

The Sadhana of the Solitary Father Vajrasattva (Preliminary Translation)

The guru deity, especially in the aspect of Vajrasattva, is equal to the energy and power of the blessings of the holy body, speech, mind, qualities, and activities of all the buddhas of the ten directions. Vajrasattva is the supreme purifier of the negative karma and imprints of the three doors of body, speech, and mind of migrating sentient beings. Through relying on his practice conjoined with the four opponent powers it is said that even very heavy negativities and broken commitments can be purified. Moistened by a motivation imbued with bodhicitta, visualize the assembly of the refuge field clearly.

In the space in front of me is Guru Vajrasattva surrounded by the assembly of root and lineage gurus, the meditational deities, three jewels of refuge, and oath-bound protectors.

Imagine that yourself, together with all sentient beings, go for refuge.

I and all sentient beings pervading the reaches of space from this moment until we reach the essence of enlightenment,

Go for refuge to the Glorious Holy Gurus,

Go for refuge to the fully accomplished Buddha foe-destroyers,

Go for refuge to the Holy Dharma,

Go for refuge to the Arya Sangha.

(x3)

Go for refuge and generate bodhicitta.

I take refuge until I am enlightened, in the Buddha, the Dharma, and the Supreme Assembly. By means of the two collections, for the sake of which I practice generosity and the other perfections, may I become a Buddha in order to benefit all sentient beings.

(x3)

The four immeasurables

May all sentient beings be endowed with happiness and the causes of happiness.

May all sentient beings be separated from suffering and the causes of suffering.

May all sentient beings never be separated from the happiness that is without suffering.

May all sentient beings abide in equanimity, separated from the attachment and aversion that holds some close and others distant.

(x3)

Generate Special Bodhicitta

For the sake of all mother sentient beings pervading the reaches of space I will attain the state of completely accomplished buddhahood. For this purpose, I will engage in the meditation-recitation practice of Vajrasattva.

(x3)

Instantaneous Self-Generation

In an instant, I arise in the form of Vajrasattva.

Bless the offerings for the front-generated Vajrasattva and field of accumulation.

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Everything becomes emptiness.

From emptiness, from **OM** syllables arise vast and expansive jeweled offering vessels, inside of which **OM** syllables melt into light and transform into the offering substances:

Drinking water, foot-washing water, flowers, incense, lamps, perfumed water, food, and music.

Brilliant and pure, they fill the extent of space and give rise to a special uncontaminated great bliss.

OM ARGHAM, PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA AH HUM

Make the offerings to the field of accumulation.

OM SARVA TATHAGATA SAPARIVARE ARGHAM, PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA PRATICCHA HUM SVAHA

O Bhagavan Vajrasattva please cleanse and purify all the negativities and broken commitments of myself and all sentient beings without exception.

The self-generation

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Everything becomes emptiness.

From emptiness from **AH** arises a lotus, upon which from **AH** arises a moon disk upon which one's mind appears in the aspect of a letter **HUM**. This transforms into a five-spoked vajra marked with the syllable **HUM**. From this, light rays emanate and accomplish the two purposes.

They dissolve back [into the vajra]. From this, I arise as Vajrasattva with a body white in colour, with one face and two arms. My right hand holds a vajra at my heart. My left a bell at my hip. I am adorned with silken garments and jewel ornaments. I possess the marks and signs [of an enlightened being]. My legs are in the vajra posture. At my heart, upon a lotus disk appears a white **HUM** from which light rays emanate. These invite the wisdom beings of the same form as oneself.

JA HUM BAM HO. We become inseparable.

Once again, from the **HUM** at one's heart, light rays emanate and invite the empowering deities.

Make the request:

Please bestow empowerment upon me.

Having requested in this way, the empowering deities hold vases filled with nectar.

OM SARVA TATHAGATA ABHISHEKATA SAMAYA SHRIYE HUM

The empowerment is bestowed, and one's body is filled with the wisdom nectar. The overflow transforms into an Akshobya at my crown.

O Bhagavan Vajrasattva please cleanse and purify all of the negativities and broken commitments of myself and all sentient beings without exception."

Having thus requested, from a **HUM** light rays emanate and purify the negativities and obscurations of all sentient beings and make pleasing offerings to the buddhas and bodhisattvas.

All their qualities are gathered in the form of light which dissolves into the **HUM** at the heart bestowing glory and abundant power.

Making the offerings to the self-generation

OM VAJRASATTVA ARGHAM, PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA, PRATICCHA HUM SVAHA

Request

O Bhagavan Vajrasattva please cleanse and purify all the negativities and broken commitments of myself and all sentient beings without exception.

Initial Recitation and Visualization on the basis of the self-generation

At one's heart upon a moon disk is a **HUM** around which rotate the syllables of the hundred syllable mantra.

**OM VAJRASATTVA SAMAYA MANUPALAYA / VAJRASATTVA TVENOPATISHTHA /
DRIDHO ME BHAVA / SUTOSHYO ME BHAVA / SUPOSHYO ME BHAVA / ANURAKTO
ME BHAVA / SARVA SIDDHIM ME PRAYACCHA / SARVA KARMA SU CHAME /**

CHITTAM SHRIYAM KURU HUM / HA HA HA HA HO / BHAGAVAN SARVA
TATHAGATA / VAJRA MAME MUNCHA / VAJRA BHAVA MAHA SAMAYA SATTVA AH
HUM PHAT

Recite as many as possible.

Visualizations and recitations on the basis of the front-generation

Request

O Bhagavan Vajrasattva, please cleanse and purify the negativities, obscurations, and degenerated samayas accumulated through the body by myself and all sentient beings.

Visualization

At the crowns of the front-generation guru solitary Vajrasattva and the surrounding root and lineage gurus from white **OM** syllables arise limitless white light rays and nectars. These enter the crowns of myself and all sentient beings. All the negativities and obscurations accumulated over countless rebirths through the body under the influence of the three poisons such as killing, taking what is not given, and sexual misconduct and so forth, as well as degenerated commitments and their imprints are completely cleansed and purified.

OM VAJRASATTVA SAMAYA MANUPALAYA / VAJRASATTVA TVENOPATISHTHA /
DRIDHO ME BHAVA / SUTOSHYO ME BHAVA / SUPOSHYO ME BHAVA / ANURAKTO
ME BHAVA / SARVA SIDDHIM ME PRAYACCHA / SARVA KARMA SU CHAME /
CHITTAM SHRIYAM KURU HUM / HA HA HA HA HO / BHAGAVAN SARVA
TATHAGATA / VAJRA MAME MUNCHA / VAJRA BHAVA MAHA SAMAYA SATTVA AH
HUM PHAT

Recite as many as possible.

Request

O Bhagavan Vajrasattva, please cleanse and purify the negativities, obscurations and degenerated commitments accumulated through speech by myself and all sentient beings.

Visualization

Again, at the hearts of the front-generation guru solitary Vajrasattva and the surrounding root and lineage from red **AH** syllables arise limitless red light rays and nectars. These enter the throats of myself and all sentient beings. All the negativities and obscurations accumulated over countless rebirths through speech under the influence of the three poisons such as lies, harsh words, divisive talk, gossip and so forth, as well as degenerated commitments and their imprints are completely cleansed and purified.

OM VAJRASATTVA SAMAYA MANUPALAYA / VAJRASATTVA TVENOPATISHTHA /
DRIDHO ME BHAVA / SUTOSHYO ME BHAVA / SUPOSHYO ME BHAVA / ANURAKTO

ME BHAVA / SARVA SIDDHIM ME PRAYACCHA / SARVA KARMA SU CHAME /
CHITTAM SHRIYAM KURU HUM / HA HA HA HA HO / BHAGAVAN SARVA
TATHAGATA / VAJRA MAME MUNCHA / VAJRA BHAVA MAHA SAMAYA SATTVA AH
HUM PHAT

Recite as many as possible.

Request

O Bhagavan Vajrasattva, please cleanse and purify the negativities, obscurations and degenerated commitments accumulated through speech by myself and all sentient beings.

Visualization

Again, at the hearts of the front-generation guru solitary Vajrasattva and the surrounding root and lineage from blue **HUM** syllables arise limitless blue light rays and nectars. These enter the hearts of myself and all sentient beings. All the negativities and obscurations accumulated over countless rebirths through mind under the influence of the three poisons such as covetousness, ill will, and wrong view and so forth, as well as degenerated commitments and their imprints are completely cleansed and purified.

OM VAJRASATTVA SAMAYA MANUPALAYA / VAJRASATTVA TVENOPATISHTHA /
DRIDHO ME BHAVA / SUTOSHYO ME BHAVA / SUPOSHYO ME BHAVA / ANURAKTO
ME BHAVA / SARVA SIDDHIM ME PRAYACCHA / SARVA KARMA SU CHAME /
CHITTAM SHRIYAM KURU HUM / HA HA HA HA HO / BHAGAVAN SARVA
TATHAGATA / VAJRA MAME MUNCHA / VAJRA BHAVA MAHA SAMAYA SATTVA AH
HUM PHAT

Recite as many as possible. [in the context of retreat] If one is aiming to recite 100,000 mantras, it is necessary to recite an additional 1100 mantras for a total of 111,000.

Due to my unknowingness and confusion, I have transgressed and degenerated my sacred commitments. Guru protector, give me refuge! Principal holder of the vajra, embodiment of great compassion. Chief of migrators, in you I take refuge!

From his holy mouth Vajrasattva Proclaims: O child of the lineage, all your negativities, obscurations, and broken and degenerated commitments are cleansed and purified.

Having said this, he dissolves into me, and my body speech and mind become inseparable from the holy body, speech, and mind of Vajrasattva.

Then, make an offering of thanksgiving:

**OM SARVA TATHAGATA SAPARIVARA ARGHAM, PADYAM, PUSHPE, DHUPE,
ALOE, GANDHE, NAIVIDYA, SHAPTA PRATICCHA HUM SVAHA**

Praise

O Bhagavan Vajrasattva, you purify all the negativities, obscurations, and degenerated and broken commitments of myself and all sentient beings without exception. Whatever actions I have done incorrectly, through lack of knowledge, not finding the materials, or lack of power, please be patient with all of these.

Whatever was inadvertently added or omitted, as well as any deficiencies in the ritual, and whatever I may have forgotten, please be patient with these as well.

If you have a physical representation of the deity such as a statue, thangka, or picture:

For the sake of all sentient beings please abide here with this support [image] and remain with us, bestowing excellently good health, long life, prosperity, and all that is supreme.

Departure of the wisdom beings and the dissolving of the commitment/samaya beings

OM VAJRA MU. May the wisdom beings depart to their natural abodes. May the commitment beings dissolve into myself.

Concluding Prayers

Through this virtue, may I quickly achieve the state of Vajrasattva. And may I lead all migrating beings without exception to that state.

Dedication

Due to the power of this, in all lifetimes may I never be separated from the Mahayana's four wheels. May I perfect definite emergence, bodhicitta, correct view and the paths of the two stages.

I fully dedicate all these virtues to be able to train like the hero Manjushri, who knows reality, and just like Samantabhadra as well.

I excellently dedicate all my roots of virtue with the dedication praised as the best by the thus-gone ones victorious ones of the three times, in order to have good conduct.

The King of Aspirations is supreme, established as the ornament of Samantabhadra's treatises it benefits limitless beings. May the continuum of bad migrations be completely emptied!

May the precious supreme bodhicitta not yet born arise. May that arisen not decline but increase more and more.

May the precious view of emptiness not yet born arise. May that arisen not decline but increase more and more.

May there be the auspiciousness of equanimity and bodhicitta! May there be the auspiciousness of the root and lineage gurus! May there be the auspiciousness of the mother dakinis! May there be the auspiciousness of the dharma protectors and guardians of the teachings!

In the land encircled by snow mountains, you are the source of all happiness and good. All powerful Chenrezig, Tenzin Gyatso, please remain until samsara ends.

Translator's Colophon

This sadhana was compiled from various sources Geshe Sonam Ngodrup, including Phabongkha Rinpoche Dechen Nyingpo's text on the Vajrasattva Meditation (rdo rje sems dpa' sgom bzlas) the Great Fifth Dalai Lama Losang Gyatso's Daily Yoga Meditation-Recitation of Vajrasattva (rdo rje sems dpa'i sgom bzlas rgyun gyi rnal 'byor), and the text of the Permission Initiation of Solitary Father Vajrasattva (rdor sems yab rkyang gi sjes snang) by Toyon Lama Jamphel Dorje. Additional prayers and mantras were sourced from the Sera Mey Prayer Book. The refuge and bodhicitta prayer, in accordance with the instructions of His Holiness the 14th Dalai Lama, references the accumulation of "the two collections" (of merit and wisdom) rather than only the "practice of generosity and so forth".

The yig-chung (small letters) of the Tibetan text are rendered in italics. These lines are not meant to be recited as part of the practice, but function to as guideposts and instructions in the sadhana. Section markers from the yig-chung are given in bold italics.

This translation was completed by Khedrup (R. Tasker) and offered to the Lama Yeshe Ling community on the holy day of Chokhor Duchen 2025. The translation of some of the dedication prayers are based on those in the FPMT dedication prayer book. Any errors and omissions are the fault of the translator. With gratitude for proofreading and content suggestions by AB and ST.

