

Vajrasattva Practice

The Vajrasattva Practice is for mental and physical purification. It is the most powerful purification practice in daily life. Vajrasattva is the deity that embodies the purification powers of all the Buddhas. If one practices sincerely with the correct motivation, all the negativities we have accumulated in this life and previous lives can be removed.

Vajrasattva Practice Text we use at the Gyuto Foundation can be downloaded from our website. There is also a long **Vajrasattva Sadhana & Tsog Offering** text available.

In *Liberation in the Palm of Your Hand*, Pabongkha Rinpoche explains how the great Atisha would purify any negativity, no matter how small, immediately. Even in public or when riding his horse, as soon as he noticed a breach of his ethics, he would stop what he was doing, drop to one knee and then and there, purify it with the four opponent powers – the powers of dependence, regret, remedy, and restraint. Of course, compared to us, Atisha may not have had that much to purify. Still, he would say, "I never break my pratimoksha vows; I rarely break my Bodhisattva vows; but my tantric vows – I transgress those like falling rain." Atisha practiced purification in this way because of his deep realization of the psycho-mechanics of negative karma, especially its four fundamentals: negative karma is certain to bring suffering; it multiplies exponentially; if eradicated, it cannot bring its suffering result; and once created, it never simply disappears. Through the study and practice of Dharma, we should try to attain Atisha's level of understanding. In the meantime, we should try to practice as he did. Thus, we can be like the great Atisha – whenever we notice we have broken a vow or created any other kind of negative karma, we can purify that negativity with the four opponent powers without a second's delay.

Hundred Syllable Mantra of Vajrasattva: OM VENZA SATTU SAMAYA /
MANU PALAYA / VEN ZA SATTU TENOPA / TITRA DRIDHO ME BHAWA /
SUTO KHAYO ME BHAWA / SUPO KHAYO ME BHAWA / ANU RAKTO ME
BHAWA / SARWA SIDDHI METRA YATSA / SARWA KARMA SU TSAME /
CHITTAM SHRI YAM / KURU HUM / HA HA / HA HA HO / BHAGA VEN /
SARWA TATHA GATA / VEN DZA / MAME MUN TSA / VEN ZE BHAWA /
MAHA SAMAYA SATTU / AH HUM PHAT

<http://gyutofoundation.org/index.php/services/features-7/19-demo/258-vajrasattva-practice>