

# *Arya Avalokíteshvara Sínghanada*

*Exalted Líon's Roar Avalokíteshvara*

*Who Díspels All Dísease*



*Practice Instructions from  
Lama Zopa Rínpoche*

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# *Arya Avalokīteshvara Singhanada*

*Exalted Lion's Roar Avalokīteshvara  
Who Dispels All Disease*



## *Taking Refuge and Generating Bodhichitta*

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

**I go for refuge until I am enlightened**

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

**To the Buddha, the Dharma, and the Supreme Assembly.**

DAG GI JIN SOG GYI PÄ SÖ NAM GYI

**By my practice of giving and other perfections,**

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG

**May I become a buddha to benefit all sentient beings. (3x)**

## *The Four Immeasurables*

SEM CHÄN THAM CHÄ DE WA DANG DE WÄI GYU DANG DÄN PAR GYUR  
CHIG

**May all sentient beings have happiness and the causes of  
happiness.**

SEM CHÄN THAM CHÄ DUG NGÄL DANG DUG NGÄL GYI GYU DANG  
DRÄL WAR GYUR CHIG

**May all sentient beings be free from suffering and the causes  
of suffering.**

SEM CHÄN THAM CHÄ DUG NGÄL ME PÄI DE WA DANG MI DRÄL WAR  
GYUR CHIG

**May all sentient beings be inseparable from the happiness that  
is free from suffering.**

SEM CHÄN THAM CHÄ NYE RING CHHAG DANG NYI DANG DRÄL WÄI  
TANG NYOM LA NÄ PAR GYUR CHIG

**May all sentient beings abide in equanimity, free from attach-  
ment for friends and hatred for enemies.**

## *Special Generation of Bodhichitta*

In particular, in order to benefit all my mother sentient beings quickly and more quickly, I must achieve the precious state of perfect and complete buddhahood; therefore, I am going to undertake the practice of Avalokiteshvara Singhanada (Senghe Dra).

## *The Foundation of All Good Qualities*

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Now recite a glance meditation on the lam-rim. The Foundation of All Good Qualities has been included here, but one may substitute another lam-rim prayer as one chooses.

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The foundation of all good qualities is the kind and perfect,  
pure Guru;

Correct devotion to him is the root of the path.

By clearly seeing this and applying great effort,

Please bless me to rely upon him with great respect.

Understanding that the precious freedom of this rebirth is found  
only once,  
Is greatly meaningful, and is difficult to find again,  
Please bless me to generate the mind that unceasingly,  
Day and night, takes its essence.

This life is as impermanent as a water bubble;  
Remember how quickly it decays and death comes.  
After death, just like a shadow follows the body,  
The results of black and white karma follow.

Finding firm and definite conviction in this,  
Please bless me always to be careful  
To abandon even the slightest negativities  
And accomplish all virtuous deeds.

Seeking samsaric pleasures is the door to all suffering:  
They are uncertain and cannot be relied upon.  
Recognizing these shortcomings,  
Please bless me to generate the strong wish for the bliss of  
liberation.

Led by this pure thought,  
Mindfulness, alertness, and great caution arise.  
The root of the teachings is keeping the pratimoksha vows:  
Please bless me to accomplish this essential practice.

Just as I have fallen into the sea of samsara,  
So have all mother migratory beings.  
Please bless me to see this, train in supreme bodhichitta,  
And bear the responsibility of freeing migratory beings.

Even if I develop only bodhichitta, but I don't practice the three  
types of morality,  
I will not achieve enlightenment.

With my clear recognition of this,  
Please bless me to practice the bodhisattva vows with  
great energy.

Once I have pacified distractions to wrong objects  
And correctly analyzed the meaning of reality,  
Please bless me to generate quickly within my mindstream  
The unified path of calm abiding and special insight.

Having become a pure vessel by training in the general path,  
Please bless me to enter  
The holy gateway of the fortunate ones:  
The supreme vajra vehicle.

At that time, the basis of accomplishing the two attainments  
Is keeping pure vows and samaya.  
As I have become firmly convinced of this,  
Please bless me to protect these vows and pledges like my life.

Then, having realized the importance of the two stages,  
The essence of the Vajrayana,  
By practicing with great energy, never giving up the four sessions,  
Please bless me to realize the teachings of the holy Guru.

Like that, may the gurus who show the noble path  
And the spiritual friends who practice it have long lives.  
Please bless me to pacify completely  
All outer and inner hindrances.

In all my lives, never separated from perfect gurus,  
May I enjoy the magnificent Dharma.  
By completing the qualities of the stages and paths,  
May I quickly attain the state of Vajradhara.

## Visualization

Visualize in the space in front of you, from HRIH arises Arya Avalokiteshvara Singhanada. His body is white with one face, two arms, and three eyes. At his heart is a white HRIH on a moon disk. His right hand rests on his knee in the mudra of granting supreme realizations, and he leans back on his left hand which rests behind him on the moon disk. His left leg is extended in the posture of royal ease. He is without ornaments, in the aspect of an ascetic, and wears a brahmin cord.

His hair is tied in a top-knot. He wears a lower robe of red silks, and a black deer skin covers the left side of his chest. On his right side is a green trident with a white snake entwined around it; on his left, on a lotus, is a skull-cup filled with various flowers. On a white lotus that blooms by his ear is a blazing sword of wisdom. At his brow, throat, and heart are a white OM, a red AH, and a blue HUM respectively.

## Mantra Recitation

While reciting the mantra, visualize beams of light are emitted from Singhanada's crown, heart, and throat chakras. The light enters your own crown, heart, and throat chakras. Generate the strong feeling that this powerful purifying nectar-light energy has purified you and all others (especially those who have similar problems) of all obscurations and negative karma, spirit harms, and disease.

OM AH HRIH SINGHANADA HUM PHAT

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Try to do a minimum of six malas (600 mantras) each day.

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## *Dedication Prayers*

GE WA DI YI NYUR DU DAG

**Due to the merits of these virtuous actions,**

LA MA SANG GYÄ DRUB GYUR NÄ

**May I quickly attain the state of a Guru-Buddha**

DRO WA CHIG KYANG MA LÜ PA

**And lead all living beings, without exception,**

DE YI SA LA GÖ PAR SHOG

**Into that enlightened state.**

JANG CHHUB SEM CHHOG RIN PO CHHE

**May the supreme jewel bodhichitta**

MA KYE PA NAM KYE GYUR CHIG

**That has not arisen, arise and grow;**

KYE WA NYAM PA ME PA YANG

**And may that which has arisen not diminish**

GONG NÄ GONG DU PHEL WAR SHOG

**But increase more and more.**

## *Long Life Prayer For His Holiness the Dalai Lama*

GANG RI RA WÄ KOR WÄI ZHING KHAM DIR

**In the land encircled by snow mountains**

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ

**You are the source of all happiness and good;**

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

**All-powerful Chenrezig, Tenzin Gyatso,**

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

**Please remain until samsara ends.**

## *Prayer that Spontaneously Fulfills All Wishes*

TONG NYI NYING JE ZUNG DU JUG PAI LAM

**Savior of the Snow Land Teachings and transmigratory beings,**

CHE CHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN

**Who extensively clarifies the path that unifies emptiness  
and compassion,**

CHAG NA PÄ MO TÄN DZIN GYA TSO LA

**To the Lotus in the Hand, Lord Tenzin Gyatso, I beseech—**

SOL WA DEB SO ZHE DÖN LHÜN DRUB SHOG

**May all your holy wishes be fulfilled!**

## *Long Life Prayer for Lama Zopa Rinpoche*

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN

**You who uphold the Subduer's moral way, who serve as the  
bountiful bearer-of-all,**

DZIN KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ

**Sustaining, preserving, and spreading Manjunath's victorious  
doctrine;**

CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA

**Who masterfully accomplish magnificent prayers honoring  
the Three Jewels:**

DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG

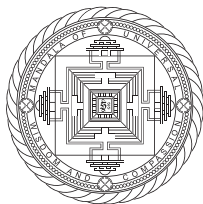
**Savior of myself and others, your disciples, please, please live  
long!**

### *Colophon:*

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Image of Avalokiteshvara Senghe Dra on the cover taken from *Deities of Tibetan Buddhism: The Zurich Paintings of the Icons Worthwhile to See*, Martin Willson, Wisdom Publications. 2000, and used with permission.

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