

Offering Up/Laying Down Practice
Worksheet

Recognition

I recognize the _____ (shenpa/hook) this
memory brings up in me.

I recognize I am tired and worn down by the unresolved place
this _____ holds in me.

I am ready and eager to go beyond _____ (this
attachment).

Reliance

I resonate with _____ (this aspect of Buddhism
and training).

I find support in/from _____ (the aspect for me that
represents the wisdom/compassion principle of this Path).

I lean on and take heart in _____.

Remedial

I declare out loud my neurosis/shenpa and state it forthrightly:
_____.

I offer this _____ (shenpa/attachment) to the
dharma, to that which makes and holds no distinctions of
good or harm.

Resolve

I go forth without _____ (name it again).

Anytime it arises in me, I resolve to lay it down in
_____ (resonance principle).

When this hook of attachment arises in me, I offer it to
_____ (place, person, statue, etc.).

And I go forth without it, with neither hope nor fear.

Laying Down Practice

Recognition

I recognize the _____ (shenpa/hook) this memory brings up in me.
I recognize I am tired and worn down by the unresolved place this _____
holds in me.
I am ready and eager to go beyond _____ (this attachment).

Reliance

I resonate with _____ (this aspect of Buddhism and training).
I find support in/from _____ (the aspect for me that represents the wisdom/compassion
principle of this Path).
I lean on and take heart in _____.

Remedial

I declare out loud my neurosis/shenpa and state it forthrightly: _____.

I offer this _____ (shenpa/attachment) to the dharma,
to that which makes and holds no distinctions of good or harm.

Resolve

I go forth without _____ (name it again).
Anytime it arises in me, I resolve to lay it down in _____ (resonance principle).
When this hook of attachment arises in me, I offer it to _____ (place/person/statue).
And I go forth without it, with neither hope nor fear.

Laying Down Practice

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I recognize I am tired and worn down by the unresolved place this _____
holds in me.
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