

Visualization for the SA LE Ö Mantra

While resting in the stillness of the body, silence of inner speech, and spaciousness of mind, abide in the natural state. Develop the intention to benefit all beings through your practice and realization.

Now imagine in the sky before you, the peaceful deity of white light, Shenlha Ökar, seated upon a lion throne on cushions of sun and moon disks. In the heart of Shenlha Ökar, white light radiates from a white **A** syllable. This light purifies the karmic traces of you and of all beings. Then Shenlha Ökar dissolves into light and that light dissolves into you as you transform into Shenlha Ökar.

As Shenlha Ökar, in the center of your heart appears a luminous white **A** syllable surrounded by the other eight syllables [**A KAR SALÉ Ö A YANG OM DU**] of the mantra standing upright and circling the **A** in a counterclockwise direction.

The syllables radiate light into infinite space as an offering to all enlightened beings. The enlightened beings send light back to you, which enters your heart empowering your body, speech, and mind and blessing you for your liberation as well as for your well-being in this lifetime.

Now as you emanate light rays from your heart to your surroundings, imagine that all ordinary places become sacred places and all beings become enlightened beings. All of your perceptions become pure. Everyone and everything you see are enlightened beings in a pure dimension; everything you hear is the mantra **SA LE Ö**; every thought and emotion is the pure manifestation of the light of awareness.

From that state of open awareness, sing and recite the **SA LE Ö** mantra, continuing to radiate light from the **A** while the mantra circles counterclockwise in your heart, radiating light to all beings benefiting them.

A OM HUNG ~ A A KAR SA LE Ö A YANG OM DU

Conclude with the dedication of merit.