

Bodhi School Resources:

Warrior's Bow

Hold – Take good posture and hold it, feeling the strong earth beneath you and the big sky all around you

Feel – Feel the tender goodness in your heart

Connect – Make eye contact

Give – As you bow, give your goodness to each other

Manjushri Chant

Youthful Manjushri,

You have awakened heart, actions and wishes,

Knowledge, kindness and power,

As well as excellent, wondrous wisdom.

May I and others follow your example.

Manjushri Mantra: OM AH RA PA CA NA DHIH

The syllables are pronounced slowly and separately, not in one word. The DHIH at the end is said in this way: take a deep breath and say it over and over and over again until you are out of breath. Rinpoche said the young monks would make a competition out of seeing who could go the longest. This is now done daily at Shotoku.

Loving Kindness Contemplation

(Sakyong Mipham Rinpoche - Shotoku Children's Audience)

Think about your day. What did you like? What didn't you like?

Think of something kind that someone has done for you.

Think of something kind you have done for someone.

What do you love most about yourself?

For More Information contact John at crone.john@gmail.com or Harald at haraldd@rogers.com