
Rimé Foundation

Sublime Path
To Enlightenment

A Concise Preliminary Practice

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Concise Preliminary Practice

REFUGE AND BODHICITTA

NAMO

I and all beings go for refuge
To the Three Roots 'til enlightenment is won.
To attain enlightenment for the benefit of others
I cultivate bodhicitta – aspiration, application, and
ultimate.

VAJRASATTVA

AH

Upon a lotus and moon-disc on the crown of my head
Sits guru Vajrasattva and his spiritual partner.
A stream of nectar descends from the mantra in his
heart,
Purifying illness, malevolent forces, misdeeds, and
obscurations.

Then recite the hundred syllables:

OM VAJRASATTVA SAMAYAM ANUPALAYA VAJRASATTVA TVENO
PATISHTA DRIDHO MÉ BHAVA SUTOSHYO MÉ BHAVA SUPOSHYO MÉ
BHAVA ANURAKTO MÉ BHAVA SARVASIDDHIM MÉ PRAYACHA
SARVAKARMA SU CHA ME CHITTAM SHREYAH KURU HUM HA HA HA
HA HO BHAGAVAN SARVA TATAGATA VAJRA MA MÉ MUNCHA VAJRI
BHAVA MAHASAMAYASATTVA AH

Vajrasattva melts into light and dissolves into me.

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MANDALA OFFERING

Pure realms of the three kayas, wealth,
Clouds of outer, inner, and secret offerings
I offer to the Three Jewels and Three Roots.
Accepting them, bestow supreme and ordinary siddhis!

OM AH HUM GURU DEVA DAKINI SAPARIVARA RATNA MANDALA PUJA
MEGHA AH HUM

GURU YOGA

In the space before me, in an expanse of rainbow light,
Is Tötrenḡ Tsel, embodiment of all sources of refuge;
My root guru, surrounded by a virtual ocean
Of vidyadharas from the three lineages.

*Devote yourself to the Seven-Line Supplication and the
approach Vajra Guru Mantra.*

HUM

In the northwest of the land of Oddiyana,
In the center of a blooming lotus flower,
Is the one with supreme, wondrous siddhi:
The renowned Lotus-Born Padmakara,
Surrounded by a vast retinue of dakinis.

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Following in your footsteps, I pray:
Please come and bestow your blessings!

OM AH HUM VAJRA GURU PADMA SIDDHI HUM

Conclude with the following stanza:

From the light of the seed syllables at the three places
I attain blessings, empowerment, and siddhis.
The guru melts into light and dissolves into me.
Inseparable and uncontrived, I rest at ease.

And then dedicate the merit.