



INDIANA BUDDHIST CENTER

presents

The Glorious and Supreme Yoga of Vajrasattva

This sadhana practice has been adapted from *The Union of the Three Purifications of Shri Chakrasamvara* and was prepared by Genyen Sonam Tsering for the Indiana Buddhist Center.

Any mistakes in this text are his alone. Please treat this text with respect.

Do not lay it on the floor and do not walk over it.

Refuge and Bodhicitta

At all times I take refuge in Buddha, Dharma, and Sangha, in all the three vehicles, and in the dakinis of secret mantra yoga, in the heroes, heroines and empowering goddesses, and in the great beings, the Bodhisattvas, and above all, at all times, I take refuge in my spiritual master. (3x)

Visualization of Heruka Vajrasattva

On the crown of my head a white PAM transforms into a lotus and an AH into a moon-disc. Upon these, a white HUM transforms into a white five-pronged vajra. The vajra is marked by a HUM at its center. From that, light-rays shine forth by which the two purposes are accomplished. The light-rays return and transform into a white Vajrasattva with one face and two arms, holding vajra and bell. Seated in the vajra posture he embraces his consort the white Vajra Bhagawati, who has one face and two hands, holding curved knife and skull-cup. Both are adorned with silks and various precious ornaments. At their crowns is an OM, at their throats an AH, at their hearts a HUM.



From the HUM at their hearts light-rays shine forth, inviting the divine Wisdom Beings, similar to themselves. DZA HUM BAM HO They merge and become as one.

Blessing the Offerings

om- kan-da ro-hi hum-hum pay/

swa-bha-wa shu-dho sar-wa dhar-ma swa-bha-wa shu-dho-ham/



All becomes empty. From the state of emptiness, the seed-syllable AH appears. It turns into a huge white kapala containing the five meats and the five nectars. They melt, becoming an ocean of the amrita-energy (nectar) of transcendental wisdom.

Om Ah Hum Ha Ho Hrih
(must recite this to bless the offerings)

Om Vajrasattva Argham (Padyam; Pukpe; Dhupe; Alope; Gandhe; Newite; Shabda) Pratitsa Hum Soha

DZA HUM BAM HO They merge and become as one.

Once again, light radiates from their heart inviting the initiation beings/

Om Pantsakula Sapariwara Argham (Padyam; Pukpe; Dhupe; Alope; Gandhe; Newite; Shabda) Pratitsa Hum Soha

All Tathagata Buddhas, I request you to bestow the actual empowerment on Vajrasattva. Requested in this way, the five Dhyani Buddhas hold aloft vases filled with wisdom nectar, with which they bestow the empowerment on Vajrasattva yab-yum.

Om Sarwa Tathagata Abhikshekata Samaya Shriye Hum

Their bodies are filled with the wisdom nectar. The surplus that overflows on the crown of their heads transforms into Akshobya Buddha, who becomes their crown ornament. On the moon-disc at his heart stands the white syllable HUM, encircled by the hundred syllable mantra.

Om Vajrasattva Argham (Padyam; Pukpe; Dhupe; Alope; Gandhe; Newite; Shabda) Pratitsa Hum Soha

(inner offering) Om Vajrasatta Om Ah Hum

Non-dual divine wisdom, magnificent inner jewel ornament of all mother sentient beings; supreme, unchanging great bliss; indestructible, magnificent wisdom mind that releases all sentient beings from the negativities of body, speech and mind, especially broken vows and pledges; to you I prostrate.

This ground, anointed with perfume, strewn with flowers, Mount Meru, encircled by the four continents, surmounted by the sun and moon; I visualize this Buddha-field and offer it. May all living beings enjoy the pure land.

IDAM GURU RATNA MANDALAKAM NIRYATA YAMI

Bhagavan Vajrasattva, please cleanse and purify all negative karmas, obscurations, and damaged and broken commitments of myself and all living beings. Requested in this way, light-rays shine forth from the HUM and the mantra-rosary at his heart.

The light-rays purify the negative karma and obscurations of all living beings and transform into offerings delighting all Buddhas and Bodhisattvas. All qualities of their Body, Speech and Mind gather in the form of light and dissolve into the mantra-rosary and the HUM.

Thereby a stream of white wisdom nectar flows down from the HUM and the mantra at the heart of Vajrasattva yab-yum. The nectar flows through the place of union of Vajrasattva yab-yum and into my crown. It fills my entire body with a stream of pristine awareness. My body, speech and mind are cleansed of all sickness, harmful spirits, negative karma, and obscurations. I become completely purified.

MANTRA RECITATION



om ba-dzra sa-to sa-ma-ya/ ma-nu pa-la-ya/ ba-
dzra sa-to twe-no-pa tik-ta/ dri-do me-ba-
wa/ su-to ka-yo me-ba-wa/ su-po ka-yo me-ba-
wa/ a-nu rak-tu me ba-wa/ sar-wa si-di me-pra-
a-cha/ sar-wa kar-ma su-tsa-me/ tsi-tam shri-
yam ku-ru-hum/ ha-ha ha-ha ho ba-ga-wan sar-
wa ta-ta-ga-ta/ ba-dzra ma-me-mun-tsa/ ba-
dzra ba-wa/ ma-ha sa-ma-ya sa-to ah-hum-pe/

OM great being whose holy mind is in the indestructible nature of all the Buddhas, having destroyed every obstruction, one gone to the realization of things just as they are, do not forsake me. Please make me closer to your vajra holy mind and grant me the ability to realize the ultimate nature of phenomenon. Please help me to realize the great bliss. Lead me to your state and grant me all powerful attainments. Please bestow upon me all virtuous actions and glorious qualities.

OFFERINGS

Om Vajrasattva Argham (Padyam; Pukpe; Dhupe; Alope; Gandhe; Newite; Shabda) Pratitsa Hum Soha

(inner offering) Om Vajrasatta Om Ah Hum

Non-dual divine wisdom, magnificent inner jewel ornament of all mother sentient beings; supreme, unchanging great bliss; indestructible, magnificent wisdom mind that releases all sentient beings from the negativities of body, speech and mind, especially broken vows and pledges; to you I prostrate.

Due to my ignorance and my delusions, I have created negative karma, and I have damaged and broken my sacred commitments. Vajrasattva, please protect me and be my refuge. I take refuge in you, who hold the vajra, who has the power to liberate me, whose essence is great compassion for all living beings.

Vajrasattva, father and mother, reply to me: child of my family, all of your negative karmas, obscurations, and damaged and broken commitments are now cleansed and completely purified. After having said this, Vajrasattva yab-yum dissolves into me. My body, speech, and mind become inseparable from the Enlightened Body, Speech, and Mind of Vajrasattva.

DEDICATION

**May the supreme jewel, Bodhicitta that has not arisen, arise and grow.
And may that which has arisen not diminish but increase more and more.**

**In the land encircled by snow white mountains,
the source of all happiness and benefit flows in your person,
Chenrezig, Tenzin Gyatso. Please remain until samsara ends.**

**Just as the Bodhisattva Manjushri attained omniscience, and Samantabhadra, too,
so now do I dedicate these merits to train and follow in their footsteps.**

**As all the victorious Buddhas of the past, present and future praise dedication as supreme,
so now I, too, dedicate these sources of my merit for all beings to perfect good actions.**