

The MA TRI Mantra of Liberation ~ The Visualization

Recognize and release all efforts of body, speech, and mind and rest in the stillness, silence, and spaciousness. Develop the intention that all sentient beings achieve liberation from suffering.

From boundless space, instantly you transform into Tonpa Shenrap, a golden buddha of light, peaceful and ornamented. Feel yourself as an enlightened being, a buddha.

In your heart on a pure white lotus is the seed syllable OM, which symbolizes the five wisdoms. The rest of the seed syllables MA TRI MU YE SA LE DU stand upright and circle the OM counterclockwise, generating energy and light. Send this light to infinite space to the source, to all the buddhas. Receiving this offering, the buddhas respond by sending light back to you. Feel that through these lights you receive the empowerments of body, speech, and mind and become one with Tonpa Shenrap.

Through the syllables in your heart, send light out to the six realms of samsara—hell, hungry ghost, animal, human, demi-god, and god—clearing the suffering. Send light particularly to places and beings you know and are aware of their suffering. Through these lights, those who suffer from anger become filled with love. Those who suffer from greed are filled with generosity. Those who suffer from ignorance attain clarity. Those who suffer from jealousy become beings of great openness. Those who suffer from pride receive the medicine of peacefulness. Those who dwell in self-absorption receive the medicine of infinite compassion. Through these lights, all suffering clears. The environments become pure dimensions and the beings become enlightened beings.

Every sound you hear is the sound of the MA TRI mantra. All your thoughts and feelings become spontaneously arising virtuous qualities to benefit others.

Maintaining this, sing and recite the mantra as the syllables circle counterclockwise around the OM syllable in your heart, radiating light to all beings who become liberated from suffering and now manifest virtuous qualities.

OM MA TRI MU YE SA LE DU

Conclude with the dedication.