

Vajrasattva Yab Yum Sadhana

For The Lama Lena Community
Compiled by Lama Tasha Star (Karma Jigme)

Vajrasattva was the teacher of Garab Dorje, the founder of Dzogchen in the Nyingma lineage.

Vajrasattva is the essence of the mind of all Buddhas. It is the secret treasure of ten million stainless dakinis. It is the adamantine and unshakable primordial purity (kadak), your own innate unfuckupableness!

Taking Refuge

Lineage Prayer: lamalenateachings.com/drukpa-kargyu-lineage-prayer/

Dzogchen Refuge Prayer: lamalenateachings.com/dzogchen-refuge-prayer-with-explanation

Generating Bodhicitta

Generate bodhicitta using a prayer, mantra, or by meditating on the vitality of love and the interconnectedness of all beings. This interconnectedness itself *is* the innate vitality of the universe. Its nature is great-hearted, open-hearted love.

Arouse the feeling and let it expand out to the entire universe.
Do this however slowly or quickly, with or without recitations.

The Visualization

See/feel yourself as your ordinary self complete with the three channels of light on the inside: the blue center channel and red & white side channels.

[You can do the 9 Breaths of Purification here]

Above the crown chakra of your head floats a thousand-petalled, rainbow-colored lotus. On it lies a moon disk, like a luminous cushion.

Above the disk of the moon hovers the seed syllable HUNG.



The HUNG transforms into Vajrasattva in union with Vajra Nyima Karmo ("Unshakable White Sun").



They sit on the moon disk, in the embrace of full sexual union. They are both made of pure light. Vajrasattva is a cool, moonlight white light and Dorje Nyima Karmo is a warm, sunlight white light.

They are adorned with the Sambhogakaya ornaments:

They each wear a crown and two necklaces (long and short). They are draped in rainbow-colored silks and are adorned with jewels. These ornaments signify the richness of infinite vitality and power.

Vajrasattva has two hands. In his right hand he holds a vajra at the level of his heart. In his left hand, he holds a bell. Both of his arms are around Nyima Karmo, embracing her.

Dorje Nyima Karmo also has two hands, embracing her love. In her right hand, she holds a flensing knife, a drigu. In her left hand, she holds a kapala.



At their **crown chakras a white syllable Om**, symbolizing the body and form of all Buddhas.

At their **throat chakra is the red syllable AH**, symbolizing the speech and intent of all Buddhas.

At their **heart chakra, is the blue syllable HUNG**, symbolizing the mind of all Buddhas.

Their hearts press together in love and union as if there was one heart chakra subsuming both.

From the HUNG at their heart, beams of light radiate out into the fourth time, beyond time and space, the natural abodes of the transcendent wisdom beings.

The light reaches all Buddhas that ever will have been, including your own enlightened nature.

It invokes them and invites them forth.

OM BENDZA SAMA DZA

All these Buddhas come forth in the form of pure light and flow into Vajrasattva Yab Yum.

DZA HUNG BAM HO

All these Buddhas of the four times and the Vajrasattva Yab Yum at the crown of your head merge and become non-dual.

Now, light beams from the HUNG, calling upon the five pairs of Male/Female Wisdom Buddhas from the five directions.

You present offerings and request that they too will enter Vajrasattva Yab Yum so that your five poisons will be transformed into their true nature - the five wisdoms.

Presenting Offerings

See the offerings in their true nature of divine bliss and wisdom united.

OM SVABHAVA SHUDDHO SARVA DHARMA SVABHAVA SHUDDHO HAM

Tibetan: OM SOBAWA SHUDO SARWA DHARMA SOBAWA SHUDO HUNG

[This is the mantra of Shunyata: "OM, naturally pure are all phenomena; naturally pure am I."]

OM BENDZA SATO AHGAM PARTITSA HUNG SOHA (water to drink)

OM BENDZA SATO PHADAM PARTITSA HUNG SOHA (water to wash)

OM BENDZA SATO PUPAY PARTITSA HUNG SOHA (flowers)

OM BENDZA SATO DUPAY PARTITSA HUNG SOHA (incense)

OM BENDZA SATO ALOKAY PARTITSA HUNG SOHA (light)

OM BENDZA SATO GANDAY PARTITSA HUNG SOHA (perfumed massage oil)

OM BENDZA SATO NYEWDAY PARTITSA HUNG SOHA (food)

OM BENDZA SATO SHEPTA PARTITSA HUNG SOHA (music)

[Ring the BELL and DAMARU here]

Make the Request

Make the request in your heart:

"Those who have gone beyond, please grant me the actual initiation."

OM SARVA TATHAGATA ABISHEKATA SAMAYA SHRI YE HUM

["The glorious occasion of being anointed by all tathagatas"]

The five Buddha pairs flow into Vajrasattva Yab Yum in the form of amrita, filling them completely. Some of the nectar bubbles over as Akshobhya Buddha and becomes the diamond that adorns the front of their crowns.

"Completely pure of form, resplendent with symbols, to you Vajrasattva and Vajra Nyima Karmo, I prostrate. Please guide me and all living beings from our confusions and sufferings."

The lights from the OM AH HUNG at their brow, throat, and heart shine bright:

OM AH HUNG

"I admit my faults and I will stop doing negative actions to the very best of my ability. Please purify me and all others completely." (The request should be heartfelt. Feel free to use your own words here.)

The HUNG at their heart sits on a moon disk on a thousand-peddled rainbow lotus. Surrounding the HUNG is the 100 syllable mantra.

OM BENZA SATO SAMAYA | MANU PALAYA | BENZO SATO TENOPA | TISHTA DRICHO ME
BHAVA | SUTO KHAYO ME BHAVA | SUPO KHYAO ME BHAVA | ANU RAKTO ME BHAVA |
SARVA SIDDHI ME PRAYACHA | SARVA KARMA SU TSA ME | TSI TAM SHRE YANG KURU
HUNG | HA HA HA HA HO | BHAGAVAN SARVA TATAGATA | BENZA MA ME MUN TSA | BENZI
BHAVA MAHA SAMAYA | SATO AH

As the mantra turns, it creates dutsi - primordially pure, creamy white, liquid light. It flows downward and is potentiated in the place of union, where it flows down into your crown chakra.

It flows through your energy channels and fills your body. It untangles your tsa and drives out all your dig-drip (your anxieties and fears, traumas and problems, neuroses and hang-ups, etc)

These obscurations and obstacles have been nesting in your channels and body in the form of spiders, scorpions, and centipedes, and other creepy crawlies. But as the dutsi flows, they are driven out of your eliminatory orifices (your anus, your urethra and the pores of your skin) where they fall down to the center of the earth.

And there in the center of the earth is Yamantaka, The Slayer of Death. He is midnight blue in color and has the head of a bull. He is twenty feet tall, giant and muscle-bound. His huge mouth is open and he's looking up toward you with an expression of absolute delight. All your scorpions and spiders and centipedes are falling into his mouth and he eats them all up with great pleasure until they are all gone!

Your body fills slowly, until you are a hollow, crystalline form made only of pure light, filled completely with luminous dutsi. You are completely purified, absolutely pure.

(Continue reciting the mantra throughout this visualization. Ring Bell During Last Mantra)

Then, Vajrasattva and Vajra Nyima Karmo smile at you with love, looking totally pleased! They say, "Child of my heart, all your digpa and breakage of samaya is erased. All your negativities and obstructions are washed away and completely purified!"

In joy, their light bodies descend down your central channel, into your heart chakra and absorb completely into you! You become one with Vajrasattva yab Yum, united and inseparable, completely beyond the duality of subject and object, enjoying the Bliss of Shunyata in full samadhi. This is the highest possible enjoyment.

This is the clear light nature of your own mind.

Sit here for a time.

Dedication

Gewa di yi nyur du dak
Dorje sempa drub gyur né
drowa chik kyang malüpa
dé yi sa la gopar shok