

Tong Len Meditation: Class 1

1. Preliminaries

- a. 10 breaths*
- b. Refuge (take it in the enlightened beings that are all around you, even if you cannot see them, they are trying to help you)*
- c. Bodhicitta (think of someone with a problem and wish that you could help them in an ultimate way)*
- d. Invite a teacher to sit with you (see them as perfect)*
- e. Prostrate (admire 1-2 of their good qualities)*
- f. Make offerings (something beautiful, something that you will work on in your practice today, working on your thoughts is especially important)*
- g. Confess (think of 1 bad deed you did today, admit it, replay the scene in your mind and see how silly it was, how harmful it was)*
- h. Rejoice (think of a good thought you had today)*
- i. Ask for teachings (help with your main mental affliction)*
- j. Pray for long life of teacher (and of those near you who help you to practice, ask them to stay near you)*

2. Tonglen:

- a. Picture person and their problem clearly (You are there but they cannot see you. what does it feel like to them ?)*
- b. Collect all the suffering as black in their heart*
- c. Suck it out in 10 breathes and collect it in front of your face*
- d. Picture the flame of selfishness at your heart (think of examples)*
 - i. That you only take care of yourself*
 - ii. Your misperception of emptiness*
- e. At go, draw the black into you, where the black and the flame meet, slow down, when they meet there is a burst of white bright in your body and the black turns into a small puff of gray smoke which disappears. Their problem and your selfishness are totally gone*
- f. Look at the other so happy w/out their problem. It was unexpected, they feel light.*
- g. Go to your heart and see how good it feels to not have selfishness.*

3. Closing

- a. Sit and enjoy your happy lama*
- b. Ask them to sit inside of you until your next meditation, they happily agree*
- c. Remember that they will come to you when you think of them. So when a problem arises today ask them for their help*
- c. Dedicate to your object of meditation being free of their suffering. (act of truth)*