

The Chariot of Liberation—The Five Accumulations of 100,000 Recitations

Page numbers listed are based on the version of *The Chariot of Liberation—Instructions on the Preliminary Practices* published in the *Bodhicitta Sangha Practice Book* on our website:

<https://www.bodhicittasangha.org/wp-content/uploads/2020/09/Bodhicitta-Sangha-Practice-Book.pdf>

The Chariot of Liberation—Outer Preliminaries

Khenpo Sherab Sangpo suggests that his students meditate twenty minutes at the beginning of each meditation session on the four thoughts that turn the mind toward the Dharma:

1. Meditation on Meaningful Human Birth
2. Meditation on Death and Impermanence
3. Meditation on the Suffering of Samsara
4. Meditation on the Ripening of Virtuous and Negative Deeds

To practice the *Outer Preliminaries*, recite the text on pages 27 and 28 from:

Namo

You are the glorious embodiment of the wisdom, love, and power [...]

1. Pause five minutes to contemplate: *this meaningful human birth.*
2. Pause five minutes to contemplate: *remember death and impermanence.*
3. Pause five minutes to contemplate: *the nature of the three realms of cyclic existence is one of suffering*
4. Pause five minutes to contemplate: *the ripening of virtuous and negative deeds is inevitable.*

Complete this section by reciting on page 28: *Please grant your blessings my supremely kind master.*

The Chariot of Liberation—Inner Preliminaries

After meditating on the outer preliminaries for twenty minutes, students recite the text of the five inner preliminaries of which they are accumulating the 100,000 recitations:

1. Meditation on Refuge—100,000
2. Meditation on Bodhicitta—100,000
3. Meditation on Vajrasattva—100,000
4. Meditation on Mandala—100,000
5. Meditation on Guru Yoga—100,000

Meditation on Refuge

To accumulate refuge, recite these verses 100,000 times on page 29:

Namo

*Until we have reached the very heart of enlightenment,
I and all the infinite number of beings—my mothers and fathers,
Go for refuge to the guru and the Three Jewels.
May we not be parted from you for a moment.
Please accept us with your love.*

Meditation on Bodhicitta

To accumulate bodhicitta, recite these verses 100,000 times on page 29:

*Protector and your heirs, please think of me.
With the four immeasurables, I will work for the welfare of beings.
By maintaining bodhicitta and training in the six paramitas,
May I attain the spontaneously accomplished two-fold benefit.*

Meditation on Vajrasattva

To accumulate Vajrasattva, recite the 100-syllable mantra 100,000 times either in Sanskrit or in Tibetan on page 30:

Sanskrit version:

om vajrasattva samayam anupālaya vajrasattva tvenopatiṣṭha dṛḍho me bhava sutoṣyo me bhava
supoṣyo me bhava anurakto me bhava sarvasiddhiṃ me prayaccha sarvakarmasu ca me cittam
śreyah kuru hūṃ ha ha ha ha hoḥ bhagavan sarvatathāgatavajra mā me muñca vajrī bhava
mahāsamayasattva āḥ

Tibetan version:

om benzasato samaya manupalaya benzasato tenopa titra dridho mé bhawa sutokayo mé bhawa
supokayo mé bhawa anurakto mé bhawa sarwa siddhi mé trayatsa sarwa karma su tsa mé tsittam
shreyah kuru hung ha ha ha ha ho bhagawan sarwa tatagata benzar ma mé muntsa benzibhawa
maha samaya sato ah



Meditation on Mandala

Watch the video on how to practice mandala offering on our website: <https://www.bodhicittasangha.org/preliminary-practices/>

To accumulate the mandala offering, offer grain or gemstones on your mandala plate as you recite these verses on page 31:

*The boundless splendor of the billionfold Saha Universe,
Along with my own body, wealth, merit, and virtue—
To perfect the two accumulations, I offer all of this
As a beautiful maṇḍala to the Three Jewels.*

Meditation on Guru Yōga

To accumulate Guru Yoga, recite the vajra guru mantra 100,000 times either in Sanskrit or in Tibetan on page 33:

Tibetan version:

om ah hung benzar guru pema siddhi hung

Sanskrit version:

om āḥ hūṃ vajra guru padma siddhi hūṃ