

SHAMBHALA SADHANA FEAST INSTRUCTIONS

PUBLIC FEAST*

After completing the last mantra (Society is basically good):

Chant the Conclusion, rest, and Chant the Dedication of Merit section, thereby closing the practice.

Feast food should be prepared and ready.
Make sure people have the chants available.

Begin the protector chants after chanting the text's Dedication of Merit & after a number of people have been served.

The food can be served during the protector chants, but people should not start eating until a goodly number of people have been served.

When a goodly number or most people have been served (or have served themselves):
Chant the Feast of Goodness stanza, and enjoy the feast.

After the feast:

Recite the Supplication for the Longevity of Sakyong Mipham Rinpoche
Recite Aspiration (in the Shambhala Sadhana text)

Then, chant

Invocation

Aspiration of Shambhala (optional) – let's do it!

Shambhala Dedication of Merit

Ring the gong three times to conclude for last session of the day.

*For feasts open to everyone or where the assembly is not Vajrayana and/or Enlightened Society Assembly practitioners. With a public feast, we close the visualization before the feast begins.

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