

## Five Mindfulness Trainings Transmission Ceremony

♪ =bell   . = wake=up or stop sound 🙏 = earth touching or bow if physically preferable

### Sitting Meditation - 12 minutes (plus or minus)

[Explain to the aspirants that they will be asked to line up in two lines and can bring a cushion, mat or chair. Demonstrate earth touching and offer bowing if physically preferable]

[Small bells to stand]

♪ ♪ ♪.

### Incense Offering Verse (if no objections to incense)

Incense Offerer: In gratitude, we offer this incense, throughout space and time, to all buddhas and bodhisattvas.

May it be fragrant as Earth herself, reflecting careful efforts, wholehearted awareness, and the fruit of understanding, slowly ripening.

May we and all beings be companions of Buddhas and Bodhisattvas. May we awaken from forgetfulness and realize our true home. ♪

### Collecting the Sangha (alternative to incense offering)

Chant Master: The Sangha is invited to come back to our breathing so that the collective energy of mindfulness will bring us together as an organism, going as a river with no more separation.

Let the whole Sangha breathe as one body,  
chant as one body, listen as one body--  
transcending the boundaries of a delusive "self,"  
liberating ourselves from the superiority complex, the inferiority complex, and the equality complex. ♪

### Touching the Earth

Chant Master: Everyone please stand.

Chant Master: The one who bows and the one who is bowed to are both by nature empty.  
Therefore the communication between them is inexpressibly perfect.  
Our practice center is the Net of Indra reflecting all Buddhas everywhere.  
And with my own person in front of each Buddha

I go with my whole life for refuge. 🎵

Chant Master: Please touch the earth at the sound of each bell.

Chant Master: Offering light in the Ten Directions,

All: the Buddha, the Dharma, and the Sangha, to whom we bow in gratitude. 🎵 🙏.

Chant Master: Teaching and living the way of awareness in the very midst of suffering and confusion,

All: Shakyamuni (Shah-kya-moo-nee) Buddha the Fully Enlightened One, to whom we bow in gratitude. 🎵 🙏.

Chant Master: Mother of all Buddhas, bodhisattvas and all beings, nourishing, holding, and healing all,

All: Bodhisattva Gaia (Guy-uh), Great Mother Earth, Precious Jewel of the Cosmos, to whom we bow in gratitude. 🎵 🙏.

Chant Master: Radiating light in all directions, source of life on earth,

All: Mahavairocana (Ma-ha-vy-ro-cha-nuh) Tathagata (Ta-tha-guh-tuh), Great Father Sun, Buddha of infinite light and life, to whom we bow in gratitude. 🎵 🙏.

Chant Master: Showing the way fearlessly and compassionately,

All: the stream of all our ancestral teachers, to whom we bow in gratitude. 🎵 🙏.

### **Sutra Opening Verses and Heart Sutra Recitation**

All: Namo Tassa Bhagavato Arahato Samma Sambuddhasa (3 times then 🎵)

(pronounced Na-moe Tah-sah Bah-gah-vah-toe Ahr-a-hah-toe Sah-muh Som-boo-dah-suh)  
(Homage to the blessed one, the worthy undefiled one, the perfectly self-awakened one)

All: The Dharma is deep and lovely.  
We now have a chance to see, study and to practice it.  
We vow to realize its true meaning. 🎵

**The Insight that Brings Us to the Other Shore** - See separate sheet music

### **Sanghakarman Procedure**

Sanghakarman Master: Has the entire community assembled?

Sangha Convener: Yes, the entire community has assembled.

Sanghakarman Master: Is there harmony in the community?

Sangha Convener: Yes, there is harmony.

Sanghakarman Master: Why has the community assembled today?

Sangha Convener: The community has assembled to perform the Sanghakarman of transmitting the Five Mindfulness Trainings.

Sanghakarman Master: Noble community, please listen. Today, \_\_\_\_\_, has been chosen as the day to transmit the Five Mindfulness Trainings. The community has assembled at the appointed time and is ready to transmit and receive the Mindfulness Trainings in an atmosphere of harmony. Thus, the transmission can proceed. Such is the proposal. Is the proposal clear and complete?

Everyone: Clear and complete. 🎵

### **Introductory Words and Arrangement**

Transmission Master: The community has gathered in this moment to give spiritual support to our dear friends who will make the determination to bring the Five Mindfulness Trainings into their lives. Dear community, please enjoy your breathing and remain fully present while we listen to three sounds of the bell. The sound of the bell is the voice of Awakening, calling us back to our True Selves. 🎵 🎵 🎵

We would now like to invite those wishing to take the 5 mindfulness trainings to come forward and stand before the sangha as your name is read. Please bring a mat and cushion with you if needed.

*[Read the names of the aspirants]*

If there is anyone else who would like to receive the Trainings, or renew their aspiration to practice the Trainings, please stand up, say your name, and come forward to join the others.

*[Aspirants come forward and stand]*

## **The Four Gratitudes**

Transmission Master: Dear Sisters and Brothers, please join your palms. We will now practice the Four Gratitudes, taking a moment to connect deeply with all the beings who make our life possible, our parents, our teachers, our friends and all species. After the recitation of each line, please touch the earth one time at the sound of the bell, then stand with the stop sound of the bell.

In gratitude to our mother and father who have given us life, we touch the Earth before the Three Jewels. 🎵🙏 .

In gratitude to our teachers, who have shown us how to understand, love and live in the present moment, we touch the Earth before the Three Jewels. 🎵🙏 .

In gratitude to our friends, who guide and support us in difficult moments, we touch the Earth before the Three Jewels. 🎵🙏 .

In gratitude to all beings in the animal, plant, and mineral worlds, who support our life and make our world beautiful, we touch the Earth before the Three Jewels. 🎵🎵🙏 .

## **Remembering the Three Jewels**

Transmission Master: Dear Sisters and Brothers, the way of understanding, love, and compassionate action has been taught and practiced by many generations for many centuries. Your aspiration to continue this practice is supported by many conditions. Among them, are the Buddha, the Dharma, and the Sangha – the Three Jewels.

From an historical perspective, the Buddha is the awakened teacher Shakyamuni, the Dharma is the path of understanding and compassion that he taught, and the Sangha is the community that practiced according to those teachings.

Yet the Three Jewels are also found, right here and now, within each one of us and all other species. For the Three Jewels also refers to our own capacity to be awakened, the practice we undertake to develop our understanding and compassion, and the support and nourishment we offer to and receive from our family, community and society.

In order to celebrate and remember the presence of the Three Jewels in our lives, I would like to invite the entire community to recite together the Three Ancient Refuge Vows.

Please repeat after me:

I take refuge in the Buddha, and all teachers who show me the way in this life.

I take refuge in the Dharma, and all teachings of understanding and love.

I take refuge in the Sangha, and all communities that live in harmony and awareness.



## **The Five Mindfulness Trainings**

Transmission Master: This is the moment of the transmission of the Five Mindfulness Trainings.

The Mindfulness Trainings have the capacity to protect life and make it beautiful, encouraging us in the direction of peace, joy, liberation, and awakening. To practice the Trainings is to cultivate the insight of Interbeing, which can remove all discrimination, intolerance, anger, fear, and despair. If practiced well, the Mindfulness Trainings can be a foundation for healing, transformation, and happiness in our lives, and also in the lives of our family, society and our relation with the Earth.

As we solidify our aspiration to take up the path of non-harming, may we be strengthened by the following verse. Please offer a bow or touch the earth at the sound of the bell:

With support of the earth, sky and waters,  
I take up the Way of Non-harming.  
Witnessed by all beings,  
Those who walk, fly and swim,  
And those who remain rooted,  
I walk the Way of Non-harming.  
In recognition of the brief second  
That earth, water, sky and Sun  
Come together to form “me”,

I embody the Way of Non-harming. 🎵🙏.

The Trainings will now be read, one by one, by members of the community around you. Please listen with a calm and clear mind. After each reading there will be a pause for reflection, and you will be asked if you will make the commitment to receive, study and practice the training that that has been read. Answer, “Yes, I do”, and offer a bow or earth touching each time you see you have the capacity to do so. Sisters and Brothers are you ready?

## **The First Mindfulness Training**

### **Reverence For Life**

Aware of the suffering caused by the destruction of life, I am committed to cultivating the insight of interbeing and compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, or in my way of life. Seeing that harmful

actions arise from anger, fear, greed, and intolerance, which in turn come from dualistic and discriminative thinking, I will cultivate openness, non-discrimination, and non-attachment to views in order to transform violence, fanaticism, and dogmatism in myself and in the world.

This is the first of the Five Mindfulness Trainings, do you make the commitment to receive, study and practice it?

Aspirants: Yes, I do. 🎵🙏.

## **The Second Mindfulness Training**

### **True Happiness**

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to practicing generosity in my thinking, speaking, and acting. I am determined not to steal and not to possess anything that should belong to others; and I will share my time, energy, and material resources with those who are in need. I will practice looking deeply to see that the happiness and suffering of others are not separate from my own happiness and suffering; that true happiness is not possible without understanding and compassion; and that running after wealth, fame, power and sensual pleasures can bring much suffering and despair. I am aware that happiness depends on my mental attitude and not on external conditions, and that I can live happily in the present moment simply by remembering that I already have more than enough conditions to be happy. I am committed to practicing Right Livelihood so that I can help reduce the suffering of living beings on Earth and reverse the process of global warming.

This is the second of the Five Mindfulness Trainings, do you make the commitment to receive, study and practice it?

Aspirants: Yes, I do. 🎵🙏.

## **The Third Mindfulness Training**

### **True Love**

Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. Knowing that sexual desire is not love, and that sexual activity motivated by craving always harms myself as well as others, I am determined not to engage in sexual relations without true love and a deep, long-term commitment made known to my family and friends. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct. Seeing that body and mind are one, I am committed to learning appropriate ways to take care of my sexual energy and cultivating loving kindness, compassion, joy and inclusiveness – which are the four basic elements of true love – for my greater happiness and the greater happiness of others. Practicing true love, we know that we will continue beautifully into the future.

This is the third of the Five Mindfulness Trainings, do you make the commitment to receive, study and practice it?

Aspirants: Yes, I do. 🎵🙏.

## **The Fourth Mindfulness Training**

### **Loving Speech and Deep Listening**

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening in order to relieve suffering and to promote reconciliation and peace in myself and among other people, ethnic and religious groups, and nations. Knowing that words can create happiness or suffering, I am committed to speaking truthfully using words that inspire confidence, joy, and hope. When anger is manifesting in me, I am determined not to speak. I will practice mindful breathing and walking in order to recognize and to look deeply into my anger. I know that the roots of anger can be found in my wrong perceptions and lack of understanding of the suffering in myself and in the other person. I will speak and listen in a way that can help myself and the other person to transform suffering and see the way out of difficult situations. I am determined not to spread news that I do not know to be certain and not to utter words that can cause division or discord. I will practice Right Diligence to nourish my capacity for understanding, love, joy, and inclusiveness, and gradually transform anger, violence, and fear that lie deep in my consciousness.

This is the fourth of the Five Mindfulness Trainings, do you make the commitment to receive, study and practice it?

Aspirants: Yes, I do. 🎵🙏.

## **The Fifth Mindfulness Training**

### **Nourishment and Healing**

Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I will practice looking deeply into how I consume the Four Kinds of Nutriment, namely edible foods, sense impressions, volition, and consciousness. I am determined not to gamble, or to use alcohol, drugs, or any other products which contain toxins, such as certain websites, electronic games, TV programs, films, magazines, books, and conversations. I will practice coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in me and around me, not letting regrets and sorrow drag me back into the past nor letting anxieties, fear, or craving pull me out of the present moment. I am determined not to try to cover up loneliness, anxiety, or other suffering by losing myself in consumption. I will contemplate interbeing and consume in a way that preserves peace, joy, and well-being in my body and consciousness, and in the collective body and consciousness of my family, my society and the Earth.

This is the fifth of the Five Mindfulness Trainings, do you make the commitment to receive, study and practice it?

Aspirants: Yes, I do. 🎵 🎵 🙏 .

### **Closing Words and Presentation of Certificates**

Transmission Master: Dear friends, you have received (and renewed) the practice of the Five Mindfulness Trainings, a foundation for happiness in our families and society. The practice of the trainings can also be a basis for the aspiration to help others.

This ceremony has gathered many practitioners together, and with the support of our spiritual ancestors, we have generated a powerful energy to send you forward on your path. Please keep the transmission strong. Please read and recite the Five Mindfulness Trainings regularly. Keep them alive in your heart and mind, so that they can continue to awaken you, day by day to the miracle of life, in difficult moments and in moments of joy.

We can recite the trainings together with our sangha. We can organize study at home with friends. And if you find yourself apart from your community of practice for an extended time, you can recite the trainings on your own.

In order to further support and mark this special moment, we have prepared some simple certificates to remember this Ceremony.

[Reading and presenting the Certificates]

### **Touching the Earth in Gratitude**

Transmission Master: Dear friends, thank you for your determination, for your aspiration. As we close the ceremony, you invited to practice a traditional form of expressing gratitude, three earth touchings, or bows if that is physically preferable. You may like to hold each of the three jewels, Buddha, Dharma, Sangha, in your awareness, as you touch the earth. Or simply open your heart as you remember those who are supporting your path in this moment.

🎵 🙏 . 🎵 🙏 . 🎵 🙏 . 🎵 🎵

### **Closing Verses**

Chant Master: Transmitting the Trainings, practicing the Way of Awareness  
Gives rise to benefits without limit  
We vow to share the fruits with all beings  
We vow to offer tribute to parents, teachers, friends, and numerous beings who give  
guidance 🎵 and support 🎵 along the path 🎵