THE INSEPRABILITY OF
THE SPIRITUAL MASTER AND AVALOKITESHVARA
TIBETAN, PHONETIC, AND ENGLISH

PROPERTY OF GADEN SAMTEN LING
FOR CENTRE USE ONLY
PLEASE DO NOT REMOVE FROM CENTRE
PRELIMINARIES

I/ Taking Refuge

In the Spiritual Masters I take Refuge
In the Awakened Ones I take Refuge
In the Truth I take Refuge
In the Spiritual Beings I take Refuge

(Recite three times)

II/ Generation of Bodhicitta

In the Supreme Awakened One, his truth and the Spiritual Community
I take refuge until becoming Enlightened.
By the merit from practising Giving and other Perfections.
May I accomplish Full Awakening for the benefit of all.

(Recite three times)

III/ Prayer of the Four Immeasurables

May all sentient beings possess happiness and the causes of happiness.
May all sentient beings be parted from suffering and the cause of suffering.
May all sentient beings never be parted from the happiness that has no suffering.
May all sentient beings abide in equanimity without attachment or aversion
for near or far,

(Recite three times)
Actual Practice

1/ Invocation

May the surface of the earth in every direction
Be stainless and pure without roughness or fault
As smooth as the palm of a child’s soft hand
And as naturally polished as lapis lazuli.
May the material offerings of gods¹ and men
Both those set before me and those visualised
Like a cloud of offerings of Samantabhadra²
Pervade and encompass the vastness of space.

Increasing Mantra

Om Namo Bhaga-Wate, Banza Sara Dra-Marda-Ne
Tatha-Gata-Ya, Araham-Te, Samyak-Sam Buddha-Ya
Taya-Ta, Om Banze Banze Maha Banze
Maha Tenza Banze, Maha Bidyu Banze
Maha Bodhicitta Banze
Maha Bodhi Man-Dropa, Sam-Drama-Na Banze
Sarwa Karma Awarana, Bisho Dhana, Banze Soha

(Recite three times)
By the force of the truth from the three Jewels of Refuge
By the firm inspiration from all Bodhisattvas and Buddhas
By the power of all the Buddhas who have fully completed
Their collections of both good merit and insight
By the might of the void
Inconceivable and pure
May all of these offerings be hereby transformed
Into their actual nature of voidness

(In this way bless the surroundings and the articles of offering)

II/ VISUALISATION

In the space of the Dharmakaya of great spontaneous bliss
In the midst of billowing clouds of magnificent offerings
Upon a sparkling jewelled throne supported by eight snow lions
On a seat composed of a lotus in bloom, the sun and the moon
Sits supreme exalted Avalokiteshvara, great treasure of compassion
Assuming the form of a monk wearing saffron coloured robes.

Oh my Vajradhara Master, kind in all three ways
Holy Lozang Tenzin Gyatso
Endowed with a glowing fair complexion and a radiant smiling face
Your right hand at your heart in a gesture expounding Dharma
Holds the stem of one white lotus that supports a book and sword
Your left hand resting in a meditative pose holds a thousand spoked wheel
You are clothed in the three saffron robes of a monk
And are crowned with the pointed golden hat of a Pandit.

Your aggregates, sensory spheres, senses, objects and your limbs
Are a mandala complete with the Five Buddhas and their consorts
Male and female Bodhisattvas and their wrathful protectors
Encircled by a halo of five brilliant colours.
My Master is seated in full lotus posture, sending forth a network of 
Cloud-like self emanations to tame the minds of all sentient beings.

Within his heart sits Avalokiteshvara, a wisdom being
With one head and four arms,
His two upper arms are placed together
His lower two hands hold a crystal rosary and a white lotus
He is adorned with jewelled ornaments and heavenly rainments
Over his left shoulder an antelope skin is draped
and cross-legged he is seated on a silver moon and lotus
The white syllable HRH, a concentration being at his heart,
Emits brilliant coloured light in all the ten directions.
On my Master’s brow is a white OM, within his throat a red AH
At his heart a blue HUM from which many lights shine out in myriad
directions,
Inviting the Three Jewels of Refuge to dissolve into him, transforming him:
Transforming him into the collected essence of the objects of Refuge.

(In this manner visualise the Spiritual Master)
III/ The Seven Limb Puja

1 Prostration

Your liberating body is fully adorned with all the signs of a Buddha.
Your melodious speech, complete with all 60 rhythms, flows without hesitation.
Your vast profound mind filled with wisdom and compassion is beyond all conception.
I prostrate to the wheel of these three secret adornments of your body, speech and mind.

2 Offering

Material offerings of my own and of others
The actual objects and those that I visualise,
Body and wealth and all virtues amassed throughout the three times.
I offer to you upon visualised oceans of clouds like Samantabhadra’s offerings.

3 Confessing

My mind being oppressed by the stifling darkness of ignorance
I have done many wrongs against reason and vows
Whatever mistakes I have made in the past, with a deep sense of regret,
I pledge never to repeat them and without reservation I confess everything to you.

4 Rejoicing

From the depths of my heart I rejoice
And in the virtuous actions past, present and future
Performed by myself and all others as well and by ordinary and exalted beings of the Three Sacred Traditions.
5 Requesting

I request you to awaken every living being
From the sleep of ordinary and instinctive defilements
With the divine music of the dharmas pure truth
Resounding with the melody of profoundness and peace and in accordance with the dispositions of your various disciples.

6 Entreating

I entreat you to firmly establish your feet
Upon the indestructible vajra throne
In the indissoluble state of E-WAM 18
Until every sentient being gains the calm breath of joy in the state of final realisation, unfettered by the extremes of worldliness or tranquil liberation.

7 Dedication

I dedicate fully my virtuous actions of all three times
So that I may receive continuous care from a Master
And attain full Enlightenment for the benefit of all
Through accomplishing my prayers, the supreme deed of Samantabhadra.
IV/ MANDALA OFFERING

By virtue of offering to you, assembly of Buddhas visualised before me
This Mandala built on a base, resplendent with flowers, saffron water and incense
Adorned with Mount Meru and the four continents as well as the sun and moon
May all share in its good effects.
This offering I make of a precious jewelled mandala together with other pure offerings and wealth.
And the virtues we have collected throughout the three times with our body speech and mind.
O my Masters, my Yidams and the Three Precious Jewels, I offer all to you with unwavering faith.
Accepting these out of your boundless compassion, send forth to me waves of your inspiring strength.

Om Idam Guru Ratna Mandalakam Niryata Yami
(Thus make the offering of the mandala together with the Seven Limb Prayer)
Om Guru Arya Lokeshvara Sapariwara Argham Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Padyam Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Pushpe Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Dhupe Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Aloke Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Gandhe Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Neuday Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Shapda Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Rupa Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Shapda Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Gandhe Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Rasa Pratitsa So ha
Om Guru Arya Lokeshvara Sapariwara Parsha Pratitsa So ha

Om Guru Arya Lokeshvara Sapariwara
Maha Sata Ratna Pratitsa So ha
v/ THE BLESSING OF THE MASTER

From the HRIH in the heart of Avalokiteshvara, seated in the heart of my Venerable Master,
Flow streams of nectar and rays of five colours penetrating the crown of my head.
Eliminating all obstructions and endowing me with both common and exclusive powerful attainments.

GURU MANTRA

Om Ah Guru Banza-Dhara Waginda Sumati Shasana Dhara
Samudra Shri Bara Saba Siddhi Hum Hum

(repeat as many times as possible)
VI/ THE PRAYER OF THE GRADUATED PATH

Bestow on me your blessings to be devoted to my Master
With the purest thoughts and actions gaining confidence that you
O Compassionate holy Master, are the basis of temporary and everlasting bliss
For you elucidate the true Path free from all deception and embody the totality of refuges past number.

Bestow upon me your blessings to live a life of Dharma
Undistracted by illusory pre-occupations of this life
For well I know that these pleasures and endowments can never be surpassed by countless treasures of vast wealth
And that this precious form once attained cannot endure, for at any moment of time it may easily be destroyed.

Bestow on me your blessings to cease actions of non-virtue
And accomplish wholesome deeds by being always mindful of the causes and effects
From kind and harmful acts while revering the three Precious Jewels as the ultimate source of refuge
And most trustworthy protections from the unendurable fears of unfortunate rebirth states.

Bestow on me your blessings to practice the three higher trainings
Motivated by firm renunciation gained from clear comprehension
That even the prosperity of the Lord of the Devas is merely a deception like a siren's alluring spell.
Bestow upon me your blessings to master the oceans of practice
Cultivating immediately the Supreme Enlightened Motivation
By reflecting on the predicament of all mother sentient beings who have
nourished me with kindness from beginningless time
And now we are tortured while ensnared within one extreme or other,
either on the wheel of suffering or in tranquil liberation.

Bestow on me your blessings to generate the yoga
Combining mental quiescence with penetrative insight
In which the hundred thousand-fold splendour of Voidness forever free
from both extremes 22
Reflects without obstruction in the clear mirror of the immutable medita-

tion.

Bestow on me your blessings to observe in strict accordance
All the vows and words of honour that form the root of powerful attain-
ments
Having entered through the gate of the extremely profound Tantra
By the kindness of my all proficient Master

Bestow on me your blessings to obtain within this lifetime
The blissful great Seal of the Union of Body and Wisdom 23
Through severing completely my all creating karmic energy
With wisdom’s sharp sword of the non-duality of Bliss and Voidness 24

(Having made requests in this way for the development in your mind-stream
of the entire paths of Sutra and Tantra, and thus having done a glance
meditation on them, now recite the six-syllable mantra in connection with
the merging of the Spiritual Master into your heart.)
vii/ THE MERGING OF THE SPIRITUAL MASTER

My Supreme Master, requested in this way
Now blissfully descends through the crown of my head
And dissolves in the indestructible point
At the centre of my eight-petalled heart
Now my Master re-emerges on a moon and lotus, in his heart sits Avalokiteshvara
Within whose heart is the letter HRH, circled by a rosary of the six-syllable mantra.
The source from which streams of nectar flow eliminating all obstacles and every disease.
And expanding my knowledge of the scriptural and insight teachings of the Buddha.
Thus I receive the entire blessings of the Victorious Ones and their Sons
And radiant lights again shine forth to cleanse away defects from all beings and their environments.
In this way I attain the supreme yogic state
Transforming every appearance, sound and thought into the three secret ways of the Exalted Ones

(Recite the six-syllable mantra of Chenrezip, Om Mani Paema Hung, as many times as possible. Then recite the hundred-syllable mantra of Vajrasattva once.)

100 SYLLABLE MANTRA OF VAJRASATTV

Oh Vajrasattva, keep your pledge,
Vajrasattva reside in me,
Make me firm, make me satisfied,
Fulfil me, make me compassionate,
Grant me all siddhis.
Also make my mind virtuous in all actions
Hum Ha Ha Ha Ha Hoh
All the Blessed Tathagatas,
Do not abandon me, make me indivisible,
Great Pledge Being.
Ah Hum Phat

Om Bendza Sato Samaya,
Manu Palaya, Bendza Sato Tenopa,
Diktra Dridho Me Bhawa, Suto Kaiyo Me Bhawa,
Supo Kaiyo Me Bhawa, Anu Rato Me Bhawa,
Sarwa Siddhi Mepra-ya-tsa, Sarwa Karma Sut-tsa Me,
Tsitam Sriyam Kuru Hung, Ha Ha Ha Ha Hoh,
Bhagawan Sarwa Tathagata Bendza Ma Me Mutsa,
Benzri Bhawa Maha Samaya Sato Ah Hung

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viii/ Dedication

In the glorious 100 thousand-fold radiance of the youthful moon of wholesome practice
From the blue jasmine garden of the Victorious Treasure Minds method of Truth
May the seeds of explanation and accomplishment germinate and flower across this vast earth
May the ensuing auspiciousness beautify everything until the limit of the universe
By flying high above the three realms
The never vanishing great jewelled banner of religious and secular rule
Laden with millions of virtues and perfect accomplishments
May myriad wishes for benefit and bliss pour down.
Having banished afar the dark weight of this era's degeneration
Across the extent of the earth - a sapphire held by a celestial maiden
May all living creatures overflow with spontaneous gaiety and joy
In the significant encompassing brilliance of happiness and bliss.
In short, O Protector by the power of your affectionate care
May I never be parted from you throughout the rosaries of my lives
May I proceed directly with an ease beyond effort
Unto the great city of Unification, the all powerful cosmic state itself.

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ix/ Conclusion

By the force of the immaculate compassion of the Victorious Ones and their Sons,
May everything adverse be banished for eternity throughout the universe
May all favourable omens become increasingly auspicious
And may whatever is of virtue in the round of this existence or in tranquil liberation, flourish and grow brighter like the new moon waxing full.

Gyel-Way Me-Jung Tug-Jey-Tu
Kun-Tu Mi-Tun Gy-Tsog-Zhi
Ge-Leg Yar-Ngoy Da-Wa-Tar
Ge-Tsen Dar-Way Tra-Shi-Shog