

**Calm Abiding Refuge and Bodhicitta Prayer,
*Turning the Mind Towards Enlightenment for the Sake of All Beings:***

Until the summit of enlightenment is reached I and all beings go for refuge to the sources of true refuge. I will now practice the absorption of calm abiding in order to release all beings from their particular suffering, and establish them in lasting peace and happiness. *(Repeat three times)*

Calm Abiding Instructions:

First, we place our body so that our spine is straight.

Our eyes are open and we lower our gaze.

Our posture is relaxed and alert.

Next, we place our mind, with our attention on our breath.

As we inhale and exhale, our awareness rests on the sensation of the rising and falling of our chest or belly, or on the flow of air as it enters and exits our nostrils.

If we wish, we can count the breath, with each inhalation and exhalation counting as "one."

When we find our mind wandering into the past or future, we gently and immediately return our attention to the breath, allowing the thoughts to subside.

Through our practice, we can be confident that our natural awakened mind will reveal its spacious, stable nature.

Mantra of Green Tara:

Om tare tutare ture soha

Dedicating the benefit of the practice to all beings prayer:

By this virtue, may I quickly realize Mahamudra and establish all beings without exception in this state.