

# Pristine Awareness

Foundation for Buddhist Practice



## Opening Prayers

First and foremost, we pay homage to Samantabhadri, the embodiment of primordial wisdom, and Samantabhadra, the source and expression of all skilful means, together the progenitors of the lineage of Direct Experience. Furthermore, we acknowledge and recognise Siddhartha Gautama, the Buddha, and our direct masters—Kyabje Togden Amtrin and Kyabje Dudjom Rinpoche—who are perfect holders of the lineage of Padmasambhava and Yeshe Tsogyal, of Garab Dorje and Sri Singha. Without these great masters we would have no practice and no hope for liberation, we therefore show them all boundless gratitude.

## *Refuge*

From now until the moment of enlightenment, I take refuge in pristine awareness, manifest as Guru, Buddha, Dharma and Sangha.

## *Bodhichitta*

For the sake of all beings suffering in the delusion of samsara, I commit myself to Bodhichitta, the full blooming of compassionate and joyful awareness.

## *Offering of Body, Speech, Mind and Heart*

To all enlightened ones, and to the precious Guru in particular, I offer the universe in its entirety; all that is conceivable and all that is inconceivable. Most especially I offer myself fully to awareness, the ultimate Guru.

## Closing Prayer

### *Dedication On Behalf Of All Beings*

By this effort

May all beings be free of fear, sorrow and pain.

May all beings know wellness, tranquillity and love.

May all beings abide in the perfect bliss and equanimity of their ultimate nature.

*Om Ah Hung*