

Do Nga Dargey Temple of Lion's Roar Dharma Center

In the tradition of H.H. the 14th Dalai Lama

Kyabje Jhado Rinpoche
Heart Lineage Teacher

Lama Yeshe Jinpa
Spiritual Director

Geshe Damchoebaazar Gurjav
Resident Teacher



Single Mediator Harmony Restoration



LION'S ROAR DHARMA CENTER

Do Nga Dargey Temple



Lion's Roar Dharma Center
3240 B St Sacramento, CA 95816
www.lionsroardharmacenter.org

Refuge

I take refuge in the Guru
I take refuge in the Buddha
I take refuge in the Dharma
I take refuge in the Sangha

Going for Refuge and Generating Bodhicitta

I take refuge until I am enlightened,
In the Buddha, the Dharma, and the Sangha
By the positive potential I create by listening to the Dharma
May I attain Buddhahood in order to benefit all sentient beings.

The Four Immeasurables

May all sentient beings have happiness
and the causes of happiness.
May all sentient beings be free of suffering
and the causes of suffering.
May all sentient beings be inseparable from the joyful
happiness that is free from suffering.
May all sentient beings abide in equanimity,
free from holding some close and others distant.

Long Life Prayer for His Holiness the Dalai Lama

|| In the land encircled by snow mountains
You are the source of all happiness and good;
All-powerful Chenresig, Tenzin Gyatso,
Please remain until samsara ends.

Long Life Prayer for Jhado Tulku Rinpoche

|| May the teachings of the Buddha flourish, and
May the upholders of the teachings remain forever.
May all migrators achieve happiness, and
May the fulfill (all) their temporary and ultimate goals.

Long Life Prayer for Lama Yeshe Jinpa

|| Losang, magical display of the deep awareness of all the Victorious
Ones,
Merciful giver of a stream of profound and vast instructions to the
fortunate migrators, please remain always, unperishing, unchanging,
unfading.

Prayer to Lama Tsong Khapa

|| Avalokiteshvara, great treasure of objectless compassion,
Manjushri, master of flawless wisdom,
[Vajrapani, destroyer of the entire host of maras;]
Tsong Khapa, crown jewel of the Snowy Land's sages,
Losang Dragpa, I make request at your holy feet.

The Process

Presenting the Challenge

The mediator will select one party to present their experience of the challenge first. All parties should practice compassionate communication as described on page 1. Every party will have an opportunity to present their experience in turn. The mediator will gently guide you through this process.

Offer Solutions

Each party should offer a solution to the challenge. The mediator will restate these solutions. Often the solutions offered are not that different from one another. Harmony may not be as distant as it once seemed. Listen deeply to each other and the mediator, truly hear with your hearts. The mediator may offer some solutions based on the ones presented by the parties.

Harmony

Harmony is in your hearts and minds, not in your challenge. You can reach harmony even if you have not yet reached a practical solution to your challenge. If this is the situation, the mediation will give you information on how to proceed with the restoration process. Take the next few moments together to practice harmony, if you know the practice of Tong Len, this may be one way to help do so.

Meditation

Sit and meditate together.

Harmony Restoration

Coming Together

Harmony Restoration is a heart-centered approach, that truly values knowing each other through human connection, heart to heart. The foundation of our harmony is the five precepts along with regular dharma practice. We have already chosen to come together; our challenges give us the special opportunity to grow together.

Communication

Insight is revealed through the practice of compassionate listening, deep looking, and letting go of notions, rather than through accumulation of intellectual knowledge. We are determined to learn to listen deeply, without judging or reacting, and to refrain from uttering words that can create discord or cause the community we value to break. (source: 2nd & 8th Mindfulness Training)

Harmony

Our goal is the restoration of harmony with each other and within our community. Each of us shall approach this process with harmony and dharma in mind.

Challenge

Challenges are when our hearts and minds are stretched and overwhelmed, and we are not able to resolve this from our own side privately.

OM MANI PADME HUM

ॐ मणिपद्मे हूँ

A few suggestions

- ❖ This is a process about harmony, not about who is right and who is wrong.
- ❖ Strong emotions may be present. It is important to acknowledge them, but do not let them take over.
- ❖ The mediator is a dharma friend, mutually chosen, who wishes to see harmony restored.
- ❖ A solution to this challenge is possible within dharma.
- ❖ Solutions may involve the broader community or may take time to implement.