

# THE TREASURE MEDITATION BOOK



H.H. KHENCHEN LAMA RINPOCHE

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### *Supplement to The Treasure Meditation Book*

#### **OPENING: Conch & Vajrasattva Purification (with water):**

Om Benza Sato Samaya  
Manu Palaya  
Benza Sato Tenopa  
Tishta Drido Mé Bhawa  
Suto Khayo Mé Bhawa  
Supo Khayo Mé Bhawa  
Anu Rakto Mée Bhawa  
Sarwa Siddhi Mé  
Prayatsha  
Sarwa Karma Sutsa Mé

Sit-Tam Shriya Kuru  
Hung  
Ha Ha Ha Ha Ho  
Bhagavan  
Sarwa Tathagata  
Benza Mamé Muntsa  
Benzi Bhawa  
Maha Samaya Sato  
Ah (3X)



## Long Life Prayer for H. H. Khenchen Lama Rinpoche

In the Dharmadhatu appearing as Amitabha,  
In the Sambhogakaya form as the Wisdom Buddha  
Manjushri,  
Padmasambhava's heart son, Sangye Yeshe,  
Incarnated as Padma Drag-ngag Lingpa in your previous life  
And Pelge-yepa Dorjee in this lifetime.  
May your life be longer than the duration of samsara  
So that all your virtuous intentions can be accomplished.  
Please give me your heart blessings so that  
My mind is united with yours in the Buddha nature.  
So I pray!

*Written by Chodpa Lama Tashi Dorjee*

## THE GURU: Secret Rigpa Guru Yoga

*Blessing mantra, Refuge and Bodhicitta prayer:*

**Om Sambara Sambara Bimana Sara Maha Zambaba Hung  
Phat Soha! (3X)**

In the supreme Buddha, Dharma and Assembly  
I take refuge until attaining enlightenment,  
Through the merit of practicing generosity and so on,  
May I attain Buddhahood in order to benefit beings.  
(3X)

### The Four Immeasurables

May all beings have happiness and the cause of happiness.  
May they be free of suffering and the cause of suffering.  
May they never be disassociated from the supreme  
happiness which is without suffering.  
May they remain in the boundless equanimity, free from  
both attachment to close ones and rejection of others. (3X)

### The Seven Line Prayer

In the north-west of the land of Orgyen,  
In the heart of a lotus flower,  
Endowed with the most marvelous attainments,  
You are renowned as the lotus-born,  
Surrounded by many hosts of dakinis.  
Following in your footsteps  
I pray to you: come and bless me with your grace!  
**Guru Padma Siddhi Hung (3X)**

### Seven Limb Prayer

Whatever merit I have gathered through prostrations,  
offerings, confession, rejoicing, requesting, and praying -

for the sake of the enlightenment of all sentient beings, all  
this I dedicate.

*Nature of Phenomena Prayer*

*Do this towards all you see:*

Outside, inside, environment and beings, all things

While seeing them, without grasping, remain.

This freedom from the trap of duality, subject-object  
clinging,

Is the very form of the deity - luminous and empty.

To this lama, the very self-liberation of desire and  
attachment, we pray!

To the Lotus-born Guru of Orgyen, we pray!

*Do this towards all that you hear:*

All sounds, grasped as sweet or harsh,

Whilst hearing them, empty, without after-thought, remain.

This empty sound, with no beginning and no end,

Is the speech of the victorious ones.

To this empty sound, the speech of all the Buddhas, we pray!

To the Lotus-born Guru of Orgyen, we pray!

*Do this towards all that stirs in the mind:*

Whatever thoughts and emotions of the five poisons arise,

Don't invite them, don't chase after them, don't let mind  
fabricate or contrive:

Simply allowing them to settle in the face of their own  
arising,

Is liberation into the Dharmakaya.

To this lama, rigpa's self-liberation, we pray!

To the Lotus-born Guru of Orgyen, we pray!

Thus, outwardly purify appearances of their allure.  
 Inwardly, free mind from grasping;  
 And, by the self-recognition of luminosity,  
 May the compassion of all the Sugatas of past, present and  
 future  
 Inspire and bless beings like us with self-liberation!

**Main practice - Rigpa Guru Yoga**

Ah, Rigpa Guru Padma Gyalpo,  
 I take refuge in the self-recognizing nature of my mind.  
 Because of their ignorance sentient beings are wandering in  
 samsara,  
 May all sentient beings reach the great liberation.

By recognizing their nature as the primordial awareness of  
 Samantabhadra,  
 All demons and malicious forces, even their concepts and  
 names fall apart.  
 The nature of all phenomena is dharmadhatu and  
 The unchanging self-arising wisdom is your only protection.  
**Jyana Rakcha Hung**

Phenomena perceived through the six kinds of  
 consciousness (the five senses and the mind  
 consciousness)  
 Without attachment are recognized as the rays of rigpa,  
 All surroundings appear as Buddha fields and sentient  
 beings as Buddhas,  
 Everything is the blessing of wisdom.  
**Jyana Ahwé Shaya Phem**

Primordial self-arising ultimate Padmasambhava  
 Appears as my rigpa space – there is no face, no limbs, no  
 image,  
 Primordial rays of rigpa fully encompass the three kayas  
 Without the impurity coming from discursive meditation.  
 Primordial nature of my rigpa is my guru,  
 There is no coming and going –  
 In every moment I welcome his presence,  
 Everything firmly abides in dharmadhatu.  
 I prostrate to the understanding of the real nature that  
 eliminates ignorance,  
 I offer recognition of the Buddha nature in objects of the six  
 kinds of consciousness.  
 I praise the nature of the Vajra Three Kayas of the body,  
 speech and mind.  
 In the great unchanging dharmadhatu  
 All moral ethics are encompassed in the pure guru mind.  
 I recognize the deepest empty nature of all sounds and  
 speech,  
 In all my activity I recognize its dharmadhatu nature and  
 recite the mantra:  
**Om Ah Hung Benza Guru Padma Siddhi Hung** (108X, *then  
 rest in the nature of mind 1 minute*)

### *Dedication*

With all the good virtue I have accumulated in samsara and  
 nirvana,  
 I pray that discursive thought of all sentient beings would be  
 eliminated,  
 That they would achieve the ultimate liberation and

Obtain the rainbow body just like Rigpa Guru  
Padmasambhava's.

*At the strong request of Lama Rigzin Dho Ngag Gya Stos, this mind  
terma was received by Nupchen Sangye Yeshe in the great place of Ma  
Gyal Pom Rai mountain in the west and written down by Padma Sam  
Zin for the benefit of all sentient beings.*

Prayer for the Flourishing and Spread of the Dzogchen Teachings  
As the one and only short path of all the victorious Buddhas,  
The victorious ones have acclaimed the supreme yana,  
Dzogpa Chenpo,  
The Ancient Translation tradition of the victorious Lord,  
Padmasambhava;  
May all be auspicious for these victorious teachings to  
spread and pervade the universe! <Bell & Drum>







**THE YIDAM: The Wish-Fulfilling Gem:**  
**A Sādhana of the Reverend Lord Mañjuśrī**  
 by Khenchen Lama Rinpoché, Pelgyeypa Dorjé

*First, the Going for Refuge and Generation of Bodhicitta are as follows:*

**Ah:** To my own Buddha Nature, the Essence of the Sugata  
 (1), ॐ

I go for refuge, knowing it to be my own true face. ॐ

So that all living beings, impure and wandering, ॐ

May be freed within the great self-liberation, I generate the  
 Mind of Awakening (*bodhicitta*). ॐ (3X)

*In the middle, the main practice, the Generation of the Deity, is as follows:*

**É-Ma-Ho** (*how wondrous!*)

From out of the natural state of primordial purity, free from  
 elaboration,

Spontaneously accomplished rainbow beams of spontaneous  
presence amass:

The Awakened Form of self-awareness, luminous yet empty,  
The Reverend Lord, Ārya Mañjuśrī;

In the glory of the Sambhogakāya's marks and signs [of  
Buddhahood],

Gazing upon living beings with a smiling face of delight,  
His right hand holding the sword of sublime understanding,  
In his left, an Utpala flower beautified by a volume of  
scripture,

His two legs resting in the Vajra cross-legged posture,  
Within a state of Calm Abiding (*śamatha*) which is clear, pure,  
and stable.

To the Dharmakāya Guru of Higher Vision (*vipaśyanā*),  
I bow deeply, knowing him to be my own true face.

I continuously make the offerings of Samantabhadra, that of  
whatever manifests.

I confess within the state of liberating all that naturally  
arises.

I rejoice free of dualistic fixation.

I request that you turn the Dharma Wheel whose three  
spheres are unborn (2).

I implore you to abide unchanging throughout the four  
times.

Please illuminate apparent existence as the Fields of the  
Victorious Ones.

The uncontaminated mass of virtue from pacifying,  
increasing, magnetizing and subduing (3),

Supreme and common, I dedicate to living beings.

*Recite:*

**Om Ara Pa-tsa-na Dhīh** (108X)

**Tam Saraswasti Jyāna Hrīh Dza** (21X, then rest in the nature of mind for 1 minute)

*In conclusion, the receiving of the Four Empowerments is as follows:*

From the four places of the Meditation Deity, the Victorious

One [*Mañjuśrī*],

Light radiates forth, purifying my four obscurations.

The dynamic manifestations of obtaining the Four

Empowerments are completed;

And the level of the Four Bodies of Awakening (*kāyas*) is manifestly ripened.

Once again, apparent existence melts into light.

In the innate state of pure experience from the very beginning;

In the innate expanse of the indestructible freedom from elaboration:

Rest within the basic space which is beyond meeting and parting.

**Ah Ah Āh** <*Bell & Drum*>

*And thus, so it was that in response to the repeated request of Khandro Jétsün Rikdzin Yangchen Lhamo (mkha' 'gro rje btsun rig 'dzin dbyangs can lha mo), a transcendent one worthy of copious honor, this was composed by the Vidyadhāra Śrī Ānanda Vajra (bidya dhaa ra shrīi a nanta badzra), with pure vision of faith and admiration for the Second Victorious One [Padmasambhava], during the light side (waxing phase, dkar phyogs) of the second month (dbo zla) of the Fire Bird Year [2017] in the sixty year Tibetan astrological cycle (rab gnas), at the very location of the Mountain Hermitage of the Kālacakra of the Great Perfection (rdzog chen dus 'khor ri khrod), in the snowy hills of England: Virtue!*

*Translated from the Tibetan by Erick Tsiknopoulos, late September-early October 2017, in the village of Rakkar near Sidhbari, in the Dharamsala area of Himachal Pradesh, India, at the request of Khenchen Lama Rinpoché, Pelgyeypa Dorjé and Khandro Rigdzin Yangchen Lhamo.*

*Footnotes:*

(1) *Skt. Sugatagarbha*

(2) *'khor gsum skye med chos 'khor; alternatively, "the Dharma Wheel of the unborn three spheres". This refers to the emptiness of the subject, object and the action or relationship between them. Also known as the 'thorough purity of the three spheres' ('khor sum rnam dag or 'khor gsum rnam par dag pa) and 'the (thorough) non-conceptualization/nonconceptuality toward the three spheres' ('khor gsum mi rtog pa or 'khor gsum rnam par mi rtog pa). This itself is realized in the 'the deep wisdom (jñāna) of total/thorough nonconceptuality/non-conceptualization/non-discursivity/non-discursiveness toward the three spheres' ('khor gsum rnam par mi rtog pa'i ye shes), and the 'the discerning insight (prajñā) of non-reification/non-referentiality/non-fixation toward the three spheres' ('khor gsum mi dmigs pa'i shes rab).*

(3) *The four awakening (or awakened) activities (phrin las).*



**THE DAKINI: The Method for Accomplishing Tārā:**

**A New Treasure Teaching (gter gsar)**

by Khenchen Lama Rinpoché, Pelgyeypa Dorjé

**É-Ma-Ho** (*how wondrous!*)

From Samantabhadra, primordially pure from the very  
beginning,

Comes spontaneously accomplished natural radiance, the  
dynamic energy of intrinsic awareness:

The Venerable Lady Tārā, bright white and smiling,  
Spreading the pleasing sound of the Transcendent Dharma  
in all directions;

Transforming Samsāra and Nirvāna into the Pure Land of  
Samantabhadra.

*Recite, while sustaining the essence of intrinsic awareness:*

**Om Tāré Tuttāré Turé Sohā** (108X)

**Tām Saraswāsti Jyāna Hrīh Dza** (21X)

**Om Ārya Tāré Tām Sohā** (21X, *then rest in the nature of mind*)

**<Bell & Drum>**

*Then, engage in your usual daily activities.*

*At the request of the Vidyadhāra Dhévi, this dawned upon Śrī from within the expanse of intrinsic awareness; and as it did, immediately thereupon he set it down in writing.*

*Translated from the Tibetan by Erick Tsiknopoulos, March 31st 2017, in McLeod Ganj, India, at the request of Khenchen Lama Rinpoché. By the positive karmic potential of this translation, may great signs of virtue pervade the ten directions.*



**THE DHARMAPALA (King Geysar): The Swift Infusion  
of Blessings: A Guru Yoga of the Great Embodiment of  
Unchanging Awareness Wisdom**

by Mipham Rinpoche

**Émaho!** In the sky before me is an expanse of rainbow-  
coloured light,

With vast, cloud-like gatherings of dralas (*elemental spirits*)  
 and deities of the Three Roots,  
 Out of which appears the Supreme Being, Gesar Norbu Dra-  
 dul Tsal,  
 Inspiring, replete with blessings, and smiling with joy.  
 Protector, embodiment of all the Buddhas, Compassionate  
 One,  
 Nirmanakaya emanation of the great and glorious Orgyen,  
 Lord, who embodies the three buddha families, great lion  
 Gesar,  
 Like a child, in a state of intense and fervent devotion,  
 I pray to you, my kind father, from the depths of my heart.  
 In your wisdom mind, which never parts from the state of  
 clear light,  
 Great clouds of loving kindness and compassion are  
 amassed now and forever more,  
 And for the disciples with the right karma and aspirations  
 from the past,  
 Your compassion brings down a powerful rain of blessings  
 and inspiration.  
 Even within the battle dress and armour of the brave drala  
 warriors,  
 Appear countless mandalas of the deities of the Three  
 Roots —  
 Merely by thinking of you all, we are inspired with great  
 and powerful blessings.  
 The male warriors perform their imposing dance of war,  
 The female warriors sing their captivating songs,  
 The horses pant and neigh excitedly,  
 And the brave dralas bellow with laughter.

For us, whose minds are filled with devotion and joy,  
Do not neglect your promises and commitments, but grant  
us your blessings –

Make our bodies a stronghold of drala warriors,  
Empower our speech with miraculous force,  
And arouse in our minds the awareness-power of bliss and  
emptiness!

Make us one with you, Lord Gesar, forever inseparable!

O lama, care for us! (3X)

O lama, Great Being, Wish Fulfilling Jewel, care for us! (3X)

**Om Ah Hung Benza Maha Guru Mani Radza**

**Sarva Siddhi Pala Hung** (108X, then consider that you merge  
inseparably and settle in an experience of dharmakaya, beyond the  
ordinary mind for 10 minutes.)

*<Bell & Drum>*

*Blessings will enter swiftly and signs will appear as rigpa's creative  
power. If you pray like this for seven days you will surely be held and  
cared for. In a state transcending the ordinary mind, this was composed  
by Rigpé Dorje, who has received the blessings of the Great Lion Gesar in  
abundance.*

*This was written on the 23rd day of the third month of the year of  
Sarvajit (i.e., Fire Pig, 1887). May virtue abound. Mangalam.*

*Translated by Adam Pearcey, Rigpa Translations, 2012. With many  
thanks to Alak Zenkar Rinpoche. Adam has kindly given permission to  
use his translation for this meditation book.*

**BLESSING: Om Ah Hung Hri** (with saffron nectar)



## LONG-LIFE PRAYERS:

*HH the Dalai Lama:*

For this realm encircled by snow-covered mountains,  
You are the source of every benefit and bliss without  
exception.

Tenzin Gyatso, you who are one with Avalokiteshvara,  
May you remain steadfast until samsara's end!



### **Great Treasury of Blessings: Verses of Aspiration for the Long Life of Khenchen Lama Pelgyeypa Dorjé Rinpoché**

*By His Holiness the 14th Dalai Lama, Tenzin Gyatso [The One With Lotus in Hand, in the Noble Land (of India)]*

**Om Swasti** [*may it be auspicious*]

Within the ceaseless natural dynamic energy of primordial  
Original Purity,

Emanating the myriad splendors of spontaneously  
established Awakened Forms of Display,

Is the ocean of the Three Roots and Victorious Ones:

Through their Awakened Activity,

May the good fortune of transmitting great blessings of  
virtuous goodness be bestowed.

The power of understanding, love and ability which delights  
the Gentle Glorious One [*Mañjuśrī*]

Is stable as the innate character of the Three Secrets of  
Immutable Vajra;

One of noble compassion which guides downtrodden living  
beings:

May the lotus feet of Khenchen Lama remain firm.

By the Bodhicitta Resolve and aspiration prayers of the  
Sources of Refuge and Victorious Ones,

And by the sacred commitments of the mighty Dharma  
Protectors and Guardians,

Out of the true aims and wishes of unchanging altruistic  
intention,

May you nurture the benefit and well-being of the Teachings  
and living beings, for a long time.

*Thus, so it was that in response to the request directly from His Eminence Lamkhyen Gyelpo Rinpoché (Lamchen Gyalpo Rinpoche, lam mkhyen rgyal po rin po che), who said, "A longlife prayer must be written for Khenchen Lama Pelgyeypa Dorjé", and a great number of faithful, committed and virtuous monastics and laypeople, the fully-ordained monk of Śākyamuni [Buddha], Tendzin Gyats'o (bstan 'dzin rgya mtsho), wrote this on the 10th day of 17 the 6th month of the 17th sixty-year cycle [of the Tibetan astrological system, rab 'byung], being the foreign date of the 14th day of the 8th month of the year 2001 [August 14th, 2001], at Thekch'en Chöling (the Dalai Lama's Temple in McLeod Ganj, theg chen chos ling) in Dharamsala: May virtue and goodness increase!*

*Translated from the Tibetan by Erick Tsiknopoulos, in McLeod Ganj, Dharamsala, India, close to Thekchen Chöling [the Dalai Lama Temple], during the early part of January 2014. Heartfelt thanks to Gen Lobzang*

*Gyatso of Esukhia Nangten S'izhu Khang (nang bstan sri zhu khang) and formerly of Draypung Monastic College ('bras spung dgon pa), who provided indispensable explanation and commentary for the text. By the positive karmic potential of this translation, may the lives of all teachers of the Transcendent Dharma be long.*

### ***Khenpo Drimed Dawa***

**Émaho!**

You understand the knowable object of samsara, Great Teacher.

You have realized the intent of the sacred Dharma, Yogi Khenpo.

Your Dharma practice is unification of the two.

Khenpo Drimed Dawa, "Stainless Moon", may you live long!

*Written by (Khenchen Lama Rinpoche) Shri Ananta Vajra upon the great occasion of The Turning of the Wheel of Dharma in Water Dragon Year 2139. May it be accomplished, I pray.*

*Shri Sarva Vajra Yantu*

### **DEDICATION:**

By the merit, having obtained omniscience,  
And defeated the enemy: defilements,  
From the turbulent waves of birth, ageing, sickness and  
death

Of the ocean of existence, may all being be liberated!

Just as the hero Manjushri knows,

Like that also Samantabhadra,

And I, following after them,

Fully dedicate all these virtues. <Bell & Drum>

*This meditation book has been compiled at the request of H.H. Khenchen Lama Rinpoche. If you wish to copy any part of this book, please ask first for permission at this e-address: samostan.gesar@gmx.com. Thank you.*

*This version includes supplements added for Awam Tibetan Buddhist Institute's Sunday Meditation Hour by Khenpo Drimed Dawa January 20, 2020:*

- *Opening with conch and Vajrasattva purification ritual*
- *Insertion of Four Roots labels before sadhana titles*
- *Long-life prayers for HH the Dalai Lama and Khenpo Drimed Dawa*
- *Addition of numbers of mantra repetitions (21 or 108) followed by 1-minute pause-meditations for the first three sadhanas and 10-minute meditation for the final sadhana*
- *Blessing ritual with saffron water and mantra*
- *Minor typo and formatting changes into booklet form.*

