

TIBETAN BUDDHIST MEDITATION

2018-19 USA Tour and Presentation by Monks of the Labrang Tashi Kyil Monastery in Dehra Dun, India



Meditation is a tool to train the mind. The monks of Tashikyil Monastery follow the teaching of Buddha to train their minds to eliminate the three poisons:

GREED • HATRED • IGNORANCE

(not realizing the interconnectedness or interdependence of all beings)

When these three poisons are cleared from the mind, it is a happy mind.

There are many meditation techniques. Here are three of them.

- Single-Pointed Meditation. Mantras, sacred syllables, are recited or breath is counted to cause the mind to focus completely. Or, a holy being is visualized and the mind identifies with its image. Such a being may be the Buddha or any other image that is important to the person meditating.
- Analytical Meditation. When the mind is calm, the meaning of such issues as death and dying, impermanence, and karma may be analyzed. “Karma” describes our actions and the causes and effects of our actions. It is not fate.
- Chanting Meditation. Prayers and mantras are chanted to meditate on a higher being, such as Chenrezig, the Buddha of Compassion. The powers of Chenrezig are absorbed into the mindstream by chanting. Visualize that the higher being sends his rays of compassion out to you and purifies your mind. Then visualize that you send out your purified aspirations of compassion to all sentient beings.

A Brief Meditation on Chenrezig, the Buddha of Compassion.

The Mantra is “Om Mani Padme Hum.” The sacred syllables stand for:

- *Om* *Body, Speech, and Mind*
- *Mani* *Compassion*
- *Padme* *Wisdom*
- *Hum* *Interdependence*

When saying this mantra, visualize Chenrezig and think:

On the crown of my head is a lotus, resting on a sun and moon seat. On this throne sits Chenrezig. He has four arms, so he can reach out in all directions to aid all sentient beings. The hands of the upper two arms are joined together in prayer. The hands of the lower two arms hold a white lotus and a crystal mala. His back is supported by a stainless moon. He is the essence of refuge for me and all sentient beings. Light rays emanate from his body and purify my mind of all impure karma and deluded thoughts. Now I visualize that my purified mind emanates blessings in all of the ten directions to heal the sufferings of all sentient beings.

Om Mani Padme Hum

Repeat the mantra 108 times.