



Vajrayogini



Buddha Amitabha

Phowa—Transference of Consciousness

Attaining Buddhahood Without Meditation from the Longchen Nyingtik
Revealed by Kunkhyen Jigme Lingpa

Prayer of Refuge and Bodhicitta

In the Buddha, Dharma and Supreme Assembly,
I take refuge until enlightenment is achieved.
May the merit of my generosity and other virtuous acts
Lead to buddhahood for the welfare of all beings!

Recite three times.

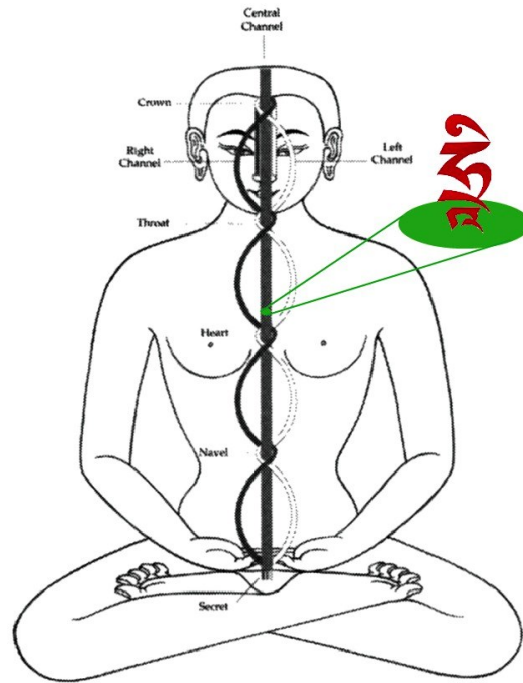
Prayer of the Four Boundless Qualities

May all sentient beings have happiness and the causes of happiness,
May they be free from suffering and the causes of suffering,
May they never be apart from the sublime bliss that is free from suffering,
May they remain in a state of equanimity, free from attachment and aversion to those near and far.

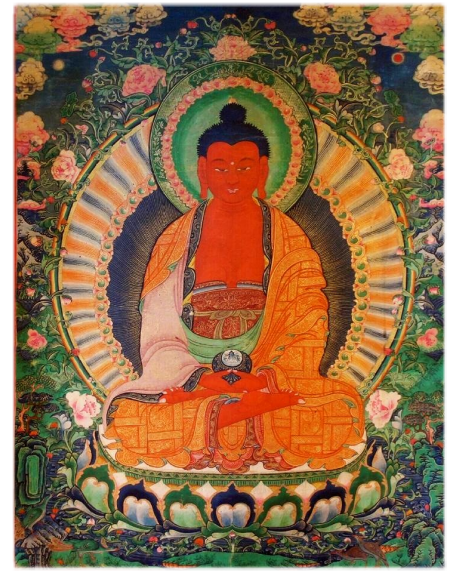
Recite three times.



Vajrayogini



HRI Syllable



Buddha Amitabha

Visualization of Vajrayogini and Buddha Amitabha

Shunyata Mantra

OM MAHA SHUNYATA JNANA VAJRA SOBHAWA ATMA KO HANG
EMAHO

My perceptions arise spontaneously as the blissful pure land of Sukhavati.
In the center is myself in the form of Vajrayogini,
Bright red, with one face, two arms, holding a curved knife and damaru.
Two legs are in advancing posture with three eyes gazing into space.

In the center of the body is the central channel,
The thickness of a bamboo shaft,
Empty, clear, hollow and luminous.
Its top opens at the cranial aperture,
The lower end penetrates at the navel.

On the knot at the heart,
In the center of a green disk of air,
Visualize the consciousness as red syllable HRI.
The length of a forearm above the crown of the head,
Visualize the Buddha Amitabha,
Perfectly endowed with the excellent signs and marks of a buddha.

Phowa Prayer

EMAHO

My perceptions arise spontaneously as the absolute unexcelled realm of Akanistha,
In the vast expanse of rainbow light auras of great devotion,
Is my root guru, embodiment of all refuges,
Not as ordinary body but as pure clear form,
In essence the glorious Buddha Amitabha.

I pray to you with strong devotion:

Bless me to perfect my training in the profound path of transference of consciousness,

Bless me to reach the unexcelled pure land.

May I attain the supreme state of the dharmakaya, the ultimate sphere.

HRI HRI HRI HRI HRI

Phowa Prayer | by Tertön Nyida Sangye

I pay homage to Buddha Amitabha.

I pray to Padmasambhava of Oddiyana.

Gracious root guru, think of me with compassion.

Gurus of the root lineage, guide me on the path.

Bless me to perfect the training in the profound path of transference of consciousness,

Bless me to reach the unexcelled pure land.

Immediately after our lives are transferred from here,

Bless us to be reborn in the blissful pure land of Sukhavati.

HRI HRI HRI HRI HRI PHAT!



Buddha Amitayus

Long Life Ritual

Then the body of Buddha Amitabha
Melts into light and merges into me.
Thereby in an instant,
Oneself is transformed into the form of Buddha Amitayus.

OM GURU AYU SIDDHI HUNG AMARANI TSIWIN TAYE SOHA

Recite the mantra 108 times.

When I see the indications of untimely death,
At that very moment, may I see clearly
The form of the protector Amitayus and having overcome the force of the lord of death,
May I swiftly attain the deathless state of a vidyadhara.

Aspiration and Dedication Prayers

By the virtue of doing this practice,
May I quickly attain the realization of Buddha Amitayus.
To that state may I come to lead,
All beings without exception.
I pray that the buddhas and bodhisattvas of the ten directions
Bestow their blessings completely for this realization.

TEYATA PANTSA DRIYA AWA BODHA NAYA SOHA

Aspiration Prayer | by Ju Mipham

May I attain, in each and every life,
The sublime virtues of existence and peace.
May I pursue the flawless mindset of altruism,
Working for the welfare of others on a vast scale!

Dedication Prayer | by Shantideva

Through this very merit of mine,
May every single sentient being,
Eliminate all forms of negativity,
And practice virtue forevermore!

Bodhicitta Prayer | by Shantideva

May supreme, precious bodhicitta
Take birth where it has not arisen.
Where it has arisen, may it never wane,
But continue to grow forevermore!

Prayer of the Six Continuous Aspirations | by Longchenpa

May I in all my lives, no matter where I am born,
Obtain the seven qualities of the upper realms of existence.

May I meet the dharma immediately after taking birth,
And have the freedom to practice perfectly.

May I please the sublime gurus,
And day and night dedicate myself to the dharma.

By realizing the dharma and practicing its innermost essence,
May I cross the ocean of conditioned existence in this very life.

May I teach the sublime dharma perfectly,
And never become weary and tired of benefitting others in samsara.

By my own impartial and all-encompassing activities to benefit others,
May all attain enlightenment together.

Arranged by Khenpo Sherab Sangpo based on translations by Cortland Dahl, Anna Orlova and Tulku Thondup.