



AVALOKITESHVARA

THE MEDITATION AND RECITATION OF THE SIX  
SYLLABLE AVALOKITESHVARA

*For those who wish to practice in a non elaborate manner, first take refuge, give rise to bodhicitta and meditate on the four immeasurables.*

In the Buddha, dharma and supreme assembly,  
I take refuge until attaining enlightenment.  
Through the merit produced by my practice  
of meditation and recitation,  
May all sentient beings receive benefit and  
attain the state of enlightenment.

*(recite three times)*

May all sentient beings possess happiness  
and the root of happiness.  
May they be free from suffering and the  
root of suffering.  
May they not be separate from the great  
happiness devoid of suffering.  
May they dwell in great equanimity free  
from attachment and aversion, near and far.

*(recite three times)*

*After that:*

**HRIH**

In the center of the pure realm of Potala, on top of a purely white lotus and moon seat, I arise in the form of noble Avalokiteshvara.

He is luminous white in color and has one face, four arms and two legs. His first pair of hands are joined in anjali at his heart. His lower pair hold a crystal mala and a white lotus. He is adorned with silks and jewels and sits in the vajra posture. Amitabha crowns the top of his head. Surrounding him like thick clouds are Buddhas and Bodhisattvas.

At his three centers, from OM, AH and HUM, rays of light emanate. They invite hosts of jnanasattvas who inseparably dissolve into him.

In the center of his heart, on top of a lotus and moon seat, is the syllable HRIH. Surrounding it is a garland of mantra syllables. As it turns, light rays emanate making offering to the noble ones and purifying the obscurations of all beings.

All realms are the pure realm of the Potala

mountain. All appearances are the body of great compassion. All sounds are the speech of the six syllable mantra. All recollections and thoughts are the mind of emptiness and compassion.

Within the innate nature of all-pervasive non-attachment, perform the recitation.

### OM MANI PADME HUM

*Thus recite the six syllable mantra or add the seventh syllable HRIH, whatever you like.*

*Then:*

HRIH

Look at your mind with mind. Since it cannot be identified, it is like space. Not seeing anything whatsoever, it is crystal clarity. Its essential nature abides in emptiness.

### OM MANI PADME HUM HRIH

From within the nature of unobstructed emptiness appearances are unceasing, vivid and sharp. They are without partiality, all-pervasive and unconditioned. This luminous nature – what a great wonder.

## OM MANI PADME HUM HRIH

While luminous it is empty and while empty it is luminous. The inseparability of luminosity and emptiness is free from thought and expression. This is the great bliss of the connate nature. It is the ultimate definitive Lord Avalokiteshvara.

## OM MANI PADME HUM HRIH

*While reciting, contemplate the meaning. In the end dedicate the virtue and recite auspicious verses.*

By this virtue, may I quickly attain the enlightenment of Avalokiteshvara. May all beings without exception be established in that state. In order to be as wise as the warrior Mañjushri and to be just like Samantabhadra, I will follow your examples in all activities. I fully dedicate the entirety of such virtue to all beings.

*This practice without elaboration whose meaning is in accord with the tantras, scriptures and instructions was written by Mipham. Virtue. Mangalam. Translation © 2008, Khenpo Gawang Rinpoche and Gerry Wiener*



BUDDHA AMITABHA

**A PRACTICE FOR THOSE WHO HAVE DIED**

**WORDS OF TRUTH TO ACCOMPLISH ASPIRATIONS**

**BRIEF SUKHAVATI PRAYER**

**ASPIRATION**

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**WORDS OF TRUTH TO ACCOMPLISH ASPIRATIONS**

By the blessings of the Buddhas who have  
attained the three kayas,  
By the blessings of the unchanging true nature  
of reality,  
By the blessings of the harmoniously united sangha,  
May all the aspirations and dedication prayers  
be accomplished!

*The Mantra for the Accomplishment of all Aspirations*

TA DYA THA PAN TSA DRI YA  
A WA BO DHA NA YE SVA HA

*(recite three times)*

## BRIEF SUKHAVATI PRAYER

*(can be recited in Tibetan or English)*

E MA HO!

The wondrous Buddha of Infinite Light, Amitabha. To his right is the Lord of Great Compassion, Avalokiteshvara. To his left stands the Bodhisattva of Great Power, Vajrapani. They are surrounded by countless Buddhas and Bodhisattvas. There is immeasurable happiness and joy in the marvelous Pure Land called Dewachen.

Instantly, when we pass from this life, without taking another birth, may we be reborn in Dewachen and see Amitabha's face.

Having made this aspiration prayer, may we be blessed with unhindered accomplishment, by all the Buddhas and Bodhisattvas of the ten directions.

TA DYA THA PAN TSA DRI YA  
A WA BO DHA NA YE SVA HA

*(recite as many times as you are able)*

## BRIEF SUKHAVATI PRAYER

*(can be recited in Tibetan or English)*

E MA HO

NGO TSAR SANG GYE NANG WA THA YE DANG

YE SU JO WO THUG JE CHEN PO DANG

YON DU SEM PA THU CHEN THOB NAM LA

SANG GYE JANG SEM PAG ME KHOR GI KOR

DE KYI NGO TSAR PAG TU ME PA YI

DE WA CHEN ZHE JA WAI ZHIN KAM DER

DAG NI DI NE TSE PHOE GYUR MA THAG

KYE WA ZHAN GYI BAR MA CHOE PA RU

DE RU KYE NE NANG THEI ZHÄL TONG SHOG

DI KE DAG GI MON LAM TAB PA YI

CHOG CHUI SANG GYE JANG SEM THAM CHE KYI

GEG ME DRUB PAR JIN GYI LAB TU SOL

TA DYA THA PAN TSA DRI YA

A WA BO DHA NA YE SVA HA

*(recite as many times as you are able)*

*This prayer was given directly to Tertön Migyur Dorje (1645-1667) by Amitabha Buddha in a vision.*

## ASPIRATION

May the truth of the Three Jewels,

The blessings of the Buddhas and Bodhisattvas,

The great power of the perfect completion of the  
two accumulations,

And the power of the extremely pure and  
unfathomable dharmadhatu enable us to fulfill  
all the aspirations!

*(recite one time at end of session)*