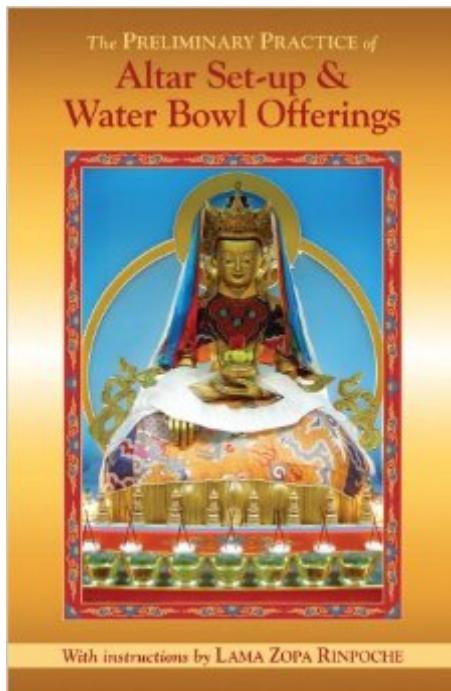


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The Preliminary Practice Of Altar Set-up & Water Bowl Offerings



Synopsis

Setting up the altar and making offerings are an integral part of the preliminary practices taught by Lord Buddha to enable us to engage in successful meditation. By doing this practice daily, our minds become ripe for realizations. This short text provides a complete explanation of how to set up a personal altar, how to make water bowl offerings, and how to offer them in the most extensive and beneficial way. "If you plant a seed in the ground and it has all the conditions necessary for growth (water, nutrients, and so forth), no matter how much you pray for it not to grow, it will grow. It is similar with the merit that we create through making offerings, prostrations, and so forth to the merit field. No matter how much you pray not to achieve enlightenment, you will achieve enlightenment from that, because once there is the cause of enlightenment, you achieve the result of enlightenment." - Lama Zopa Rinpoche

Book Information

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Customer Reviews

This is an excellent book, very informative and helpful to understand how to set up altars and what practices to do. I found this extremely clear to understand, informative and it has helped my daily practice.

I ordered this to help me with my shrine set up - then my local monastery had a class on this topic. When I went to the class, everyone was also referencing this book. Thank you!

Good explanations and clear concise words, this is something I would recommend to anyone who is having trouble properly setting up their altar

Great for those beginning the practice of Buddhism and for setting up their first alter. Easy read and great ideas.

great!

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