



Offering, Receiving, and Reunifying with the Natural State

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This meditation, adapted from the mandala offering ritual of Tibetan Buddhism, provides a profound way to communicate with your Buddha nature. Imaging your Buddha nature before you as the Buddha provides a symbolic way to offer yourself completely to your deepest nature and become more receptive to its qualities—all-pervasive love, compassion, openness and wisdom. As offering and receptivity deepen, the ritual deconstructs its own symbolism by offering itself back to the reality that underlies the symbol. The mind can relax its narrow grip on dualism and reunify with its natural state: the infinite expanse of openness and awareness, Buddha Mind.

Motivation to Offer Yourself Fully to Your Deepest Nature

- 3 deep breaths.
- Chant 7 line prayer, or whichever chant helps you settle into spiritual refuge.
- Imagine your spiritual benefactors before you with the Buddha at their center. Image the Buddha in the form most inspiring to you (such as Shakyamuni, Tara, or Avalokiteshvara), radiant with all the qualities of enlightenment: boundless love, all-penetrating wisdom and liberating energy. Think of the Buddha before you as one with your own deepest nature and one with the heart of your spiritual benefactors.
- *Let a strong wish arise to be totally offered up to the Buddha's qualities—to be offered up so completely to what the Buddha embodies that you become one with the Buddha, one with your deepest spiritual nature.*

Outer Offering

- *Let that strong, sincere wish manifest as radiance from your heart like a rainbow, radiance which transforms into beautiful, luminous offerings of all the senses--the most beautiful sights, sounds, scents, tastes, and touchables that you can imagine, filling all of space, the whole universe, all universes, transforming all into a radiant, pure realm of offerings. The Buddha before you receives the offerings joyfully, absorbing them as radiance into his/her luminous body. (Take plenty of time for this)*

For further information, go to foundationforactivecompassion.org, with links to “calendar,” “supportive materials,” and “meditation groups”

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Inner Offering

- Step by step offer your body, all your possessions, all your spiritual qualities and merit, your relationships, and all aspects of your work as radiance from the heart to the Buddha, who joyfully receives and absorbs the radiance. Similarly offer all your assumptions, expectations, hopes and fears.
- Recall your most familiar patterns of emotion—worries, anxieties, fears, desires and lusts, angers, feelings of inadequacy, jealousies, pride, despair, etc. As you recall each familiar emotion, *let the object of the emotion, and your image of yourself within the emotion, become spontaneous radiance from your heart totally offered up to the Buddha.* (Slowly, one emotion at a time, offering the most familiar emotions repeatedly).
- *Offer all of your cognitions, feelings, thoughts, perceptions even as they arise.* As soon as they arise, they become rainbow light offering from the heart, absorbed into the Buddha.

Receiving the blessings and energies of the Buddha

- Having offered so deeply, *now deeply receive the energy and radiance of the Buddha's liberating love, compassion and wisdom into your body and mind.* Let the Buddha commune with your deepest worth and goodness through that radiant energy, beyond all limiting thoughts. Imagine a gentle shower of energy coming from the Buddha into your whole body--receive it gradually into every part, every cell, all the way down to your fingertips and toes.
- Receive that gentle, loving energy into all your layers of suffering, struggle, worry and anxiety, allow all feelings and emotions to be cradled in that healing radiance.
- Receive that gentle energy into every thought as it arises, every feeling, cognition and perception, and into the subtlest channels of mind and body.

Inmost Offering, Reunifying with the Natural State

- Finally, let the energy sweep you away, so you merge into complete oneness with the Buddha. Dropping the visualization, simply let the mind fall completely open, releasing all points of reference. Let all phenomena of experience, sensed as insubstantial radiance, arise and dissolve under their own power in total openness: self arising, self dissolving, self-offered to their own radiant awareness. Rest thus, one with the Buddha's infinite mind, the natural state of infinite openness and awareness undivided.

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Dedicating the Spiritual Power of Practice to Fullest Enlightenment

By the power of this spiritual practice
May we swiftly realize and fully embody
The Natural Great Perfection
And thereby bring all, without exception, to its complete realization.

May the pure, brilliant sun of deepest enlightenment
Dawn in each and every heart and mind
Dispelling the darkness of suffering and confusion
Unstoppably—until all are fully illumined and awakened

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