

Avalokiteshvara Meditation

Study Material for Bodhipath

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Visualisation

Upon a white lotus and moon above my head and crowning each sentient being throughout space, is Noble, Supreme gleaming white and light. Lovely and eyes of compassion. four hands are held in hold a crystal rosary Adorned with silk and upper body is clothed crowned by Buddha Amitabha, and seated in the adamantine posture, with an immaculate full moon as his backrest. In essence he is the union of all sources of refuge.



HRI from which Chenrezi appears, radiating five-colored smiling, he gazes with The first two of his prayer, the lower two and white lotus. jewel ornaments, his with a deerskin. He is

Mantra

The mantra *Om Mani Padme Hum* is easy to say yet quite powerful, because it contains the essence of the entire teaching.

When you say the first syllable *Om* it is blessed to help you achieve perfection in the practice of generosity, *Ma* helps perfect the practice of pure ethics, and *Ni* helps achieve perfection in the practice of tolerance and patience. *Pad*, the fourth syllable, helps to achieve perfection of perseverance, *Me* helps achieve perfection in the practice of concentration, and the final sixth syllable *Hum* helps achieve perfection in the practice of wisdom.

So in this way recitation of the mantra helps achieve perfection in the six practices from generosity to wisdom.

The path of these six perfections is the path walked by all the Buddhas of the three times. What could then be more meaningful than to say the mantra and accomplish the six perfections?

Dilgo Khyentse Rinpoche in *Heart Treasure of the Enlightened One*