The Cintāmaṇi (Wish-Fulfilling Jewel) Instruction

A Sādhana of the Glorious Vajrasattva, a Method of Purification and Accomplishment for Both Self and Others

by Khenchen Jigme Phuntsok

Taking Refuge

namo
Namo!

di né changchub nyisong bar
From now until I attain the essence of awakening

rik dang kyilhok gyatso dak
I take refuge in the sovereign of all lineages and oceanic maṇḍalas,

lama dorjé sempa la
The Guru Vajrasattva,

yiché depé kyab su chī
With confident faith and devotion.
Generating Bodhicitta

I shall persevere physically, verbally and mentally,
And never depart from the path to awakening;
So as to bring everyone throughout the reaches of space
To relief in the stable bliss of enlightenment.

Actual Sādhana

Âh. In front of me, amidst oceanic clouds of offerings,
Is a throne of white lotus and moon cushion,
Upon which is Vajrasattva, embodiment of all buddha lineages.
He is brilliant white with the glow of the full moon.
He has one face and holds a bell and vajra in his two hands,
And is seated cross-legged in full sambhogakāya attire.

The light-rays of his wisdom radiate throughout the ten directions.

All of this appears vividly and clearly in my mind.

Kyema! Guru Vajrasattva,

Please recall your promise:

Think of us poor, wretched beings,

And hold us in your compassion.

Throughout beginningless time until now,

We have committed misdeeds and transgressions physically, verbally, and mentally.

Realising this, we feel as regretful and sorrowful

As if we had ingested poison.
chinché sok la bab gyur kyang
We openly admit and confess these deeds before you.

mi ô lé nam mi gyi na
In future, even at the cost of our lives, we’ll not waste this opportunity by repeating them.

dzumpé chen gyi zik dzö la
Look lovingly upon us

jam nyen chak gi ukyung tsol
And grant us relief with your tender embrace.

dak dang semchen tamché kyi
For us and all sentient beings,

damtsik nyamchak kün dak ching
Purify all impairments and breaches of samaya

chok dang tünmong ngödrub kün
And let us accomplish all common and supreme attainments

danta nyi du drubpar dzö
Right now, this very instant!

With this supplication the four powers are complete.

om benza sato hung
om vajrasattva hūṃ

Repeat the mantra four hundred thousand times to purify all breaches of the root samayas. Samaya.
Hung, di tsön dü sum gé tsok kün
Hūm. I hereby dedicate this, and all merit accrued throughout the three times,
talé drowé döndu ngo
To the welfare of all infinite beings.

Kün kyang dorjé sempa yi
May each and every one of them

gopang nyurdu tobpar shok
Swiftly achieve the state of Vajrasattva.

Om, gang nang ku yi gyen du dak
Oṃ. May all that appears be purified as an adornment of kāya, the deity’s form;

Dra drak ngak kyi rolwar dzok
May all sound be perfected as mantra, the deity’s speech;

dren tok tuk kyi ngang du min
May all memories and thought mature within the deity’s wisdom mind;

Püntsok palbar tashi shok
And may all be auspicious, excellent and splendid!

This sādhana arose as a display of the natural radiance of awareness within the experience of Ngawang Lodrö Tsungmé, on the eleventh day of the third month in the year of the Fire Ox (17 April 1997). It was carefully written down by his disciple Tsultrim Drimé. May it be virtuous!

Translated by Sean Price and Adam Pearcey, 2020.