

OM AH HUNG practice

as transcribed from Khenchen Konchok Gyaltzen's CD

Visualize a white OM at the forehead level inside the body, as the essence of all the Buddhas' wisdom & compassionate body. From white OM undefiled white light manifests, which pervades the entire body. As a result of this, all obscurations & negative karma related to the body are purified. We meditate that our body is blessed by all the wisdom Buddhas, and our body is transformed into Chenrezig or any other enlightened being.

Chant OM AH HUNG

Visualize red AH as the nature of all the enlightened beings' (Buddhas & bodhisattavas) wisdom speech, insubstantial in nature, at the throat level inside the body. Undefiled red light manifests from the AH and pervades the entire body. As a result of this, all obscurations & negative karma related to speech are fully purified.

Chant OM AH HUNG

Visualize blue HUNG at the heart level inside the body as the nature of all the Buddhas' & bodhisattavas' wisdom & compassionate nature of the mind. Visualize the blue HUNG as insubstantial in nature, radiating light as clear as the pure blue sky. From the blue HUNG, undefiled blue light, the nature of wisdom & compassion, pervades our entire body. As a result of this, all the subtle obscurations & negative karma related to our body & speech are purified. Then we meditate that all our mental obscurations – attachment, hatred, ignorance, pride, jealousy & so forth – are fully purified, & we meditate that our mind is blessed & transformed into Buddha's mind.

Chant OM AH HUNG

Next is the meditation to purify our obscurations & negative karmas of body, speech, & mind. We exercise bodhicitta (the nature of wisdom & compassion) by purifying all the sentient beings in the 6 realms. From the 3 syllables, colored light manifests to the entire universe. First, all phenomena transform into a pureland (source of peace & joy). Second, the light purifies all sentient beings' suffering & causes of suffering. We meditate that these beings are purified & free of suffering & the causes of suffering, & they transform into Chenrezig or any other enlightened being.

Chant OM AH HUNG

Dissolution meditation:

First, the outer universe (which is purified) dissolves into sentient beings. All sentient beings (who are all free from suffering) dissolve into light. That light dissolves into us & we ourselves dissolve into the 3 syllables. Next, the white OM dissolves into the red AH. The red AH then dissolves into the blue HUNG. The blue HUNG dissolves from the bottom up, gradually, into the all-pervading emptiness, which is called the nonobjectified state, free of all boundaries, like the nature of space. That's the unfabricated state of the mind. Stay in this.