



MUDITĀ

The PRACTICE of APPRECIATIVE JOY



SARVAMANGALA FOUNDATION

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BUDDHA WITH A HALO OF LIGHT

His enlightenment inspires joyful appreciation.

Turfan, possibly Gandhara, 400-529 @ Metropolitan Museum of Art

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Start the practice by paying homage to all the Buddhas, Siddhas, Yogīs and Yoginīs of all times. Request the enlightened ones to turn the wheel of Dharma (to give teachings).

- 1 Sit in one of the following three postures: Padmāsana (lotus posture), Siddhāsana (the posture of the accomplished ones), Sukhāsana (the comfortable posture).
- 2 Inhale deeply and breathe out strongly three times, then take a few deep breaths, then breathe in a very relaxed and natural way.
- 3 First bring to mind people from your daily life who are kind, loving, talented, happy and engaged in virtuous activities (remember that no one is perfect). Sustain the clear inner sense and auspicious state: “I am joyful by appreciating you”. Sustain this sense continuously for a while, consciously cultivating joy for their virtue and puṇya (merit).
- 4 Now bring to mind people who are known for their virtues, such as saints, yogīs, masters, meditators, very generous and charitable personalities. Sustain the clear inner sense and auspicious state: “I am joyful by appreciating you”. Sustain this sense continuously for a while, consciously cultivating joy for their virtue and puṇya (merit).

- 5 Now bring to mind the Buddhas, enlightened beings, or divine deities who have completely overcome all delusion and whose nature is completely in bliss and wisdom. Sustain the clear inner sense and auspicious state: “I rejoice in your bliss and activity”. Sustain this sense continuously for a while, consciously cultivating joy for their boundless virtues, endless puṇya (merit) and absolute bliss.
- 6 Now direct Muditā at yourself, addressing your existing and potential virtuous qualities, your capacity for wisdom, compassion and enlightenment, knowing that your true nature is always present. Mentally say “I rejoice in virtue and in my true nature”. Sustain this for a while, and cultivate a serene joyful appreciation for everything about yourself.
- 7 Finally, rest for a while, simply relaxing into the awareness of the present moment, letting everything be as it is.

Dedicate the puṇya (merit) of your practice to all beings, share it with each and all. Conclude by paying homage to all the Buddhas, Siddhas, Yogīs and Yoginīs of all times.

PRAYER *to* GODDESS SARASVATĪ *to*
INCREASE *our* INTELLIGENCE



GODDESS SARASVATĪ, THE SANSKRIT LANGUAGE PERSONIFIED

Ancient Nepali Painting of Goddess Sarasvati © Himalayan Art Resources

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ॐ नमस्ते शारदे देवि काश्मीरपुरवासिनि ।
त्वामहं प्रार्थये नित्यं विद्यादानं च देहि मे ॥

oṃ namaste śārade devi kāśmīra-pura-vāsini |
tvām ahaṃ prārthaye nityaṃ vidyā-dānaṃ ca dehi me ||

Om Obeisance to you, O Goddess Śāradā,
You who are like the Full-Moon in Autumn,
You who dwell in the Region of Kaśmīr!
I ever beseech you: Grant me the gift of knowledge!

