



Guru Vajrasattva Practice

Four (Five) Uncommon Preliminary Practices

Taking Refuge

The actual Three Jewels, the Three Root Sugatas,
Bodhicitta, the nature of the channels, energy and essence;
The mandala of the essence, nature and compassion;
To these I go for Refuge, until the attainment of the
Bodhi-essence. (repeat three times)

KÖN CH'OK SUM NGÖ DE-SHEK TSA WA SUM
TSA LUNG THIG-LE RANG ZHIN CHANG-CH'UP SEM
NGO WO RANG ZHIN THUK-JE KYIL KHOR LA
CHANG-CH'UP NYING-PO'I PAR-TU KYAP SU CH'I

Developing Bodhicitta (enlightened mind)

Ho! Deceived by myriad appearances like the reflection
of moon in water,
Sentient beings are wandering through the cyclic (samsaric)
chain of lives;
In order for them to be at ease in the luminescent sphere
of self-awareness,
I shall develop the Bodhicitta by contemplating on the
Four Boundless States. (repeat three times)

HO NA-TSHOK NANG-WA CH'U DE DZUN RI KYEE
KHOR-WA LU-GU GYUD-TU KHYAM PE DRO
RANG RIK ÖD-SAL YING-SU NGAL-SÖ CH'IR
TSHED MED ZHI YI NGANG NE SEM-KYED DO

GON-PO DAK NI MI SHE MONG-PA YEE
TAM TSHIK LE NI GAL ZHING NYAM
LA-MA GON-PO KYAP DZOG CHIK
TSO-WO DOR JE DZIN PA TE
THUK-JE CHEN-PÖ DAK NYI CHEN
DRO-WE TSO LA DAK KYAP CH'I
KU SUNG THUK TSA-WA TANG
YEN-LAK KI TAM-TSHIK NYAM PA THAM-CHED
THOL LO SHAK SO
DIK-PA TANG
DRIP-PA NYE-TUNG TRI-ME TSHOKTHAM-CHED
CHANG ZHING TAK-PAR DZED TU SOL
CHE JOD-PE
DOR-JE SEM-PA GYE ZHIN DZUM-PA TANG CHE PE
RIK KYI BU
KYOD KYI DIK-DRIP NYE-TUNG THAM-CHE TAK-PA YIN NO
SHE NANG-WA CHIN ZHING
ÖD TU ZHU NE
RANG LA THIM PE KYEN LE
RANG NYID KYANG
DOR-JE SEM-PA
NANG TONG ME-LONG
NANG KI ZUK NYEN TA-WUR KYUR PE
THUK SOK HUNG KI
THA-MAR YI KE DRU ZHI-PO
SAL-WA LE ÖD-ZER THRÖ
KAM SUM NOD CHUD TANG CHE PA
DOR-SEM RIK NGE TEN TANG
TEN PE RANG ZHIN TU
SANG-GYE PAR SAM LA

OM BENZA SATTWA HUNG

Invocation and Dissolution of the Visualization)

O Protector, because of my lack of knowledge and ignorance,
I have transgressed and weakened the sacred pledges;
O Lama Protector, please give me refuge!
O Lord Vajradhara,
Nature of great compassion,
Lord of beings, to you I go for refuge;
I confess and acknowledge all the transgressions of the
sacred obligations of Body, Speech, Mind, root and
branches;
Please cleanse and purify all of the stains of defilements,
obscurations and transgressions.
By praying thus, Vajrasattva, happy with smiling
countenance (says),
“Oh Son of good family, all your wrong doings, defilements
and corruptions are cleansed”
So giving pardon he merges into light and dissolves into me.
By this means I become Vajrasattva, apparent but empty like
a reflection in a mirror.
From the heart syllable HUNG encircled by four syllables,
rays are emitted,
Then all the beings and realms of the three worlds become
enlightened in the nature of the Buddhas and pure lands of
five classes of Vajrasattvas. (Repeat many times)

OM BENZA SATTVA HUNG

Purification by Vajrasattva Sadhana

AH! In my ordinary form, on the crown of my head,
In the center of a white lotus and moon seat
Is a HUNG which turns into Guru Vajrasattva,
Radiantly white, the Sambhogakaya,
Holding the Vajra and Bell and embracing his consort.
I implore your protection: purify my defilements.
I confess with strong repentance.
In the future, even at the cost of my life I shall abstain.

Upon a full moon in your heart
A letter HUNG encircled by mantra;
By invoking with the recitation of mantra
From the point of union of the blissful playful deities
A cloud of the nectar of Bodhicitta
Descends like fine particles of camphor.
Of myself and the sentient beings of the Three Realms,
The karma and vices, the causes of suffering,
Our illness, harmful spirits, defilements, transgression of
vows, and contamination
I implore you to purify without remainder.

AH DAK NYID THA-MAL CHI-WO RU
 PED KAR DA-WE DEN KYI WÜ
 HUNG LE LA-MA DOR-JE-SEM
 KAR SAL LONG-CHOD DZOK-PE KU
 DOR-JE TRIL DZIN NYEM-MA THRILL
 KYOD LA KYAP SOL DIK-PA JONG
 GYOD SEM TRAK-PÖ THOL-LO SHAK
 CH'IN CH'ED SOK LA BAB KYANG DOM

KHYOD THUK DA-WA GYE-PE TENG
 HUNG YIG THA-MAR NGAG KYEE KOR
 DE-PA NGAG KYEE GYÜD KÜL WE
 YAB YUM DE ROL JOR TSHAM NE
 DÜ TSI CHANG-CH'UP SEM KYI TRIN
 KA-WUR DÜL TAR DZAK PA YEE
 DAK TANG KHAM SUM SEM-CHEN KYI
 LE TANG NYÖN-MONG DUK-NGAL GYU
 NED DOK DIK DRIB NYE-TUNG TRIP
 MA LÜ CHANG WAR DZED TU SOL

The One Hundred Syllable Mantra of Vajrasattva OM

Oh Vajrasattva
 Keep the samaya (link between us).
 Oh Vajrasattva reside firmly in me.
 Be unfailing for me.
 Grow within me.
 Be loving towards me.
 Grant all of the siddhas
 As well as my activities,
 Make my mind virtuous.
 The heart essence seed syllable –
 The four boundless, four empowerments, four joys
 and the four kayas,
 The sound of joyous laughter in them –
 Bhagawan the Tathagatas –
 Do not abandon me.
 Make me a vajra holder.
 Oh Great Samayasattva.
 AH [represents uniting indivisibly with him]

OM BENZA SATTVA SAMAYA MANUPALAYA
 BENZA SATTVA TENOPA
 TISHTA DRIDHO ME BHAWA
 SUTO KAYO ME BHAWA
 SUPO KAYO ME BHAWA
 ANU RAKTO MEY BHAWA
 SARWA SIDDHI MEY PRA YATSA
 SARWA KARMA SUTSA MEY
 SITTAM SHRIYAM KURU HUNG
 HA HA HA HA HO BHAGAWAN
 SARWA TATHAGATA
 BENZA MA ME MUN TSA
 BENZA BHAWA MAHA SAMAYA SATTWA
 AH HUM PHEH