

## The DU TRI SU Mantra of Purification ~ The Visualization

Recognize and release all efforts of body into stillness, efforts of speech into silence, efforts of mind into spaciousness. Rest fully in the spaciousness at your heart, open and aware. Feel the warmth of the Four Immeasurables: love, compassion, joy, and equanimity.

In your heart is a white luminous A. From the A in your heart, send out light rays to all sentient beings, particularly those whom you know are suffering, purifying their karma. The light returns to the A in your heart, which transforms into a radiant OM syllable, symbolizing the five wisdoms: the wisdom of emptiness, mirror-like wisdom, the wisdom of equanimity, discriminating wisdom, and all accomplishing wisdom.

You transform into Tonpa Shenrap, blue in color, with one face and two hands holding a yungdrung and ornamented as a peaceful deity.

Visualize the OM very bright and luminous in the center of your heart, encircled counterclockwise by the seed syllables of the mantra standing upright: A KAR A ME DU TRI SU NAK PO ZHI ZHI MAL MAL SO HA

Once again send light to all sentient beings, purifying their gross karma and subtle obscurations. Then the light comes back to you and purifies your karma and subtle obscurations. The five aggregates of your mind transform into the five wisdoms.

Imagine and visualize that your surroundings are a pure dimension and all beings are enlightened beings. All sound is the sound of the DU TRI SU mantra; all activities of your mind arise as the knowledge of the buddhas. All that you see, hear, and think are the spontaneously arising virtuous qualities. Maintaining this, recite the mantra as the syllables in your heart continuously circle the OM counterclockwise and radiate light to all beings.

***A KAR A ME DU TRI SU NAK PO ZHI ZHI MAL MAL***

***A KAR A ME DU TRI SU NAK PO ZHI ZHI MAL MAL SO HA***

At the conclusion, dedicate the merit.