

Meditation Prayer

Setting one's intention - When beginning meditation, once seated and comfortable, one sets their intention/motivation in order to generate inspiration, appreciation, openness, and a joyous effort. This is accomplished through reflecting on the preciousness of life and the vast opportunities which that allows. The first three lines of this prayer pertain to cultivating a proper appreciation, whereas the last four lines pertain to cultivating a proper intention. This meditation prayer and accompanying dedication prayer were created with all meditators in mind regardless of tradition, spiritual belief, or lack of belief.

Meditation prayer

With a deep appreciation for this precious life and a resolve not to waste it,

I now engage in meditation.

With a deep conviction in the vast benefits and importance of this practice,

I now engage in meditation.

With the wish to develop myself and uncover my full potential,

I now engage in meditation.

With the wish to gain mastery over my mind and emotions,

I now engage in meditation.

With the wish to free myself from ignorance, delusions, and afflictions,

I now engage in meditation.

With the wish to bring peace, contentment, and genuine happiness to my life,

I now engage in meditation.

With a mature resolve to persevere in spite of any obstacles that might arise,

I now engage in meditation.

~ Tenzin Tharpa

Once one's intention is established, one then slowly recites and contemplates the following seven instructional words, laying the proper foundation for meditation practice. These seven instructional words may be repeated throughout one's meditation session as needed.

1. **Posture** - A comfortable alert posture as if being drawn up by a string from the head and the shoulder blades slightly pulled together.
2. **Back** - Accentuate the gentle inward curve in the small of the lower back.
3. **Joy** - Engage the heart and bring a lightness and positive attitude to the practice.
4. **Acceptance** - Sit without striving, judgment, or concerns.
5. **Equanimity** - Slow the breath and mind establishing an effortless contentment.
6. **Concentration** - Establish a clear, alert, bright, and/or high pitched awareness.
7. **Focus** - Engage a close intense focus upon the object; engage the body and switch on.

Ending One's Meditation Session

At the completion of every meditation session one dedicates any merit created in order to assure its safe accumulation.

While reflecting on the peace and stability gained through one's practice recite,

Dedication prayer

As I arise from my meditation I feel joy that I have fulfilled my ongoing wish to develop myself.

May I sustain throughout the day the meditative equanimity that I have cultivated.

May my own peace, stability, and contentment extend to and nurture others.

May all beings benefit from any merit I may have gained.

~ Tenzin Tharpa