

**The Preliminary Practice Called
The Heart Essence of An Awakened Being**



Guru, think of me!

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I pay homage to the Three Jewels and the deities of the Three Roots; Guru, Yidam and Dakini.
I deeply reflect on the difficulty of obtaining a human life; impermanence and death;
the sufferings of cyclic existence and the consequences of Karma and its results.
My Guru! Bless me so that I may have realization of these things.

Homage to the Master!

Until enlightenment, I and all sentient beings
Take refuge in the Three Jewels.
In order to assist all sentient beings in attaining Buddhahood,
May I raise the Bodhicitta of aspiration and actualize the Paramitas.



AH

Seated upon the crown of my head, on a moon disc and lotus,
I visualize the Guru as Vajrasattva and consort.
A continuous stream of Amrita flows from the mantra at his heart
And purifies all evil deeds and obscurations.

(Recite the Hundred Syllable Mantra.)

**OM VAJRASATTVA SAMAYA MANUPALAYA
VAJRASATTVA TENOPA TISHTA DRIDO MEBHAVA
SUTO KHAYO MEBHAVA
SUPO KHAYO MEBHAVA
ANURAKTO MEBHAVA
SARVA SIDDHI MEPRA YATTSA
SARVA KARMA SUTSA ME
TSITTAM SHREYAM KURU HUNG
HA HA HA HA HO BHAGAVAN
SARVA TATHGATA VAJRA MAME MUNDZA VAJRI
BHAVA MAHA SAMAYA SATTVA AH**

(At the end, Vajrasattva dissolves into light. This light enters you.)

(Repeat the following as many times as you can.)

OM BENZRA SATO AH



OM AH HUNG HRI

I offer the Three Kayas; Buddhahood and its adornments; all good and pleasing things of the five senses.

And the Three Secrets of outer, inner and secret offerings emanated by Samantabhadra.

All these I offer with faith and respect to the Three Jewels and the Three Roots.

Bestow the supreme and common Siddhis of the Three Doors of Body, Speech and Mind upon me.

OM AH HUNG GURU DEVA DAKINI

SAPIRAVARA RATNA MANDALA PUDZA MEGHA AH HUNG



In the dimension of the Five Lights in the sky before me
Appears the Root Guru as Padma Jungne, the Lotus Born.
He is surrounded by an ocean of Vidyadharas (Knowledge Holders)
All of which represent the essential embodiment of all the objects of refuge.

(Apply oneself in reciting the Seven Line Prayer and the Vajra Guru Mantra.)

HUNG!

On the north-west border of the land of Orgyen
In the heart of a lotus flower,
Endowed with the most marvelous supreme siddhi,
You are renowned as “Lotus Born”.
You are surrounded by a host of Dakinis.
I practice following in your footsteps.
I pray that you come and empower me with your blessings!
Guru Padma Siddhi Hung!

OM AH HUNG BENZRA GURU PADMA SIDDHI HUNG

(At the end visualize the following.)

From the Three Syllables of OM AH HUNG at the Guru's three abodes (Head – Body, Throat-Speech, Heart – Mind).

Emanate White, Red and Blue rays.

Receive the blessings, empowerments and accomplishments.

And transform inseparably into the light of the Guru.

Dedication:

I offer all the virtuous qualities accumulated from the three times to the Victorious Ones and dedicate this to all sentient beings.

Thus! As requested by Kunzang Chosdron through Skype, on the 10th day of the 2nd Lunar Month of the sacred Fire Monkey Year, all of a sudden, I Rigdzin Palgyepa Dorjee revealed this Treasure, may it be virtuous!