



Guide to Buddhist Mediation

Before beginning find a quiet place and sit upright in a comfortable position.

Important Words to Know

Avalokiteshvara – An enlightened being representing the compassion of all Buddhas (see the images below)

Bodhisattva – An enlightened being

Dharma – the teachings of the Buddha

Sangha – the spiritual community

Samsâra – the current life you are in



Avalokiteshvara Visualization Meditation

1. Repeat the Bodhisattva Vow:

"I take refuge in the Buddha, Dharma, and the Sangha until I am enlightened.
May all actions I undertake – giving, moral conduct, forbearance, energy,
meditation, insight – cause me to accomplish Buddhahood, in order to help all
beings."

2. Undertake this Visualization

-picture Avalokiteshvara in your mind. Think about what he/she is holding, sitting
on, next to, etc.

3. (While holding visualized bodhisattva in mind)

Activate the Bodhisattva's Compassion

Repeat 3 (7 or 108) times:

"I revere noble Avalokiteshvara, who is perfect, white, whose head is adorned by
the Perfected Buddha,
And who watches beings with boundless compassion."

4. The Bodhisattva's Compassionate Insight PERSONALLY Incorporated

Visualize primary color light rays emanating from Avalokiteshvara's body entering
your body, dissolving all impure karma and mistaken ideas, while repeating this
mantra 3 (7 or 108) times:
"OM MANI PADME HUM"

5. Absorption in Emptiness (One or more rosary cycles)

Become absorbed in one's own consciousness, which is separate from the body

6. Return to Samsâra and Repeat Bodhisattva Vow

"Through this merit may I quickly become as Avalokiteshvara
And establish all beings without exception as bodhisattvas.
May all beings share the merit of this meditation."