. Construct a 7 point mandala (described on sheets provided in the gompa)
  - c. Recite mandala offering verses  
*'the ground sprinkled with perfume and spread with flowers,  
the great mountain four lands sun and moon,  
seen as a Buddha land and offered thus,  
may all beings enjoy such Pure Lands*  
  
*'I offer without any sense of loss,  
the objects that give rise to my attachment, hatred  
and confusion,  
my friends enemies and strangers our bodies and  
enjoyments,  
please accept these and bless me to be released  
directly from the three poisons'*
  - d. Recite 9 line migtsema
  - e. Recite 'idam guru ratna mandalakam niryatayami'

- f. Finish by tipping rice towards you
- g. repeat the process until end(bell will ring)

Conclude with another long mandala & Migtsema Prayer followed by 'idam guru ratna mandalakam niryatayami'

8. Continue *Offering to the Spiritual Guide* page 16 up to and including 'receiving the four empowerments' (p18)
9. Pause for meditation(10 minutes) according to the commentary in *Great Treasury of Merit;pages 195-200 on receiving the empowerments,absorbing the Spiritual Guide, and meditate on our mind having 3 characteristics:*
  - Experiencing great bliss
  - In the aspect of red letter bam
  - In the nature of our Guru's mind
10. Recite short dedication verses:

*'By this virtue may I quickly  
Attain the enlightened state of the Guru  
And then lead every living being  
Without exception to that ground*

*Through my virtues from practising with pure motivation  
May all living beings throughout all their lives  
Never be parted from peaceful and wrathful Manjushri  
But always come under their care'*

Finish with 'Prayers for a virtuous tradition'

## Second & Third Sessions

1. Guru Founder
2. recall Field of Merit, go for refuge and generate bodhichitta
3. Liberating Prayer
4. *Offering to the Spiritual Guide* from verses of prostration on page 9 up to and including dedication verse on page 15
5. Silently offer short mandalas with 9-line Migtsema prayer as follows:(40 minutes)
  - a. Circle mandala base clockwise (3x's) and counter clockwise (3x's) as usual
  - b. Construct a 7 point mandala (described on sheets provided in the gompa)
  - c. Recite mandala offering verses-  
*'the ground sprinkled with perfume and spread with flowers,  
the great mountain four lands sun and moon,  
seen as a Buddha land and offered thus,  
may all beings enjoy such Pure Lands'*  
  
*'I offer without any sense of loss,  
the objects that give rise to my attachment, hatred  
and confusion,  
my friends enemies and strangers our bodies and  
enjoyments,  
please accept these and bless me to be released  
directly from the three poisons'*
  - d. Recite 9 line migtsema

- e. Recite *'idam guru ratna mandalakam niryatayami'*
- f. Finish by tipping rice towards you
- g. repeat the process until end(bell will ring)

Conclude with another long mandala & Migtsema followed by *'idam guru ratna mandalakam niryatayami'*

6. Continue *Offering to the Spiritual Guide* up to and including 'receiving the four empowerments' (p18)
7. Pause for meditation(10 minutes) according to the commentary in *Great Treasury of Merit;pages 195-200 on receiving the empowerments,absorbing the Spiritual Guide, and meditate on our mind having 3 characteristics:*

- Experiencing great bliss
- In the aspect of red letter bam
- In the nature of our Guru's mind

8. Recite short dedication verses:

*'By this virtue may I quickly  
Attain the enlightened state of the Guru  
And then lead every living being  
Without exception to that ground*

*Through my virtues from practising with pure motivation  
May all living beings throughout all their lives  
Never be parted from peaceful and wrathful Manjushri  
But always come under their care'*

Finish with Prayers for a virtuous tradition

## Fourth Session

1. Guru Founder
2. Recall field of merit, go for refuge and generate bodhichitta
3. Liberating Prayer
4. Continue *Offering to the Spiritual Guide* from verses of prostration on pg 9 up to and including dedication verse on pg 15
5. Silently offer short mandalas with 9-line Migtsema prayer as follows:(20 minutes)
  - a. Circle mandala base clockwise and counter clockwise as usual
  - b. Construct a 7 point mandala (described on sheets provided in the gompa)
  - c. Recite mandala offering verses  
*'the ground sprinkled with perfume and spread with flowers,  
the great mountain four lands sun and moon,  
seen as a Buddha land and offered thus,  
may all beings enjoy such Pure Lands'*  
  
*'I offer without any sense of loss,  
the objects that give rise to my attachment, hatred  
and confusion,  
my friends enemies and strangers our bodies and  
enjoyments,  
please accept these and bless me to be released  
directly from the three poisons'*
  - d. Recite 9 line migtsema
  - e. Recite 'idam guru ratna mandalakam niryatayami'

- f. Finish by tipping rice towards you
- g. repeat the process until end(bell will ring)

Conclude with another long mandala & Migtsema prayer followed by 'idam guru ratna mandalakam niryatayami'

6.Continue *Offering to the Spiritual Guide* page 16 up to and including 'receiving the four empowerments' (p18)

7.Pause 10 mins for meditation according to the commentary in *Great Treasury of Merit; pages 195-200,on receiving the empowerments,absorbing the Spiritual Guide, and meditate on our mind having 3 characteristics:*

- Experiencing great bliss
- In the aspect of red letter bam
- In the nature of our Guru's min

8.Continue *Offering to the Spiritual Guide* from page 19 up to but not reciting 'Gathering and dissolving the Field of Merit'

9.Recite verses from *Wishfulfilling Jewel Sadhana* page 10 'Inviting Dorje Shugdan and his retinue' up to and including dedication page 22. (omitting tsog verses)

*Continue Offering to the Spiritual Guide* page 28 'Gathering and dissolving the Field of Merit to end