VISUALIZATION AND RECITATION
OF THE SIX-SYLLABLE MANTRA OF AVALOKITESHVARA

BY JU MIPHAM RINPOCHE
If you wish to practice the visualization and recitation of the six-syllable mantra of Avalokiteshvara in a simple, unelaborate way, first take refuge, generate bodhicitta and cultivate the four immeasurables:

**SEVEN LINE PRAYER**

HUNG  
ORGYEN YUL GYI NUP CHANG TSAM  
PEMA GESAR DONG PO LA  
YATSAN CHOK GI NGÖ DRUP NYE  
PEMA JUNGE NE ZHE SU DRAK  
KHORDU KHANDRO MANGPÖ KOR  
KYED KYI JE SU DAK DRUP KYI  
CHIN GYI LAP CHIR SHEK SU SOL  
GURU PEMA SIDDHI HUNG

HUNG: In the northwest of the land of Oddiyana,  
In the pollen heart of a lotus,  
Endowed with the most marvelous attainments,  
You are renowned as the Lotus Born,  
Surrounded by a retinue of many dakinis.  
Following you, I shall practice.  
Please come and bless me with your grace.  
GURU PEMA SIDDHI HUNG

**REFUGE AND BODHICITTA**

SANG GYE CHÖ DANG TSOK KYI CHOK NAM LA  
CHANGCHUP BAR DU DAK NI KYAP SU CHI  
DAK GI JIN SOK GYI PE SONAM KYI  
DRO LA PAN CHIR SANG GYE DRUP PAR SHOK

In the Buddha, the Dharma, and the Noble Sangha  
I take Refuge until Enlightenment is fully realized.  
By the merit accumulated through the practice of generosity and the Six Paramitas,  
May I become enlightened for the benefit of all beings.
FOUR IMMEASURABLES PRAYER OF BODHICITTA

SEMCHAN TAMCHED DEWA DANG
DEWE GYU DANG DAN PAR GYUR CHIK
SEMCHAN TAMCHED DUK NGAL DANG
DUK NGAL GYI GYU DANG DRALWAR GYUR CHIK
SEMCHAN TAMCHED DUK NGAL MED PE
DEWA DAMPA DANG MI DRALWAR GYUR CHIK
SEMCHAN TAMCHED NYE RING CHAK DANG NYI DANG
DRALWE TANG NYOM LA NE PAR GYUR CHIK

May all beings have happiness, and the causes of happiness;
May all be free from sorrow, and the causes of sorrow;
May all never be separated from the sacred happiness which is sorrowless;
And may all be free from attachment and aversion, and live in boundless equanimity.

Then recite the following:

HRI  DAK PE ZHING KHAM POTALA YI Ü
HRI  In the center of the pure realm of Potala,

RAP KAR PEMA DAWE DAN TENG DU
Brilliant white, on a lotus and moon disc seat,

RANG NYID PAKPA CHENREZIG KYI KU
I appear in the form of Noble Avalokiteshvara,

KAR SAL ZHAL CHIK CHAK ZHI ZHAP NYI PA
White and radiant, with one face, four arms and two legs.

DANGPO'I CHAK NYI TUK KAR TALMO JAR
My first two hands are joined at my heart, and

OK MA NYI KYI SHEL TRENG PAD KAR NAM
The lower two hold a crystal rosary and a white lotus,
dar dang rinchen gyan dan kyiltrung zhuk
I wear silk and jewel ornaments and my seated legs are crossed.

chiwor lama od pak me pe gyan
And adorning my crown is Lama Amitābha, Buddha of Boundless Light.

khor du sang gye chang sem trin tar tip
All around are buddhas and bodhisattvas gathered like clouds.

ne sum om ah hung gi odzer gyi
From the OM AH HUNG at my three centers streams out rays of light

yeshe lha tsok chen drang nyi med tim
Inviting the hosts of wisdom deities, who dissolve indivisibly.

tuk ü pad de dan la yige hri
In the center of my heart on a lotus and moon disc seat is the syllable HRI,

de tar ngak kyi trengwe korwa le
Surrounded by the mantra garland.

od tro pak chod dro kun drip pajong
From it light streams out, making offerings to the noble ones and purifying the obscurations of all beings.

zhing kham tamchad ri po ta le zhing
The whole environment becomes the realm of Mount Potala.

nangwa tamchad tukje chenpo'i ku
All that appears is the form of the Great Compassionate One,
DRA DRAK TAMCHAD YIGE DRUKPE SUNG
All sounds the speech of the six-syllable mantra,

DRAN TOK TAMCHAD TONG NYID NYINGJE’I TUK
And all thoughts the wisdom mind of emptiness and compassion.

DZIN MED KHYAP DAL NYUK ME NGANG NE DE
Out of the genuine nature, beyond grasping and all-pervading, I recite the mantra:

OM MANI PEME HUNG
Recite this six-syllable mantra, or, if you wish, by adding HRI, the seven-syllable mantra. Then, at some point,
continue with:

HRI RANG GI SEM LA SEM KYI TÖ
HRI. At my own mind, with mind, I look:

NGO ZUNG MED PE NAMKHA DRA
With nothing to identify, it’s just like space,

CHI YANG MA TONG SANG NGE WA
With nothing whatsoever to see, vividly clear,

NGOWO TONGPA NYID DU NE
In that essence, which is emptiness, I remain.

OM MANI PEME HUNG HRI
Out of that experience of unimpeded emptiness

Appearances arise, unobstructed and vividly clear,

Without bias, all-pervasive, uncompounded,

And with the nature of clear light – how wonderful!

Clear yet empty, and empty yet clear,

Clarity and emptiness indivisible, beyond thought and expression—

This innate, genuine state of perfect bliss,

Is the ultimate Lord Avalokiteshvara.

OM MANI PEME HUNG HRI
Considering the meaning, recite the mantra. Finally dedicate the merit and recite verses of auspiciousness. I, Mipham, wrote this according to the meaning of the tantras, scriptures and pith instructions for Nāthavija’s practice. May it be virtuous! Mangalam!

Translated by Ane Tsöndrü and Adam Pearcey, Rigpa Translations, 2015.

DEDICATIONS

SONAM DI YI TAMCHAD ZIKPA NYID
TOP NE NYE PE DRA NAM PAMJE SHING
KYE GA NA CHI BALONG TRUKPA YI
SIPE TSO LE DROWA DROLWAR SHOK

By this merit may I attain omniscience.
Having defeated the enemies, negativities,
May all beings be liberated from the ocean of existence,
With its stormy waves of birth, old age, sickness and death.

JAMPAL PAWO JITAR KHYENPA DANG
KUNTUZANGPO DE YANG DE SHIN TE
DE DAK KUN GYI JE SU DAK LOP CHING
GEWA DI DAK TAMCHAD RAP TU NGO

Just as the Bodhisattva Manjushri attained his realization,
And likewise Samantabhadra,
I shall train to follow in their footsteps
And dedicate all this merit toward the enlightenment of all beings.

PRAYER FOR THE SWIFT REBIRTH OF HIS HOLINESS DODRUPCHEN RINPOCHE

Adapted by Ven. Tulku Thondup Rinpoche from Kyabje Dudjom Rinpoche’s long life prayer for Dodrupchen Rinpoche

LU MED KYAP NE GYATSO’I CHIN TU YI
JIGMED TUPTAN TRINLE PALBAR GYI
CHOK GI TRULKU’I NYIN CHED NANGWA YI
LAPCHEN TANDRO’I ZHED DON NYUR DRUP SHOK

By the power of the ocean-like infallible refuges,
May Jigme Thubten Thrinle Palbar
Through the brilliance of the sun of excellent Tulkus,
Swiftly accomplish all his wishes for the Dharma and beings.
LONG LIFE PRAYER FOR DZA KILUNG JIGME RINPOCHE

offered by Tulku Thondup

CHO YING TRÖPA DRALWE ZHING KHAM SU
CHO MED PEMA JUNG NE KHANDROI TSOK
NYING NE DAD PE SOLWA DEP LAK NA
TSE WE CHAN GYI ZIK ZHIN GONG SU SOL

In the basic space of phenomena, free of elaboration,
Immortal Padmasambhava and hosts of dakinis,
To you we pray with heartfelt devotion,
Please regard us with your loving gaze.

DÜ SUM GYALWE KHYEN TSE’I RANG ZUK CHE
DAK SOK KYE DRO’I TARWE LAM TON CHOK
JIGMED TANDZIN CHÖ KYI DRAK PA YI
ZHAP PAD DORJE’I CHÖ SU TAN PAR DZOD

Great embodiment of wisdom and compassion of buddhas past, present, and future,
Most sublime guide along the path of liberation, for us and all living beings,
May the lotus feet of Jigme Tendzin Chodrak
Remain stable with indestructible vajra qualities.

DZAM LING YANG PE TA DRU MA LÜ PA
ZAP SANG OD SAL DUD TSE’I CHÖ CHAR GYI
KAL ZANG CHE WE LO DRÖ PAD TSAL GYE
JIGMED GYALWE TANPA GYE GYUR CHIK

Within this infinite world, all that arises is
Profound and secret radiance, a rainfall of dharma nectar,
Nurturing a lotus garden of wisdom for innumerable fortunate disciples,
Champion of the Victorious One’s teachings, may you flourish.

DRO GYUD CHAM DANG NYING JE YONG DROL TE
NANG SID DAKPE ZHING DU RANG SHAR NE
TSA GYUD LAME GONG LONG TRÖ DRAL NGANG
RIG TONG DOD ME YING SU SANG GYE SHOK

Completely liberating the minds of beings through love and compassion,
Naturally arising purity in the world of phenomenal appearances,
In the state of vast and unelaborate realization of our root and lineage lama,
May we awaken to buddhahood in the primordial space of empty awareness.
This long-life prayer was written for the fifth incarnation of the great siddha Jigme Ngotsar (Dza Kilung Rinpoche) by Ngawang Lobzang Dondrup Gyamtso (Tulku Thondup Rinpoche) at the request of disciples Jeanne Lepisto and Lila Wheeler on behalf of the global sangha.

May there be virtue!