

INTELLECT & INTUITION CHANTS
THE PATH OF MEDITATION AND WISDOM
IN THE INDO-TIBETAN MAHAYANA BUDDHIST TRADITION

Tuesdays at 7pm from September 21st through November 30th, 2010
9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16 and 11/30

ASPIRATION

In order that all sentient beings may attain Buddhahood,
From my heart I take refuge in the three jewels.

This was composed by Mipham Translated by the Nalanda Translation Committee

IMMEASURABLES

May all sentient beings enjoy happiness and the root of happiness
May we be free from suffering and the root of suffering
May we not be separated from the great happiness devoid of suffering
May we dwell in the great equanimity free from passion, aggression and prejudice

MANJUSHRI SUPPLICATION

Whatever the virtues of the many fields of knowledge
All are steps on the path of omniscience.
May these arise in the clear mirror of intellect.
O Manjushri, please accomplish this.

This was specially composed by Mangala (Dilgo Khyentse Rinpoche). Translated by the Nalanda Translation Committee

DEDICATION OF MERIT

By this merit may all obtain omniscience,
May it defeat the enemy, wrong-doing.
From the stormy waves of birth, old age, sickness and death,
From the ocean of samsara, may I free all beings.

By the confidence of the golden sun of the great east,
May the lotus garden of the Rigden's wisdom bloom,
May the dark ignorance of sentient beings be dispelled.
May all beings enjoy profound, brilliant glory.

The Eight Verses on Training the Mind

By Langri Thangpa (1054-1123)

From Kindness, Clarity and Insight

By HH the Dalai Lama, Translated by Jeffrey Hopkins

With a determination to achieve the highest aim
For the benefit of all sentient beings
Which surpasses even the wish-fulfilling gem,
May I hold them dear at all times.

Whenever I interact with someone,
May I view myself as the lowest amongst all,
And, from the very depths of my heart,
Respectfully hold others as superior.

In all my deeds may I probe into my mind,
And as soon as mental and emotional afflictions arise-
As they endanger myself and others-
May I strongly confront them and avert them.

When I see beings of unpleasant character
Oppressed by strong negativity and suffering,
May I hold them dear-for they are rare to find-
As if I have discovered a jewel treasure!

When others, out of jealousy
Treat me wrongly with abuse, slander, and scorn,
May I take upon myself the defeat
And offer to others the victory.

When someone whom I have helped,
Or in whom I have placed great hopes,
Mistreats me in extremely hurtful ways,
May I regard him still as my precious teacher.

In brief, may I offer benefit and joy
To all my mothers, both directly and indirectly,
May I quietly take upon myself
All hurts and pains of my mothers.

May all this remain undefiled
By the stains of the eight mundane concerns;
And may I, recognizing all things as illusion,
Devoid of clinging, be released from bondage.