

## **Mala Recollection from Barbara Brodsky**

### Center Bead:

This recitation ever deepens my understanding of the three jewels: Buddha, Dhamma, and Sangha.

Marker Bead: I take refuge:

1st bead: Buddham saranam gacchami, dutiyampi, tatiyampi, svaha.  
(I turn to the Perfect Nature of Truth for guidance, again, and yet again.)

2nd bead: Dhammam saranam gacchami, dutiyampi, tatiyampi, svaha.  
(I turn to the Teachings for guidance, again, and yet again.)

3rd bead: Sangham saranam gacchami, dutiyampi, tatiyampi svaha.  
(I turn to the Holy Sangha for guidance, again, and yet again.)

*Intention bead: In this way will I train myself.*

### Bodhi Bead:

Namo Tassa Bhagavato Arahato Samma Sambuddhasa. (Homage to the Blessed, Noble, and Perfectly Enlightened One.) Homage to all buddhas, past, present, and future.

Marker Bead: I remember Buddha, the sage Sakyamuni.

4th bead: Buddha is also the awakened nature inherent in all things. Awakened nature is within me; my mind is the true Buddha.

5th bead: This Buddha mind is inherently free and already liberated. To know this awakened nature and live the awakened life is the balance to which I aspire.

6th bead: Awakened nature is present everywhere. Resting there, all karma is released, yet my mind and body are still accountable.

*Intention bead: In this way will I train myself.*

### Dhamma Bead:

Homage to the dhamma, the path that leads to freedom.

Marker Bead: I remember the four noble truths:

7th bead: Dukkha, the noble truth of suffering.

8th bead: Dukkha Samudaya, the noble truth of the origin of suffering.

9th bead: Dukkha Nirodha, the noble truth of the extinction of suffering.

10th bead: Dukkha Nirodha, Gamini, Patipada, the noble truth of the path that leads to the extinction of suffering.

11th bead: As long as the four noble truths are not understood, we will wander in sorrow and ignorance. Liberation begins with understanding.

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the Eightfold Path:

12th bead: Compassionate view dissipates delusion.

13th bead: Compassionate aspiration benefits all beings.

14th bead: Compassionate speech supports clarity and lovingkindness.

15th bead: Compassionate action brings no regret.

16th bead: Compassionate livelihood harms no one.

17th bead: Compassionate endeavor results in goodness.

18th bead: Compassionate mindfulness stays the Path.

19th bead: Compassionate awareness leads to Nirvana.

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the nature of karma:  
20th bead: I am born of karma, I am heir to karma, I abide in karma, and I am supported by karma.  
21st bead: When I act with intention, I am the owner of my actions and inherit their results.  
22nd bead: My future is born from such actions, and their results will be my home.  
23rd bead: All actions with intention, be they skillful or harmful, of such acts will I be the heir.

*Intention bead: In this way will I train myself.*

Marker Bead: The Conditioned is the expression of the Unconditioned. I remember the three characteristics of all conditioned objects:  
24th bead: Anicca, all formations are transient.  
25th bead: Anatta, all things are without a self.  
26th bead: Dukkha, all formations are subject to suffering.

*Intention bead: In this way will I train myself.*

Supports Bead: I remember the supports which lead me to the ever realized mind:

Marker Bead: I remember the four immeasurables, expressions of the open heart:  
27th bead: Metta, the practice of lovingkindness.  
28th bead: Karuna, the practice of compassion.  
29th bead: Mudita, the practice of sympathetic joy.  
30th bead: Upekkha, the practice of equanimity.

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the seven factors of enlightenment which bring balance:  
31st bead: Joy  
32nd bead: Energy  
33rd bead: Investigation  
34th bead: Mindfulness  
35th bead: Tranquillity  
36th bead: Concentration  
37th bead: Equanimity

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the five spiritual faculties:  
38th bead: Faith  
39th bead: Energy  
40th bead: Mindfulness  
41st bead: Concentration  
42nd bead: Wisdom

*Intention bead: In this way will I train myself.*

Marker bead: I remember the ten perfections and will practice them well:  
43rd bead: Generosity  
44th bead: Morality  
45th bead: Energy  
46th bead: Wisdom  
47th bead: Renunciation  
48th bead: Lovingkindness  
49th bead: Truthfulness  
50th bead: Resolution (clarity)  
51st bead: Equanimity  
52nd bead: Patience

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the practice of sati (presence):  
53rd bead: To be present with the breath.  
54th bead: To be present with an object as it presents itself.  
55th bead: To be present with loving attitude: Whatever arises, I will not fixate on it. I will let my mind be free and spacious, resting in pure awareness.

*Intention bead: In this way will I train myself.*

Marker Bead: From Udana:  
56th bead: For one who clings, motion exists; but for one who clings not, there is no motion.  
57th bead: Where no motion is, there is stillness.  
58th bead: Where stillness is, there is no craving.  
59th bead: Where no craving is, there is neither coming nor going.  
60th bead: Where neither coming nor going is, there is neither arising nor passing away.  
61st bead: Where neither arising nor passing away is, there is neither this world, nor a world beyond, nor a state in between.  
62nd bead: This, verily, is the end of suffering.

*Intention bead: In this way will I train myself.*

Marker bead: Namō Prajñā, Paramitā Hṛdayā. Homage to the wisdom mind.  
63rd Bead: Whatever has the nature to arise has the nature to cease and is not me nor mine.  
64th bead: When wholesome thoughts arise, cultivate the wholesome. When unwholesome thoughts arise, abandon the unwholesome.  
65th bead: Tend the contents of the mind with compassion, as a mindful gardener tends his garden.  
66th bead: This is the way to purify the mind and remove the clouds that obscure the vision of ultimate reality.

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the teaching of the Heart Sutra:  
67th bead: Form is no other than emptiness, emptiness no other than form.  
68th bead: Form is emptiness, emptiness form.  
69th bead: The same is true of feeling, thought, impulse, and consciousness.  
70th bead: All dhammas are empty.  
71st bead: They are not born nor annihilated.  
72nd bead: They are not defiled nor immaculate.  
73rd bead: They do not increase nor decrease.  
74th bead: So in emptiness no form, no feeling, no thought, no impulse, no consciousness.  
75th bead: No eye, ear, nose, tongue, body, mind;  
76th bead: No form, sound, smell, taste, touch or objects of mind.  
77th bead: No realm of sight; no realm of consciousness.  
78th bead: No ignorance nor extinction of ignorance, no old age and death, nor extinction of them.  
79th bead: No suffering, no cause of suffering, no path to lead out of suffering;  
80th bead: No knowledge, no attainment, no realization - for there is nothing to attain.  
81st bead: Gate, Gate, Paragate, Parasamgate, Bodhi, Svaha!

*Intention bead: In this way will I train myself.*

#### Sangha Bead:

Homage to the Sangha, the Holy Order of spiritual ancestors and all those who practice the path of liberation based on wisdom and compassion. What I learn, I must live in the world. The sangha and the precepts support my practice.

Marker Bead: I remember the foundations of practice, the three pure precepts:  
82nd bead: Do no harm.  
83rd bead: Do only good.  
84th bead: Do good for all beings.

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the five basic precepts:  
85th bead: I undertake the precept to refrain from harming living creatures.  
86th bead: I undertake the precept to refrain from taking that which is not freely given.  
87th bead: I undertake the precept to refrain from sexual misconduct.  
88th bead: I undertake the precept to refrain from harmful speech.  
89th bead: I undertake the precept to refrain from intoxicating drink and drugs which may lead to carelessness.

*Intention bead: In this way will I train myself.*

Marker Bead: I remember three additional precepts:  
90th bead: I undertake the precept not to be proud of myself and devalue others.  
91st bead: I undertake the precept not to be mean in giving either Dharma or wealth.  
92nd bead: I undertake the precept not to defame the three jewels.  
(Not to speak ill of this religion or any other.)

*Intention bead: In this way will I train myself.*

Marker Bead: I remember the nine positive precepts of the body, speech, and mind:  
93rd bead: With deeds of lovingkindness, I purify my body.  
94th bead: With openhanded generosity, I purify my body.  
95th bead: With stillness, simplicity and contentment, I purify my body.  
96th bead: With truthful communication, I purify my speech.  
97th bead: With words kind and gracious, I purify my speech.  
98th bead: With words helpful and harmonious, I purify my speech.  
99th bead: Abandoning envy for tranquillity, I purify my mind.  
100th bead: Changing hatred into compassion, I purify my mind.  
101st bead: Transforming ignorance into wisdom, I purify my mind.

*Intention bead: In this way will I train myself.*

Bodhisattva bead:

Homage to those, past, present, and future, who open the doors of wisdom and show the way for all beings to reunite with their awakened Buddha nature.

Marker bead: I remember the great vows of the bodhisattva:  
102nd bead: All beings, one body, I vow to liberate.  
103rd bead: Endless blind passions I vow to uproot.  
104th bead: Dharma gates without number I vow to penetrate.  
105th bead: The great way of Buddha, I vow to attain.

*Intention bead: In this way will I train myself.*

Marker bead: I remember the great prayer:  
106th bead: May all beings be free from suffering,  
107th bead: May all beings feel joy,  
108th bead: May all beings realize their intrinsic perfection and find perfect peace.

*Intention bead: In this way will I train myself.*

Center Bead (Dedication):

The merit for all good acts I freely offer to all beings. Dutiyampi, tatiyampi, svaha. (Again and yet again, may it be so.)