

The Hundred-Syllable Vajrasattva Mantra

OM BENZA-SATO SAMAYA MANU-PALAYA

The essence of my eternal reality (*Om*): the Diamond Being body of indestructible Buddha-nature (*Vajrasattva/Benza-Sato*), which is the assurance and support (*samaya manu-palaya*) for my innate capacity to purify and transform.

BENZA-SATO TENO-PERTHIKYA, DRIDRO MEY BHAWA,

May the qualities of the Diamond Being residing in me (*Vajrasattva/Benza-Sato*) remain close to me (*teno-perthikya*). May my stability (*dridro mey*) be born (*bhawa*) through eliminating negative karma,

SUTO-KYO-YO MEY BHAWA, SUPO-KYO-YO MEY BHAWA,

May my happiness (*suto-kyo-yo mey*) be born (*bhawa*) through attaining liberation.
May my joy (*supo-kyo-yo mey*) be born (*bhawa*) through attaining enlightenment,

ANU-RAKTO MEY BHAWA, SAWA SITI MEY TRA-YA-TSA,

May my loving protection (*anu-rakto mey*) be born (*bhawa*)
through the clear light awareness of emptiness.
May all spiritual power in me (*sawa siti mey*) be bestowed (*tra-ya-tsa*),

SARVA KAMA SUTSA MEY, TSE-TAM SHRI-YAM KURU HUNG,

May all karmic actions (*sarva kama*) be excellent in me (*sutsa mey*),
May my supreme mind (*tse-tam shri-yam*) arise (*kuru*)
through the true nature of my mind (*hung*), which is clear and aware,

HA HA HA HA, HOE

And the five pathways of consciousness that lead to enlightenment.
(*path of accumulation, path of preparation, path of seeing,*
path of meditation, path of no more learning)

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

Buddha (*Bha-gha-wana*), and all the Ones Thus Gone (*sarva Tatha-gata*)
Who are diamond-strong (*Vajra/Benza*),
Do not let me lose (*ma mey mun-zha*) the clear light awareness of emptiness.

BENZA BHAWA MAHA, SAMAYA SATO, AH, HUNG, PHED

O Diamond-strong Great One, Vajrasattva (*Benza Bhawa Maha*), in union with your luminous Vajra being's (*samaya sato*) body, speech (*ah*), and mind (*hung*), may the delusions and sufferings of my body, speech, and mind be purified and stabilized (*phat*).