

Opening Invocation:

May all beings have happiness and the causes of happiness.

May all beings be free from suffering and the causes of suffering.

May all beings never be separated from the happiness
that knows no suffering.

May all beings abide in equanimity,

Free from the attachment and anger that hold some
close and others distant.

Closing Blessing:

May you be at ease.

May you feel safe and protected.

May you be happy.

May you feel loving kindness.

May you be filled with loving kindness.

And may you be held in loving kindness.

That you may be at peace.

Om Shanti, Shanti, Shantihi:

Om — universal sound that contains all the energies of creation.

Shanti — Sanskrit for peace.

First Shanti — you.

Second Shanti — another.

Third Shanti — all beings.

Key Concepts used in our meditation practice:

The Sources of Human Suffering:

1. Attachment
2. Resistance

Ask yourself:

1. What am I attached to?
2. What am I resisting?

Neti

I am
not this
thought.

Neti

I am
not the
thought
thinking...

Neti

I am
not
thought.



Master your thoughts and you master your life.