

The Kalyanamitra Yoga

(In 2015/6, Parami had a series of conversations with Bhante about the mula yogas as a result of which she made several changes to the practices that Bhante then gave his approval to (the Going for Refuge and Prostration Practice and the Vajrasattva practice remain unchanged). However, if people still wish to do the 1990's versions, they can do, although Bhante does want these new versions done whenever the mula yogas are done at Order gatherings).

This practice explores Going for Refuge to the Sangha

If one has been doing this practice with the Teachers of the past and present above Sangharakshita, and one wishes to continue to see them there, that is fine. However if leading or teaching the practice, Sangharakshita suggests keeping it simple with only the Buddha, Sangharakshita himself, and one's preceptor(s)

1. One visualises oneself seated in the midst of the clear blue sky.
2. One then sees, seated on lotuses above one's head one's own Preceptor/s, then Urgyen Sangharakshita, and then Shakyamuni, in the following order:

Shakyamuni Buddha

Urgyen Sangharakshita

Public Preceptor Private Preceptor

(If one is ordained by Sangharakshita, the Preceptors are omitted. If one's Private and Public Preceptor are the same person he/she is seen sitting directly above your head and below Sangharakshita.)

One then says **seven** times:

*"I entreat you, O Buddha Shakyamuni, revealer of the Dharma,
and you, great Gurus of the Past and Present, who are a source of
inspiration,
and you, Urgyen Sangharakshita, who have given me the gift of the
Dharma,
please witness my Going for Refuge to the Buddha, Dharma and
Sangha,
and grant me your blessings."*

(one can leave out the line about the Great Gurus of the past and present if appropriate)

3. Then, beginning from the top with Shakyamuni, each of the figures successively dissolves into light and is absorbed into the one(s) below, down to Urgyen Sangharakshita.

One then sees

a white OM at the head centre,
a red AH at the throat centre,
and a blue HUM at the heart centre

of Urgyen Sangharakshita, one's own Preceptor(s), and oneself.

From the three centres on Sangharakshita's body, rays the colour of the syllables shine down, through one's Preceptors' three centres, upon the three centres in one's own body, purifying one's body, speech and mind, and raising one up to the Guru's level.

Meanwhile one recites many times:

OM AH HUM SARVA KALYANAMITRANAM SIDDHI HUM

4. Finally, one invites Urgyen Sangharakshita and one's Preceptor(s) to take their places in one's heart.

One's Preceptor(s) dissolve into light and are absorbed into the body of Sangharakshita. He then dissolves into light and is absorbed through the crown of your head and into your heart.