

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
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Prayer For The Peoples Of This Earth

At this very moment, for all the peoples
and nations of this earth,

May not even the names of disease,
famine, war, and suffering be heard,

But rather may pure conduct, merit,
wealth, and prosperity increase,

And may supreme good fortune and
well being always arise!

His Holiness Dudjom Rinpoche, Jigdral Yeshe Dorje

Dedication of Merit

By this merit may all attain omniscience.

May it defeat the enemy, wrong doing.

From the stormy waves of birth, old age,
sickness and death,

From the ocean of samsara, may I free all
beings.