

Meditation Preliminary Practice Text

<u>Conch</u> – inviting all the Buddhas and Bodhisattvas

<u>Blessing Mantra</u>: Om Sambara Sambara Bimana Sara Maha Zambaba Hung Phat Soha! (3X)

Four Thoughts that Turn the Mind

Homage to Samantabhadra and Samantabhadri! Because I suffer due to my own actions, and I now have this precious human life without knowing when I will die, I will now engage in virtuous actions for the benefit of all sentient beings with joy and devotion! Therefore...

<u>*Refuge*</u> – Visualizing the refuge tree:

I take refuge in the Buddha, the Dharma and Sangha most excellent, in order to enable all sentient beings to attain enlightenment. (3X)

<u>Bodhicitta – The Four</u> Immeasurables

- May all mother sentient beings, boundless as the sky, have happiness and the causes of happiness.
- May they be liberated from suffering and the causes of suffering.
- May they never be separated



from the happiness, which is free from sorrow.

May they rest in equanimity, free from attachment and aversion. (3X)

<u>Vajrasattva Purification</u>: Vajrasattva and Vajratopa appear above me purifying me and all beings and phenomena with nectar from the place of their union: <u>100-Syllable Mantra</u> Om Benza Sato Samaya Manu Palaya Benza Sato Tenopa Tishta Drido Mé Bhawa Suto Khayo Mé Bhawa Supo Khayo Mé Bhawa Anu Rakto Mé Bhawa Sarwa Siddhi Mé Prayatsa Sarwa Karma Sutsa Mé

Sitam Shriya Kuru Hung Ha Ha Ha Ha Ho Bhagavan Sarwa Tathagata Benza Mamé Muntsa Benzi Bhawa Maha Samaya Sato Ah (3X)

Mandala Offering to the Three Kayas

Om Ah Hung In the Dharmakaya pure realm, dharmadhatu equality, The realms of the five Sambhogakaya families self-appear unobstructedly, Along with the array of Nirmanakaya pure realms that fill all of space. All this I offer as Samantabhadra's clouds of great bliss.

Om Ratna Mandala Pudza Mégha Samudra Saparana Samayé Ah Hung *<Snap fingers and/or bell>*

<u>Short Seven Limb Prayer</u>

Whatever merit I have gathered through prostrations, offerings, confession, rejoicing, requesting, and praying – for the sake of the enlightenment of all sentient beings – all this I dedicate.

The Seven Line Prayer & Guru Yoga

HUNG In the northwest of the land of Orgyen, In the heart of a lotus flower,
Endowed with the most marvelous attainments, You are renowned as the lotus-born,
Surrounded by many hosts of dakinis.
Following in your footsteps,
I pray to you: Come and bless me with your grace!
Guru Pémé Siddhi Hung (3X)

<u>Mantra</u>

Om Ah Hung Benzra Guru Pémé Siddhi Hung (108X)

Light radiates from the Guru's four places into my four places purifying my body, speech, mind and all subtle obscurations, granting the four empowerments and planting the four seeds. The Guru dissolves into light and merges inseparably into myself. <u>Meditation</u>: Dissolve visualization and rest in the natural state of pure awareness.

Closing Prayers

Blessing: Musical Chant - Om Ah Hung Hri

<u>Long Life Prayers</u> H.H. the Dalai Lama

For this realm encircled by snow-covered mountains You are the source of every benefit and bliss without exception. Tenzin Gyatso, you who are one with Avalokiteshvara, May you remain steadfast until Samsara's end!

H.H. Khenchen Lama Rinpoche

In the Dharmadhatu appearing as Amitabha, In the Sambhogakaya form as wisdom Buddha Manjushri, Padmasambhava's heart son Sangye Yeshe, Incarnated as Padma Dagnag Lingpa in previous life And Paljea pa Dorjee in this lifetime, May your life be longer than the duration of samsara So that all your virtuous intentions can be accomplished. Please give me your heart blessings so that My mind is united with yours in the Buddha nature. So, I pray!

Yogi Khenpo Drimed Dawa

Émaho!

You understand the knowable objects of Samsara, Great Teacher. You have realized the intent of the sacred Dharma, Yogi Khenpo. Your Dharma practice is Unification of the Two.

Khenpo Drimed Dawa, "Stainless Moon", may you live long!

<u>Wish for Bodhicitta</u> Om Ah Hung Shri Ananta Benzra Sarwa Siddhi Phala Hung Ah

Glorious, precious root lama, Sit on the lotus seat on the crown of my head. With your great kindness please accept me. Please bestow the realizations of body, speech, and mind.

In all the activities of the glorious lama, May no wrong view arise even for a moment. By the devotion of seeing whatever he or she does as perfect, May the blessing of the lama enter my mind.

Throughout the succession of my lives, From the perfect lamas may I never be separated and, Enjoying the glory of the Dharma, Perfect all the qualities of the stages and the paths And swiftly attain the stage of Vajradhara.

The lamas who have become the glory of the Dharma, may their lives be stable;

May the land be entirely filled with Doctrine-holders;

May the wealth and power of the patrons of the Doctrine increase,

And may the auspiciousness of the Doctrine remain forever.

Bodhichitta, the excellent and precious mind. Where it is unborn, may it arise. Where it is born, may it not decline, But ever increase, higher and higher.

Dedication

I dedicate the merit of this practice for the benefit of all sentient beings! (3X) < Bell & Drum >