

A Handful of Phrases for Conjuring Our Motivation Before Meditation

Written by Timo Pieters for Ghatika Monthly, April 2026

Determination to be free (Tib. *nge-jung*)

- “May I develop my determination to be free from unnecessary suffering and dissatisfaction, and find a more lasting, authentic wellbeing within, so that I may bring as many sentient beings as possible toward that same fulfillment.”

The altruistic spirit of awakening (Skt. *bodhicitta*)

- “May I develop and expand my love and compassion to embrace all sentient beings near and far, so that I may ultimately liberate them from their unnecessary sufferings, and bring them to their highest joy.”

Serenity (Skt. *shamatha*)

- “May I develop a serenely settled state of mind that is relaxed, stable and clear, so that I may calm the disturbances in my mind, and come to see reality as it is, free of distortion, in order to liberate all sentient beings.”

Insight (Skt. *vipashyana*)

- “May I develop and refine the sharp blade of discriminating awareness (Skt. *prajna*) to cut through the web of delusional projections that keep me and all sentient beings imprisoned in a state of bewildering suffering. May I free us all.”