

# The Meditation of Vajrasattva

[One should say and think]:

'On the crown of one's ordinary human body is the effulgent body of Vajrasattva, the Embodiment of the Five Buddhas, White, shining, with dorje and bell, wearing ornaments, cross-legged, smiling, with compassionate expression, with Hum in the centre of the heart, surrounded by the circle of letters, from [both of] which issues milk-like nectar [that penetrates] from the crown of one's head to the sole of one's feet, whereupon disease, evil spirits, sin, eclipse [of good in the heart] are destroyed. Like a crystal vase filled with curds, like clear and void light [one's body becomes].'

OM VAJRASATTVA etc. One should repeat [this mantra] many times.

One should [then] think that in the sky there is a mass of white lotuses edge to edge, on the petals of each of which sits Vajrasattva with HUM in the centre of the heart etc. Beneath each Vajrasattva is a man. From the mantras [surrounding the HUM] light issues and falls upon the head of each man and takes away his sin so that he becomes like a crystal vase filled with curds. - Thus should one think.

When these [practices] are finished [one should repeat] the prayer:

'Vajrasattva Mahasattva,  
All-knowing Vajra  
Vajra [the] Primeval Samantabhadra  
To [thee] Vajrasattva, I bow!

[Then] repeat this prayer of four lines:

'O Protector Vajrasattva,  
Ignorant and stupid am I;

From your Samaya I have fallen away.  
Guru, Protector, Refuge,  
Supreme Vajra-holder,  
The Essence of Great Compassion,  
To [thee] the Best of Biped, I bow!

Thus one's own and others' sins are purified.

From Vajrasattva's mouth:

'My son, from today your sins and those of all other people  
are wiped out.'

[one should say and reflect:]

'By the light from Vajrasattva's body one's own and other's sins  
are purified. Become Vajrasattva, each is absorbed in the body of  
the Guru on the head. Transformed into light, they are united into  
one. He is dissolved into the Void.

One should do this 100,000 times. For the purpose of  
[abbreviated] daily practice one should simply recite the mantra  
and say and think: Vajrasattva, transformed into light, is absorbed  
into one's own body.' So much will suffice.

*See Precious Teachers Chapter Eight for Bhante's taking up of the  
practice.*