

Guru Manjushri Sadhana

You must have received initiation in order to perform this sadhana

Refuge

At eye level in front of you, visualize the refuge field and take refuge in the Guru and the Three Precious Gems.

**Sangay cho tang tso kyi chog nam la
Chang chub phar du dag nyi kyab su chi
Dag kye gin sok gye pay sonam kyi
Drola penchir sangay drup par shog (3x)**

or

**In order to obtain perfect enlightenment, I vow
from now on to go for refuge to the guru and three
precious gems, and not abandon sentient beings. I
will practice the six perfections. (3x)**

*Dissolve the refuge field into white light which enters
through the top of your head to your heart thereby receiving
the blessings.*

Four Great Wishes

**May all sentient beings have happiness and the cause of happiness.
May they be free from suffering and the causes of suffering
May they never be separated from the pure bliss that is sorrowless.
May they abide in equanimity free from attachment and aversion.**

Seven Limb Prayer

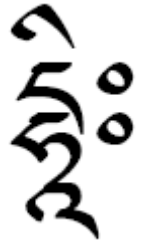
**Reverently I prostrate with my body, speech and mind.
And present clouds of every type of offering, both actual and mentally transformed.
I confess all my negative actions accumulated since beginningless time,
And rejoice in the virtues of all holy and ordinary beings.
Please remain until cyclic existence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

**All things by nature are utterly pure, and so too am I by nature utterly pure.
OM SVABHAVA SHUDDHO SARVA DHARMA, SVABHAVA SHUDDHO HUM**
Place your mind into the clear, unobstructed nature of the primordial mind.



Out of the state of emptiness appears PAM, from which arises a multicolored lotus. Within this AH arises and transforms into a white moon disk. On top of this is my own mind in the form of orange DHIH, clear and shining. From DHIH and from a sudden transformation of the syllable, I arise as the smooth, glorious, melodious one, the embodiment of all the Buddhas infinite wisdom, Manjushri. His translucent golden orange body is flawless and adorned with marks and signs of a Buddha. On lotus and moon cushion, with one face and two arms, his hair is half bound up. He sits in full lotus posture.

A youth of sixteen, his right hand is holding a flaming sword of wisdom. His left hand holds a stem of a lotus which blossoms at his left shoulder. Upon this lotus rests the Perfection of Wisdom Sutra. Dressed in princely garments of silks and gold adornments he has a full moon as a back rest. At the forehead, white OM; At the throat, red AH; At the heart, orange DHIH marked by blue HUM. Light radiates from the guru within my heart inviting the wisdom beings. The light gathers back. The mind of guru Manjushri and my mind merge.



Many goddesses now issue from the heart to make offerings.

Om Sapparivara Argham Praticchaya Soha -drinking water

Om Sapparivara Padhye Praticchaya Soha-washing for the feet

Om Sapparivara Pupe Praticchaya Soha-flowers

Om Sapparivara Dhupe Praticchaya Soha-incense

Om Sapparivara Alope Praticchaya Soha- lamp

Om Sapparivara Gandhe Praticchaya Soha-perfumed water

Om Sapparivara Nawidhye Praticchaya Soha-food

Om Sapparivara Shabdha Praticchaya Soha-music

*Should there be time, do one or more of the following visualizations with as much mantra recitation as possible. Otherwise go to the mantra recitation. *OM AH RA PA TSA NA DHIH*

1. Orange nectar flows from Guru Manjushri in the heart filling my trunk, neck and head fully. The nectar is in the form of extremely tiny replicas of Guru Manjushri so tightly packed that there is no space between them. Each is the same nature and power as the emanating Manjushri. The Manjushri radiates infinite rays of light throughout the ten directions, drawing back the wisdom of the Buddhas in the same aspect. The wisdom beings dissolve into the commitment beings. *
They reabsorb into the heart center (root mind). Remain one pointedly in the heart center feeling that great wisdom has been granted. Rest and wait quietly.
2. Orange nectar flows again filling the trunk, neck and head of my body fully. The nectar is in the form of the mantra OM AH RA PA TSA NA DHIH in the English letters or in the Tibetan letters, tightly packed so that there is no space between them. The letters and the sound of the mantra is the nature of the mind and activities of Guru Manjushri. The mantra letters radiate infinite rays of light throughout the ten directions, drawing back the wisdom of the Buddhas in the same aspect. The wisdom beings dissolve into the commitment beings. The mantra vibrates and dislodges all negativity and dissolves it instantly. *They reabsorb into the heart center (root mind). Remain one pointedly in the heart center feeling that clear wisdom has been granted. Rest and wait quietly.
3. Orange nectar flows from Guru Manjushri in the heart filling my trunk, neck and head fully. The nectar is in the form of tiny DHIH so tightly packed that there is no space between them. The DHIH radiates infinite rays of light throughout the ten directions, drawing back the wisdom of the Buddhas in the same aspect. The wisdom beings dissolve into the commitment beings. *
They reabsorb into the heart center (root mind). Remain one pointedly in the heart center feeling that quick wisdom has been granted. Rest and wait quietly.
4. Orange nectar flows from Guru Manjushri in the heart filling my trunk, neck and head fully. The nectar is in the form of tiny swords of Guru Manjushri. This is the flaming wisdom sword as it is depicted in the iconography. The tiny swords are so tightly packed that there is no space between them. The swords radiates infinite rays of light throughout the ten directions, drawing back the wisdom of the Buddhas in the same aspect. The wisdom beings dissolve into the commitment beings. The double edged sword blades move touching everywhere destroying misconceptions at their root. *

They reabsorb into the heart center (root mind). Remain one pointedly in the heart center feeling that profound wisdom has been granted. Rest and wait quietly.

5. Orange nectar flows from Guru Manjushri in the heart filling my trunk, neck and head fully. The nectar is in the form of tiny replicas of the book you will be expounding so tightly packed that there is no space between them. The books radiate infinite rays of light throughout the ten directions, drawing back the wisdom of the Buddhas in the same aspect. The wisdom beings dissolve into the commitment beings. *

They reabsorb into the heart center (root mind). Remain one pointedly in the heart center feeling that the wisdom of expounding the dharma has been granted. Rest and wait quietly.

6. Orange nectar flows from Guru Manjushri in the heart filling my trunk, neck and head fully. The nectar is in the form of tiny wheels of sharp weapons so tightly packed that there is no space between them. The wheels radiate infinite rays of light throughout the ten directions, drawing back the wisdom of the Buddhas in the same aspect. The wisdom beings dissolve into the commitment beings. *

They reabsorb into the heart center (root mind). Remain one pointedly in the heart center feeling that the wisdom of spiritual debate has been granted. Rest and wait quietly.

7. Orange nectar flows from Guru Manjushri in the heart filling my trunk, neck and head fully. The nectar is in the form of tiny dharma books on the subject we are to be writing and wheel of sharp weapons so tightly packed that there is no space between them. The books and wheels radiate infinite rays of light throughout the ten directions, drawing back the wisdom of the Buddhas in the same aspect. The wisdom beings dissolve into the commitment beings. *

They reabsorb into the heart center (root mind). Remain one pointedly in the heart center feeling that the wisdom of composing dharma books has been granted. Rest and wait quietly.

*Recite the mantra **OM AH RA PA TSA NA DHIH** as much as possible within the heart reliance followed by guru mantra (21x.) Maintain the energy of the sadhana and connection with the inner guru as long as possible.*

OM AH GURU VAJRADHARA
WAGINDRA JINASASHANA
ABEHA DHARMESHVARA
SIDDHI HUM, HUM HUM PHAT SOHA

Dedication should be done with a wholehearted motivation to attain enlightenment as soon as possible.

May I quickly attain the enlightened state of Manjushri and secure every being without exception in that state.

Do ones daily activities maintaining a more inner focus if possible. In any case, keep the pride of the practice which is a special form of humility, and self respect.