The eternal knot (དཔལ་བེ’) symbolizes interdependence and the endless wisdom and compassion of the Buddhas.

Teaching description: It can be hard to find time to practice. Sometimes we lose touch with our motivation. At these times, it can help to remember why we began practicing in the first place. Setting the right intention, cultivating good habits, and relying on inspiring examples are some ways to encourage ourselves to continue moving in the right direction. We will ruminate on and discuss these topics this weekend.

Outline:

1) Setting the right intention
2) Cultivating good habits
3) Relying on inspiring examples
4) Overcoming obstacles

Breakdown:

1) Setting the right intention
   a. Establishing an accurate understanding of our situation and that of all beings
   b. Giving rise to the wish to help beings = Compassion, Bodhicitta & Meditation

2) Cultivating good habits
   a. Wisely steering oneself in how to think and act
3) Relying on inspiring examples
   a. Garnering wisdom from instructive stories and teachers

4) Overcoming obstacles
   a. Learning how to overcome obstacles to practice

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In brief, whatever course of action one takes, one should ask, “What is the state of my mind?” Accomplishing others’ purpose through continually being mindful and vigilant is the bodhisattvas’ practice.

(Verse 36, The Thirty-Seven Practices of a Bodhisattva)

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Short Daily Practice

Refuge Prayer

SANG GYE CHÖ DANG TSHOK KYI CHOK NAM LA
In the Buddha, the Dharma, and the Assembly Most Excellent,

JANG CHUP BAR DU DAK NI KYAP SU CHI
I take refuge until I reach enlightenment.

DAK GI JIN SOK GYI PAY SÖ NAM KYI
By the merit of generosity and other good deeds,

DRO LA PHEN CHIR SANG GYE DRUP PAR SHOK
May I attain buddhahood for the sake of all beings.

Recite this 3x
The Four Immeasurables

**SEM CHEN THAM CHE DE WA DANG DE WAY GYU DANG DEN PAR GYUR CHIK**
May all sentient beings gain happiness and the cause of happiness.

**DUK NGAL DANG DUK NGAL GYI GYU DANG DREL WAR GYUR CHIK**
May they be free from suffering and the cause of suffering.

**DUK NGAL ME PAY DE WA DAM PA DANG MI DREL WAR GYUR CHIK**
May they never be separated from the highest bliss, which is devoid of suffering.

**NYEY RING CHAK DANG NYI DANG DREL WAY TANG NYOM CHEN PO LA NE PAR GYUR CHIK**
May they come to rest in the great impartiality, which is free of attachment and aversion.

Recite this 3x

Seven Branch Prayer

**CHAK TSEL WA DANG CHÖ CHING SHA PA DANG**
Whatever virtuous actions I have accumulated

**JAY SU YEE RANG KÜL SHING SÖL WA DEB**
Through prostrating, offering, confessing,

**GAY WA CHUNG ZAY DAK GEE CHEE SAK PA**
Rejoicing, beseeching and supplicating,

**TAM CHAY DZOK PAY JANG CHUB CHIR NGO**
I dedicate them to the full and perfect enlightenment of all beings.

Recite this 3x
The Four Thoughts that Turn the Mind (ཉིོ་བོ་ཟུ་བཞི)

The first of these is contemplation of the difficulty of acquisition of leisure and resources:

KYE MA KYE HU DUK NGAL KOR WAY DAM DAL JOR TOP KYANG MI TSE TONG SAY GYUR
Oh! In this swamp of suffering, samsara, even if I acquire leisure and resources my life is wasted.

DA NI JIK SHING LAY LA GYÖ PA KYE TÖN ME MI TANG GO SUM GE LA KUL
Terrified, I now regret my actions. I will not let this go to waste! I will employ my three gates in virtue!

Second, repeated contemplation of impermanence:

JIK TEN CHÖ NYI NANG YANG GYU MAY PAY KAY CHIK TSAM YANG TAK PA ME SHIN LA
This world’s nature is appearance like a magical illusion. There is not even a moment’s permanence.

RANG SHIN TAK PAR DZIN DI JI PAY LO DI LAY DOK CHIR LO KA LING GI LOK
This fixation on it as permanent is infantile. I will completely turn my mind away from this.

Third, with trust in the infallible results of actions:

JI TAR CHAY KYANG GYU DANG DRAY BU LAY KAR NAK JAY TAP PAY TSAM MA NYAY KYANG
However much you look, you will never find even a single case of the results of virtuous and negative actions

DA DUNG NYING MAY DAM DZAP DI LA SHEN LU MAY LAY LA SAM SHIK YANG YANG JA
being interchanged. In spite of that, I still crave this pointless swamp! I will repeatedly contemplate the infallibility of actions.
Short meditation session (5-10 minutes, seated or walking)

Simply be with your mind, your awareness.
Do not slip into thoughts of the past, present or future.
Stay with your awareness.
You are giving yourself a break from thoughts.
You may use your breath as an anchor if you wish.

*Assume the proper position

- Custom aspiration for the day.

Ex. Today may I be patient and kind to my family and everyone I meet.
May I be compassionate and put the needs of others before my own.
May I apply my three gates in virtue and bring clarity and awareness to all I do

At the end, dedicate the merit:

SÖ NAM DI YI THAM CHE ZIK PA NYI
By this merit, may all attain omniscience.

THOP NE NYE PAY DRA NAM PAM JE NE
May it defeat the enemy, wrongdoing.

KYE GA NA CHI BA LAP THruk PA YI
From the stormy waves of birth, old age, sickness, and death,

SI PAY TSO LE DRO WA DRÖL WAR SHOK
From the ocean of samsara, may I free all beings.