

Natural Liberation of Saṃsāra ~ Supplications and Aspirations through the Six Syllables



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His Holiness the 70th Je Khenpo Trulku Jigme Choedrak



Homage to Lokeśvara (Avalokiteśvara)

To Guru Avalokiteshvara, the embodiment of all refuge,
And to the six syllables, the essence of Dharma,
I and all beings supplicate with devotion:
May our minds turn towards the pure Dharma.

I take refuge in the deity Avalokiteshvara.
Through the Dharma — Om Mani Padme Hum¹ —
I and all mother sentient beings:
Take refuge in Om, the perfect Buddha,
Take refuge in Ma, the sublime Dharma,
Take refuge in Ni, the Sangha,
Take refuge in Pad, the Gurus,
Take refuge in Me, the Yidam deities,
Take refuge in Hum, the assembly of Dakinis.

To the deity Avalokiteshvara, we supplicate.
Through the Dharma — Om Mani Padme Hum —
I and all mother sentient beings:
Supplicate to Om, the enlightened body of the Aryas,
Supplicate to Ma, the enlightened speech of the Aryas,
Supplicate to Ni, the wisdom mind of the Aryas,
Supplicate to Pad, the supreme qualities of the Aryas,
Supplicate to Me, the enlightened activities of the Aryas,
Supplicate to Hum, that which embodies all.

¹ The syllable "Me" is pronounced "mey," and "Hum" as "hung."



Oh, deity Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
I and all mother sentient beings:
May all our misdeeds and obscurations, without exception, be purified.
May Om purify the obscurations of our bodies,
May Ma purify the obscurations of our speech,
May Ni purify the obscurations of our minds,
May Pad purify the obscurations of our afflictive emotions,
May Me purify the obscurations of our habitual tendencies,
May Hum purify our cognitive obscurations.

Oh, deity Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
I and all mother sentient beings:
May the illness of the five afflictive poisons be pacified!
May Om pacify the afflictive emotion of ignorance,
May Ma pacify the afflictive emotion of anger,
May Ni pacify the afflictive emotion of pride,
May Pad pacify the afflictive emotion of attachment,
May Me pacify the afflictive emotion of jealousy,
May Hum pacify all five poisonous emotions.

Oh, deity Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
I and all mother sentient beings:
May the sufferings of the six realms be pacified!
May Om pacify the suffering of the celestial beings,
May Ma pacify the suffering of the demigods (asuras),
May Ni pacify the suffering of humans,
May Pad pacify the suffering of animals,
May Me pacify the suffering of hungry ghosts,
May Hum pacify the suffering of hell beings.



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Oh, deity Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
I and all mother sentient beings:
May we accomplish the path of the six perfections!
May Om accomplish the perfection of generosity,
May Ma accomplish the perfection of discipline,
May Ni accomplish the perfection of patience,
May Pad accomplish the perfection of diligence,
May Me accomplish the perfection of meditative concentration (Samadhi),
May Hum accomplish the perfection of wisdom.

By the blessings of the deity Avalokiteshvara,
May we take rebirth in a pure realm.
The protectors — the thousand Buddhas of this Fortunate Aeon² —
Are emanations of the deity Avalokiteshvara himself.

Through the Dharma — Om Mani Padme Hum —
May we attain enlightenment at Vajrasana (Bodhgaya).
Padmasambhava, the supreme guide of these degenerate times,
Emanated from the speech of the deity Avalokiteshvara.

Through the Dharma — Om Mani Padme Hum —
May we be born in the glorious Copper-Colored Mountain (Zangdok Palri).

Buddha Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
May I and all mother sentient beings
Be born in the central realm — densely arrayed Akanishtha (Wogmin).

² "The Fortunate Aeon" (Bhadrakalpa), the eon of a thousand buddhas.



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Vajra Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
May I and all mother sentient beings
Be born in the eastern realm — Abhirati (Ngönpar Gawa).

Ratna Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
May I and all mother sentient beings
Be born in the southern realm — Shrimat (Palden Zhing).

Padma Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
May I and all mother sentient beings
Be born in the western realm — Sukhavati (Dewachen).

Karma Avalokiteshvara, care for me!
Through the Dharma — Om Mani Padme Hum —
May I and all mother sentient beings
Be born in the northern realm — Perfect Activity (Lerab Zhing).

The abode where the past Buddhas have gone
is the Dharma — Om Mani Padme Hum.

The source from which the future Buddhas arise
is the Dharma — Om Mani Padme Hum.

The path along which the present Buddhas proceed
is the Dharma — Om Mani Padme Hum.



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The very natural state of the ground — the Madhyamaka, the middle way,
free from all extremes —
is the Dharma, Om Mani Padme Hum.

The path of luminosity, the Mahamudra,
is also the Dharma, Om Mani Padme Hum.

And the ultimate fruition — the spontaneously present Dzogchen,
the Great Perfection —
is the Dharma, Om Mani Padme Hum.

May all mother sentient beings attain Avalokiteshvara, the unsurpassable deity;
The Six Syllables, the unsurpassable Dharma;
And bodhicitta (the mind of enlightenment), the unsurpassable mind.

This prayer was composed by the one bearing the monastic name Jigdrak (Jigme Choedrak), so that all — lay and ordained, men and women — might recite it together in unison as a supplication, on the occasion of the Mani Dungdrup (the recitation of one hundred million Mani mantras) held for the renovation of Wangdue Phodrang Dzong.
May it be virtuous!

Translated by Lopen Sonam Bumdhen, Research and Translation office of His Holiness the Je Khenpo, June 2019

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