

Meditation was written and first performed in 1995 in Birmingham by the FWBO
(*Friends of the Western Buddhist Order - the former name of the Triratna Order*)
Sangha Choir, on the occasion of Sangharakshita's seventieth birthday.

Permission was granted by Sangharakshita to set his poem to music:

"Here perpetual incense burns;
The heart to meditation turns,
And all delights and passions spurns.

A thousand brilliant hues arise,
More lovely than the evening skies,
And pictures paint before our eyes.

All the spirit's storm and stress
Is stilled into a nothingness,
And healing powers descend and bless.

Refreshed, we rise and turn again
To mingle with this world of pain,
As on roses falls the rain."

Meditation

Sangharakshita

Manidhara

Tranquil ♩ = 72

SOPRANO *p* And all de-lights and

ALTO *p* The heart to me - di - ta - tion turns, And all de-lights and

TENOR *p* Here per - pet - ual in - cense burns; The heart to me - di - ta - tion turns, And all de-lights and

BASS *pp* < *p* (stagger breathing)
OM
pronounced 'Oh-m'

7 *poco rit.* - - **A tempo** *mf*

pas-sions spurns. And

pas-sions spurns. *mf* More love-ly than the eve-ning skies, And

pas-sions spurns. *mf* A thou-sand bril-liant hues a - rise, More love-ly than the eve-ning skies, And

13 *poco rit.* . . . *A tempo*

pic - tures paint be-fore our eyes. All the spi-rit's storm and stress Is stilled in - to a no-thing-ness,

pic - tures paint be-fore our eyes. All the spi-rit's storm and stress Is stilled in - to a no-thing-ness,

pic - tures paint be-fore our eyes. All the spi-rit's storm and stress Is stilled in - to a no-thing-ness,

20 *poco rit.* . . . *A tempo*

And heal - ing powers de-scend and bless. Re - freshed, we rise and turn a-gain To

And heal - ing powers de-scend and bless. Re - freshed, we rise and turn a-gain To

And heal - ing powers de-scend and bless. Re - freshed, we rise and turn a-gain To

26 *poco rit.* . . . *A tempo* *poco rit.* . . .

min - gle with this world of pain, As on ro - ses falls the rain.

min - gle with this world of pain, As on ro - ses falls the rain.

min - gle with this world of pain, As on ro - ses falls the rain.