

# Additional Practices

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❖ *Blessing the Speech and Daily Mantras* can also be done before *The Method to Transform a Suffering Life into Happiness (Including Enlightenment)*, especially if you are going to recite *The Method* out loud.

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## Blessing the Speech According to the Instructions of Great Yogī Khyungpo

### *Taking Refuge and Generating Bodhichitta*

KÖN CHHOG SUM LA KYAB SU CHHI

**I take refuge in the Three Rare Sublime Ones.**

DRO LA PHÄN CHHIR SANG GYÄ SHOG (3x)

**May I become a buddha to benefit transmigratory beings. (3x)**

### *Visualization*

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❖ Purify the truly existent I in emptiness. Then your wisdom realizing emptiness, which is nondual with great bliss, manifests as a deity.

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I clarify myself as the deity.<sup>9</sup> On my tongue, a syllable  $\bar{A}H$  (ཨ) <sup>10</sup> transforms into a moon. On top of it appears a white syllable OM (ཨྐ) encircled by the white Sanskrit vowels standing clockwise, the red Sanskrit consonants standing counterclockwise, and the blue Heart Mantra of Dependent Relation standing clockwise.

Light beams radiate from the syllable OM and the mantra garlands, hooking back the blessings and power of the speech of those beyond and not beyond the world in the form of the three mantras, the seven sublime precious objects of a king's reign, the eight auspicious signs, [and the eight auspicious substances].<sup>11</sup>

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❖ Those who are beyond the world are the buddhas, arya bodhisattvas abiding on the three pure bhumis, and arhats. Those who are not beyond the world are the yogis who are accomplishing the path and the sages who have actualized words of truth. Due to the power of abiding in silence and living in the morality of abstaining from negative karmas of speech, the words of these sages have much power and so whatever they pray for is successful.

All their blessings and power of speech are hooked back in the form of the three mantras, the seven precious objects of a king's reign, the eight auspicious signs, and the eight auspicious substances, filling the whole sky. They absorb into the mantras on the moon disk on your tongue, like rain falling on the ocean.

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## Mantras for Blessing the Speech

*Concentrate on the visualization and recite the mantras beginning from the inner circle.*

### Sanskrit Vowels (Alī)

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❖ As you recite the vowels, white nectar beams flow down from the mantra and fill your whole body. All negative karmas collected with your body from beginningless rebirths are completely purified.

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ॐ अ ँ आ इ ई उ ऊ ऋ ॠ ऌ ॡ ए ऐ ओ औ ङ अङ्गम्<sup>12</sup>

OM A Ā I Ū Ṛ ṚI Ḍ ḌI E Ē<sup>13</sup> O Ō ANG AH  
SWĀHĀ (3x)

## Sanskrit Consonants (Kali)

❖ As you recite the consonants, red nectar beams flow down from the mantra and fill your whole body. All negative karmas collected with your speech from beginningless rebirths are completely purified.

ॐ का ख ग घ ङ / त्सा त्शा द्जा ग्या<sup>14</sup>  
 क्ख ग्ग घ्घ ङ्ङ / त्था त्था द्धा न्ना

OM KA KHA GA GHA ŅGA / TSA TSHA DZA GYA<sup>15</sup> ŅA /  
 TA ṬHA ḌA ḌHA ṆA / TA THA DA DHA NA / PA PHA BA  
 BHA MA / YA RA LA WA / ŚHA KA SA HA KYA SWĀHĀ (3x)

## Heart Mantra of Dependent Relation

❖ As you recite the mantra, blue nectar beams flow down from the mantra and fill your whole body. All negative karmas collected with your mind from beginningless rebirths are completely purified.

ॐ ये धर्म हेतु प्रभव हेतु ते प्रकृष्टं वा नो ह्युत्पद्यते  
 हेतु प्रकृष्टं वा नो ह्युत्पद्यते प्रकृष्टं वा नो ह्युत्पद्यते<sup>16</sup>

OM YE DHARMĀ HETU PRABHAWĀ HETUN TEKĀN  
 TATHĀGATO HYAVADĀ / TEKĀŅ TSA YO<sup>17</sup> NIRODHA  
 EWAM VĀDĪ MAHĀ ŚHRAMAṆAYE SWĀHĀ (3x)

## Absorption of the Mantras

The Heart Mantra of Dependent Relation absorbs into the consonants, the consonants into the vowels, the vowels into the syllable OM (ॐ), and the OM into the moon cushion. That transforms into a syllable ĀḤ (ॐ). The ĀḤ melts into pink nectar and absorbs into my tongue, which becomes of the nature of a vajra.

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❖ Your tongue becomes very heavy and strong, as if difficult to move, and as indestructible as a vajra. Generate very strong faith that all the blessings and power of the speech of all the buddhas, bodhisattvas, arhats, yogis, and sages have entered your speech and made it perfect. Think: “My speech has become perfect.”

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*The benefits of blessing the speech are: (1) the power of your speech becomes perfect; (2) whatever you recite is multiplied ten million times; (3) the power of your speech is not taken away by eating wrong foods; and (4) gossiping becomes the recitation of mantra.*

## Dedication<sup>18</sup>

DAG GI CHE YI WANG PO LA

**May my tongue sense base**

DE SHEG POB PA DÄN PAR SHOG

**Have all the courage of the ones gone to bliss.**

TSHIG GI ZI JI THU DE NI

**By the magnificence and power of my words,**

SEM CHÄN THAM CHÄ DÜL WAR SHOG

**May all sentient beings be subdued.**

DAG GI TSHIG NI CHI MÄ PÄI

**May all the meanings of whatever words I say**

DÖN DE THAM CHÄ DRUB PAR SHOG

**Be accomplished.**