



### ***Meditation and Recitation of Vajrasattva***

#### ***The Seven Line Prayer to Guru Rinpoche***

HUNG

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.  
Following in your footsteps, I pray:  
Please come and bestow your blessings!  
GURU PADMA SIDDHI HUNG

#### ***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.

## ***Refuge and Bodhicitta***

Homage! All limitless sentient beings and I,  
Take refuge in the Lama, the essence of Buddha, Dharma and Sangha.  
And the mandala of the ocean of Vajrasattva,  
With devotion and from the depths of our hearts!

Ho! Having entered this mandala of Vajrasattva,  
For all the father- and mother-like sentient beings of the six realms,  
In order to liberate them, with immeasurable compassion,  
I generate the awakened mind (*bodhicitta*), relative, in aspiration and action, and absolute!

## ***Vajrasattva Visualization (above crown of head)***

Ah!  
I am in my ordinary form. Above my head on a white lotus, in the center of a moon disc seat  
Is HUNG, which becomes the Lama Vajrasattva:  
Brilliant white, with complete sambhogakaya adornments,  
Holding vajra and bell, and embracing the consort Vajratöpa.  
I take refuge in you and pray—purify all our negative actions!  
With the deepest regret I acknowledge them all and ask your forgiveness:  
From now on—even if my life is at stake—I shall refrain from indulging in them again.  
In your heart, upon a full moon  
Is the letter HUNG, encircled by the mantra.  
Reciting the mantra invokes your wisdom mind, and  
From the point of union of the blissful play of yab-yum  
A cloud of bodhicitta nectar  
Flows down like a shining stream of milk. Through this,  
For me and all sentient beings of the three worlds  
May our negative karma and destructive emotions—the causes of suffering—  
Illnesses, harmful influences, negative actions and obscurations, along with wrong doing,  
downfalls, and blockages due to breakages of samaya,  
Be purified, until not a single one remains!

## ***100-Syllable Mantra***

OM VAJRASATTVA SAMAYA MANUPALAYA VAJRASATTVA TENOPA TISHTHA DRIDHO ME  
BHAWA SUTOKHAYO ME BHAWA SUPOKHAYO ME BHAWA ANURAKTO ME BHAWA  
SARWA SIDDHI ME PRAYACCHA SARWA KARMA SU TSA ME TSITTAM SHREYANG KURU  
HUNG HA HA HA HA HO BHAGAWAN SARWA TATHAGATA VAJRA MA ME MUNCA  
VAJRI BHAWA MAHA SAMAYASATTVA AH

*Recite the 100-syllable mantra 100 times.*

*Once you have practiced this, recite the confession prayer.*

### ***Confession Prayer***

O protector! In my ignorance and delusion  
I have gone against and corrupted my samaya  
Lama protector, be my refuge!  
Chief of all the mandalas, vajra holder,  
Embodiment of great compassion:  
Chief of all living beings, in you I take refuge!  
I confess all my impairments of the root and branch samayas of the body, speech and mind.  
I implore you: let my negative actions, obscurations, wrongs and downfalls—all my flaws—be  
completely cleansed and purified!

### ***Dissolution***

*Then, Vajrasattva dissolves into you, and you are instantly transformed into Vajrasattva in union with Vajratöpa, with the same form, color, hand implements and clothing as before—completely perfect, appearing yet empty, like a reflection in a mirror.*

### ***Vajrasattva Visualization (self-generation)***

*At Vajrasattva's heart, in the center of a moon disc, is the seed syllable HUNG, surrounded in the four directions by the syllables OM, VAJRA, SA and TVA, from which emanate countless rays of white light. They make offerings to all the noble ones, whose blessings and accomplishments dissolve back into you. And then, shining out once more, the rays of light purify the harmful actions and obscurations of all beings.*

*Recite the six-syllable mantra as many times as possible. Visualize that all living beings are reciting the mantra with you.*

### ***Six-Syllable Mantra***

OM VAJRASATTVA HUNG

### ***Aspiration Prayers and Dedication of Merit***

To Vajrasattva we pray, grant us without impediment or obstacles arising,  
Favorable circumstances, the fulfillment of our aspirations,  
And attainments, ordinary and supreme.  
As all the victorious Buddhas of past, present and future  
Praise dedication as supreme,  
So now I dedicate all these sources of my merit,  
For all beings to perfect good actions.

***Dedication Prayers by Shantideva***

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

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

*From Illuminating the Excellent Path to Omniscience by Jamyang Khyentse Wangpo.*

