

LTC Practice Notes on Singhanada 2020 #2 CONSECRATE THE WATER

YOU WILL NEED

- Image of Singhanada
- Tantric offering bowls for Singhanada (2 waters, flowers, incense, light, perfume, food)
- Mala (crystal if you can)
- FPMT practice booklet
- Bowl or jug of water with saffron strands in it
- Spoon for scooping water into your palm (if using a bowl)
- Khata to tie around the vase or bowl (optional)



Set up a simple altar with an image of Singhanada and one set of tantric offering bowls. Arrange them from the *deity's* right to left (ie at deity's right are the two waters).

It's good to get a bowl with a stem, to make it easier to loop your mala around to consecrate. Use really nice materials like crystal, gold or silver. Have it as clean and sparkling as possible. If you like, you can decorate the bowl. Tie a khata around the lip, or hang some auspicious symbols, or drape some pearls. Put some strands of saffron into the water to scent it with that delicate, refined smell of saffron. The colour should be the colour of 'good champagne' as Geshe Tashi Tsering said!

CONSECRATE THE WATER

Dispel interferences dwelling on the substances:
OM PADMANTAKRIT HUM PHAT (108x)

Purify into emptiness:
OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Your wisdom realising emptiness manifests as a HRIH, which transforms into Singhanada on the top of the vase. Not a concrete person, but an energy form. When you are doing this, visualise a clean infinite vase, adorned with precious ornaments and garments, filled with pure water.

On top of the vase is a lotus, moon disc and HRIH, from this arises Singhanada sitting on it, facing you, lively.

Pick up your vajra and bell, left hand holding the bell, right hand holding the vajra and your mala. Hook the mala over the bowl or stem and recite the mantras (long mantra 3x and then the short manta 108x or many times).

Emanating infinite lights from his body, rainbow like colours, filled with positive energy, emanating towards you and entire ten directions and all sentient beings. The water transforms, through the action of Singhanada's qualities, to become purifying clear healing nectar. Eventually that Singhanada dissolves into the water.

The bowl can then remain on your table.

MANTRAS

NAMO RATNA TRAYAYA / NAMAH ARYA JNANA SAGARA / VAIROCHANA VYUHA RAJAYA /
TATHAGATAYA / ARHATE SAMYAKSAM BUDDHAYA / NAMAH SARVA TATHAGATEBHAYAH /
ARHATEBHAYAH SAMYAKSAM BUDDHEBHAYAH / NAMAH ARYA AVALOKITESHVARAYA /
BODHISATTVAYA

MAHASATTVAYA MAHAKARUNIKAYA / TADYATHA OM...

...AKATE BIKATE NIKATE / KATAM KHATE /

BIRIYE SVAHA (3x)

OM AH HRIH SINGHANADA HUM PHET (21x)

WATER IN THE PALM

Use this to sprinkle and purify your own negativities, the environment, inner and outer, then purify others, and then specific sentient beings.

Pour water into palm, use ring finger of right hand, recite short mantra, and touch the three points, or just the crown, or over the whole body.

Tap or rub at each chakra, OM AH HUM at the very least. Then you can also do the shoulders and the knees, the places for protection.

If mental difficulty, rub at the heart chakra.

Touches to crown, purify all negative actions committed through the body. Touch throat to purify speech, the heart to purify mind.

Then sprinkle around your body, and specifically at the place you have sickness. rub a patch of water onto that place on the body, as well as reciting the mantra. Do the eyes (especially if difficulty with eyesight), ears (especially if losing hearing).

Feel the cool of the water on your skin, and the blissful healing power of Singhanada in the nectar water, as pure purifying energy.

(You can also put onto the head of your pets, onto their nose or lips.)

Keep the water in a nice jug or glass bottle, clearly labelled if you keep it in the fridge, so your family members don't mistake it and throw it out! Use it every day, re-energise it with the mantras each time. Don't just keep it – use it! It can be replenished as needed.

COLOPHON

These practice notes were prepared by Miffi Maxmillion at Langri Tangpa Centre, 2020. They are based on a commentary given by Geshe Tenzin Zopa on Youtube in July 2020, given during the time of COVID-19. Miffi has added her own visualisations and suggestions as a guide only, to help as a practice guide.