



Yeshe Tsogyal Personal Deity Sadhana



伊喜措嘉本尊法

Start by praying for the root lineage blessing: First empty the mind. Next, visualize the True Buddha School lineage: Namo Mahavairocana Tathagata, Namo Buddha Locana, Namo Amitabha Buddha, Namo Padmakumara, Namo Living Buddha Lian-sheng, and the Root Lineage Guru Living Buddha Lian-sheng appearing above your crown and radiating light on everyone present. Chant the Root Lineage Guru Heart Mantra 7 times. Pray to the Root Lineage Guru to empower you so that the practice will be auspicious.

Engender the Four Immeasurable Minds: Visualize that your father and all your past fathers are on your right, your mother and all your past mothers are on the left, your enemies are in front of you, your friends and loved ones are behind you, all beings of the six realms are surrounding you, and all join you in this practice.

Wake-Up Call: Clap twice, then cross hands and snap thumbs and middle fingers.

1. Recite the Purification Mantras and Earth God Mantra

2. Recite the Invocation Mantra

Invoke Yeshe Tsogyal along with the Four-directions Dakinis, the Eight-directions Dakinis, the Twenty Celestial Maidens, the 100,000 Dakinis and so forth.

3. Tender the Great Homage with Visualization

4. Mandala Offering

5. Fourfold Refuge

Recite "I and all sentient beings, from the mundane state to accomplishment of Buddhahood, take refuge in the perfectly enlightened buddha, the perfect and holy Buddhadharma, and the sangha who cultivate in accordance with Buddhadharma." I take refuge in the Guru and the Three Jewels. Please bestow blessings.

6. Recite the Repentance Verse and Mantra

7. Armor Protection

8. Recite the Four Immeasurable Vows

9. Recite the Bodhicitta Verse and Mantra

"Upon attainment of Buddhahood, I vow to save sentient beings, lead them away from suffering, toward happiness, and to accomplishment of Buddhahood together."

10. Recite the High King Avalokitesvara Sutra (1 time)

11. Recite the Rebirth Mantra (7 times)

12. Recite the Root Guru's Heart Mantra (108 times):

Om, gu-ru, lian-sheng sid-dhi hum

13. Mudra and Visualization

Yeshe Tsogyal Mudra: Make a fist with the right hand and the thumb outside the fist. Place the left palm facing upward under the right hand.



Illustration of mudra:



Seed Syllable:



Red Tibetan seed syllable "hum" or red Sanskrit seed syllable "seh"

Visualization: First empty the mind.

Chant the Emptiness Mantra:

Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do-hang. (3 times)

- i. Eight snow lions appear in the space before one, surrounding the throne. Yeshe Tsogyal is sitting within a moon disc in a multi-colored lotus. She is red and has one face and two arms. Her right hand is rocking a damaru. Her left arm embraces a khatvanga while the left hand holds a skull cup filled with nectar. She is in full-lotus position and adorned with bone ornaments. She looks youthful, glorious and radiant.
- ii. From the brow point of the Yeshe Tsogyal, a beam of white light shines onto one's brow point. From the throat of the Yeshe Tsogyal, a beam of red light shines onto one's throat. From the heart of the Yeshe Tsogyal, a beam of blue light shines onto one's heart. The three lights of white, red, and blue merge completely into one's body and mind.

14. Merging of self and deity

24. Tender the Great Homage with Visualization

25. Recite the Completion Mantra

Om, Bu Lin. (3 times)

Om Mani Padme Hum.

Dismissal: Clap twice, then cross hands and snap thumbs and middle fingers.

End of Practice: May all endeavors be auspicious.

【Note 1】: The key cultivation formulas of this practice are excerpted from “Yeshe Tsogyal Personal Deity Practice”, Living Buddha Lian-sheng Sheng-yen Lu Book 277, *Laughing at Life*.

【Note 2】: Yeshe Tsogyal Yoga Practice is a terma from within the brain of Living Buddha Lian-sheng. Yeshe Tsogyal Buddha Mother has a profound connection with Sadaparudita, Saraswati, Goddess Ganga, and White Tara.

An empowerment must be received from Living Buddha Lian-sheng or an authorized True Buddha School master before engaging in this particular sadhana.