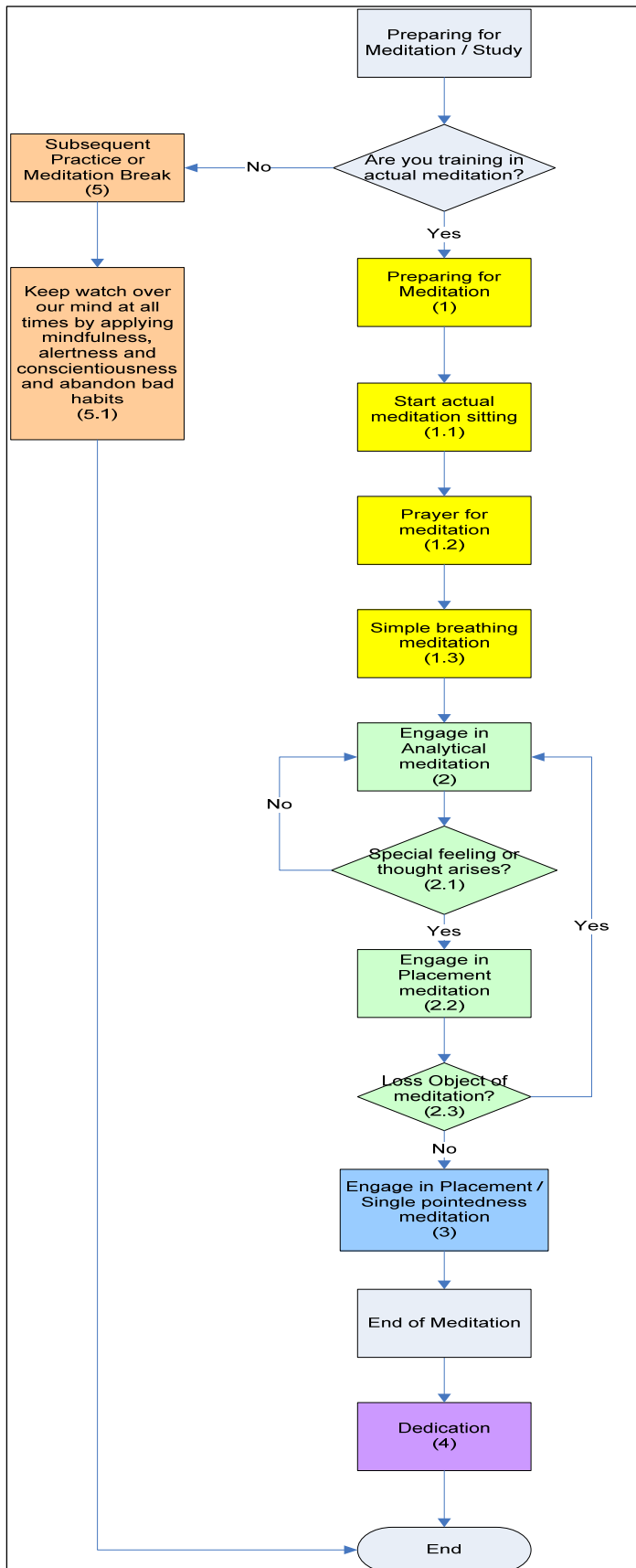


TRAINING THE MIND DURING MEDITATION / STUDY



Meditation Practice has 5 parts:

- 1) Preparation
- 2) Contemplation or Analytical review
- 3) Placement or Single pointedness meditation
- 4) Dedication
- 5) Subsequent practice / Meditation Break

1 PREPARING FOR MEDITATION

Prepare us for successful meditation by purifying hindrances caused by our previous negative actions, by accumulating merit and enabling us to receive blessings of enlightened beings.

Comprise of:-

- 1) Cleaning meditation room and setting up shrine
- 2) Arranging suitable offerings
- 3) Sitting correct meditation posture, going for refuge, generating and enhancing bodhichitta
- 4) Visualizing field for Accumulating Merit
- 5) Accumulating Merit and Purifying negativity (7 Limbs and Mandala offerings)
- 6) Requesting field for Accumulating Merit in general and Lamrim Lineage Gurus to bestow blessings

2 ANALYTICAL / CONTEMPLATION MEDITATION

Analytical or Contemplation meditation - engage in purposeful process of investigation, or thought, about the object, analyzing its various aspects and examining it from various points of view

2.1 SPECIAL FEELING OR THOUGHT ARISES

Use our imagination, mindfulness and powers of reasoning until through the power of our investigation, a special feeling or thought arises in our mind and our state of mind changes.

3 PLACEMENT / SINGLE POINTED MEDITATION

In placement meditation, we concentrate on a virtuous object single-pointedly without distraction to disturb our concentration.

Object of placement meditation can be any virtuous object, special thought or feeling that is generated in our mind thru' the power of analytical meditation.

4 DEDICATION

Dedicate virtues accumulated for attainment of enlightenment for the benefits of all sentient beings

5 SUBSEQUENT PRACTICE/ MEDITATION BREAK

Integrate the meditation into our daily life. Keep watch over our mind at all times by applying mindfulness, alertness and conscientiousness and abandoning bad habits