

Practice for Those Who Are Dying



Avalokiteshvara

*Translated under the guidance of
Khenpo Tsultrim Gyamtso Rinpoche
By Elizabeth M. Callahan, April 1996*

Modified for Boulder Chö practice group, September, 2008.

Credits

*The following visualization descriptions are concise or extended versions of the oral instructions provided by
Khenpo Tsultrim Gyamtso Rinpoche
in his series of talks entitled
gCod, March 1995.*

Concise:

*Avalokiteshvara Visualization
Long Life Visualization
Dewachen Visualization, Sukavati
is a concise version of the description at the end of
The Amitabha Sadhana.*

Narration and Vocal:

Alta Brown

*An Audio Track for this reading may be found on our website
Practice for Those Who Are Dying
www.EveryDayChod.com*

*These practices can be found in the post meditation section of the
Offering One's Body, the Daily Practice of Chö*

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Avalokiteshvara Visualization

We visualize that Avalokiteshvara is seated above our heads and the heads of all sentient beings. As we say the mantra, he melts into us and all sentient beings, until, in the end of the recitation, we are surrounded by Avalokiteshvaras in his pure realm.

We supplicate him.

☪☪ *Spoken in anjali*

Lord, white in color, unstained by faults,
Whose head is adorned by the perfect buddha,
Who looks on all beings with compassion-
I pay homage to Avalokiteshvara.

OM MANI PADME HUM

(Repeat 108 times singing)

☪☪ *Spoken in anjali*

By this merit may I quickly attain
The level of Avalokiteshvara.
May I establish all beings without exception
In that state.



Amitayus

Long Life Visualization

We visualize that Amitayus is seated above our heads on a lotus moon seat. He is red in color and he wears all of the robes and jewels of the sambhogakaya. He holds in his lap a blue vase of blue long life nectar, which he pours down through our avadhuti restoring our life force and increasing our life.

We supplicate him.

☸ Spoken in anjali:

Amitayus, principal guide for the world,
Glorious one who prevents untimely death,
Refuge for those who suffer without a protector,
I pay homage to the Buddha Amitayus.

☸ Chant with arms on thighs (repeat 3 times):

OM NAMO BHAGAVATE APARIMATA~AYURJNANA~
SUVINISHCHITTA~TEJO RAJAYA / TATHAGATAYA / ARHATE
SAMYAK~SAMBUDDHAYA / TAD YATHA / OM PUNYE PUNYE
MAHAPUNYE / APARIMITA~PUNYE APARIMITA~PUNYE JNANA~
SAMBHAROPACHITI / OM SARVA~SAMSKARA~PARISHUDDHA~
DHAMATE GAGANA~SAMUDGATE SVABHAVA~VISHUDDHE
MAHANAYA~PARIVARE SVAHA //

OM AMARANI~JIVANTAYE SVAHA

(repeat 108 times)

☸ Spoken in anjali:

By this merit may I quickly attain
The level of Amitayus.
May I establish all beings without exception
In that state.

Having attained omniscience through this merit,
May I defeat the enemy, which is wrongdoing,
And liberate all beings from the ocean of existence
With its surging waves of birth, aging, sickness, and death.

Through this merit, may all beings
Complete the accumulations of merit and wisdom,
And attain the two genuine kayas,
Which arise from merit and wisdom.

Through the force of this powerful merit
May patrons and friends
Experience the auspiciousness of
Achieving their aims in this life and pacifying obstacles.
May they achieve their aims in accordance with the dharma.



Amitabha
With
Avalokiteshvara and Vajrapani

Dewachen Visualization, Sukavati

For all those beings who wish to go to Dewachen and for those who have no other source of refuge, we visualize that in the sky in front of us is Amitabha seated on a lotus moon seat. He is red in color, naked except for a sash. He holds in his lap a begging bowl full of nectar.

Standing to his right and slightly below him on a lotus moon seat is Avalokiteshvara, in sambhogakaya form. Standing to Amitabha's left and slightly below him, on a lotus sun seat, is Vajrapani. They are all in Dewachen, surrounded by all of the buddhas and bodhisattvas of the ten directions and the three times. These great beings are seated on magnificent thrones, in beautiful palaces which are decorated with all kinds of precious things such as scented woods, jewels, gold, fine fabrics, jasper and marble. Their surroundings reflect the glory of their teachings. They teach day and night and the birds sing the dharma day and night. Offering flowers fall from the sky spontaneously, and in the center of Dewachen the tree of life grows. The leaves on this tree speak the dharma when the gentle winds blow.

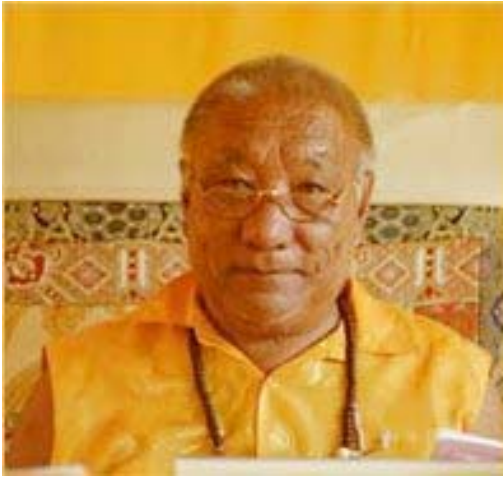
Everyone in this pure land can hear, contemplate and practice the dharma without any obstructions.

When beings are born into this land, they are born through lotuses of different colors, which are as large as cartwheels. These lotuses float in crystal pools at the bottom of which are gold and jewels and all kinds of precious things. We hope, we wish that everyone who chooses to be born in this way and those who have no other source of refuge may do so.

☸ Sing in anjali (repeat 3 times):

All you sentient beings I have a good or bad connection with
As soon as you have left this confused dimension
May you be born in the west in Sukavati
And once you're born there, complete the bhumis and the paths.

Longevity Chants for Khenpo Tsultrim Gyamtso Rinpoche



☸ Spoken in anjali:

Through the power of the blessing of all the sugatas
Of all gurus, wisdom deities and protectors
And of all the other heirs of victorious ones
Who live in the buddhafiels of the ten directions,
True spiritual friend, may you live long
And fill all of space with enlightened activity.



*Composed by the third Jamgon Rinpoche
On the request of students of Kagyu Tegchen Shedra
At Rumtek Monastery in October, 1983
Translated by Jim Scott*

☸ Spoken in anjali:

You are endowed with the glory of discipline, field of all qualities,
For you an ocean of dharmas meaning appears clear and distinct,
In all ten directions, you sing melodious songs of the profound view and meditation,
Genuine spiritual friend, may you always remain.



*Composed by His Holiness the seventeenth Gyalwa Karmapa
Orgyen Trinley Dorje*

☸ Sit for 5 minutes.

Buddhist Chant of Dedicating the Merit

☸☸ *Spoken in anjali.*

By this merit may all attain omniscience.
May it defeat the enemy, wrongdoing.
From the stormy waves of birth, old age, sickness, and death
From the ocean of samsara may I free all beings.

Shambhala Chant

☸☸ *Spoken with hands on thighs.*

By the confidence of the Golden Sun of the Great East
May the lotus garden of the Rigden's wisdom bloom.
May the dark ignorance of sentient beings be dispelled.
May all beings enjoy profound brilliant glory!



Chogyam Trungpa Rinpoche



Lady Konchok Palden

Chö Notes

Avalokiteshvara mantra English translation

From Luminous Emptiness, by Francesca Freemantle.

The six syllables of his mantra, OM MA NI PAD ME HUM, relate to the six realms of existence. They are visualized in the colors of the buddhas of the six realms, who are the living presence of compassion taking form within each realm, and who appeared earlier among the peaceful visions of the bardo. OM is white and represents the realm of the gods; MA is green and represents the realm of the jealous gods; NI is yellow and represents the human realm; PAD (pronounced pe in Tibetan) is blue and represents the animal realm; ME is red and represents the realm of the hungry ghosts; and HUM is black and represents the realm of hell.

Amitayus mantra English translation

From The Iron Hook of Compassion; to Plant The Seed of Transference
by Raga Asya (Karma Chagme)

Homage to you, Lord, King of Light, who is firmly established in immeasurable life and wisdom. Homage to you, Thathagata, Arhat, the Truly and Perfectly Awakened one, likewise, **OM** (embodiment of) merit, merit, great merit, immeasurable merit, immeasurable merit, you who have gathered the accumulation of wisdom. Om (homage to you) who have completely purified all mental formations, who has transcended into space, you who are naturally purified with your entourage of great conduct. Soha, OM AH you who have conquered mara. Soha