

Ritual Workshop --- Making Prostration & Making Mandala Offering

By making **prostration** to the holy beings we express our respect and gratitude to them. There are three ways to prostrate, 1) full prostration with our whole body, 2) putting our palms together in front of our heart, and 3) praises with verbal recitation. Through making prostration, we can eliminate our pride and other strong delusions.

Offering a **mandala** means that we offer the whole universe by visualization. Through the power of imagination, we transform the universe into a pure world, with which we offer to the assembly of holy beings and dedicate it to all beings as their future abode. Not only that it will accumulate extensive merits for ourselves, but offering a mandala also can create the cause for us to have pure land experiences. You are advised to bring your own mandala kit. We can also provide mandala kits for participants who do not have.

May 3 (Sat) □ 10am - 12pm

□ *Conducted in Cantonese with English translation*

Venue □ KMC HK - 1/F, Causeway Tower, 16-22 Causeway Road, Causeway Bay

Teacher : Centre Teacher

Booking □ <http://www.meditation.hk/en/courses/Ritual-Workshop-Making-Prostrations/>
Inquiry □ info@meditation.hk / 2507 2237