

Kadampa Meditation Center LA
Vajrasattva Retreat
Session Guide

Session 1

Sadhana: Offering to Spiritual Guide

Guru Founder

Liberating Prayer

<<Pause for pointing out instructions>>

Refuge & Bodhichitta

Self-Generation, Purifying, Blessing

Visualizing the Field of Merit

Inviting the Wisdom Beings

Prostrations

Offering

Sadhana: Meditation & Recitation of Solitary Vajrasattva

5 minute pause- developing a wish to purify

5 minute pause- generating refuge & bodhichitta (power of reliance)

Refuge & bodhichitta

Visualizing Guru Vajrasattva

Requesting purification

5 minute pause -- generating power of regret

8 minutes pause to recite mantra – power of opponent force

End mantra

2 minute pause- power of promise

Prayer of Confession and Resolve

Absorption

5 minute pause- Absorbing Guru Vajrasattva

Dedication

Sadhana: Offering to Spiritual Guide

Confession, Rejoicing, Requesting (pg. 13)

Dedication

Requesting ---> Single-pointed request

Receiving blessings of the four empowerments

5 minute pause- Absorbing the Guru

Dedication (pg.28)

Prayers for the Virtuous Tradition

Vajrasattva Mantras

Short mantra

OM VAJRA SATTÖ SARWA SIDDHI HUM

Long mantra

OM VAJRA SATTÖ SAMAYA, MANU PALAYA, VAJRA SATTÖ TENO PATITA, DRIDHO ME BHAWA, SUTO KAYO ME BHAWA, SUPO KAYO ME BHAWA, ANURAKTO ME BHAWA, SARWA SIDDHI ME PRAYATZA, SARWA KARMA SUTZA ME, TZITAM SHRIYAM KURU HUM, HA HA HA HA HO BHAGAWÄN, SARWA TATHAGATA, VAJRA MA ME MUNSA, VAJRA BHAWA, MAHA SAMAYA SATTÖ AH HUM PHAT

Session 2 & 3

Sadhana: Offering to Spiritual Guide

Guru Founder

Liberating Prayer

Prostrations (pg. 9)

Offering

Sadhana: Meditation & Recitation of Solitary Vajrasattva

5 minute pause- developing a wish to purify

5 minute pause- generating refuge & bodhichitta (power of reliance)

Refuge & bodhichitta

Visualizing Guru Vajrasattva

Requesting purification

5 minute pause- power of regret

30 minute pause to recite mantra – power of opponent force

End mantra

2 minute pause- power of promise

Prayer of Confession and Resolve

Absorption

5 minute pause- Absorbing Guru Vajrasattva

Dedication

Sadhana: Offering to Spiritual Guide

Confession, Rejoicing, Requesting (pg.13)

Dedication

Requesting ---> Single-pointed request

Receiving blessings of the four empowerments

5 minute pause – Absorbing the Guru

Dedication (pg. 28)

Prayers for the Virtuous Tradition

Vajrasattva Mantras

Short mantra

OM VAJRA SATTÖ SARWA SIDDHI HUM

Long mantra

OM VAJRA SATTÖ SAMAYA, MANU PALAYA, VAJRA SATTÖ TENO PATITA, DRIDHO ME BHAWA, SUTO KAYO ME BHAWA, SUPO KAYO ME BHAWA, ANURAKTO ME BHAWA, SARWA SIDDHI ME PRAYATZA, SARWA KARMA SUTZA ME, TZITAM SHRIYAM KURU HUM, HA HA HA HA HO BHAGAWÄN, SARWA TATHAGATA, VAJRA MA ME MUN TSA, VAJRA BHAWA, MAHA SAMAYA SATTÖ AH HUM PHAT

Session 4

Sadhana: Offering to Spiritual Guide

Guru Founder

<<Pause for pointing out instructions>>

Liberating Prayer

Prostrations & Offering (pg. 9)

Offering

Sadhana: Meditation & Recitation of Solitary Vajrasattva

5 minute pause- developing a wish to purify

5 minute pause- generating refuge & bodhichitta (power of reliance)

Refuge & bodhichitta

Visualizing Guru Vajrasattva

Requesting purification

5 minute pause- power of regret

5 minute pause to recite mantra – power of opponent force

End mantra

2 minute pause- power of promise

Prayer of Confession and Resolve

Absorption

3 minute pause- Absorbing Guru Vajrasattva

Dedication

Sadhana: Offering to Spiritual Guide

Confession, Rejoicing, Requesting (pg.13)

Dedication

Requesting ---> Single-pointed request

4 minute pause- Receiving the Four Empowerments

Offering the mandala (pg.42)

How to Rely upon our Spiritual Guide ... Gathering & Dissolving (pg. 19-28)

2 minute pause- Absorbing the Guru

Dedication

Auspicious Prayers

Prayers for the Virtuous Tradition

9-line Migtsema

Short mantra

OM VAJRA SATTÖ SARWA SIDDHI HUM

Long mantra

OM VAJRA SATTÖ SAMAYA, MANU PALAYA, VAJRA SATTÖ TENO PATITA, DRIDHO ME BHAWA, SUTO KAYO ME BHAWA, SUPO KAYO ME BHAWA, ANURAKTO ME BHAWA, SARWA SIDDHI ME PRAYATZA, SARWA KARMA SUTZA ME, TZITAM SHRIYAM KURU HUM, HA HA HA HA HO BHAGAWÄN, SARWA TATHAGATA, VAJRA MA ME MUNSA, VAJRA BHAWA, MAHA SAMAYA SATTÖ AH HUM PHAT