

The Hundred-Syllable Vajrasattva Mantra

OM BENZA SATO SAMAYA,

The Vajrasattva Samayas (*One who has made a promise from the beginning of time to help sentient beings purify their negativities and karmic obscurations.*)

MANU PALAYA BENZA SATO, TENO PER THI KYA DRI DRO ME BHAWA,

Grant your protection and reside in me, Vajrasattva. Remain firm in me and let me recognize my Vajra nature.

SUTO KYO YO MEY BHAWA,

Make me totally satisfied by being free from conceptualization.

SUPO KYO YO MEY BHAWA

Increase the positive energy within me through non-dual bliss emptiness.

ANU RAKTO MEY BHAWA,

Be loving towards me, and let me be compassionate by being free from attachment and aversions that give rise to many other disturbing defilements.

SAWA SITI MEY TRA YA TSA,

Bestow all the spiritual attainments

SARVA KAMA SUTSA MEY, TSE TAM SHRI YAM KURU

and let all the actions and activities of my mind always be virtuous.

HUNG

(Hung = The essence seed syllable)

HA HA HA HA, HOE

(Ha, ha, ha, ha symbolizes the four immeasurables, four empowerments, four joys, four kayas
Hoe is the sound of joyous laughter in the above four.)

BHA GHA WANA SARVA TATHA GATA, BENZA MA MEY MUN ZHA,

Bhagavan, all the Tathagatas and Vajrasattva, do not abandon me.

BHENZA BHAWA, MAHA SAMAYA SATO.

Make me indivisible from you, great Vajrasattva, the promise keeper.

AH - HUNG - PHED.

*AH = syllable of the vajra speech (shows the empty nature of all phenomena.
The main function of Buddhas' speech is to teach that phenomena lack inherent existence.)
HUM = (blissful state of Vajrasattva's wisdom)
PHAT = destroy all the delusions and sufferings.*

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