

Full Moon Meditation 2023-24

General instructions:

During each 24-Hour Full Moon Practice of the lunar year, [SUFFERING] in the guided meditation below reminds you to bring to mind the specific suffering you will be embracing. [POSITIVE QUALITY] refers to the specific positive quality you will be allowing and cultivating. For example, during the March 6-7 practice, “Embracing Depression, Cultivating Joy,” [SUFFERING] refers to depression and [POSITIVE QUALITY] refers to joy. To understand more about the suffering that we are focusing on each month, see the “About the Practice” section at <https://cybersangha.net/24-full-moon/>.

Instructions for the five-point posture, the practice of the nine breathings, and the practice of the five pure lights are available in the “Practice Resources” and “Available Translations” sections. If you are not yet familiar with them, you may follow the alternative instructions provided below, or simply use that time to rest comfortably, abiding in the stillness, silence, and spaciousness.

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Bring your attention to your place, to the presence of others gathered here, to this sacred space. Know that you are supported by everyone here, and you are a support for those present.

Find the five-point posture or a comfortable position and settle your attention with the stillness of your body. Take a few deep, slow, and gentle breaths, and with each exhalation, loosen and release the effort and tension that may be held in your body.

Be in the stillness and rest.

Become aware of the sounds within and around you and shift your focus to listen to the silence. As you hear the silence, rest your attention in the silence. With a few deep, slow, gentle breaths, and with each exhalation, loosen and release efforts of voice and rest.

Be in the silence and rest.

Draw your attention to your heart. Take time to feel as if you are breathing directly into the center of your body, into your heart center, and breathing out from your heart in all directions. Each breath is nourishing and supporting you to discover and rest your attention in the spaciousness. With each exhalation, release the tendencies of mind to dwell on the past, to anticipate the future, or to change the present. With a few deep, slow, gentle breaths, release these efforts of mind and rest.

Be in the spaciousness and rest.

As you rest in the spaciousness of your heart, reflect on the conditions of your life—your health and well-being, your relationships, the way you experience your community, your world. You are supported in this moment, in this sacred collective space, to recognize where you might feel any sense of [SUFFERING]. Notice how you experience this in your body, voice, and mind. Allow time for this.

With this reflection present, imagine the three channels of light in your body. Bring your focus to your breath and open and clear the channels through the practice of the nine breathings. As you open and clear the channels of the disturbing winds, you release the three root poisons of aversion, attachment,

and ignorance that bind the experience of [SUFFERING] together and disconnect you from the source of positive qualities.

If you aren't familiar with the nine breathings, use this time to simply take in several slow, deep, gentle breaths. With each exhalation, feel that you are loosening and releasing any habit or tendency to reject or push your suffering away, to cling to your suffering, or to disconnect from your suffering.

[Nine Breathings]

Feel the core of your body more enlivened, awake, clear, supporting you to rest in this present moment, in the stillness, silence, and spaciousness within you and collectively in this sacred space.

Feel that [SUFFERING] and the "me" who is experiencing suffering are receiving a spacious luminous, warm embrace. Rest.

As we sing A OM HUNG, continuously receive the blessings of body, speech, and mind through your crown, throat, and heart chakras. Receive the blessing from all enlightened beings through the sacred sound of this mantra and the white, red, and blue lights pervading and dispelling [SUFFERING] and allowing the [POSITIVE QUALITY] to emerge.

[A OM HUNG]

Now continue to open the three channels with the five pure lights, clearing and opening pathways to allow [POSITIVE QUALITY] to emerge.

Imagine as you breathe in through both nostrils, that you are gently inhaling the five-colored lights, the essence of the five primordial wisdom energies and [POSITIVE QUALITY]. As you inhale, the light enters your body, following the pathways of the side channels to the junction. Hold your breath and focus for a moment as the five-colored lights become a luminous egg. As you begin to gently exhale, this subtle breath moves up through the central channel pervading the entire channel with light. When you release the breath, the breath releases through your crown and the light dissolves into the space above you. Rest for a moment in the union of space and light, the inseparable state.

As you continue this cycle of subtle breathing, allow [POSITIVE QUALITY] to arise and pervade your body, speech, and mind.

Continue this gentle breathing cycle of the five-colored lights and [POSITIVE QUALITY] until the next period of mantra recitation.

As we continue alternating periods of singing A OM HUNG and Breath of Light, feel the blessings and subtle breath dispel [SUFFERING] and support the emergence of [POSITIVE QUALITY].