

Vajrasattva Recitation and Meditation

རང་གི་སྐྱེ་བོར་པད་ལྗེ་འདུན་གྱི་སྟེང་། །

rang gi chi wor pe day den gyi teng

Above the crown of my head, on a lotus-moon seat, Is Guru Vajrasattva, white in color, adorned with ornaments,

ལྷ་མ་དོ་རྗེ་སེམས་དཔའ་རྒྱན་ལྗན་དཀར། །

la ma dor je sem pa gyen den kar

ཞལ་གཅིག་སྤྱད་གཉིས་གཡས་པས་རྗེ་རྗེ་དང་། །

shal chik chak nyi ye pay dor je dang

With one face and two arms, holding a vajra with his right hand and a bell with his left, and seated in vajra posture.

གཡོན་པས་རྗེའི་བྱ་འཛིན་ཅིང་སྦྱིལ་གྱུང་བཞུགས། །

yön pay dril bu dzin ching kyil trung shuk

Clearly visualize at Vajrasattva's heart centre a moon disc, upon which sits a ལྷ (hum), encircled by the mantra garland. Due to your supplicating him, a stream of amirita fills his body and descends from his big right toe, entering the Brahma aperture at the top of your head. All your obscurations and past negative actions, embodied in a substance that looks like ink or dark smoke, leave your body as all of your body's parts are filled with amrita. While doing this visualization, recite Vajrasattva's mantra as many times as you can:

om bendza sato samaya manupalaya bendza sato tenopa titra drito mebhawa suto kayo mebhawa supo kayo mebhawa anurakto mebhawa sarwa siddhi mentrayatsa sarwa karma sutsame tsitam shriya kuru hum ha ha ha ha ho bhagawan sarwa tathagata bendza mame muntsa bendzi bawa maha samaya sato ah

om bendza sato hum

Then, confess your past negative actions and vow not to perform them again by reciting the following:

ཐམས་ཅད་མཁྱེན་གཟིགས་ལྷ་རྣམས་དགོངས་སུ་གསོལ། །

tam che khyen zik lha nam gong su söl

Noble ones who know and see everything, think of us. Since beginningless time, under the power of the three poisons,

ཐོག་མ་མེད་པའི་དུས་ནས་བདག་ཅག་གིས། །

tok ma me pay dü ne dak chak gi

དུག་གསུམ་དབང་གིས་ལུས་ངག་ཡིད་གསུམ་གྱིས། །

duk sum wang gi lü ngak yi sum gyi

We have transgressed the three vows and the victors' commands in body, speech, and mind.

སྒོམ་གསུམ་རྒྱལ་བའི་བཀའ་ལས་འདས་གྱུར་བ། །

dom sum gyal way ka le de gyur pa

ཉེས་ལྷུང་སྤྲིག་པའི་ལས་བགྱིས་མཐོལ་ལོ་བཤགས། །

nye tung dik pay le gyi töl lo shak

We admit and confess these downfalls and misdeeds and promise not to do them again—may we not experience their results.

སྐྱེ་ཆད་མི་བགྱིད་སྟོང་བར་མ་གྱུར་ཅིག །

len che mi gyi nyong war ma gyur chik

Saying this, confess and resolve not to repeat your misdeeds. Vajrasattva says, "Your misdeeds are purified," and is pleased. He melts into light and dissolves into you. Rest in equipoise.

Second, between sessions: whatever afflictions or thoughts arise be mindful of them as soon as they arise. Completely cut through them and rest in freedom free from fixation. Whatever sentient beings you see, hear, or think of—especially those who have done terrible misdeeds—visualise Vajrasattva above their heads and recite the hundred-syllable mantra.

Taken from 'Brief Recitations for the Four Preliminary Practices' by the 17th Gyalwang Karmapa Ogyen Trinley Dorje.