



THE PRACTICE BOOK

Sangha Practice Guidelines

The minimal daily effort that fuels our transformation



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Practice Guideline



Buddha's teachings on dukkha (suffering) and its cessation can only be truly realized through personal cultivation. We must cultivate both Wisdom and Compassion simultaneously. This dual cultivation disciplines the mind and guides us back to our original state of Buddha-Nature. With the Right Intention, we must consistently maintain Right Mindfulness and cultivate unconditional love and compassion for all sentient beings. This practice guideline outlines the minimal daily effort required to fuel our transformation.

Daily:

- ◆ *Morning Puja (min. pages 1-5): 1- Homage (Taking Refuge) to Buddha, Dharma, and Sangha. 2- Maitri (Loving-Kindness) and reaffirm Intention and 3- Vows. 4- Sutra chanting.
- ◆ Minimum of an hour of sitting meditation every day. It can be broken up, but we recommend a minimum of 20 minutes per session.
- ◆ Minimum three Mindful Activities each day (Mindfulness in daily activities).
- ◆ Minimum of one Random Act of Kindness each day (Compassion).
- ◆ Offering a set amount (alms) daily for Dana (Generosity).

- ◆ *Share your daily practice reflection/diary with the Sangha members via the Band app (practice accountability & reaffirm the Intention).
- ◆ (Optional but strongly recommended) 108 prostrations for recognition of any unwholesome past karma (speech, actions, and thoughts) and strengthening our spiritual intention. Utilize the recording of repentances/vows.

Other supporting practices:

- ◆ Maintain close contact with practicing members for support
- ◆ Participate in the weekly meditation sessions and services
- ◆ Read recommended readings to further the knowledge of Buddha-Dharma
- ◆ Practice Dana (generosity) by donating and volunteering to support the Sangha and its meditation center.

AS OF MAY 2026, BY VENERABLE SOOSEONG



This Practice Book gathers the practice materials of the Bodhicitta Sangha for those newly arrived. Every prayer, sutra, and teaching within is reproduced in the Venerable's own words. May it be of benefit to all who begin here.



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