Vajrasattva
A Purification Meditation

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**Prayer of Refuge**

Myself and all sentient beings, boundless as space, take refuge
In the precious lama, inseparable from the Buddha.
In all the buddhas, dharma, and sangha we take refuge.
In the gatherings of the lamas, yidams, and dakinis we take refuge.
In the clear light of shunyata and dhamakaya, inseparable from my mind
I take refuge.

*S A N G Y E R I N P O C H E L A K Y A P S O C H E W O*
*S A N G Y E C H O D A N G G E N D U N N A M L A K Y A P S O C H E W O*
*L A M A Y I D A M K H A N D R O I T S O G L A K Y A P S O C H E W O*
*R A N G S E M T O N G S E L C H O K Y I G U L A K Y A P S O C H E W O*

**The Purification of Negativities**

The process of purification is related to confession, the acknowledgment and disclosure of all negative actions of body, speech, and mind committed in the past.
A proper confession requires the four powers:
1. The power of the basis, that is, refuge and bodhicitta;
2. The power of repentance. The great yogi Milarepa said, “When I investigated if confession could purify the negativities, I found that it is repentance that cleanses them.” The force of repentance is the most important of the four powers.
3. The power of the actual antidote. This may be any positive act especially dedicated to purifying negativities, in this case, Vajrasattva visualization and mantra recitation.

**Dedication of Merit**

Through this virtuous action
May I quickly attain the state of a guru-Vajrasattva
And lead every being, without exception,
Into that pure world.

*G E W A D I Y I N Y U R D U D A G*
*D O R J E S E M P A D R U B G Y U R N A Y*
*D R O W A C H I G K Y A N G M A L U P A*
*D E Y I S A L A G O P A R S H O G*
4. The resolve never to indulge in the activities again. Although there may be certain types of negativities which you are prone to committing, nevertheless, it is very important at this point to resolve that you shall never indulge in them again, even at the cost of your life. It is said that resolving thus does not constitute lying. This strong resolve is very important, as it helps purify the negativities.

Vajrasattva Visualization

In the space above my head is the letter PAM. This letter PAM transforms into a lotus. On the lotus is a letter AH, which transforms into a moon disc. On the moon disc stands a letter HUNG. The HUNG transforms into a white 5-pronged dorje. In the middle part of the dorje is another letter HUNG. It radiates brilliant light rays in all directions. The lights return, dissolving into the dorje, and it transforms into Vajrasattva, who is inseparable from your root lama.

Vajrasattva is brilliant white, with one face and two arms. In his left hand he holds a bell, in his right a dorje. His consort, Dorje Nyegma, is also white, with one face and two hands. In her right she holds a curved chopper-knife, in her left a skull-cup. Both wear many exquisitely colored silks and precious ornaments. Vajrasattva sits in vajra position, and his consort sits in union with him.
In Vajrasattva’s heart there is a moon disc, and standing upright on the moon disc is a white letter HUNG. The HUNG is encircled by the hundred-syllable mantra.

The letter HUNG emits light rays, gathering myriad wisdom beings in the forms of Vajrasattva and his consort from all the ten directions. They all dissolve into the Vajrasattva and consort above my head and become inseparable with them.

Once again the HUNG in his heart emits radiant light, inviting all the dakas and dakinis, buddhas and bodhisattvas, and requesting that they empower him. They all come, holding vases filled with nectar of wisdom and compassion.

They pour the nectar over Vajrasattva and his consort, chanting:

**OM SARWA TATAGATA ABI KIKA TA SAMAYA SHIRI HUNG**

Vajrasattva and his consort are filled with nectar, and a Buddha Akshobhya appears on the crown of his head.

**Request**

Now I request to Buddha Vajrasattva:
May all sentient beings and myself be purified of all negative acts.
And especially, may all of the acts which have broken my vows be purified.

**Response**

Because of this heartfelt request to Vajrasattva and Dorje Nyegma, the HUNG in his heart again radiates light, which dissolves into myself and all sentient beings.
Supreme praise,  
The Vajrasattva samayas –  
Grant your protection, Vajrasattva.  
Remain firm in me,  
Make me totally satisfied,  
Increase the positive in me,  
Be loving towards me,  
Bestow all the accomplishments,  
As well as all the activities.  
Make my mind virtuous.  
The heart essence seed syllable –  
The four boundless, four empowerments, four joys and the four kayas,  
The sound of joyous laughter in them –  
Bhagawan the Tathagatas –  
Vajrasattva, don’t abandon me;  
I pray to become a vajra holder,  
Great samaya sattva.

Recite the mantra 21 or 28 times, or as much as you can. The 21 or 28 repetitions mean that the first seven is for the body, second seven is for the speech, the third seven is for the mind and if you do 28, the final seven is for the body, speech and mind together.

RANG KYI JI PUR PAM LE PEMA  
DANG AH LE DAWEY KYIL KOR  
KYI DING DU HUNG LE DORJE KARPO  
TSE NGA PA DE WA LA HUNG  
KYI TSEN PA DE LE Ö SEL TRUL  
DÜ YONG SU GYUR PA LE  
DORJE SEMPA KUNTOK KARPO SHE CHIK CHAKNYI KYI DORJE TANG TILBU  
SEMPA YUM DORJE NYEGMA KARMO SHE CHIK CHAK  
NYI KYI TI KUK TANG THÖPA DZIMBE KYUPA  
NYI KA THAR GYI NA SA TANG RIMPOCHE GYEN NATSOK PE GYENPA  
YAB DORJE KYI DÖM KI SHUGPA  
TI KU KAR DA WEY DING DU HUNG YIK KARPO  
TE LE Ö SEL TRUL  
RANG DE YE SHE PA CHEN DANG  
NYI SU ME PAR KYUR
Mantra Visualization

As you recite the mantra, it is important to visualize radiant light of many colours arises from Vajrasattva and consort above your head and enters your crown chakra.

• Visualize radiant light, primarily white, coming from the image and dissolving in you during the first seven mantras. The minute it enters you concentrate on purifying the body’s negative actions.

• For the second set of seven mantras, radiant light of many colours continues, primarily red. As this light enters you, concentrate on purifying negativities of speech.

• For the third set of seven mantras, the primary colour of the radiant light is blue. Visualize the light entering you and purifying the negativities of mind.

• During the fourth set of seven mantras visualize many colours of light radiating down on you, with the primary colours being white, red and blue. These dissolve into you to purify the negativities of body, speech and mind together.

This visualization is an important aspect of this ceremony, yet it is of utmost importance to hold the feeling of the four powers during the mantra recitation.