Short Chenrezig Meditation
The Practice of Purification and Compassion
MEDITATION ON EMPTINESS

OM SVA BHA VA SHUD DHA SAR VA DHAR MA SVA BHA VA SHUD DHO HANG
The mode of abiding of all phenomena is itself pure openness. Sustain that nature.

VISUALIZATION

TONG PA' NGANG LE PE DA TENG / DAG NYI THUG JE CHEN POT KU
From the all-pervading emptiness arises a lotus flower with a moon disc seat.
Upon this throne in the lotus

KAR SEL ZHEL CHIK CHAG ZHI PA / DANG POT THUG KAR THEL MO JYAR
position, I am seated in the body of Chenrezig, who is white in color with four arms
The two upper hands

OG ME TRENG WA PE MA DZIN / KYIL TRUNG DAR DANG RIN CHEN GYEN
are joined at the heart holding the wish-fulfilling gem. The lower right hand
holds a crystal rosary, and the lower left hand holds a lotus flower.
Chenrezig is clad in the sacred silken robes and wearing the precious
five-pointed crown and other ornaments.

LONG CHÖ DZOG KU TSHE N PE TRE
This form is sambhogakaya, the complete enjoyment body, bearing
all the auspicious signs of the Buddha.
MANTRA RECITATION

In the heart center of Chenrezig is a moon disc with the letter HRI standing in the center. Around this, the mantra OM MANI PADME HUNG circles clockwise.

Light radiates from the mantra and is offered to the buddhas and bodhisattvas in the buddhafields.

Blessings of compassion and wisdom return from the buddhafields in the form of light, which is absorbed into myself. All obscurations of body, speech, and mind are purified. Again, compassionate light radiates from the heart mantra, dispelling the suffering and ignorance of all sentient beings of the six realms, who are then transformed into Chenrezig, the Great Compassionate One.

All sentient beings are saying the mantra together at the same time.