

## **Small Group Example** – contributed by Eileen Mahowald

### **Buddhist Book & Meditation Group**

Welcome everyone, we come together as a community (sangha) to support each other in meditation and to learn about the Buddhist Dharma (Buddha's teachings). We do this through listening, contemplation and sharing. Additionally many of us read, meditate, attend retreats and attend other meditation groups.

#### **AROUSING BODHICITTA** (open heart/mind)

*May bodhichitta precious and sublime arise where it has not yet come to be.*

*Where it has arisen, may it not decline but grow and flourish evermore.*

#### **RECITE MAITRE/METTA** (Loving Kindness)

*May I (you, all beings) be filled with loving kindness.*

*May I (you, all beings) be well.*

*May I (you, all beings) live in peace and ease.*

*May I (you, all beings) be happy.*

#### **SITTING MEDITATION** (25 min) Please MUTE microphones

**CHECK-IN** is a time to both listen and to share with the group any "noticings" of joy, frustration, sorrow, brief readings or other thoughts that relate to your personal practice. It is also accepted practice to just listen.

**READ & DISCUSS the BOOK** your group has chosen to read. Not every group reads a book.

#### **DEDICATE THE MERIT** (benefit)

*"May whatever merit that comes from this practice go toward the enlightenment of all beings.*

*May it become a drop in the ocean of all activities for the liberation of all beings."*