

## The 100-Syllable Mantra of Vajrasattva

ཨོཾ་བཙུན་སཏཱ་ས་མ་ཡ། མ་རུ་པ་ལ་ཡ། བཙུན་སཏཱ་ཏེ་ནོ་པ། ཏི་ཐུ་བྲི་རྣོ་མེ་རྣོ་མ། སུ་ཏོ་ཕྱེ་མེ་རྣོ་མ། སུ་པོ་ཕྱེ་མེ་རྣོ་མ།  
ཨ་རུ་ར་རྣོ་མེ་རྣོ་མ། སམ་སི་རྣོ་མེ་པ་ཡ་རྣོ་མ། སམ་ཀམ་སུ་ཙ་མ། ཙེ་ཏི་ཕྱི་ཡི་ཀུ་རུ་ཏྟེ། ཏ་ཏ་ཏ་ཏ་ཏེ། རྣོ་ག་ལྷན་སམ་  
ཏ་ལྷན་ག་ཏ་བཙུན་མ་མེ་ལུ་རུ་བཙུན་མ་མེ་རུ་ས་མ་ཡ་སཏཱ། ཨུཾ།

OM BENZAR SATO SA MA YA MA NU PA LA YA BENZAR SATO TE NO PA  
TISHTHA DRI DHO ME BHA WA SU TO KA YO ME BHA WA SU PO KA YO ME BHA WA  
ANU RAKTO ME BHA WA SARWA SIDDHIM ME PRA YATSA SARWA KARMA SU TSA ME  
TSITTAM SHRE YAM KU RU HUNG HA HA HA HA HO BHA GA WAN SARWA  
TA THA GA TA BENZRA MA ME MUN TSA BENZRI BHA WA MA HA SA MA YA SATO  
AH

OM is the supreme praise, the Vajrasattva samayas. Grant your protection, Vajrasattva. Remain firm in me. Make me totally satisfied. Increase the positive within me. Be loving towards me. Bestow all the accomplishments, as well as all the activities. Make my mind virtuous! HUNG is the heart essence seed syllable. HA HA HA HA symbolizes the Four Boundless, Four empowerments, Four Joys and the Four Kayas. HO is the sound of joyous laughter in them. Bhagawan, all the tathagatas, Vajrasattva, don't abandon me. I pray that I may become a Vajra Holder. Great samaya sattva! AH signifies uniting in nonduality.

In The Words of My Perfect Teacher, it states:

"Before any confession, arousing the bodhichitta of intention and application is indispensable. The Buddha taught that confessing your evil deeds and downfalls without arousing bodhichitta, even though you might apply the four powers, will reduce your faults but not purify them altogether. Sincerely giving rise to bodhichitta, however, will of itself purify all past misdeeds, whatever they might be."

And,

"If you stay undistracted and do not mix your recitation with ordinary speech, to say the hundred syllable mantra one hundred and eight times without interruption will undoubtedly purify all your evil actions and obscurations, and all violations and breaches of vows and samayas. Such is Vajrasattva's promise."