

# Taking and Waking Practice

## Preliminaries

Begin with the Nine Purification breaths

Generate Bodhicitta.

## The Practice

As you inhale, imagine the veils of non-recognition that obscure the minds of beings are removed, as though your breath is a wind that removes the veils covering their true nature. They then remember their original face, their true condition and wake up completely.

On the exhalations, that recognition is stabilized.

Begin with those close to you.

Gradually expand to the beings around you or connected to you.

Eventually include beings in the world who are particularly obstructed or in need of help.

Finally expand to include all immeasurable mother sentient beings.

By the end all beings are seen in a state of stable realization of their true nature which is unborn, unceasing co-emergence, emptiness-radiance.

## Dedicate the Merit