



CALM ABIDING (SHINAY) MEDITATION PRACTICE

as taught by H.H. Jigdal Dagchen Sakya Dorje Chang (1929-2016)

translated by Upasaka Jeff Schoening

Refuge and Bodhicitta (Repeat 3 times)

༄༅། །སངས་རྒྱལ་ཚུ་ཚོས་དང་ཚོགས་ཀྱི་མཚོག་རྣམས་ལ། །བྱང་ཚུབ་བར་དུ་བདག་ནི་སྐྱབས་སུ་མཆོ། །

Sang-gye cho-dang tso-kyi chok-nam-la Chang-chub bar-du dag-ni kyab-su-chi

In the Buddha, Dharma and Sangha, I take refuge until I reach Enlightenment.

བདག་གིས་སྒོམ་བསྐྱེས་བགྱིས་པའི་བསོད་ནམས་ཀྱིས། ། ལྷོ་ལ་པན་ཕྱིར་སངས་རྒྱལ་གྱུ་བ་པར་ཤོག །

Dok-ki gom-day Gye-pi so-nam-kyi Dro-la pen-cher sang-gye drub-par-shog

By this merit of my virtuous accumulations, such as generosity and the other perfections, may I attain Buddhahood for the sake of all beings.

The Four Immeasurables: Love, Comapassion, Joy and Equanimity

May all beings have happiness and the causes of happiness;

May they be free of suffering and the causes of suffering,

May they never be separated from the bliss that is sorrowless;

May they dwell in equanimity, free of attachment and aversion to those near and far.

Dedication of Merit

དགེ་བ་དེ་ཡིས་སྐྱེ་བོ་ཀུན། །བསོད་ནམས་ཡེ་ཤེས་ཚོགས་རྫོགས་ཏེ། །

Gay-wa de-ye kye-wo-kun So-nam ye-shi tsog-dzog-de

By this virtue may all beings accomplish the accumulation of merit and wisdom,

བསོད་ནམས་ཡེ་ཤེས་ལས་བྱུང་བའི། །དམ་པ་སྐྱེ་གཞིས་ཐོབ་པར་ཤོག །

So-nam ye-shi lay-jung-way Dam-pa ku-nyi thob-par-shok

And attain the two Buddha bodies*, which arise from merit and wisdom.

*The Buddha bodies are the Form Bodies (Rupakaya, which includes Sambhogakaya and Nirmanakaya) and the Truth Body (Dharmakaya).

Calm Abiding Meditation Instructions

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7-Point Meditation Position for the most beneficial results

Modify for personal comfort.

1. Sit in half-lotus, or in a cross-legged position, or in a chair with crossed feet. Left foot on the inside, right foot on the outside.
2. Keep the back straight.
3. Hand position: Right hand on the left hand with palms up and thumbs touching--held at the navel.
4. Neck slightly bent forward, chin slightly down.
5. Place the tongue where the teeth meet the palette, mouth slightly open.
6. Eyes gaze gently past the nose, unwavering (eyes can either be open or closed).
7. Do no move.

The body position should not be too tight or too loose. Keep it natural, so that the five senses and one's consciousness are balanced.

When you broaden your shoulders and sit upright, the helps get rid of ignorance. When your neck is lightly bent downwards at an angle and you touch the tip of your tongue on the palette, that dissipates desire. When you lower your eyes a bit, so you almost see the tip of your nose, that gets rid of egocentric pride. When you sit cross-legged and remain in single-pointed concentration, that helps get rid of jealousy.

Suggested objects of meditation

Keep returning to the focus of concentration to the object of meditation.

- Visual Object: Focus an unwavering gaze of awareness on a selected object. Example: a blue flower.
- Breath: Focus on the natural breath process.
- Natural Mind: Observe between thoughts for natural arising still mind.
- Insight: Logical analysis of a chosen concept.

Meditation

Mind itself as the object of meditation.

Watch your thoughts. As you watch them, they will gradually subside. As your mind becomes more and more stable, you will not hear sounds.

Think as though your thoughts are sinking into the ocean. The waves on the ocean are your thoughts; the ocean is the deepest level of your mind. As your thoughts subside, you experience the ocean-like mind. This is the Fundamental Consciousness.