Benefit for Beings Pervading Space

A Meditation and Recitation for Great Compassion
Refuge and Bodhichitta

Until enlightenment I take refuge in the Buddha, the Dharma and the Excellent Assembly.

Through the merit of generosity and other virtues, May I accomplish buddhahood for the benefit of beings.

Repeat three times.
Generating the Visualization

�ྲ་བྱོེདོ།

On the crown of myself and sentient beings

From the HRI appears the noble Chenrezi,

Smiling and gazing with compassionate eyes,

Pervasive as space is a lotus and moon seat.

Clear, white and radiating five colored light.

The first pair of his four hands are joined together.
ok nyi shel treng pe kar nam
The lower two hold a crystal mala and a white lotus.

ri dak pak pe tö yok söl
He wears a deer skin upper garment.

zhap nyi dor je kyil trung zhuk
And his two legs sit in the vajra asana.

kyap ne kün dü ngo wor gyur
He is the embodiment and essence of all sources of refuge.

dar dang rin chen gyen gyi tre
Adorned with jewels and silk,

ö pak me pe u gyen chen
His head ornament is Amitabha,

dri me da war gyap ten pa
A stainless moon supports his back.
Homage to Chenrezi

Noble one, untainted by the mire, your form is [luminous] white;
A perfect awakened one adorns your head.

With the eyes of compassion you gaze upon beings;
To Chenrezi we bow.

Repeat as many times as possible

དེ་ལྟརོ་རྩེ་གཅིག་གསོལ་བཏུབ་པོས། །
མ་དོག་ལས་སྣང་འིཁྲུལ་ཤེེས་སྦྱིངས། ���
འིཕགས་པོའིི་སྐུ་ལས་འོདོ་ཟེརོ་འིཕྲོོས། ���
ཕྱི་སྣོདོ་བདོེ་བ་ཅན་གྱིི་ཞིང་།

deb tse chik söl tap pe
By praying one-pointedly in this manner,

ma dak le nang trül she jang
And purifies impure karma, appearance, and deluded mind.

Enumerable 'Elephant's Friend' of Jambzhel ་

The mahasiddha Thangtong Gyalpo remembered a previous life as the bhikṣuni Padma Karpo, during which she practised The Fasting Ritual between the ages of twenty and eighty and prayed one-pointedly to Noble Avalokita with these words. They are endowed with supremely potent blessings.

By praying one-pointedly in this manner,
And purifies impure karma, appearance, and deluded mind.

Light radiates from the body of the Noble One
The outer environment becomes the realm of Dewachen.
The body, speech and mind of the inhabitants

Appearance, sound, and awareness are inseparable with emptiness.

Becomes the exalted body, speech, and mind of the powerful Chenrezi.

Reflect upon this meaning while reciting the mantra.

Finally, rest in the very essence, without conceiving of the three spheres.

The body, speech and mind of the inhabitants

Appearance, sound, and awareness are inseparable with emptiness.

Becomes the exalted body, speech, and mind of the powerful Chenrezi.

Reflect upon this meaning while reciting the mantra.

Finally, rest in the very essence, without conceiving of the three spheres.
The apparitional bodies of myself and others are the body of the Noble One.

Thought and memory are waves of great intrinsic awareness.

The state of powerful Chenrezi

Without exception, on that level.

Sounds are the melody of the six syllables.

By this virtue, may I quickly accomplish

And establish all beings,

The Meditation and Recitation for Great Compassion, Benefit for Beings Pervading Space, is the blessed composition of Thangtong Gyalpo. Sarvamangalam.