

Avalokiteshvara Visualization Meditation

The Meditation For All Beings Throughout Space as transmitted in Tibet by Tangtong Gyalbo

1. START: Repeat the Refuges and Bodhisattva Vow:

"I take refuge in the Buddha, Dharma, and the Sangha until I am enlightened.
May all actions I undertake - giving, moral conduct, forbearance, energy, meditation, insight - cause me to accomplish Buddhahood, in order to help all beings."



2. Undertake this Visualization (in the Mind's Eye)

"I, place on top of my head a white lotus and moon, on top of that the mantra 'hrih'... From which appears Avalokiteshvara. White, luminous, emanating five color light rays. Smiling, he watches with loving kindness. Of his four hands: the first two are palms together, and the lower two hold a crystal rosary and a white lotus. He is adorned with silk, ornaments, wears a deer skin across his chest, and has a crown with Amitâbha on it. He sits in lotus position, leans against a pure moon. He has become the essence of all refuges."

3. [While holding visualized bodhisattva in mind:] Activation of the Bodhisattva's Compassion

Repeat 3, 7 or 108 times:

"I revere noble Avalokiteshvara, who is perfect, white, whose head is adorned by the Perfected Buddha, And who watches beings with boundless compassion."

4. The Bodhisattva's Compassionate Insight PERSONALLY Incorporated

[Visualize primary color light rays emanating from Arya's body entering one's body, dissolving all impure karma and mistaken ideas, while repeating this mantra for 3, 7, or 108 rosary cycles:]

"OM MANI PADME HUM"



AT THE END, REALIZE:

Sights, sounds, and thoughts are empty, becoming undifferentiated.

5. Absorption in Emptiness [One or more rosary cycles]

// Become absorbed in one's own consciousness which is not rooted in a constructed self //

6. Reabsorption in Avalokiteshvara's Essence [Visualize:] THE DIVINE IMAGE VANISHES INTO SPACE

7. Return to Samsâra and Renew Bodhisattva Vow: [Repeat:]

"Through this merit may I quickly become as Avalokiteshvara
And establish all beings without exception as bodhisattvas.
May all beings share the merit of this meditation."