

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.

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