

Chenrezig and, his disciple, Lama Jigme Gyatso: Rime Manipa Tantrika's

Lesson Texts[©]

Friday, the 18th of November, 2011 [b]



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25 Minute – Verbal and Silent pg ?

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21 Homages

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6 Minute – Verbal

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*Chinese inspired Bows – to pacify Sadness
 Vietnamese inspired Bows – to pacify Fear
 Tibetan inspired Bows – to pacify Anger*

optional

Concise Bowing Prayer of Refuge and Bodhichitta

Eternally I take refuge in the
 Bud-dha, Dhar-ma and Ar-ya Sang-ha.
 For the benefit of every living being
 may I accomplish Chen-re-zig right now!

x's 1-3, 36, 108+

optional

Bowing Prayer to the Great Compassionate One

Lord, white in color, unstained by faults,
 a perfect Buddha adorning your head,
 you look upon all beings with eyes of compassion.
 Chen-re-zig, we bow to you!

x's 1-3, 36, 108+

optional

Bowing Prayer Mother Tara

Gods and Demi-gods bow their crowns
 at your lotus feet,
 oh liberator from all misfortune
 to you mother Tara I bow down!

x's 1-3, 36, 108+

Chenrezig's Concise Gradual-path

4 minutes – { *Wisdom-verbal [partial silent] and Closing Prayers [concise]* }



Wisdom Training

Verbal

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: *Where is this Crown-om wheel?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *What _____ {breathing, action, feeling, sound, sight [or] thought}
 { anger, fear, sadness } {body, mind [or] "me"} {waves of Heart-bliss}
 [am/ is] ["I"/ _____] now experiencing?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *How could {This/these [or] _____ } {and it's/their Causes}
 NOT satisfy?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes}
 NOT be permanent?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes}
 NOT be "me"?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes}
 NOT be "mine"?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes} NOT be Grasp-able?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *How could {"I"/ _____} benefit from Letting-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *What could completely Letting-go of [this/these/their] _____ {and it's/their Causes} feel like?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

Possibility

IN-breath: *Why Could "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

Motivation

IN-breath: *Why Would "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

Volition

IN-breath: *When Will "I" Let-go of {this/these/their} _____ {and it's/their Causes}?*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

IN-breath: *Completely Letting-go!*

Whisper: Om Ma-ni Pad-me Hum *x's 1-3+*

Closing Recitations – Concise

Bodhichitta's Essence

Hold the palms in the Puckered-palm gesture {or Mudra} before the Chest

By this virtue may “I” now accomplish
the spontaneous, habitual, easy and effective mastery
of Buddha’s mental yogas
of Devotion, Awareness, Love and Letting-go
and now lead every living being
without exception to this ground.

x’s 1-3, 28+

Concise Mani’s Heart

Hold the palms in the Puckered-palm gesture{or Mudra} before the Chest

May everyone be: healthy, wealthy and happy,
may everyone practice skillfully and joyfully,
may everyone accomplish Chen-re-zig in THIS life
and then help many others do likewise;

IN-breath: Om Ma-ni Pad-me Hum

for truly that is the meaning of life:
Om Ma-ni Pad-me Hum!

Could you desire further: instruction, blessings or healing treatments?

<http://www.BuddhaJoy.com/NextWebinarSeries.html>

Chenrezig's Concise Gradual-path

9 minutes – Verbal and Silent {with Prayers, Visualization, Bliss and Awareness}

*from Tyler Dewar's translation of Thangtong Gyalpo's
"All Pervading Benefit of Beings" adapted by Lama Jigme Gyatso*

The Passive Visualization of the Great Compassionate One



An arm's length above my head {*snap!*} and those of all other sentient beings pervading space, on a white lotus and full moon cushion, from **Hri**, appears noble and supreme Chen-re-zig.

He is brilliant, white and radiates the six lights of white, green, yellow, blue, red and black. Handsome and smiling, he looks on all with kind eyes of compassion.

He has four hands: the inner
two are joined in An-ja-li;
the outer two hold a crystal mala
and a white lotus flower.

Adorned with ornaments of silks and jewels,
his left shoulder covered by a deerskin.
A-mi-ta-bha hovers above his head {*snap!*}.
His two feet are in the lotus posture.

His back rests against a
beautiful, stainless moon, throne.
He is the embodiment
of all objects of Buddhist refuge.

Personal Auspicious Rebirth

Om Ma-ni Pad-me Hum!
Po-ta-la {*snap!*} rebirth for {_____ [or] me};
Om Ma-ni Pad-me Hum!
Po-ta-la {*snap!*} rebirth for all;

Om Ma-ni Pad-me Hum!
Completely Letting-go!

Wisdom Training

Verbal

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: *What _____ {breathing, action, feeling, sound, sight [or] thought}
 { anger, fear, sadness } {body, mind [or] "me"} {waves of Heart-bliss}
 [am/ is] ["I"/ _____] now experiencing?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *Why could {This/these [or] _____ } {and it's/their Causes}
 NOT satisfy?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-2+*

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes}
 NOT be permanent?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-2+*

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes}
 NOT be "me"?*

Recite: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes}
 NOT be "mine"?*

Recite: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes} NOT be Grasp-able?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *Why could {"I"/ _____} benefit from Letting-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *What could completely Letting-go of [this/these/their]_____ {and it's/their Causes} feel like?*

Sing: Om Ma-ni Pad-me Hum x's 1-2+

Possibility

IN-breath: *Why Could "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Motivation

IN-breath: *Why Would "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Volition

IN-breath: *When Will "I" Let-go of {this/these/their} _____ {and it's/their Causes}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

IN-breath: *Completely Letting-go!*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Wisdom Training

Silent

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: {What/Where [is/feel]} _____ or {Greed, Sad, Fear, Rage} or
 {What [is this] or [feeling, hearing, seeing]?}

OUT-breath: *Chen-re-zig* *x's 1-3+*

IN-breath: *Why { _____ [or] This} NOT*

OUT-breath: *satisfy?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *{Never last [or] Always change} ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "me" ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "mine" ?* *x's 1-3+*



Closing Recitations – Concise

Untying the Heart's Knots
<http://www.youtube.com/watch?v=0esZPQIYnac>

Bodhichitta's Essence
http://www.youtube.com/watch?v=KX_T85buZI

By this virtue may “I” now accomplish
 the spontaneous, habitual, easy and effective mastery
 of Buddha’s mental yogas
 of Devotion, Awareness, Love and Letting-go
 and now lead every living being
 without exception to this ground.

x's I-3, 28+

Concise Manipa's Heart

May everyone be: healthy, wealthy and happy,
 may everyone practice skillfully and joyfully,
 may everyone accomplish Chen-re-zig in THIS life
 and then help many others do likewise;

IN-breath: Om Ma-ni Pad-me Hum

for truly that is the meaning of life:
 Om Ma-ni Pad-me Hum!

Could you desire further: instruction, blessings or healing treatments?

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Chenrezig's Concise Gradual-path

9 minutes –Silent-only { Compassion and Wisdom }

Compassion Training

Silent

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: **Why take _____ {Pain, Sad, Rage, [or] Fear}?**

OUT-breath: **Chen-re-zig** *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: **{Taking, Take or Take all} _____ {Pain, Sad, Rage, [or] Fear}!**

OUT-breath: **Chen-re-zig** *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: **Why take _____ {Pain, Sad, Rage, [or] Fear}?**

OUT-breath: **Chen-re-zig** *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: **{Taking, Take or Take all} _____ {Pain, Sad, Rage, [or] Fear}!**

OUT-breath: **Chen-re-zig** *x's 1-3+*

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Heart Yam?**OUT-breath: Letting-go! x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Yam?**OUT-breath: Free! x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Eyes Closed**IN-breath: This?**OUT-breath: Free! x's 1-6+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Gaze upon the Face of Chenrezig**IN-breath: This?**OUT-breath: Free! x's 1-4+*

Wisdom Training
Silent

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: {What/Where [is/feel]} _____ or {Greed, Sad, Fear, Rage} or
 {What [is this] or [feeling, hearing, seeing]?}

OUT-breath: *Chen-re-zig* *x's 1-3+*

IN-breath: *Why { _____ [or] This} NOT*

OUT-breath: *satisfy?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *{Never last [or] Always change} ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "me" ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "mine" ?* *x's 1-3+*



Closing Recitations – Concise

Untying the Heart's Knots
<http://www.youtube.com/watch?v=0esZPQIYnac>

Bodhichitta's Essence
http://www.youtube.com/watch?v=KX_T85buZI

By this virtue may “I” now accomplish
 the spontaneous, habitual, easy and effective mastery
 of Buddha’s mental yogas
 of Devotion, Awareness, Love and Letting-go
 and now lead every living being
 without exception to this ground.

x's I-3, 28+

Concise Manipa's Heart

May everyone be: healthy, wealthy and happy,
 may everyone practice skillfully and joyfully,
 may everyone accomplish Chen-re-zig in THIS life
 and then help many others do likewise;

IN-breath: Om Ma-ni Pad-me Hum

for truly that is the meaning of life:
 Om Ma-ni Pad-me Hum!

Could you desire further: instruction, blessings or healing treatments?

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Chenrezig's Concise Gradual-path

9 minutes – Verbal-only { Compassion and Wisdom }

Prayer of Compassion

bring both hands together into the "Puckered Palm" gesture and touch the tip of the Index-finger to the center of the lips

IN-breath: Where { Plex-ram, Heart-Yam } wheel?

May everyone be happy ;	{ <i>Love</i> }
may everyone be free from misery;	{ <i>Compassion</i> }
may NO one ever be separated from their happiness;	{ <i>Sympathetic-joy</i> }

may everyone have balance ,	
free from greed, hatred and confusion;	{ <i>Ultimate Equanimity</i> }
that all beings may benefit	{ <i>Conventional Equanimity</i> }
Om Ma-ni Pad-me Hum!	

from Tyler Dewar's translation of Thangtong Gyalpo's
 "All Pervading Benefit of Beings" adapted by Lama Jigme Gyatso

The Passive Visualization of the Great Compassionate One



An arm's length above my head {*snap!*} and those of
 all other sentient beings pervading space,
 on a white lotus and full moon cushion, from **Hri**,
 appears noble and supreme Chen-re-zig.

He is brilliant, white and radiates the six lights of
 white, green, yellow, blue, red and black.
 Handsome and smiling, he looks on all
 with kind eyes of compassion.

He has four hands: the inner
two are joined in An-ja-li;
the outer two hold a crystal mala
and a white lotus flower.

Adorned with ornaments of silks and jewels,
his left shoulder covered by a deerskin.
A-mi-ta-bha hovers above his head {snap!}.
His two feet are in the lotus posture.

His back rests against a
beautiful, stainless moon, throne.
He is the embodiment
of all objects of Buddhist refuge.

Personal Auspicious Rebirth

Om Ma-ni Pad-me Hum!
Po-ta-la {snap!} rebirth for {_____ [or] me};
Om Ma-ni Pad-me Hum!
Po-ta-la {snap!} rebirth for all;

Om Ma-ni Pad-me Hum!
Completely Letting-go!

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes} NOT be Grasp-able?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *Why could {"I"/ _____} benefit from Letting-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *What could completely Letting-go of [this/these/their]_____} {and it's/their Causes} feel like?*

Sing: Om Ma-ni Pad-me Hum x's 1-2+

Possibility

IN-breath: *Why Could "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Motivation

IN-breath: *Why Would "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Volition

IN-breath: *When Will "I" Let-go of {this/these/their} _____ {and it's/their Causes}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

IN-breath: *Completely Letting-go!*

Sing: Om Ma-ni Pad-me Hum x's 1-3+



Closing Recitations – Concise

Untying the Heart's Knots

<http://www.youtube.com/watch?v=0esZPQIYnac>

Bodhichitta's Essence

http://www.youtube.com/watch?v=KX_T85buZI

By this virtue may “I” now accomplish
the spontaneous, habitual, easy and effective mastery
of Buddha’s mental yogas
of Devotion, Awareness, Love and Letting-go
and now lead every living being
without exception to this ground.

x's I-3, 28+

Concise Manipa's Heart

May everyone be: healthy, wealthy and happy,
may everyone practice skillfully and joyfully,
may everyone accomplish Chen-re-zig in THIS life
and then help many others do likewise;

IN-breath: Om Ma-ni Pad-me Hum

for truly that is the meaning of life:
Om Ma-ni Pad-me Hum!

Could you desire further: instruction, blessings or healing treatments?

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Chenrezig's Concise Gradual-path

16 minutes – Verbal and Silent { Compassion and Wisdom }

Prayer of Compassion

bring both hands together into the “Puckered Palm” gesture and touch the tip of the Index-finger to the center of the lips

IN-breath: Where { Plex-ram, Heart-Yam } wheel?

May everyone be happy;	{ Love }
may everyone be free from misery;	{ Compassion }
may NO one ever be separated from their happiness;	{ Sympathetic-joy }

may everyone have balance ,	
free from greed, hatred and confusion;	{ Ultimate Equanimity }
that all beings may benefit	{ Conventional Equanimity }
Om Ma-ni Pad-me Hum!	

Compassion Training

Silent

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: *Why take _____ {Pain, Sad, Rage, [or] Fear}?*

OUT-breath: *Chen-re-zig* *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: *{Taking, Take or Take all} _____ {Pain, Sad, Rage, [or] Fear}!*

OUT-breath: *Chen-re-zig* *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: *Why take _____ {Pain, Sad, Rage, [or] Fear}?*

OUT-breath: *Chen-re-zig* *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: *{Taking, Take or Take all} _____ {Pain, Sad, Rage, [or] Fear}!*

OUT-breath: *Chen-re-zig* *x's 1-3+*

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Heart Yam?**OUT-breath: Letting-go! x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Yam?**OUT-breath: Free! x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Eyes Closed**IN-breath: This?**OUT-breath: Free! x's 1-6+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Gaze upon the Face of Chenrezig**IN-breath: This?**OUT-breath: Free! x's 1-4+*

from Tyler Dewar's translation of Thangtong Gyalpo's
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The Passive Visualization of the Great Compassionate One



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 all other sentient beings pervading space,
 on a white lotus and full moon cushion, from **Hri**,
 appears noble and supreme Chen-re-zig.

He is brilliant, white and radiates the six lights of
 white, green, yellow, blue, red and black.
 Handsome and smiling, he looks on all
 with kind eyes of compassion.

He has four hands: the inner
two are joined in An-ja-li;
the outer two hold a crystal mala
and a white lotus flower.

Adorned with ornaments of silks and jewels,
his left shoulder covered by a deerskin.
A-mi-ta-bha hovers above his head {*snap!*}.
His two feet are in the lotus posture.

His back rests against a
beautiful, stainless moon, throne.
He is the embodiment
of all objects of Buddhist refuge.

Personal Auspicious Rebirth

Om Ma-ni Pad-me Hum!
Po-ta-la {*snap!*} rebirth for {_____ [or] me};
Om Ma-ni Pad-me Hum!
Po-ta-la {*snap!*} rebirth for all;

Om Ma-ni Pad-me Hum!
Completely Letting-go!

Wisdom Training

Verbal

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: *What _____ {breathing, action, feeling, sound, sight [or] thought}
 { anger, fear, sadness } {body, mind [or] "me"} {waves of Heart-bliss}
 [am/ is] ["I"/ _____] now experiencing?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *Why could {This/these [or] _____ } {and it's/their Causes}
 NOT satisfy?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-2+*

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes}
 NOT be permanent?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-2+*

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes}
 NOT be "me"?*

Recite: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes}
 NOT be "mine"?*

Recite: *Om Ma-ni Pad-me Hum* *x's 1-3+*

- IN-breath:* *Why could {this/these/their} _____ {and it's/their Causes} NOT be Grasp-able?*
- Whisper/ Sing:* Om Ma-ni Pad-me Hum {x 1-4+}
-
- IN-breath:* *Why could {"I"/ _____} benefit from Letting-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*
- Whisper/ Sing:* Om Ma-ni Pad-me Hum {x 1-4+}
-
- IN-breath:* *What could completely Letting-go of [this/these/their]_____} {and it's/their Causes} feel like?*
- Sing:* Om Ma-ni Pad-me Hum x's 1-2+
- Possibility*
- IN-breath:* *Why Could "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*
- Sing:* Om Ma-ni Pad-me Hum x's 1-3+
- Motivation*
- IN-breath:* *Why Would "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*
- Sing:* Om Ma-ni Pad-me Hum x's 1-3+
- Volition*
- IN-breath:* *When Will "I" Let-go of {this/these/their} _____ {and it's/their Causes}?*
- Sing:* Om Ma-ni Pad-me Hum x's 1-3+
-
- IN-breath:* *Completely Letting-go!*
- Sing:* Om Ma-ni Pad-me Hum x's 1-3+

Wisdom Training

Silent

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: {What/Where [is/feel]} _____ or {Greed, Sad, Fear, Rage} or
 {What [is this] or [feeling, hearing, seeing]}?

OUT-breath: *Chen-re-zig* *x's 1-3+*

IN-breath: *Why { _____ [or] This} NOT*

OUT-breath: *satisfy?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *{Never last [or] Always change} ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "me" ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "mine" ?* *x's 1-3+*



Closing Recitations – Concise

Untying the Heart's Knots

<http://www.youtube.com/watch?v=0esZPQIYnac>

Bodhichitta's Essence

http://www.youtube.com/watch?v=KX_T85buZI

By this virtue may “I” now accomplish
the spontaneous, habitual, easy and effective mastery
of Buddha’s mental yogas
of Devotion, Awareness, Love and Letting-go
and now lead every living being
without exception to this ground.

x's I-3, 28+

Concise Manipa's Heart

May everyone be: healthy, wealthy and happy,
may everyone practice skillfully and joyfully,
may everyone accomplish Chen-re-zig in THIS life
and then help many others do likewise;

IN-breath: Om Ma-ni Pad-me Hum

for truly that is the meaning of life:
Om Ma-ni Pad-me Hum!

Could you desire further: instruction, blessings or healing treatments?

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Chenrezig's Concise Gradual-path

25 minutes – Verbal and Silent {with Prayers, Visualization, Bliss and Awareness}

Extensive Prayer of Refuge and Bodhichitta



IN-breath: Where {Root-lam, Gut-Vam, Plex-ram} wheel?

Eternally “I” take refuge

- in the possibility of Buddha’s liberation from the tyranny of suffering,
- in the tools of his teachings
- and in the assistance, guidance and example of his higher students, such as my teacher.

For the benefit of every living being
may I accomplish Chen-re-zig right now!

x's 1-3+

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Gut Vam?**OUT-breath: Letting-go! x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Vam?**OUT-breath: Free! x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Eyes Closed**IN-breath: This?**OUT-breath: Free! x's 1-6+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Gaze upon the Face of Chenrezig**IN-breath: This?**OUT-breath: Free! x's 1-4+*

Prayer of Compassion

bring both hands together into the "Puckered Palm" gesture and touch the tip of the Index-finger to the center of the lips

IN-breath: Where {Plex-ram, Heart-Yam} wheel?

May everyone be happy ;	{ <i>Love</i> }
may everyone be free from misery;	{ <i>Compassion</i> }
may NO one ever be separated from their happiness;	{ <i>Sympathetic-joy</i> }

may everyone have balance ,	
free from greed, hatred and confusion;	{ <i>Ultimate Equanimity</i> }
that all beings may benefit	{ <i>Conventional Equanimity</i> }
Om Ma-ni Pad-me Hum!	

Compassion Training

Verbal

Count your Mala using your Middle-finger

Selfishly Compassionate LOGIC {contemplation – analysis}.

IN-breath: *Why could “I” **long***
to [be] Free [d] _____
from {the tyranny of} _____ [Sadness, Anger or Fear]
{and it’s/their causes} ?

Sing: Om Ma-ni Pad-me Hum *x’s 1-4+*

Selfishly Compassionate WILL {concentration – focus}

IN-breath: *May _____*
be Freed
from {the tyranny of} _____ [Sadness, Anger or Fear]
{and it’s/their causes} right now!

Sing: Om Ma-ni Pad-me Hum *x’s 1-4*

Universal Compassionate LOGIC {contemplation – analysis}

IN-breath: *Why could “I” **long***
to Free everyone
from {the tyranny of} _____ [Sadness, Anger or Fear]
{and it’s/their causes} ?

Recite: Om Ma-ni Pad-me Hum *x’s 1-4+*

Universal Compassionate WILL {concentration – focus}

IN-breath: *May everyone*
be Freed
from {the tyranny of} _____ [Sadness, Anger or Fear]
{and it’s/their causes} right now!

Sing: Om Ma-ni Pad-me Hum *x’s 1-4+*

Compassion Training
Silent

Optional – Essence of Sentimental Compassion

IN-breath: *Why could each/
OUT-breath:* *be kind mom?* *x's 1-3+*

Optional – Essence of Logical Love

IN-breath: *Why are all/
OUT-breath:* *more then me?* *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: *Why take _____ {Pain, Sad, Rage, [or] Fear}?*
OUT-breath: *Chen-re-zig* *x's 1-3+*

The Nirmanakaya's Mahamudra of Compassion and Letting-go

IN-breath: *{Taking, Take or Take all} _____ {Pain, Sad, Rage, [or] Fear}!*
OUT-breath: *Chen-re-zig* *x's 1-3+*

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Heart Yam?**OUT-breath: Letting-go!**x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Yam?**OUT-breath: Free!**x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Eyes Closed**IN-breath: This?**OUT-breath: Free!**x's 1-6+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Gaze upon the Face of Chenrezig**IN-breath: This?**OUT-breath: Free!**x's 1-4+*

Four Thoughts that Turn the Mind to the Teachings



IN-breath: Where {Throat-ham, Brow, Crown} wheel?

Invocation
Sunday's Emphasis

Homage oh La-ma Chen-re-zig
constant and perfect protector who knows all things;

IN-breath: Where {Throat, Brow-sham, Crown} wheel?

First Thought: Suffering and Compassion
Monday's Emphasis

neither getting nor keeping the desired
as well as enduring the disliked is universal;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Second Thought: Karma and Interconnection
Tuesday's Emphasis

be it karma, components, conditions or perceptions,
separateness is but an illusion;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Third Thought: Death and Impermanence
Wednesday's Emphasis

ever-changing, one and all,
there is nothing permanent to grasp;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Fourth Thought: Making the Most of this Precious Human Life
Thursday's Emphasis

it is extremely important to make the most
of the freedoms and opportunities that we have received;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Supplication
Friday's Emphasis

remembering this, may my mind turn towards Buddha's Dhar-ma,
Om Ma-ni Pad-me Hum!

for Saturday's Emphasis
see "Bodhichitta's Essence" on pg. 74

from Tyler Dewar's translation of Thangtong Gyalpo's
 "All Pervading Benefit of Beings" adapted by Lama Jigme Gyatso

The Passive Visualization of the Great Compassionate One



An arm's length above my head {*snap!*} and those of
 all other sentient beings pervading space,
 on a white lotus and full moon cushion, from **Hri**,
 appears noble and supreme Chen-re-zig.

He is brilliant, white and radiates the six lights of
 white, green, yellow, blue, red and black.
 Handsome and smiling, he looks on all
 with kind eyes of compassion.

He has four hands: the inner
two are joined in An-ja-li;
the outer two hold a crystal mala
and a white lotus flower.

Adorned with ornaments of silks and jewels,
his left shoulder covered by a deerskin.
A-mi-ta-bha hovers above his head {*snap!*}.
His two feet are in the lotus posture.

His back rests against a
beautiful, stainless moon, throne.
He is the embodiment
of all objects of Buddhist refuge.

Personal Auspicious Rebirth

Om Ma-ni Pad-me Hum!
Po-ta-la {*snap!*} rebirth for {_____ [or] me};
Om Ma-ni Pad-me Hum!
Po-ta-la {*snap!*} rebirth for all;

Om Ma-ni Pad-me Hum!
Completely Letting-go!

IN-breath: *Why could {this/these/their} _____ {and it's/their Causes} NOT be Grasp-able?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *Why could {"I"/ _____} benefit from Letting-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *What could completely Letting-go of [this/these/their]_____} {and it's/their Causes} feel like?*

Sing: Om Ma-ni Pad-me Hum x's 1-2+

Possibility

IN-breath: *Why Could "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Motivation

IN-breath: *Why Would "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Volition

IN-breath: *When Will "I" Let-go of {this/these/their} _____ {and it's/their Causes}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

IN-breath: *Completely Letting-go!*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Wisdom Training
Silent

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: {What/Where [is/feel]} _____ or {Greed, Sad, Fear, Rage} or
 {What [is this] or [feeling, hearing, seeing]}?

OUT-breath: *Chen-re-zig* *x's 1-3+*

IN-breath: *Why { _____ [or] This} NOT*

OUT-breath: *satisfy?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *{Never last [or] Always change} ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "me" ?* *x's 1-3+*

IN-breath: *Why could { _____ [or] This}*

OUT-breath: *NOT be "mine" ?* *x's 1-3+*

Gratitude Training

Verbal

{over} Lord, white in color, unstained by faults,
 {crown} a perfect Buddha adorning your head,
 {lips} you look upon all beings with eyes of compassion.
 {chest} Chen-re-zig, we bow to you! x's 1-3+

Count your Mala using your Middle-finger

Generating Gratitude {contemplation}

IN-breath: *What could I feel grateful about?*
Whisper: Om Ma-ni Pad-me Hum {x 1-4+}

Generating Devotion {concentration}

IN-breath: *Thank you my kind teacher!*
Whisper: Om Ma-ni Pad-me Hum {x 1-4+}

Selfish Loving LOGIC {contemplation}

IN-breath: *Why could "I" long*
 to [be] Bless [ed] _____
 with _____ [great(er) Love for all, happy Peace, great(er) Joy]
 {and it's/their causes}?
Sing: Om Ma-ni Pad-me Hum x's 1-4+

Specific Loving WILL {concentration}

IN-breath: *May _____*
 be Blessed
 with _____ [great(er) Love for all great(er) Peace, great(er) Joy]
 {and it's/their causes} right now!
Recite: Om Ma-ni Pad-me Hum x's 1-4

Gratitude Training

Silent

*Count your Mala using your **Middle-finger***

The Nirmanakaya's Mahamudra of Devotion and Letting-go

IN-breath: *Thanks for what?*

OUT-breath: *Chen-re-zig* *x's 1-3+*

The Nirmanakaya's Mahamudra of Devotion and Letting-go

IN-breath: *Chen-re-zig*

OUT-breath: *Thanks Teacher* *x's 1-3+*

Love Training

Silent

IN-breath: *Why give _____ { Joy, Love, Calm }?*

OUT-breath: *Chen-re-zig* *x's 1-3+*

The Nirmanakaya's Mahamudra of Love and Letting-go

IN-breath: *Chen-re-zig*

OUT-breath: *{ Giving, Give, Give great or Give all } _____ { Joy, Love, Calm } x's 1-3+*

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Heart Yam?**OUT-breath: Letting-go!**x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Yam?**OUT-breath: Free!**x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Eyes Closed**IN-breath: This?**OUT-breath: Free!**x's 1-6+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Gaze upon the Face of Chenrezig**IN-breath: This?**OUT-breath: Free!**x's 1-4+*



Closing Recitations – Concise

Untying the Heart's Knots

<http://www.youtube.com/watch?v=0esZPQIYnac>

Bodhichitta's Essence

http://www.youtube.com/watch?v=KX_T85buZI

By this virtue may “I” now accomplish
the spontaneous, habitual, easy and effective mastery
of Buddha’s mental yogas
of Devotion, Awareness, Love and Letting-go
and now lead every living being
without exception to this ground.

x's I-3, 28+

Concise Manipa's Heart

May everyone be: healthy, wealthy and happy,
may everyone practice skillfully and joyfully,
may everyone accomplish Chen-re-zig in THIS life
and then help many others do likewise;

IN-breath: Om Ma-ni Pad-me Hum

for truly that is the meaning of life:
Om Ma-ni Pad-me Hum!

Could you desire further: instruction, blessings or healing treatments?

<http://www.BuddhaJoy.com/NextWebinarSeries.html>

Chenrezig's Extensive Gradual-path

Verbal and Silent Sixty Minutes

Extensive Prayer of Refuge and Bodhichitta



IN-breath: Where {Root-lam, Gut-Vam, Plex-ram} wheel?

Eternally “I” take refuge

- in the possibility of Buddha’s liberation from the tyranny of suffering,
- in the tools of his teachings
- and in the assistance, guidance and example of his higher students, such as my teacher.

For the benefit of every living being
may I accomplish Chen-re-zig right now!

x's I-3+

Bliss Training

Verbal

*Count your Mala using your **Ring-finger***

Chin-awareness

IN-breath: *What could gentle Chin-tucking feel like?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Head-awareness

IN-breath: *What could gentle Head-pulling feel like?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Jaw-awareness

IN-breath: *What could a relaxed Jaw feel like?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Smile-awareness

IN-breath: *Why could I subtly Grin right now?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Renunciation Training

Verbal

*Count your Mala using your **Ring-finger***

Suffering

IN-breath: *How could {This/these [or] _____} {and it's/ their Causes}
NOT satisfy?*

Sing/ whisper: *Om Ma-ni Pad-me Hum* *{x's 1-4+}*

Renunciation and Lower-Interconnection

IN-breath: *What are some of the reasons "I" could renounce
Sufferings {such as _____}AND {their/ it's} Causes?*

Sing/ whisper: *Om Ma-ni Pad-me Hum* *{x's 1-4+}*

Karma

IN-breath: *How could this present ripening
of my past karma
be quite: fair, just and beneficial?*

Sing/ whisper: *Om Ma-ni Pad-me Hum* *{x's 1-4+}*

Precious Human Life

IN-breath: *What are some of the ways "I" could
make the most of this golden opportunity?*

Sing/ whisper: *Om Ma-ni Pad-me Hum* *{x's 1-4+}*

Bliss Training*Silent**Count your Mala using your **Ring-finger****Reverse Breathing**Chin-awareness**IN-breath: Chin tucking**OUT-breath: Chen-re-zig**x's 1-3+**Head-awareness**IN-breath: Head pulling**OUT-breath: Chen-re-zig**x's 1-3+**Jaw-awareness**IN-breath: Chen-re-zig**OUT-breath: Jaw relax**x's 1-3+**Smile-awareness**IN-breath: Why Grin Now?**OUT-breath: Chen-re-zig**x's 1-3+*

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Gut Vam?**OUT-breath: Letting-go! x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Vam?**OUT-breath: Free! x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Eyes Closed**IN-breath: This?**OUT-breath: Free! x's 1-6+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Gaze upon the Face of Chenrezig**IN-breath: This?**OUT-breath: Free! x's 1-4+*

Lama Thubten's translation of Tara materials adapted by Lama Jigme Gyatso

Homage to the Twenty-one Taras

Return to Standard Breathing

Om I bow down to the noble transcendent liberator.



#1 Praising Tara by her life story

Homage to Ta-ra swift and fearless
with eyes like a flash of lightning
lotus-born from an ocean of tears
shed by Chen-re-zig, three worlds' protector.

#2 Praising Tara by the brightness and radiance of her face

Homage to you whose face is like
one hundred autumn moons gathered
and blazes with the dazzling light
of a thousand constellations.

#3 Praising Tara by her color, what she holds and her causes

Homage to you born from a gold-blue lotus
hands adorned with lotus flowers
essence of giving, morality, patience,
zeal, concentration and wisdom.

#4 Praising Tara by her being honored by the Conquerors and the Bodhisattvas

Homage to you who crown all Buddhas
whose action subdues without limit
attained to every perfection
on you the Bo-dhi-sat-tvas rely.

#5 Praising Tara by her subjugation of unfavorable conditions

Homage to you who's Tut-ta-ra and Hum
fill the realms of desire, form and space.
You crush seven worlds beneath your feet,
you are able to draw all beings to bliss.

#6 Praising Tara by her beings worshipped by the great worldly gods

Homage to you adored by In-dra,
 Ag-ni, Brah-ma, Va-yu and Ish-va-ra
 praised in song by hosts of spirits,
 zombies, scent-eaters and Yak-shas.

#7 Praising Tara by her destruction of our obstructions

Homage to you who's Trä and Phä^(t)
 completely destroy the obstructions of enemies.
 Right leg drawn in and left extended,
 you blaze within a raging fire.

#8 Praising Tara by her purification of demons and the two obscurations

Homage to you who's Tu-re destroys
 the great fears, the mighty demons
 with a wrathful frown on your lotus face
 you slay all foes without exception.

#9 Praising Tara by the objects she holds in her right and left hands

Homage to you beautifully adorned
 by the Three Jewels' gesture at your heart
 your wheel shines in all directions
 with a whirling mass of light.

#10 Praising Tara by her crown ornament and the sound of her laughter

Homage to you, radiant and joyful
 whose crown emits a garland of light
 you, by the laughter of Tut-ta-re,
 Conquer demons and lords of the world.

#11 Praising Tara by her accomplishment of divine actions through the ten directional guardians

Homage to you with power to invoke
 the assembly of local protectors
 with your fierce frown and vibrating Hum,
 you bring freedom from all poverty.

#12 Praising Tara by her crown ornament

Homage to you with crescent moon crown
 all your adornments dazzling bright
 from your hair-knot A-mi-ta-bha
 shines eternal with great beams of light.

#13 Praising Tara by her wrathful posture

Homage to you who dwell in a blazing wreath
 like the fire at the end of this age
 your right leg outstretched and left drawn in
 joy surrounds you who defeat hosts of foes.

#14 Praising Tara by the light that radiates from the letter Hum

Homage to you whose foot stamps the earth
and whose palm strikes the ground by your side
with a wrathful glance and the syllable Hum,
you subdue all in the seven stages.

#15 Praising Tara by her Dharmakaya aspect

Homage to the blissful, virtuous, peaceful one
object of practice, Nir-va-na's peace
perfectly endowed with Sö-ha and Om,
overcoming all the great evils.

#16 Praising Tara by her divine actions of peaceful and wrathful mantras

Homage to you with joyous retinue
you subdue fully all enemies' forms
the Ten-syllable mantra adorns your heart
and your knowledge Hum gives liberation.

#17 Praising Tara by her divine actions of wrathfully shaking the three worlds

Homage to Tu-re, with stamping feet,
whose essence is the seed-syllable Hum,
you cause Mount Me-ru, Man-dha-ra, Vin-dhya
and all three worlds to tremble and shake.

#18 Praising Tara by her divine actions of dispelling internal and external poisons

Homage to you who hold in your hand
a moon like a celestial lake
saying **Ta-ra** twice and the syllable **Phä(t)**,
you dispel all poisons without exception.

#19 Praising Tara by her divine actions of dispelling conflicts and bad dreams

Homage to you on whom the kings of gods
the gods themselves and all spirits rely
your armor radiates joy to all
you soothe conflicts and nightmares as well.

#20 Praising Tara by her divine actions of dispelling diseases

Homage to you whose eyes, like the sun and the moon,
radiate with pure brilliant light.
Uttering **Ha-ra** twice and **Tut-ta-ra**,
dispels extremely fearful plagues.

#21 Praising Tara by her divine actions of subduing evil spirits and zombies

Homage to you, adorned with three natures
perfectly endowed with peaceful strength
you destroy demons, zombies and **Yak-shas**
oh **Tu-re**, most exalted and sublime!

Optional {The Mahamudra of Awareness and Letting-go}

IN-breath: {What feeling?, Why share this?, Chen-re-zig, [or] Noticing?}, {This?}

OUT-breath: {Letting-go, Chen-re-zig, Share with all!, Letting-go!}, {Free!} { x 1-3, 4, 2+ }

Prayer of Compassion

bring both hands together into the "Puckered Palm" gesture and touch the tip of the Index-finger to the center of the lips

IN-breath: Where {Plex-ram, Heart-Yam} wheel?

May everyone be happy ;	{ <i>Love</i> }
may everyone be free from misery;	{ <i>Compassion</i> }
may NO one ever be separated from their happiness;	{ <i>Sympathetic-joy</i> }

may everyone have balance ,	
free from greed, hatred and confusion;	{ <i>Ultimate Equanimity</i> }
that all beings may benefit	{ <i>Conventional Equanimity</i> }
Om Ma-ni Pad-me Hum!	

McCoy's Sentimental exploration of Compassion

{Middle Interdependence}

IN-breath: *What are some of the ways
“I” could have had
innumerable,
previous lives?*

Recite: Om Ma-ni Pad-me Hum

{x's 1-4+}

IN-breath: *What are some of the ways
“I” could have had a mother
in each of “my”
previous lives?*

Recite: Om Ma-ni Pad-me Hum

{x's 1-4+}

IN-breath: *What are some of the ways
each of “my” previous mothers
could have been
kind to “me”?*

Recite: Om Ma-ni Pad-me Hum

{x's 2-8+}

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Heart Yam?**OUT-breath: Letting-go! x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Yam?**OUT-breath: Free! x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
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essence of giving, morality, patience,
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 like the fire at the end of this age
 your right leg outstretched and left drawn in
 joy surrounds you who defeat hosts of foes.

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and whose palm strikes the ground by your side
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Uttering **Ha-ra** twice and **Tut-ta-ra**,
dispels extremely fearful plagues.

#21 Praising Tara by her divine actions of subduing evil spirits and zombies

Homage to you, adorned with three natures
perfectly endowed with peaceful strength
you destroy demons, zombies and **Yak-shas**
oh **Tu-re**, most exalted and sublime!

Optional {The Mahamudra of Awareness and Letting-go}

IN-breath: {What feeling?, Why share this?, Chen-re-zig, [or] Noticing?}, {This?}

OUT-breath: {Letting-go, Chen-re-zig, Share with all!, Letting-go!}, {Free!} { x 1-3, 4, 2+ }

Four Thoughts that Turn the Mind to the Teachings



IN-breath: Where {Throat-ham, Brow, Crown} wheel?

Invocation
Sunday's Emphasis

Homage oh La-ma Chen-re-zig
constant and perfect protector who knows all things;

IN-breath: Where {Throat, Brow-sham, Crown} wheel?

First Thought: Suffering and Compassion
Monday's Emphasis

neither getting nor keeping the desired
as well as enduring the disliked is universal;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Second Thought: Karma and Interconnection

Tuesday's Emphasis

be it karma, components, conditions or perceptions,
separateness is but an illusion;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Third Thought: Death and Impermanence

Wednesday's Emphasis

ever-changing, one and all,
there is nothing permanent to grasp;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Fourth Thought: Making the Most of this Precious Human Life

Thursday's Emphasis

it is extremely important to make the most
of the freedoms and opportunities that we have received;

IN-breath: Where {Throat, Brow, Crown-om} wheel?

Supplication

Friday's Emphasis

remembering this, may my mind turn towards Buddha's Dhar-ma,
Om Ma-ni Pad-me Hum!

for Saturday's Emphasis

see "Bodhichitta's Essence" on pg. 74

from Tyler Dewar's translation of Thangtong Gyalpo's
 "All Pervading Benefit of Beings" adapted by Lama Jigme Gyatso

The Passive Visualization of the Great Compassionate One



An arm's length above my head {*snap!*} and those of
 all other sentient beings pervading space,
 on a white lotus and full moon cushion, from **Hri**,
 appears noble and supreme Chen-re-zig.

He is brilliant, white and radiates the six lights of
 white, green, yellow, blue, red and black.
 Handsome and smiling, he looks on all
 with kind eyes of compassion.

He has four hands: the inner
two are joined in An-ja-li;
the outer two hold a crystal mala
and a white lotus flower.

Adorned with ornaments of silks and jewels,
his left shoulder covered by a deerskin.
A-mi-ta-bha hovers above his head {*snap!*}.
His two feet are in the lotus posture.

His back rests against a
beautiful, stainless moon, throne.
He is the embodiment
of all objects of Buddhist refuge.

Inter-dependence – Literal

IN-breath: *How could a reflection of the moon
upon still water
be quite Inter-dependent?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Inter-dependence – Simile

IN-breath: *How could _____ {“my” mind} {and [it's/their] causes}
be as Inter-dependent as a reflection of the
moon upon still water?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

NON-graspability – Literal

IN-breath: *How could _____ {“my” mind} {and [it's/their] causes}
be empty of anything Separate to grasp?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

NON-graspability – Literal

IN-breath: *How could a reflection of the
moon upon still water
be quite NON-grasp-able?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

NON-graspability – Simile

IN-breath: *How could _____ {“my” mind} {and [it's/their] causes}
be as NON-grasp-able as a reflection of the
moon upon still water?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Optional – Letting-go

IN-breath: *What could completely Letting-go {of _____} feel like?*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

Impermanence – Literal

IN-breath: *How could a fleeting dream
be quite temporary?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Impermanence – Simile

IN-breath: *How could _____ {“my” body} {and [it's/their] causes}
be as temporary as a
fleeting dream?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

NON-graspable – Literal

IN-breath: *How could _____ {“my” body} {and [it's/their] causes}
be empty of anything Permanent to Grasp?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

NON-graspable – Literal

IN-breath: *How could a fleeting dream
be NON-grasp-able?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

NON-graspable – Simile

IN-breath: *How could _____ {“my” body} {and [it's/their] causes}
be as NON-grasp-able as a
fleeting dream?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Letting-go

IN-breath: *What could completely Letting-go {of _____} feel like?*

Whisper: Om Ma-ni Pad-me Hum {x's 1-4+}

Wisdom Training

Verbal

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: *What _____ {breathing, action, feeling, sound, sight [or] thought}
 { anger, fear, sadness } {body, mind [or] "me"} {waves of Heart-bliss}
 [am/ is] ["I" / _____] now experiencing?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *How could {This/these [or] _____ } {and it's/their Causes}
 NOT satisfy?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-2+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes}
 NOT be permanent?*

Sing: *Om Ma-ni Pad-me Hum* *x's 1-2+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes}
 NOT be "me"?*

Recite: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes}
 NOT be "mine"?*

Recite: *Om Ma-ni Pad-me Hum* *x's 1-3+*

IN-breath: *How could {this/these/their} _____ {and it's/their Causes} NOT be Grasp-able?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *How could {"I"/ _____} benefit from Letting-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Whisper/ Sing: Om Ma-ni Pad-me Hum {x 1-4+}

IN-breath: *What could completely Letting-go of [this/these/their]_____} {and it's/their Causes} feel like?*

Sing: Om Ma-ni Pad-me Hum x's 1-2+

Possibility

IN-breath: *Why Could "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Motivation

IN-breath: *Why Would "I" Let-go of {this/these/their} _____ {and it's/their Causes} {right Now}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Volition

IN-breath: *When Will "I" Let-go of {this/these/their} _____ {and it's/their Causes}?*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

IN-breath: *Completely Letting-go!*

Sing: Om Ma-ni Pad-me Hum x's 1-3+

Wisdom Training

Silent

*Count your Mala using your **Index-finger** while your other Index-finger is tucked against the base of it's thumb*

IN-breath: {What/Where [is/feel]} _____ or {Greed, Sad, Fear, Rage} or
 {What [is this] or [feeling, hearing, seeing]?}

OUT-breath: *Chen-re-zig* *x's 1-3+*

IN-breath: *How { _____ [or] This} NOT*

OUT-breath: *satisfy?* *x's 1-3+*

IN-breath: *How could { _____ [or] This}*

OUT-breath: *{Never last [or] Always change} ?* *x's 1-3+*

IN-breath: *How could { _____ [or] This}*

OUT-breath: *NOT be "me" ?* *x's 1-3+*

IN-breath: *How could { _____ [or] This}*

OUT-breath: *NOT be "mine" ?* *x's 1-3+*

*The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Where Crown Om?**OUT-breath: Letting-go! x's 1-3+**The Sambhogakaya's Mahamudra of Bliss and Letting-go**IN-breath: Om?**OUT-breath: Free! x's 1-3+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Eyes Closed**IN-breath: This?**OUT-breath: Free! x's 1-6+**The Dharmakaya's Mahamudra of Awareness and Letting-go
Gaze upon the Face of Chenrezig**IN-breath: This?**OUT-breath: Free! x's 1-4+*

Lama Jigme Gyatso's adaptation of Lama Gyatso's translation of

Wisdom's Method to Overcome Hindrances

Verbal Nine Minute

optional

Extensive Prayer of Refuge and Bodhichitta

IN-breath: Where {Root-lam, Gut-Vam, Plex-ram} wheel?

Eternally "I" take refuge

- in the possibility of Buddha's liberation from the tyranny of suffering,
- in the tools of his teachings
- and in the assistance, guidance and example of his higher students, such as my teacher.

For the benefit of every living being
may I accomplish Chen-re-zig right now!

x's 1-3+

Na-mo Gu-ru, teacher, Blessed One and the
Perfection of Wisdom which is the mother of enlightenment,
surrounded by your children,
the Buddhas of the ten directions and all Bodhisattvas.

I bow to this assembly, make offerings and take refuge.
Please empower me with your blessings.

x's 1-3+

Lama Jigme Gyatso's adaptation of Gil Fronsdal's translation of

The Heart Sutra

Thus I have heard at one time.
The Buddha dwelt at Vulture Peak together with
a Sang-ha of one hundred thousand monks and nuns
and seventy thousand Bo-dhi-sat-tvas.

At that time the Bo-dhi-sat-tva A-va-lo-ki-te-shva-ra arose
from his seat among the assembly and approached the Buddha.
Facing him, he joined his palms together and bowed respectfully.

With reverence he said,
“I wish to explain for this assembly
the Bodhisattva’s Heart of Perfect Wisdom
which is the Universal Womb of Enlightenment.”

Then the Buddha said,
“Excellent, excellent, oh Great Compassionate One!”

Then A-va-lo-ki-te-shva-ra entered into his meditation
and while coursing in Perfect Wisdom observed that
all five aggregates are empty *{of anything separate or permanent to grasp}*.
Arising from his meditation he explained:

“The nature of form is empty, emptiness is form.
Form is NOT different from emptiness, emptiness is NOT different from form.
That which is form is empty, that which is emptiness is form.
Feeling, appraisal, impulse and consciousness are also like this.

“These phenomena are marked with emptiness,
neither *{permanently}* arising nor *{separately}* ceasing,
neither *{permanently}* tainted nor *{separately}* pure,
neither *{permanently}* increasing nor *{separately}* decreasing.

Therefore in emptiness there are
 NO form, feeling, appraisal, impulse or consciousness {to grasp};
 NO eye, NO ear, NO nose, NO taste, and NO touch {to grasp};
 NO realm of eyes and so on up to no realm of mind-consciousness {to grasp};

no ignorance and on to no extinction of ignorance {to grasp},
 and so on up to no old age and death and no extinction of old age and death {to grasp};
 no suffering, no origin of suffering, no end of suffering, no path {to grasp},
 no wisdom and also no attainment {to grasp}.

“With nothing {graspable} to attain
 the Bo-dhi-sat-tvas minds are without any hindrance {to grasp}.
 Without any hindrances no fears {to grasp} exist.

Far removed from {the tyranny of} destructive thought they are awake.
 All the Buddhas in the past, present and future
 depend on Perfect Wisdom to attain
 their unsurpassed complete and perfect awakening.

“Therefore, know that the
 “Perfection of Wisdom is the great mantra, is the bright mantra,
 is the unsurpassed mantra, is the unequaled mantra
 that can remove all suffering and it’s true, not false.

“Therefore proclaim the Perfect Wisdom mantra.
 Proclaim the mantra that says:

“Tad-ya-tha Om Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-te Bo-dhi Svwa-ha!”

x's 1-3, 7, 12+

Requests of Overcome Hindrances

Oh perfection of wisdom, the great mother of enlightenment,
and all the Buddhas and Bodhisattvas of the ten directions,
through the power of your blessings
may these true words of mine be accomplished.

Just as before, when by contemplating
the profound meaning of the perfection of wisdom
and reciting it's words,
In-dra overcame all the harm of maras, NON-humans and so forth,

in the same way, by my contemplation of the profound meaning
of the perfection of wisdom and recitation of it's words,

may all the harm of maras, NON-humans and so forth be
overcome.

Clap!

May they become NON-existent.

Clap!

May they be pacified.

Clap!

May the be thoroughly pacified.

Clap!

Prayer of the Dedication of Virtuous Merit

May all kinds of interferences, diseases
and possessing spirits be pacified.
May I be separated from unfavorable conditions and
may I experience auspicious ones and everything excellent.

Through this fortune may there be
at this time happiness and health.

Guru Yoga

So now my kind root teacher, please manifest
in your Palm-sized aspect of light
upon the lotus and moon cushion
on my Crown Om wheel...

and from your great kindness please bestow,
the attainments of your body, speech and mind.

From the heart of dazzling Chen-re-zig,
a forearm's length overhead,
infinite light rays emanate,
pervading all environments and all beings.

These dissolve into light
and melt into Chen-re-zig,
who then melts into my
kind teacher at the crown of my head...

instantly transforming him into the
aspect of La-ma Che-re-zig.

He then shrinks to the size of a grape,
enters my central channel, and descends to my Heart Yam.
Teacher's and my mind mix
like water poured into water.

Gratitude Training

Verbal

{ *over* } Lord, white in color, unstained by faults,
 { *crown* } a perfect Buddha adorning your head,
 { *lips* } you look upon all beings with eyes of compassion.
 { *chest* } Chen-re-zig, we bow to you! x's 1-3+

Count your Mala using your Middle-finger

Generating Gratitude {contemplation}

IN-breath: *What could I feel grateful about?*
Whisper: Om Ma-ni Pad-me Hum {x 1-4+}

Generating Devotion {concentration}

IN-breath: *Thank you my kind teacher!*
Whisper: Om Ma-ni Pad-me Hum {x 1-4+}

Gratitude Training

Silent

*Count your Mala using your **Middle-finger***

The Nirmanakaya's Mahamudra of Devotion and Letting-go

IN-breath: *Thanks for what?*

OUT-breath: *Chen-re-zig*

x's 1-3+

The Nirmanakaya's Mahamudra of Devotion and Letting-go

IN-breath: *Chen-re-zig*

OUT-breath: *Thanks Teacher*

x's 1-3+

Lama Thubten's translation of Tara materials adapted by Lama Jigme Gyatso

Homage to the Twenty-one Taras

Om I bow down to the noble transcendent liberator.



#1 Praising Tara by her life story

Homage to Ta-ra swift and fearless
with eyes like a flash of lightning
lotus-born from an ocean of tears
shed by Chen-re-zig, three worlds' protector.

#2 Praising Tara by the brightness and radiance of her face

Homage to you whose face is like
one hundred autumn moons gathered
and blazes with the dazzling light
of a thousand constellations.

#3 Praising Tara by her color, what she holds and her causes

Homage to you born from a gold-blue lotus
hands adorned with lotus flowers
essence of giving, morality, patience,
zeal, concentration and wisdom.

#4 Praising Tara by her being honored by the Conquerors and the Bodhisattvas

Homage to you who crown all Buddhas
whose action subdues without limit
attained to every perfection
on you the Bo-dhi-sat-tvas rely.

#5 Praising Tara by her subjugation of unfavorable conditions

Homage to you who's Tut-ta-ra and Hum
fill the realms of desire, form and space.
You crush seven worlds beneath your feet,
you are able to draw all beings to bliss.

#6 Praising Tara by her beings worshipped by the great worldly gods

Homage to you adored by In-dra,
 Ag-ni, Brah-ma, Va-yu and Ish-va-ra
 praised in song by hosts of spirits,
 zombies, scent-eaters and Yak-shas.

#7 Praising Tara by her destruction of our obstructions

Homage to you who's Trä and Phä_(t)
 completely destroy the obstructions of enemies.
 Right leg drawn in and left extended,
 you blaze within a raging fire.

#8 Praising Tara by her purification of demons and the two obscurations

Homage to you who's Tu-re destroys
 the great fears, the mighty demons
 with a wrathful frown on your lotus face
 you slay all foes without exception.

#9 Praising Tara by the objects she holds in her right and left hands

Homage to you beautifully adorned
 by the Three Jewels' gesture at your heart
 your wheel shines in all directions
 with a whirling mass of light.

#10 Praising Tara by her crown ornament and the sound of her laughter

Homage to you, radiant and joyful
 whose crown emits a garland of light
 you, by the laughter of Tut-ta-re,
 Conquer demons and lords of the world.

#11 Praising Tara by her accomplishment of divine actions through the ten directional guardians

Homage to you with power to invoke
 the assembly of local protectors
 with your fierce frown and vibrating Hum,
 you bring freedom from all poverty.

#12 Praising Tara by her crown ornament

Homage to you with crescent moon crown
 all your adornments dazzling bright
 from your hair-knot A-mi-ta-bha
 shines eternal with great beams of light.

#13 Praising Tara by her wrathful posture

Homage to you who dwell in a blazing wreath
 like the fire at the end of this age
 your right leg outstretched and left drawn in
 joy surrounds you who defeat hosts of foes.

#14 Praising Tara by the light that radiates from the letter Hum

Homage to you whose foot stamps the earth
and whose palm strikes the ground by your side
with a wrathful glance and the syllable Hum,
you subdue all in the seven stages.

#15 Praising Tara by her Dharmakaya aspect

Homage to the blissful, virtuous, peaceful one
object of practice, Nir-va-na's peace
perfectly endowed with Sö-ha and Om,
overcoming all the great evils.

#16 Praising Tara by her divine actions of peaceful and wrathful mantras

Homage to you with joyous retinue
you subdue fully all enemies' forms
the Ten-syllable mantra adorns your heart
and your knowledge Hum gives liberation.

#17 Praising Tara by her divine actions of wrathfully shaking the three worlds

Homage to Tu-re, with stamping feet,
whose essence is the seed-syllable Hum,
you cause Mount Me-ru, Man-dha-ra, Vin-dhya
and all three worlds to tremble and shake.

#18 Praising Tara by her divine actions of dispelling internal and external poisons

Homage to you who hold in your hand
a moon like a celestial lake
saying **Ta-ra** twice and the syllable **Phä(t)**,
you dispel all poisons without exception.

#19 Praising Tara by her divine actions of dispelling conflicts and bad dreams

Homage to you on whom the kings of gods
the gods themselves and all spirits rely
your armor radiates joy to all
you soothe conflicts and nightmares as well.

#20 Praising Tara by her divine actions of dispelling diseases

Homage to you whose eyes, like the sun and the moon,
radiate with pure brilliant light.
Uttering **Ha-ra** twice and **Tut-ta-ra**,
dispels extremely fearful plagues.

#21 Praising Tara by her divine actions of subduing evil spirits and zombies

Homage to you, adorned with three natures
perfectly endowed with peaceful strength
you destroy demons, zombies and **Yak-shas**
oh **Tu-re**, most exalted and sublime!

Optional {The Mahamudra of Awareness and Letting-go}

IN-breath: {What feeling?, Why share this?, Chen-re-zig, [or] Noticing?}, {This?}

OUT-breath: {Letting-go, Chen-re-zig, Share with all!, Letting-go!}, {Free!} { x 1-3, 4, 2+ }

Spock's Logical exploration of Love
{Middle Interdependence}



IN-breath: *What are some of the ways
 that “myself” and every other living being
 could be exactly alike
 in our longing to be free from every suffering
 and our desire to be lavished
 with every happiness?*

Sing: Om Ma-ni Pad-me Hum *{x's 1-3+}*

IN-breath: *What are some of the ways
the only real difference
between “myself” and others
could be that numerically others are infinite...
whereas “I”
am just one?*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

IN-breath: *What are some of the reasons that, numerically,
the sufferings and happiness of others
could be infinitely more important
then the sufferings or happiness of just one, “me?”*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

Very Optional

IN-breath: *What are some of the blessings
living beings could require?*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

optional

IN-breath: *What are some of the reasons
living beings could require _____ ?*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

Love's Conventional Bodhichitta *{Middle Interdependence}*

*IN-breath: What are some of the reasons
"I" could desire to lavish every living being
with every blessing {such as _____} and it's causes?*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

*IN-breath: What are some of the reasons
the best way "I" could lavish every living being
with every common and supreme blessing
could be as a fully Enlightened Buddha?*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

*IN-breath: May "I" now and evermore
joyfully, enthusiastically and easily accomplish
full Enlightenment, primarily motivated
by the Heart-felt longing to bless and enlighten
every living being!*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

*IN-breath: If "I" now accomplished Chen-re-zig
and completely Blessed and fully Enlightened
all others, in the Most wonderful way;
what could that feel like?*

Sing: Om Ma-ni Pad-me Hum {x's 1-3+}

The Mahamudra of Bliss and Letting-go AND Relaxing into the Nature of Mind {contemplation}

IN-breath: {Chen-re-zig, What Feeling? [or] Noticing?} {Yam, This?}

OUT-breath: {Give all _____ [or] Letting-go!} {_____, Free!} x's 1-3+

{The Universal Impermanence of Letting-go}

<i>IN-breath:</i>	<i>{All beings melt [or] All worlds melt}</i>	
<i>OUT-breath:</i>	<i>into Earth!</i>	<i>{ x <u>1</u>-3+ }</i>
<i>IN-breath:</i>	<i>{Earth's beings melt [or] Earth now melts}</i>	
<i>OUT-breath:</i>	<i>into here!</i>	<i>{ x <u>1</u>-3+ }</i>
<i>IN-breath:</i>	<i>{Here's beings melt [or] here now melts}</i>	
<i>OUT-breath:</i>	<i>into me!</i>	<i>{ x <u>1</u>-3+ }</i>
<i>IN-breath:</i>	<i>{pore beings melt [or] I now melt}</i>	
<i>OUT-breath:</i>	<i>into Yam!</i>	<i>{ x <u>1</u>-3+ }</i>
<i>IN-breath:</i>	<i>Heart now melts</i>	
<i>OUT-breath:</i>	<i>into space!</i>	<i>{ x 1-<u>2</u>+ }</i>
<i>IN-breath:</i>	<i>Infinite</i>	
<i>OUT-breath:</i>	<i>Openness!</i>	<i>{ x 1-<u>2</u>+ }</i>
<i>IN-breath:</i>	<i>Noticing? {This?}</i>	
<i>OUT-breath:</i>	<i>Letting-go! {Free!}</i>	<i>{ x 1-<u>2</u>+ }</i>



Closing Recitations – Concise

Untying the Heart's Knots

<http://www.youtube.com/watch?v=0esZPQIYnac>

Bodhichitta's Essence

http://www.youtube.com/watch?v=KX_T85buZI

By this virtue may “I” now accomplish
the spontaneous, habitual, easy and effective mastery
of Buddha’s mental yogas
of Devotion, Awareness, Love and Letting-go
and now lead every living being
without exception to this ground.

x's I-3, 28+

Concise Manipa's Heart

May everyone be: healthy, wealthy and happy,
may everyone practice skillfully and joyfully,
may everyone accomplish Chen-re-zig in THIS life
and then help many others do likewise;

IN-breath: Om Ma-ni Pad-me Hum

for truly that is the meaning of life:
Om Ma-ni Pad-me Hum!

Could you desire further: instruction, blessings or healing treatments?

<http://www.BuddhaJoy.com/NextWebinarSeries.html>

Lama Thubten's translation of Tara materials adapted by Lama Jigme Gyatso

Homage to the Twenty-one Taras

Om I bow down to the noble transcendent liberator.



#1 Praising Tara by her life story

Homage to Ta-ra swift and fearless
with eyes like a flash of lightning
lotus-born from an ocean of tears
shed by Chen-re-zig, three worlds' protector.

#2 Praising Tara by the brightness and radiance of her face

Homage to you whose face is like
one hundred autumn moons gathered
and blazes with the dazzling light
of a thousand constellations.

#3 Praising Tara by her color, what she holds and her causes

Homage to you born from a gold-blue lotus
hands adorned with lotus flowers
essence of giving, morality, patience,
zeal, concentration and wisdom.

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 praised in song by hosts of spirits,
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 completely destroy the obstructions of enemies.
 Right leg drawn in and left extended,
 you blaze within a raging fire.

#8 Praising Tara by her purification of demons and the two obscurations

Homage to you who's Tu-re destroys
 the great fears, the mighty demons
 with a wrathful frown on your lotus face
 you slay all foes without exception.

#9 Praising Tara by the objects she holds in her right and left hands

Homage to you beautifully adorned
 by the Three Jewels' gesture at your heart
 your wheel shines in all directions
 with a whirling mass of light.

#10 Praising Tara by her crown ornament and the sound of her laughter

Homage to you, radiant and joyful
 whose crown emits a garland of light
 you, by the laughter of **Tut-ta-re**,
 Conquer demons and lords of the world.

#11 Praising Tara by her accomplishment of divine actions through the ten directional guardians

Homage to you with power to invoke
 the assembly of local protectors
 with your fierce frown and vibrating **Hum**,
 you bring freedom from all poverty.

#12 Praising Tara by her crown ornament

Homage to you with crescent moon crown
 all your adornments dazzling bright
 from your hair-knot **A-mi-ta-bha**
 shines eternal with great beams of light.

#13 Praising Tara by her wrathful posture

Homage to you who dwell in a blazing wreath
 like the fire at the end of this age
 your right leg outstretched and left drawn in
 joy surrounds you who defeat hosts of foes.

#14 Praising Tara by the light that radiates from the letter Hum

Homage to you whose foot stamps the earth
and whose palm strikes the ground by your side
with a wrathful glance and the syllable Hum,
you subdue all in the seven stages.

#15 Praising Tara by her Dharmakaya aspect

Homage to the blissful, virtuous, peaceful one
object of practice, Nir-va-na's peace
perfectly endowed with Sö-ha and Om,
overcoming all the great evils.

#16 Praising Tara by her divine actions of peaceful and wrathful mantras

Homage to you with joyous retinue
you subdue fully all enemies' forms
the Ten-syllable mantra adorns your heart
and your knowledge Hum gives liberation.

#17 Praising Tara by her divine actions of wrathfully shaking the three worlds

Homage to Tu-re, with stamping feet,
whose essence is the seed-syllable Hum,
you cause Mount Me-ru, Man-dha-ra, Vin-dhya
and all three worlds to tremble and shake.

#18 Praising Tara by her divine actions of dispelling internal and external poisons

Homage to you who hold in your hand
a moon like a celestial lake
saying **Ta-ra** twice and the syllable **Phä(t)**,
you dispel all poisons without exception.

#19 Praising Tara by her divine actions of dispelling conflicts and bad dreams

Homage to you on whom the kings of gods
the gods themselves and all spirits rely
your armor radiates joy to all
you soothe conflicts and nightmares as well.

#20 Praising Tara by her divine actions of dispelling diseases

Homage to you whose eyes, like the sun and the moon,
radiate with pure brilliant light.
Uttering **Ha-ra** twice and **Tut-ta-ra**,
dispels extremely fearful plagues.

#21 Praising Tara by her divine actions of subduing evil spirits and zombies

Homage to you, adorned with three natures
perfectly endowed with peaceful strength
you destroy demons, zombies and **Yak-shas**
oh **Tu-re**, most exalted and sublime!

Optional {The Mahamudra of Awareness and Letting-go}

IN-breath: {What feeling?, Why share this?, Chen-re-zig, [or] Noticing?}, {This?}

OUT-breath: {Letting-go, Chen-re-zig, Share with all!, Letting-go!}, {Free!} { x 1-3, 4, 2+ }

Optional
Closing Recitations – Extensive

bring both hands together into the “Puckered Palm” gesture and touch the first crease of the Index-finger to the nose tip

Personal

IN-breath: Om Ma-ni Pad-me Hum

May “I” always be cared for throughout all “my” lives
 by the Buddha of Compassion emanating as “my” kind teacher
 and as such may “I” always enthusiastically and joyfully tread
 this excellent path praised by the Conquerors.

Combined

IN-breath: Om Ma-ni Pad-me Hum

By this virtue may “I” now accomplish
 the spontaneous, habitual, easy and effective mastery
 of Buddha’s mental yogas
 of Devotion, Awareness, Love and Letting-go
 and now lead every living being
 without exception to this ground.

x’s 1-3+

Universal

IN-breath: Om Ma-ni Pad-me Hum

Through my Virtuous-merit from practicing with pure motivation,
 may all living beings throughout all their lives
 continually experience the presence of La-ma Chen-re-zig,
 and always come under his care.

Lineage Blessings – Goals

IN-breath: Om Ma-ni Pad-me Hum

So that the teachings and practices of La-ma Chen-re-zig,
the King of compassion, may flourish,
may all obstacles be pacified
and may all favorable conditions abound.

Lineage Blessings – Means

IN-breath: Om Ma-ni Pad-me Hum

Through the two collections of “myself” and “others”
gathered throughout the three times,
may the teachings of the Great Compassionate One
flourish for evermore.

Personal Auspicious Rebirth

Om Ma-ni Pad-me Hum!
 Po-ta-la rebirth for {_____ [or] me };
 Om Ma-ni Pad-me Hum!
 Po-ta-la rebirth for all;

Om Ma-ni Pad-me Hum!
 Completely Letting-go!

Teacher's Auspicious Rebirth

For the benefit of all,
 may Lama Jigme Gyatso: Rime Manipa Tantrika's **Tulku** be:
 quickly and easily found,
 lovingly and wisely raised,

abundantly provided for as well as
 thoroughly and rapidly trained
 in the MOST wonderful way
 Om Mani Padme Hum.

Essence of the Mani's Heart

Extensive

May everyone, especially all
who touch, hear, see or remember me
and all who say my name
with devotion, distain or indifference,
be healthy, wealthy and happy,
practice skillfully and joyfully,
accomplish Chen-re-zig in THIS life
and then help many others do likewise;
for truly that is the meaning of life:
Om Ma-ni Pad-me Hum!

Songs of Earth and Sky

IN-breath: Om Ma-ni Pad-me Hum

Take ill, lack, lone from all;
completely Letting-go Om Ma-ni Pad-me Hum! *x's 1-3+*

IN-breath: Om Ma-ni Pad-me Hum

Give health, wealth, match to all;
completely Letting-go Om Ma-ni Pad-me Hum! *x's 1-3+*

IN-breath: Om Ma-ni Pad-me Hum

Take rage, fear, sad from all;
completely Letting-go Om Ma-ni Pad-me Hum! *x's 1-3+*

IN-breath: Om Ma-ni Pad-me Hum

Give love, calm, joy to all;
completely Letting-go Om Ma-ni Pad-me Hum! *x's 1-3+*

