

Meditation on 1000-Armed Chenresig



## **Visualization**

In the space in front of you visualize the divine form of the 1000-armed Chenresig, who is the embodiment of all the infinite Buddhas' compassionate wisdom. He stands on a lotus and moon seat. His body is in the nature of white light, youthful, and decorated with magnificent jewel ornaments. (The visualization may also be done on the top of your head.)

He has eleven faces. Of the three on his shoulders, his center face is white, the right green and the left red. Above those, his center face is green, right red and left white. Above those, his center face is red, right white and left green. Above those is a wrathful dark blue face with yellow hair standing erect. On the top of that is the red head of Amitabha Buddha, peaceful and smiling.

Chenresig's first two hands are at his heart, palms together, holding a wish-fulfilling gem. On his right, the second hand holds a crystal rosary, reminding you to recite the mantra. The third hand is in the gesture of giving realizations and from it a rain of nectar falls, curing the hunger and thirst of the hungry ghosts. The fourth hand holds a Dharma wheel.

On his left, the second hand holds a white lotus, the purest of flowers although it is born from the mud. The third hand holds a vase containing the nectar of his compassionate wisdom. The fourth holds a bow and arrow, symbolizing defeat of the four negative forces. The other 992 hands are in the gesture of giving the highest realizations. An antelope skin is draped over his left shoulder, symbolizing that hatred is overcome completely by peaceful, compassionate wisdom. (Please note, the third hands are lower than the fourth.)

### **Taking Refuge and Generating the Altruistic Intention (Bodhicitta)**

I take refuge until I am enlightened in the Buddhas, the Dharma and the Sangha. Through the positive potential I create by practicing generosity and the other far-reaching attitudes, may I attain Buddhahood in order to benefit all sentient beings. (3x)

### **The Four Immeasurables**

How wonderful it would be if all sentient beings were to abide in equanimity, free of bias, attachment and anger. May they abide in this way. I shall cause them to abide in this way. Guru-deity, please inspire me to be able to do so.

How wonderful it would be if all sentient beings had happiness and its causes. May they have these. I shall cause them to have these. Guru-deity, please inspire me to be able to do so.

How wonderful it would be if all sentient beings were free from suffering and its causes. May they be free. I shall cause them to be free. Guru-deity, please inspire me to be able to do so.

How wonderful it would be if all sentient beings were never parted from upper rebirth and liberation's excellent bliss. May they never be parted. I shall cause them never to be parted. Guru-deity, please inspire me to be able to do so.

### **Special Altruistic Intention**

Especially for the sake of all mother sentient beings, I must quickly and more quickly – in this very life – attain the precious state of complete and perfect Buddhahood. Therefore, I shall practice the gradual path of Guru Chenresig yoga.

### **Seven-limb Prayer**

Reverently I prostrate with my body, speech and mind,  
And present clouds of every type of offering, actual and mentally transformed.  
I confess all my negative actions accumulated since beginningless time,  
And rejoice in the virtues of all holy and ordinary beings.  
Please remain until the cyclic existence ends,  
And turn the wheel of Dharma for sentient beings.  
I dedicate all the virtues of myself and others to the great enlightenment.

### **Mandala Offering**

This ground, anointed with perfume, flowers strewn,  
Mount Meru, four lands, sun and moon,  
Imagined as a Buddha land and offered to you  
May all beings enjoy this pure land.

The objects of attachment, aversion and ignorance—friends, enemies and strangers, my body, wealth and enjoyments—I offer these without any sense of loss. Please accept them with pleasure and inspire me and others to be free from the three poisonous attitudes.

*IDAM GURU RATNA MANDALAKAM NIRYA TAYAMI*

### **Request Prayer**

O Arya Compassionate-eyed One  
Who is the treasure of compassion,  
I request you, please listen to me,  
Please guide myself, mothers and fathers  
In all six realms to be freed quickly  
From the great ocean of samsara.  
I request that the vast and profound

Peerless awakening mind may grow.  
With the tear of your great compassion,  
Please cleanse all karmas and delusion.  
Please lead with your hand of compassion  
Me and migrators to fields of bliss.  
Please Amitabha and Chenresig  
In all my lives be virtuous friends.  
Show well the undeceptive pure path  
And quickly place us in Buddha's state.

### **Meditation on the "Eight Verses of Thought Transformation"**

After each verse, visualize much light coming from Chenresig, flowing into you and completely filling your whole body. It purifies the selfishness and ignorance which prevent you from understanding the meaning of that verse, and gives you the ability to understand and integrate each verse into your life. Say the six-syllable mantra a few times while doing the visualization.

1. Determined to obtain the greatest possible benefit from all sentient beings, who are more precious than a wish-fulfilling jewel, I shall hold them most dear at all times.
2. When in the company of others, I shall always consider myself the lowest of all, and from the depths of my heart hold others dear and supreme.
3. Vigilant, the moment a delusion appears in my mind, endangering myself and others, I shall confront and avert it without delay.
4. Whenever I see beings who are wicked in nature and overwhelmed by violent negative actions and suffering, I shall hold such rare ones dear, as if I had found a precious treasure.
5. When, out of envy, others mistreat me with abuse, insults, or the like, I shall accept defeat and offer the victory to others.
6. When someone whom I have benefited and in whom I have great hopes gives me terrible harm, I shall regard that person as my holy guru.
7. In short, both directly and indirectly, do I offer every happiness and benefit to all my mothers. I shall secretly take upon myself all their harmful actions and suffering.
8. Undeified by the stains of the superstitions of the eight worldly concerns, may I, by perceiving all phenomena as illusory, be released from the bondage of attachment.

## **Purification Meditation and Mantra Recitation**

Chenresig now comes on top of your head, facing the same direction as you. Visualize Chenresig on the heads of all sentient beings who are seated around you. At each of the Chenresig's heart, visualize a lotus flower and a flat moon disc. Standing at the center of the moon is the seed-syllable HRI, the essence of Chenresig's omniscient mind of wisdom and compassion. This is surrounded by the letters of the long mantra, and inside this stands the letters of the six-syllable mantra. All of it is made of radiant light.

From the mantras and HRI much white light and nectar, which represent the nature of Chenresig's blissful omniscient mind, flow into your body, permeating your entire nervous system. They totally purify all disturbing attitudes, negative karmic imprints, diseases and obscurations. Feel completely pure and blissful. Similarly, light and nectar from the Chenresigs on the crown of all sentient beings flow into them, purifying all negativities and obscurations. Do this visualization while reciting the long mantra (3, 7, or 21 times) and then the six-syllable mantra (21x, 108x or as much as possible).

Long Mantra:

*NAMO RATNA TRAYAYA/ NAMO ARYA GYANA SAGARA/ BEROTSANA BUHA RADZAYA/  
TATAGATAYA/ ARHATE/ SAMYAKSAM BUDDHAYA/ NAMO SARVA TATAGATEBHYE/  
ARHATEBHYE/ SAMYAKSAM BUDDHEBHYE/ NAMO ARYA AVALOKITE/ SHORAYA/  
BODHI SATOYA/ MAHA SATOYA/ MAHA KARUNIKAYA/ TAYATA/ OM/ DARA DARA/ DIRI  
DIRI/ DURU DURU/ ITTE VATE/ TSALE TSALE/ PARTSALE PARTSALE/ KUSUME  
KUSUME WARE/ IHLI MILI/ TSITI DZOLA/ AHPANAYE SOHA/*

Six-syllable Mantra:

*OM MANI PADME HUM* (pronounced om mani paymay hung)

## **Absorption**

Think, "I will live my life in a meaningful way, and do all actions with the motivation to attain enlightenment for the benefit of all sentient beings." Because you have such a noble intention, Chenresig is extremely pleased. He melts into white light and absorbs into your heart.

## **For those who have not received the great empowerment into the Chenresig mandala:**

By Chenresig absorbing into you, your mind becomes the nature of great compassion, loving-kindness, and bodhicitta. Your body is filled with light and becomes very pure and clear, like crystal. Concentrate on this for a while.

The Chenresigs on the heads of all the sentient beings melt into light, absorb into the sentient beings and bless them so that they may progress along the gradual path to enlightenment. Then dedicate the positive potential from doing the meditation by reciting the prayers below.

**For those who have received the great empowerment into the Chenresig mandala:**

By Chenresig absorbing into you, your body becomes white blissful light. Think that your body, speech and mind are unified with Chenresig's holy body, speech and mind.

Then your body dissolves into clear light and all your ordinary concepts about who you are vanish. Meditate on the emptiness of inherent existence of yourself and all phenomena.

Out of the clear light, your mind, which is oneness with Guru Chenresig's blissful wisdom, manifests as a lotus, moon disc and upon this, yourself as Chenresig, made of radiant light.

At your heart, visualize a lotus, moon disc and the syllable HRI, surrounded by the two mantras. With great compassion, send much blissful light from the HRI and the mantras to all the sentient beings who are suffering and who have been so kind to you. The light purifies all the sentient beings of their disturbing attitudes, and negativities of body, speech and mind. The light becomes everything that sentient beings want, so they receive temporal happiness. The light also ripens their minds so that they receive the realizations of the gradual path to enlightenment and attain the ultimate happiness of Buddhahood.

Again send light rays which carry offerings to all the Buddhas and to all the sentient beings who have become chenresig. They are extremely pleased and experience bliss.

Then all the qualities of Chenresig's holy body, speech and mind in the form of white light come from all the Chenresigs and absorb into your heart, blessing your mind. All the Buddhas and all the sentient beings who have become Chenresigs fall like snow flakes into your body. Feel very blissful and think that your body, speech and mind have become completely one with Guru Chenresig's holy body, speech and mind.

While doing the above visualizations, recite the long mantra (3, 7, or 21 times) and the six-syllable mantra as much as possible.

**Dedication**

Due to this merit may I soon  
Attain the enlightened state of Chenresig  
That I may be able to liberate  
All sentient beings from their sufferings.

May the precious bodhi mind

Not yet born arise and grow.  
May that born have no decline  
But increase forever more.

Due to the positive accumulated by myself and others in the past, present and future, may anyone who merely sees, hears, remembers, touches or talks to me be freed in that very instant from all sufferings and abide in happiness forever.

In all rebirths, may I and all sentient beings be born in a good family, have clear wisdom, have great compassion, be free of pride and devoted to our spiritual masters, and live in accordance with our vows and commitments to the spiritual masters.

In whatever guise you appear, O Chenresig, whatever your retinue, your life span and pure land, whatever your name most noble and holy, may I and all others dwell.

### **Daily Activities**

When you are not meditating, but are doing your daily activities, visualize and be mindful of a small Chenresig made of radiant light at your heart. This is especially effective to help you be mindful of your actions, for Chenresig is a witness to all you do or say during the day. Also, whenever you eat or enjoy other sense pleasures, imagine offering them to Chenresig. Whenever you are praised, rather than become proud, think the other people are praising Chenresig.