



Four Immeasurables

in equanimity, free from

hatred for enemies.

attachment for friends and

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

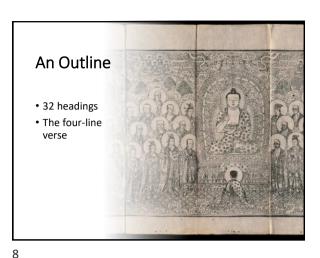
merits to the great enlightenment.

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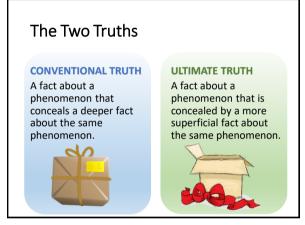
Mandala Offering This ground, anointed with perfume, strewn with flowers, Adorned with Mount Meru, four continents, the sun and the moon: I imagine this as a buddha-field and offer it. May all living beings enjoy this pure land! IDAM GURU RATNA MANDALA KAM NIRYATA YAMI

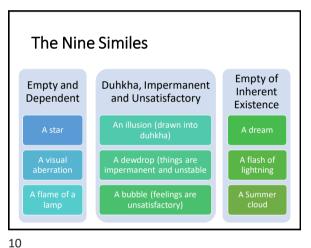




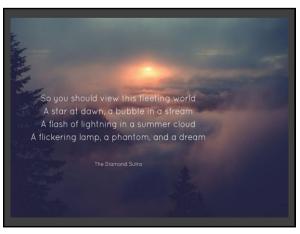


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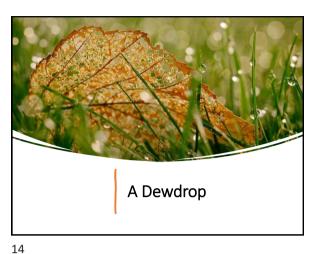


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Read

- The four-line verse and memorise it
- Memorize the outline of the four-line verse

Coming up

• More similes within the verse

