



SITA ARYA WHITE MANJUSHRI SADHANA

Going for Refuge and Generating Bodhicitta

I and all living beings equaling the extent of space,
from this time forth until the essence of enlightenment is attained, go for refuge to the glorious holy
Gurus,

We go for refuge to the completely enlightened Buddhas

We go for refuge to the sacred Dharma teachings

We go for refuge to the Sangha community.

I will cultivate, generate Bodhicitta and the Six Paramitas in order to attain the state of Sita Arya
Manjushri for the benefit for all living beings.

(Recite 3 times)

The Four Immeasurables

May all living beings have happiness and causes of happiness


May all living beings be free of suffering and the causes of suffering

May all living being constantly dwell in joy and a state of bliss

May all living beings abide in equanimity free from hatred and attachment. (Recite three times)

Instantly I become Arya White Manjushri

Inviting the merit field


Lights radiate from the seed syllable AH  from my heart invoking Arya White Manjushri and an assembly of Buddhas and Bodhisattvas in the space before me.

Consecrating and making offerings

Om vajra amrita kundali hana hana hum phat
Om svabhava shuddhah sarva dharma svabhava shuddho ham

Everything dissolves into emptiness


From the state of emptiness, eight extensive jewel vessels appear in front of me.


Inside of each of the eight vessels eight OM  syllables appear, they transform into the offering substances: water for drinking, water for cooling the divine body, flowers, incense, perfume, food and musical instruments.



Om Arya Manjushri argham ah hum
Om Arya Manjushri padyam ah hum
Om Arya Manjushri pushpe ah hum
Om Arya Manjushri dhupe ah hum
Om Arya Manjushri aloke ah hum
Om Arya Manjushri gandhe ah hum
Om Arya Manjushri newide ah hum
Om Arya Manjushri shapta ah hum


SELF - GENERATION OF SITA ARYA WHITE MANJUSHRI


Om svabhava shuddhah sarva dharma svabhava shuddho ham


Within the state of emptiness, a white PAM  syllable appears.


The white PAM  syllable turns into a beautiful lake filled with lotus flowers, there are beautiful animals like elephants, birds and fish enjoying the blessings of Sita Arya White Manjushri

A white PAM  syllable appears in the middle of this lake, the PAM  syllable

transforms in to beautiful lotus cushion. On top of the Lotus cushion a white AH  syllable transformed in to moon cushion again on the moon cushion

AH  syllable represents my own mind, from the white AH light radiates to all directions accomplishing the two purposes for myself and others. The light radiates to the Buddha realms, and transforms into multitudes of offerings, creating virtues for myself and others. Light radiates again to the six realms of all living beings and purifies the sufferings and unwholesome karmas of all beings, all living beings attain the state of Arya White Manjushri Buddhahood.

Light returns to the AH  syllable, I arise as the Divine Arya White Manjushri sitting in lotus posture, with both hands holding lotus flowers. On the left lotus flower there is the Prajnaparamita text of the Perfection of Wisdom. On the right lotus flower there is the sword. I am adorned with jewels and a variety of silken garments.

On the moon disc at my heart is a white syllable AH , from this light rays radiate to the ten directions and invoke Arya White Manjushri together with an assembly of Buddhas and Bodhisattvas from their actual enlightened abodes.

DZA HUM BAM HO

(We become indivisible)

My divine body is marked with three syllables: my crown is marked by a white OM syllable, my throat is marked by red AH syllable, and my heart is marked by the blue HUM syllable.




Receiving initiations

Once again multitudes of light radiate from my heart to the Buddha realms inviting the five Dhyani Buddhas -Vairochana, Ratnasambhava, Amitabha, Amoghasiddhi and Akshobhya initiation deities holding aloft vases in their hands, pouring the white nectar on my head as Sita Arya White Manjushri, nectar fills the inside of my body and I experience bliss and emptiness.

Praise to Sita Arya White Manjushri

Your non-dual uncommon all pervasive holy body is extraordinary
 You are all pervading father of all Buddhas
 You are the sources of clear light Dharmata the mother of all Buddhas You are the wisdom being the son of all Buddhas I prostrate to you.

Visualisation during mantra recitation

The mantra of Arya White Manjushri is white in color standing on the moon disc standing in an upright position circling around the AH  syllable at my heart. White light shines from the mantras, first the light fills the inside my own body purifying my body, speech and mind, then the light radiates from my heart and radiates all over the world and in the ten directions purifying suffering, ignorance and karma of all sentient beings. Everyone receives blessings and the healing light of Sita Arya White Manjushri

Recitation of Mantra

ॐ वा क्ये दा नाह मा


OM VA KYE DA NAH MAH



21 or 108 times

Increases unique wisdom, improves memories


Increases the seven wisdoms: Great wisdom, clear wisdom, rapid wisdom, profound wisdom, teaching wisdom, debating wisdom and composition wisdom

At the end of the mantra recitation this visualization follows:

Visualize the AH  syllable lying on the middle of your tongue.

The top of the AH  facing towards the back of your throat. The syllable AH  is in the nature of light.

Then recite the syllable Ah Ah-ah-ah-ah-ah-ah..... 21 times in one breath. Imagine

that lots of white nectar is produced by the AH  syllable. My entire body is filled with the nectar of great bliss, all mental defilements, unwholesome karmas and obscurations are completely purified and my mind experiences the profound wisdom of Arya White Manjushri.

The Torma Offering

Inviting the Guests of the Torma Offering

Light shines from the AH syllable in my heart, inviting glorious Arya White Manjushri and his entourage into the space before me.
They partake of the offering by drawing up the essence of the torma through a straw-like tube of vajra light.

Offering the Torma to White Manjushri

OM ARYA WHITE MANJUSHRI IDAM BALIMTA KHA KHA KHAHI KHAHI
(7x, with lotus-turning)

OM ARYA MANJUSHRI ARGHAM A HUM SVHA
OM ARAYA MANJUSHRI PADYAM A HUM SVAHA
OM ARYA MANJUSHRI PÜSHPE A HUM SVAHA
OM ARYA MANJUSHRI DHUPE A HUM SVAHA
OM ARYA MANJUSHRI ALOKE A HUM SVAHA
OM ARYA MANJUSHRI GANDHE A HUM SVAHA
OM ARAYA MANJUSHRI NAIVIDHY A HUM SVAHA
OM ARYA MANJUSHRI SHABDA A HUM SVAHA
OM ARYA MANJUSHRI

OM AH HUM X3

Praise to Arya White Manjushri

Revealed you most magnificent enlightened being
As the essence of the wisdom emanation of all Buddhas You provide sources of profound Dharma realization for all I prostrate to the awesome deity of perfect wisdom

Mantra of Vajrasattva for purification

Om Vajrasattva samaya manupalaya, Vajrasattva tvenopatishta, dridho mebhava, sutoshayo me bhava, suposhayo me bhava, anurakto me bhava, sarva siddhi me prayaccha, sarva karma succha me, chittam shiriyam kuru hum ha ha ha ha ho, bhaghavan sarva tathagata, Vajrasattva ma me muncha, Vajra bhava maha samaya sattva ah hum phat.

Dedication

By the virtues of meditating on Arya White Manjushri's divine body, speech and enlightened mind. May I attain the state of Arya White Manjushri and lead every living being without exception into that very state.

Composited by Zasep Tulku Rinpoche from the original text lightly edited by Michael Zlonicky and Pedro Sousa in Canada and Australia January 2015

