

- 1) Clean and tidy room.
- 2) Set up the altar and make offerings.
- 3) Assume posture.
 - Start with ten breaths.
 - Take refuge. (Envision responding to a troubling situation with knowledge and kindness.
 - Generate Bodhichitta. (Envision helping someone as an enlightened being.)
- 4) Visualize merit field. Invite a holy being to meditate.
- 5) Purify Obstacles with the seven ingredients (a-g)
 - a) Openness and admiration of good qualities of holy being.
 - b) Offering of yourself or your successes.
 - c) Consider recent action or attitude not in alignment with your values.
 - d) Celebrate small success with reactions, actions, or attitudes.
(Consider other peoples deeds that are in alignment with your values.)
 - e) Ask for help or a teaching.
 - f) Pray for holy guides to stay near you, not die and continue to teach.
- 6) Request blessing and absorb holy being through crown into heart.
 - g) Dedicate meditation.

- 1) Clean and tidy room.
- 2) Set up the altar and make offerings.
- 3) Assume posture.
 - Start with ten breaths.
 - Take refuge. (Envision responding to a troubling situation with knowledge and kindness.
 - Generate Bodhichitta. (Envision helping someone as an enlightened being.)
- 4) Visualize merit field. Invite a holy being to meditate.
- 5) Purify Obstacles with the seven ingredients (a-g)
 - a) Openness and admiration of good qualities of holy being.
 - b) Offering of yourself or your successes.
 - c) Consider recent action or attitude not in alignment with your values.
 - d) Celebrate small success with reactions, actions, or attitudes.
(Consider other peoples deeds that are in alignment with your values.)
 - e) Ask for help or a teaching.
 - f) Pray for holy guides to stay near you, not die and continue to teach.
- 6) Request blessing and absorb holy being through crown into heart.
 - g) Dedicate meditation.