

# Vajrasattva Training Wheels Text

## 1. Seed Syllable Meditation



ཨཱཾ བདག་ཉིད་ཐ་མལ་མྱི་བོ་རུ་ པད་དཀར་ཟླ་བའི་གདན་གྱི་དབུས་མཱཾ

**AH DAKNYI TAMAL CHIWO RU / PEKAR DAWE DEN GYI U**

Ah! I visualize my ordinary form but above my head  
on a white lotus, in the center of a moon disc seat

Visualization: Lotus, Full Moon Disc, Hung, All buddhas awakened energy in the Hung

## 2. Generation Stage Meditation



ཧཱུང་ལས་སྐྱ་མ་དོ་རྩེ་སེམས་ཀྱི་དཀར་གསལ་ལོངས་སྤྱོད་རྩོགས་པའི་སྐྱེ།

**HUNG LE LAMA DORJE SEM / KARSAL LONGCHO DZOKPE KU**

Is a HUNG syllable, which becomes the teacher Vajrasattva,  
Brilliant white, with complete Sambhogakaya adornments,

དོ་རྩེ་དྲིལ་འཇིན་སྟེམས་མ་འབྲིལ་། ཁྱེད་ལ་སྐྱབས་གསོལ་སྤྲིག་པ་སྤྱོདས།

**DORJE DRIL DZIN NYEMMA TRIL / KHYO LA KYAB SOL DIKPA JONG**

Holding vajra and bell and embracing his consort Vajratopa.  
I take refuge in you and pray—purify all our negative actions!

Visualization: Vajrasattva above head

Sun on snow-lit mountains

Holding Vajra in right hand at heart and Bell in left hand upturned at hip

Sambhogakaya Ornaments

Embrace with Consort Vajratopa

Apparent yet empty like a rainbow

### 3. Confession



འགྲོད་སེམས་དྲག་པོས་མཐོལ་ལོ་བཤགས་མེད་ བྱིན་ཆད་སྟོག་ལ་བབས་ཀྱང་སྟོམ་མེད་

**GYOSEM DRAKPO TOL LO SHAK / CHINCHE SOK LA BAB KYANG DOM**

With the deepest regret I openly confess these all and ask for forgiveness.

From now on—even if my life is at stake—I resolve to restrain from indulging in them again.

Contemplation: Call to mind all wrong doings

Feel regret, ask for forgiveness, feel resolve, request for purification

ཁྱེད་ཐུགས་རྒྱ་བ་རྒྱས་པའི་ཉིང་མེད་ ལྷུ་ཡིག་མཐའ་མར་ཐུགས་ཀྱིས་བསྐྱོར་མེད་

**KHYO TUK DAWA GYEPE TENG / HUNG YIK TAMAR NGAK KYI KOR**

In my heart, upon a full moon

Is the HUNG syllable, encircled by the mantra.

བརྒྱས་པ་ཐུགས་ཀྱིས་རྒྱུད་བསྐྱེད་བས་མེད་ ཡབ་ཡུམ་བདེ་རྩིས་སྤྱོད་མཚམས་ནས་མེད་

**DEPA NGAK KYI GYU KULWE / YABYUM DE ROL JORTSAM NE**

Reciting the mantra invokes the lineage, and

From the point of union of the blissful play of the two consorts

བདུད་ཅི་བྱང་ལྷུ་བ་སེམས་ཀྱི་ཐྱིན་མེད་ ག་བྱར་རྩལ་ལྷར་འཇག་པ་ཡིས་མེད་

**DUTSI CHANGCHUB SEM KYI TRIN / GABUR DUL TAR DZAKPA YI**

A cloud of bodhichitta nectar flows down like a shining stream of milk.:-

#### 4. Mantra Syllables & Light Rays Meditation



བདག་དང་ཁམས་གསུམ་སེམས་ཅན་གྱི་ ལས་དང་ཉོན་མོངས་སྟུག་བསྐལ་རྒྱུ་

**DAK DANG KHAM SUM SEMCHEN GYI / LE DANG NYONMONG DUKNGAL GYU**

For me and all sentient beings of the triple world  
May our negative karma and destructive emotions—the causes of suffering—

ནད་གདོན་སྤྱི་གྲོ་ཉེས་སྤྱང་གི་བུ། མ་ལུས་བྱང་བར་མཛད་དུ་གསོལ།

**NEDON DIKDRI B NYETUNG DRIB / MALU JANGWAR DZE DU SOL**

Illnesses, harmful influences, negative actions and obscurations,  
 along with wrong-doing, downfalls, and blockages due to breakages of samaya,  
 Be purified, till not a single one remains!

[illegible]

ཏྲ་ཤ་མ་དུ་ས་མ་ཡ་སདྲ་ཞུཾཅེས་ཅི་རྒྱས་བཟླས་མཐར།

**OM BENZA SATO SAMAYA | MANUPALAYA | BENZA SATO TENOPA TISHTA DRIDHO ME  
BHAVA | SUTOKHAYO ME BHAVA | SUPOKHAYO ME BHAVA | ANURAKTO ME BHAVA |  
SARVA SIDDHI ME PRAYACCHA | SARVA KARMA SU TSA ME | TSITTAM SHREYANG | KURU  
HUNG | HA HA HA HA HO | BHAGAVAN | SARVA TATAGATA BENZA MA ME MUNTSA BENZI  
BHAVA MAHA SAMAYA SATO AH**

(Recite the mantra many times as possible)

### Visualization:

1. Nectar of compassion drips down from each syllable of the mantra, like water dripping down from ice as it melts near a fire. Pouring down through the body of Vajrasattva, the nectar emerges from union of consorts, pours down through Vajrasattva's body, into the crown of your head and flows into you and all sentient beings.



## 5. Purification Meditation



མགོན་པོ་བདག་ནི་མི་ཤེས་ཚྲངས་པ་ཡིས། དམ་ཆོག་ལས་ནི་འགལ་ཞིང་ཉམས།

**GONPO DAK NI MISHE MONGPA YI / DAMTSIK LE NI GAL SHYING NYAM**

O protector! In my ignorance and delusion  
I have gone against and corrupted my samaya vows.

ལྷ་མ་མགོན་པོས་སྐྱབས་མཛད་ཅིག། གཙོ་བོ་དོ་རྗེ་འཛིན་པ་སྟེ།

**LAMA GONPO KYAB DZO CHIK / TSOWO DORJE DZINPA TE**

Lama protector, be my refuge! Highest of all the mandalas, vajra holder,

སྤྱགས་རྗེ་ཆེན་པོའི་བདག་ཉིད་ཅན། འགྲོ་བའི་གཙོ་ལ་བདག་སྐྱབས་མཆོ།

**TUKJE CHENPO DAKNYI CHEN / DROWE TSO LA DAK KYAB CHI**

Embodiment of great compassion: highest of all living beings, in you I take refuge!

སྐྱུ་གསུང་བྱུགས་རྩ་བ་དང་ཡན་ལག་གི་དམ་ཆོག་ཉམས་པ་ཐམས་ཅད་མཐོལ་ལོ་བཤགས་སོ།

**KU SUNG TUK TSAWA DANG YENLAK GI DAMTSIK NYAMPA TAMCHE TOL LO SHAK SO**

I confess all my impairments of the root and branch samaya vows  
of the body, speech and mind.

ཕྱིག་པ་དང་སྒྲིབ་པ་ཉེས་ལྷུང་བྱི་མའི་ཚྲིགས་ཐམས་ཅད་བྱང་ཁོང་དག་པར་མཛད་དུ་གསོལ།

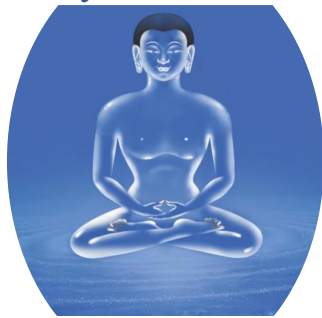
**DIKPA DANG DRIBPA NYETUNG DRIME TSOK TAMCHE JANG SHYING DAKPAR DZE DU  
SOL**

I implore you: let my negative actions, obscurations, wrong doing and downfalls—all my flaws—be completely  
cleansed and purified!

ཞེས་བཅོད་པས་རྩོ་རྩེ་སེམས་དཔའ་དགྲེས་བཞིན་འཇུག་པ་དང་བཅས་པས་རིགས་ཀྱི་བྱ་ཁྲོད་ཀྱི་ཕྱིག་སྒྲིབ་ཉེས་ལྷུང་ཐམས་ཅད་དག་པ་ཡིན་ནོ།

Visualization: Like particles being washed away by a powerful stream. All physical illnesses are flushed out in the form of rotten blood and pus. All negative forces are flushed out as spiders, scorpions, toads, fish, snakes, tadpoles, lice and the like. All harmful obscurations as black liquid, dust, smoke, clouds and vapors. All is carried away through the lower orifices, soles of your feet and pores of your skin. The earth opens up and the lord of death and the karmic debtors stand below you with open mouths and arms outstretched to receive these. Keep pouring them into their hands and mouths until you see them satisfied. Then the Lord of Death and retinue close their mouth and lower their hands and arms and the earth closes again.

## 6. Vajra Body Meditation



**SHYE JOPE DORJE SEMPA GYE SHYIN DZUMPA DANG CHEPE RIK KYI BU KHYO KYI DIK  
DRIB NYETUNG TAMCHE DAKPA YIN NO**

Vajrasattva is pleased by my words, smiling, he says, “Child of an enlightened family, your negative actions, obscurations, wrong doing and downfalls are all purified.”

Visualize:

1. Your body is like a clear crystal, transparent inside and out, a body of light.
2. Vajra Body
  - Central channel.
  - 4 Chakras (energy centers) with lotus petals and channels.
  - Navel: Wheel of manifestation and 64 channels.
  - Heart: Wheel of Dharma, eight channels turning downward.
  - Throat: Wheel of Enjoyment, sixteen channels upwards.
  - Crown: Wheel of great bliss, thirty two channels downwards.
3. Nectar flows down again as before filling each channel and filling entire body up to fingers and toes.
4. Visualize that you are completely purified of the obscurations of karma, negative emotions, concepts and habitual tendencies and experience the four joys and four buddha bodies.

## 7. Becoming Vajrasattva



ཞེས་གནང་བ་བྱིན་ཞིང་འོད་དུ་ཁྱ་ནས་རང་ལ་ཐེམ་པའི་སྐྱེན་ལས།

**SHYE NANGWA JIN SHYING O DU SHYU NE RANG LA TIMPE KYEN LE**

Granting his forgiveness, he melts into light and dissolves into me.

རང་ཉིད་ཀྱང་རྩི་རྩེ་སེམས་དབའ་སྤང་སྟོང་མེ་ལོང་ནང་གི་གཟུགས་བརྟན་ལྷ་བུར་

གྱུར་པའི་ཐུགས་སྟོག་རྩྱ་གི་མཐའ་མར་ཡི་གེ་འབྲུ་བཞི་པོ་གསལ་བ་ལས་འོད་ཟེར་འཕྲོས།

**RANGNYI KYANG DORJE SEMPA NANGTONG MELONG NANG GI ZUKNYEN TABUR**

**GYURPE TUK SOK HUNG GI TAMAR YIGE DRU SHYIPO SALWA LE OZER TRO**

Through this, I too become Vajrasattva, appearing yet empty, like a reflection in a mirror. At my heart is HUNG, around which the four brilliantly radiant syllables OM VAJRA SATTVA emanate rays of light.

Visualization:

Vajrasattva melts into light and dissolves into you, so that you yourself are now transformed into Vajrasattva, just as you visualized him before.

Body	Meaning
2 Ears	Union of the 2 Truths
2 Nostrils	Benefiting Self & Others
Lips	Universal Joy
Teeth	42 Peaceful Deities
Tongue	Union of Samsara and Nirvana
2 arms	Equality of Wisdom & Skillful means (aka Emptiness and Compassion)
10 Fingers	Five buddha bodies and Five Wisdoms
2 Feet	Not abiding in either Samsara or Nirvana
12 Joints of Body	12 Links of Dependent Origination
10 Toes	5 Perfect Male Buddhas and 5 Perfect Consorts
Sitting in Vajra posture	Free from changing in three times

## 8. Emanating Lights



ཁམས་གསུམ་སྣོད་བཅུད་དང་བཅས་པ་དྲོཾ་སེམས་རིགས་ལྔའི་རྟེན་དང་བཟེན་པའི་རང་བཞིན་དུ་སངས་རྒྱས་པར་གྱུར །

**KHAM SUM NOCHU DANG CHEPA DORSEM RIK NGE TEN DANG TENPE  
RANGSHYIN DU SANGYE PA R GYUR**

Whereby the triple world—the whole universe of the environment and beings within it—attain awakening all together as the buddhafi elds and buddhas of the five families of Vajrasattva.

ཨོཾ་བཙྰ་སཏྱ་ཱུཾ་

**OM BENZA SATO HUNG**

ཞེས་ཅི་རུས་སུ་བསྒྲས་ལ། མཉམ་པར་བཞག་གོ །

(Recite as many times as possible, then rest in meditation. Accumulate 100,000)

Visualization: Visualize that in your Vajrasattva heart is a moon disk the size of a flattened mustard seed. In its center is the blue Hung.

## 9. Completion Stage



### Visualization:

After having recited the mantra as many times as you can, sit silently. Visualize that the whole universe is a buddhfield.

It dissolves into the five buddha families.

These deities melt into light.

These melt into you, Vajrasattva.

The light dissolves into the Om at you, Vajrasattva's heart. Then each syllable of the mantra dissolves into the next.

Then the hung dissolves successively, the 'u' dissolves into the small 'a' which dissolves into the 'ha' which dissolves into the crescent "ng" which dissolves into the bindu, which dissolves into the nada, the sound of emptiness. It dissolves like a rainbow vanishing into space. Dissolved into the state free from concepts and elaborations, remain relaxed.

When thoughts arise again, see the universe and all beings within it as Vajra sattva and recite the Vajrasattva completion prayer.

དག་དང་མཐའ་ཡས་སེམས་ཅན་རྣམས་ཡི་ནས་སངས་རྒྱས་ཡིན་པ་ལུང་  
 ཡིན་པར་ཤེས་པའི་དག་ཉིད་དུ་བྱང་ཆུབ་མཆོག་ཏུ་སེམས་བསྐྱེད་དོ།  
 Dag dang taye semchen nam / Yene sangye yin pa la/  
 yin par shepay dag nyi du/ chang chub chog tu sem kye do

I and all sentient beings are already enlightened from the beginning.  
 Fully knowing this is really so, I vow to help myself and all beings to realize it.

