

# 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

\* The repeating line "*I now engage in meditation*", can be replaced with other phrases pertaining to other practices. E.g., "*I now engage in mindfulness*", "*I now engage in contemplation*", "*I now engage in study*". Additionally it can be used as a morning prayer by using the phrase "*I follow the Buddha's teachings*".