

**The Vajrasattva Prayer
(100-Syllable Mantra)**

OM

[The most excellent exclamation of praise]

BENZAR SATO SAMAYA

Vajrasattva's Samaya:

MANUPALAYA BENZAR SATO

O Vajrasattva, protect the Samaya

TENOPA TISHTHA DRIDHO ME BHAWA

May you remain firm in me

SUTOKHAYO ME BHAWA

Grant me complete satisfaction

SUPOKHAYO ME BHAWA

Grow within me (increase the positive within me)

ANURAKTO ME BHAWA

Be loving towards me

SARWA SIDDHI ME PRAYACCHA

Grant me all the siddhis

SARWA KARMA SU TSA ME

Show me all the karmas (activities)

TSITTAM SHREYANG KURU

Make my mind good, virtuous and auspicious!

HUNG :

[The heart essence, seed syllable of Vajrasattva]

HA HA HA HA :

[Symbolises the four immeasurables, the four empowerments, the four joys, and the four kayas]

HO :

[The exclamation of joy at this accomplishment]

BHAGAWAN SARWA TATHAGATA

O blessed one, who embodies all the Vajra Tathagatas

BENZAR MA ME MUNCA

Do not abandon me

BENZRI BHAWA

Grant me the realization of the Vajra Nature

MAHA SAMAYASATTVA

O great Samayasattva

AH

Make me one with you

Notes from the Rigpa Shedra:

The Four Immeasurables are:

- **Equanimity** (the wish that beings may be free from the attitude of attachment to some and aversion to others)
- **Love** (the wish that living beings may have happiness and its causes)
- **Compassion** (the wish that living beings may be free from suffering and its causes)
- **Joy** (the wish that living beings may remain happy and their happiness may increase further)

The Four Empowerments are: vase, secret, knowledge-wisdom, and precious word

The Four Joys are: joy, supreme joy, special joy, and innate joy

The Four Kayas are:

- Svabhavikakaya
- Dharmakaya
- Sambhogakaya
- Nirmanakaya