

## ***Vajrasattva Meditation***



### **Power of Reliance**

***Take refuge and generate the thought of enlightenment with:***

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

I go for refuge until I am enlightened

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

To the Buddha, the Dharma, and the Supreme Assembly.

DAG GI JIN SOG GYI PÄ SÖ NAM GYI

By my practice of giving and other perfections,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG

May I become a buddha to benefit all sentient beings. (3x)

On my crown, the syllable PAM transforms into a lotus, and on that an AH transforms into a moon disk. From HUM on the moon disk, a white five-pronged vajra appears marked by HUM at its center. Light radiates from the HUM and the two purposes, of purifying sentient beings and making offerings to the buddhas and Bodhisattvas, are accomplished. The light returns and the vajra transforms into white Vajrasattva with one face and two hands holding a vajra and a bell. Seated in vajra posture and is adorned with silks and various precious ornaments. On his crown is an OM, at the throat is an AH, and at the heart is a HUM. Light rays come from the HUM at his heart, inviting the wisdom beings who are similar himself.

JAH HUM BAM HOH

They become non-dual.

Again, light shines forth from the HUM at the heart, inviting the empowering deities.

“O tathagatas, I request you all to bestow the empowerment.”

Having requested thus, they hold vases filled with transcendental wisdom nectar, and confer the initiation with:

OM SARVA TATHAGATA ABHISHEKATA SAMAYA SHRIYE AH HUM

Thus empowered, Vajrasattva's body is filled with transcendental wisdom nectar. The excess water at the crown transforms into Akshobhya who becomes the crown ornament. On the moon disk at Vajrasattva's heart stands a syllable HUM, encircled by the hundred-syllable mantra.

### **Power of Regret**

#### **Generate regret with:**

"O Bhagavan Vajrasattva, please pacify and purify all negative karma, obscurations, and degenerated and broken commitments of myself and all living beings."

### **Power of the Antidote**

By my requesting thus, light radiates from the HUM and mantra rosary at Vajrasattva's heart. The light purifies the negative karma and obscurations of all living beings and presents offerings to the buddhas and Bodhisattvas. All qualities of Buddha's body, speech, and mind are collected in the form of light and dissolve into the mantra rosary and the HUM. From this a stream of white nectar descends and flows to the crown of my head. The stream of wisdom nectar, having entered through my crown, fills my body, cleanses all negative karma and obscurations, and my three doors become pure.

#### **Recite the hundred-syllable mantra:**

OM VAJRASATTVA SAMAYA / MANUPALAYA / VAJRASATTVA TENOPATISHTHA / DRIDHO ME BHAVA / SUTO KAYO ME BHAVA / SUPO KAYO ME BHAVA / ANURAKTO ME BHAVA / SARVASIDDHI ME PRAYACCHA / SARVA KARMA SU CHA ME / CHITTAM SHRIYAM KURU HUM / HA HA HA HA HO BHAGAVAN / SARVA TATHAGATA VAJRA MAME MUNCHA /VAJRA BHAVA / MAHA SAMAYA SATTVA AH HUM PHAT (21x)

Vajrasattva says, "your negativities, obscurations and broken and damaged pledges have been completely purified." Generate strong faith that they have been completely purified just as Vajrasattva has said.

### **Power of Resolve**

#### **Promise to not engage in negative deeds in the future with:**

Before Vajrasattva, I vow never again to commit those negative actions from which I can easily abstain and not to commit for a day, an hour or at least a few seconds those negative actions from which I find it difficult to abstain.

### **Absorption**

Vajrasattva is extremely pleased with your pledge. Vajrasattva dissolve into me, my three doors become blessed with Vajrasattva's body, speech, and mind.

Compiled by Gelong Tenzin Namdak, Jamyang Buddhist Centre, London, September 2021

### **Dedications**

#### **Spreading of the Teachings**

DAG GI JI NYE SAG PÄI GE WA DI

May whatever virtue I have collected

TÄN DANG DRO WA KÜN LA GANG PHÄN DANG

Benefit the teachings and all transmigratory beings,

KHYÄ PAR JE TSÜN LO ZANG DRAG PA YI

And, in particular, may it cause the essence of  
TÄN PÄI NYING PO RING DU SÄL JE SHOG  
Perfect, pure Losang Dragpa's teachings to shine forever.

**To Actualize Bodhicitta**

JANG CHHUB SEM CHHOG RIN PO CHHE  
May the precious supreme bodhicitta  
MA KYE PA NAM KYE GYUR CHIG  
Not yet born arise.  
KYE PA NYAM PA ME PA YI  
May that arisen not decline,  
GONG NÄ GONG DU PHEL WAR SHOG  
But increase more and more.

**To Realize Emptiness**

TONG NYI TA WA RIN PO CHHE  
May the precious view of emptiness  
MA KYE PA NAM KYE GYUR CHIG  
Not yet born arise.  
KYE PA NYAM PA ME PA YI  
May that arisen not decline,  
GONG NÄ GONG DU PHEL WAR SHOG  
But increase more and more.

**That all being quickly attain enlightenment**

PÄL DÄN LA MÄI KU TSHE TÄN PA DANG  
May the glorious gurus' lives be long and stable.  
KHA NYAM YONG LA DE KYI JUNG WA DANG  
May all beings equaling the extent of space have happiness.  
DAG ZHÄN MA LÜ TSHOG SAG DRIB JANG NÄ  
May I and others without exception accumulate merit and purify negativities  
NYUR DU SANG GYÄ THOB PAR JIN GYI LOB  
And may we be blessed to quickly attain buddhahood.