

THE PRELIMINARIES TO MEDITATION (IN PRACTICE ORDER)

1. CLEAN THE MEDITATION ROOM AND ALTAR
2. SET UP THE ALTAR AND MAKE OFFERINGS
3. PHYSICAL PROSTRATIONS (THREE)
4. SIT ON YOUR CUSHION IN THE PROPER POSTURE
5. FOCUS ON AND COUNT YOUR BREATH (BEGIN WITH EXHALATION; EACH EXHALATION AND INHALATION COUNT AS THE SAME NUMBER); TRY TO GET TO 10 WITHOUT MAJOR DISTRACTION)
6. GO FOR REFUGE
7. GENERATE BODHICITTA
8. INVITE AND VISUALIZE A HOLY BEING TO MEDITATE WITH YOU
9. MENTAL PROSTRATIONS (THINK OF AND ADMIRE A GOOD QUALITY OF THE HOLY BEING)
10. MENTAL OFFERINGS (OF THINGS YOU OWN, THINGS THAT ARE OWNED BY NO ONE, OR OF YOUR PRACTICE)
11. CONFESSION AND PURIFICATION (WITH THE FOUR FORCES: REFUGE, REGRET, RESTRAINT, AND RESTITUTION)
12. REJOICING (IN YOUR OWN GOOD DEEDS AND THE GOOD DEEDS OF OTHERS)
13. REQUEST TEACHINGS (FORMAL AND INFORMAL)
14. REQUEST TEACHERS (THE HOLY BEING AND ALL THOSE IN WHOSE COMPANY YOU SPIRITUALLY BENEFIT) TO STAY WITH YOU
15. REQUEST BLESSINGS (ASK THE HOLY BEING TO INCREASE YOUR CAPABILITIES TO DO GOOD WITH BODY, SPEECH, AND MIND)
16. VISUALIZE THE HOLY BEING SHRINKING, COMING TO THE TOP OF YOUR HEAD, ENTERING YOUR BODY, AND ENTERING A PREPARED PLACE INSIDE YOUR HEART

AT THIS POINT YOU CAN MOVE, SCRATCH, ETC. THEN RETURN TO YOUR BREATH TO REGAIN CONCENTRATION AND WHEN YOU ARE READY BEGIN THE MAIN MEDITATION.

DON'T FORGET TO ALWAYS END YOUR MEDITATION SESSION WITH THE DEDICATION OF THE MERITS ACCUMULATED (DEDICATE TO YOUR OWN ENLIGHTENMENT OR TO THE BENEFIT OF OTHERS).