



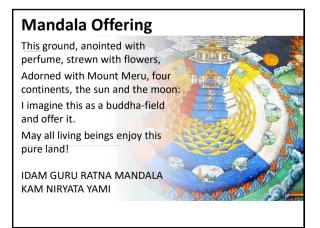
Seven Limb Prayer Reverently I prostrate with my body, speech, and mind; I present clouds of every type of offering, actual and imagined; I declare all my negative actions accumulated since beginningless time, and rejoice in the merit of all holy and ordinary beings. Please, remain until the end of cyclic existence, and turn the wheel of Dharma for living beings.

I dedicate my own and other's

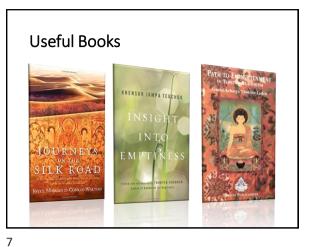
merits to the great enlightenment.

3

hatred for enemies.







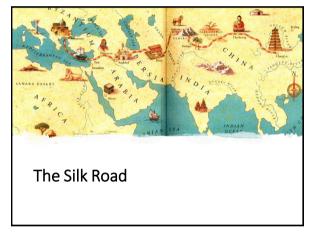
## **Benefits of Studying** this Sutra

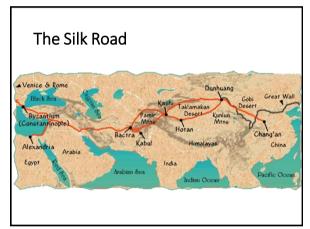
You could...

- Realise the great kindness of Buddha
- Understand the subject matter to be the foundation of all other fields of study
- Begin to act in accordance with Buddha's teaching on karmic cause and effect



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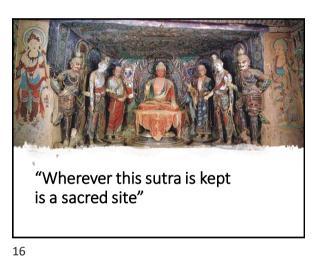
11





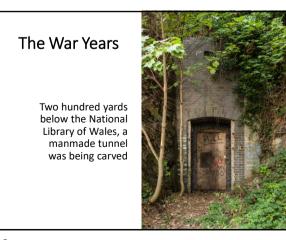
13

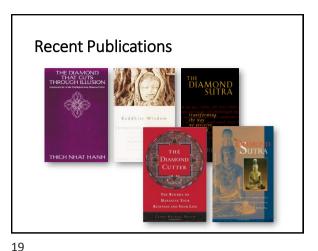


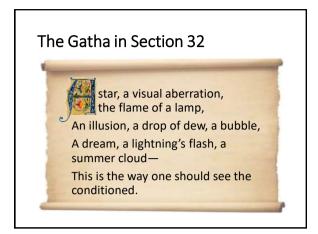


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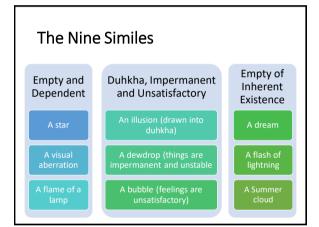


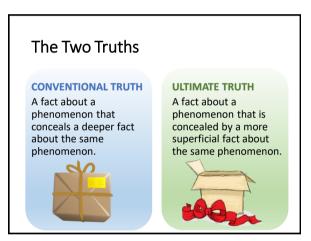






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22 21



· The four-line verse and memorise it • Memorize the outline of the four-line verse **Coming up** • The similes within the verse

