

Friday Night Introduction - Gen- la Jampa

welcoming everyone - the merits of the festival and how workers are fascinated with the temple

Reading from VG advice on listening

Then from The New Meditation Handbook - reading about the special breathing meditation (OM AH HUM)

Blessings has the power to transform our mind - from one state to its opposite. With these we can achieve spiritual realiations - the b s and m of EB.

when we recite the mantra om ah hum we should have deep faith in the qualities of B's b s andn m - wishing our self to have these qualities. This wish is our supreme good heart.

This paragraph reminded me the commentary in JPoGF - where VGK says -

“ What would it be like ,, and I will ... I will have perfect ability to help all ... my emanations will be numorous just as there is one moon shining in the sky whose reflections..... my emanations would cover and protect every living being

In Liberating Prayer - we say your speech is purifying nectar - listening and putting into practice we purify all mistaken appearance - then all sickness and suffering ceases because they are just mistaken appearance.

Holy beings benefit LB by displaying their realizations in the form of D books. They show their realizations to LB through D books that can be studied and put into practice.

We know the feeling how one page can be studied for the rest of the life. But from his compassion supreme skill he is able to explain such profoundaty This is a miracle what we have - coming from his heart, bec this presentation it is B's speech - the meaning will touch our heart and we will be able to find and follow the librating path. for us there is so much hope. We found the liberating path in such a degenerate world - for us this is like the golden age. We should think like young Atisha - thinking may everyone has the same good fortune as I.

When we recite the mantra we receive the blessing and we wish to attain the qualities of b's b s and m for the benefit of all lb

