

EMBODYING SHEER BRILLIANCE: The Brief Wisdom Yoga of Mañjuśrī

Refuge

In an open-minded state, free and clear,
All mother earthlings and I
Take refuge in your shining example;
To heal and free all sensitive beings
I will conceive the spirit of enlightenment,
And embody intuitive wisdom
In this life, as quickly as possible,
Until we are all Prajñās and Mañjuśrīs!

Four Boundless Moods

May we all share happiness and its causes,
May we all know freedom and its causes,
May we all savor unwavering joy,
May we all live in undisturbed peace!

Blessing the Offerings

In the presence of your bliss-void truth
All experience has the singular taste
Of bliss-void, pervading all senses,
A blizzard of offerings, outer, inner and secret,
Converging from everywhere, horizon and sky!

Homage

In the deep space of your blissful openness
Your living, breathing presence dawns
As a milky translucency like the moon in water,
The primal luminence of your lucid mind
Out of which bubbles the orange-gold syllable
DI (DEE), rising like a sun-flare sword,
Embodying the radiance of pure intuition
Sending a rainbow aura through all worlds,
Purifying all toxic beings and delighting
All the enlightened, inviting their blessings
To return like a rainbow wave, gathering
The five intuitions and energies of enlightenment,
To merge and melt back into *DI*.
Coalescing the wisdom of all five Buddha Clans,
Your golden seed syllable *DI*
Now shimmering with sheer brilliance
Emits a glow like the sun
Emanating your sunset form,
Mañjuśrī, Lord of Speech, eternal
Soulmate of Goddess Prajñā.

Amid the ivory towers and halls
Of the heaven of pure scientists,
Like the shrines and colleges of Śrī Nālandā,
In full lotus on a tiel mountain-lion,
Orange-gold your lotus face unfolds
A Victor's smile and wisdom-eyes
Moist with unconditional love and bliss.
Over a topknot of black, shoulder-length hair,
Your right hand wields the flaming
Two-edged sword of non-dual wisdom
While at your heart your teaching hand
Upholds the stem of a blue lotus, blossoming
The *Heart Sutra* at your left shoulder.
Unfettered in heavenly silks, you are adorned
With the marks and signs of full evolution
And the living jewels of six transcendences.
Your form a scintillating, triune lamp,
Lit at the crown, throat and heart
By diamond, ruby and sapphire fires,
The body-speech-mind gems of all Buddhas,
Emitting the primal breath sounds *OM AH HM*,
A rainbow aura like a sunset sky,
And beaming five-hued light
To perfect all beings and worlds all around
And invite the spirits of all
Buddhas, bodhisattvas, archetypes and protectors
To melt into you and merge as one!
Though, in reality, your neither come nor go,
Your acts of love and wisdom dawn
To suit the endless minds to be tamed.
Please come to stay, eternal youth!

Outer Offerings

To you, my inmost friend and guide
I offer bliss-waves of distinctive gifts,
Goddesses dancing with six divine senses;
I offer my subtle mind/body systems and elements
My secret muse, soul-mate and ecstasy,
And the sublime bliss-void sphere of reality,
Uncomplicated by formulas of thought or speech!

Confession

All negative habits of body-speech-mind
I have acquired or evolved in this and past lives,
I regret and confess in your presence,
Resolving to stop and correct them all.

Congratulations

Though things lack true nature or reality,
From the depths of my heart I rejoice
In whatever forms of happiness dawn
Like dreams for all beings, confused and enlightened.

Requesting Teaching

From your heaven of pure science and art
Please shower profound and magnificent teachings
To develop and nurture these lotus groves
Of sensitive beings, spreading pure intuition.

Consecration Blessing

Moved by your loving care for all life,
From your body, speech, and mind,
White, red, and blue lights and nectars
Flow in sequence, then at once, to melt
In sequence and together into my three places,
Purifying my four blocks, granting four consecrations,
The attainment of four bodies, and a double of you
Who gladly melts into me and grants all blessings!

Mantra Transmission

A duplicate Mañjuśrī dissolves through my crown
Down my central channel to my throat and heart,
Mixing his body, speech and mind with mine
As fully as water in water. By this co-mingling
At my heart my prime intuitive mind dawns
Like the rising sun's reflection in water, out of which
Bubbles my discursive mind as a gold *DI* of clear light.

Self-Creation

In the deep space of blissful openness
My own primordial wisdom dawns
As a milky translucency like the moon in water,
Out of which bubbles the golden syllable
DI, rising like a sun-flare sword,
Sending a rainbow aura through all worlds,
Purifying all toxic beings and delighting
All the enlightened, inviting their blessings
To merge and melt back into myself as *DI*.
Now shimmering with sheer brilliance,
My intuitive mind as *DI* emits light like the sun
Out of which my mind assumes the bodily form
Of Mañjuśrī, orange-gold, holding a text and sword.
Goddesses consecrate me with wisdom-nectar

Overflowing into a blue mini-Buddha Akṣobhya
Adorning the diadem in front of my yogic topknot.

Mantra Recitation

On the sun at my heart, the *DI* glows to the rim
Emanating six orange-gold syllables
OM AH RA PA CA NA, arrayed clockwise
And equidistant around the sun, facing out.
The mantra-rosary is made of clear light
And shines through my whole body and mind.

(As you recite the mantra 7, 21, 108 or more times, imagine it rotating counterclockwise so fast it appears to be standing still, while the sun disc beneath it revolves like a six spoked wheel clockwise in the same invisible manner. See the mantra heating up until it beams rainbow lights through your pores and all around the world, gathering the intellectual, reflective and intuitive wisdom of all learned and enlightened beings and carrying them back to dissolve into the mantra rosary at your heart. At the end of the recitation, hold a full abdominal breath and recite the seed syllable *DI* 108 times, touching the tip of your tongue to the back of your front teeth.)

Requesting Presence

Though your intuitive body lacks birth and death,
Please stay involved without entering Nirvana
Until all living beings are Prajñās and Mañjuśrīs
And this tolerable world becomes Shambhala!

Correcting Omissions and Errors

With any errors or omissions I have made
Out of ignorance, misperception,
Lack of resources or art,
Protector, please be patient and all-forgiving!

Dedication

All the wisdom and merit I have gathered
I dedicate to being guided through all time
By you, lord and mentor of eloquence,
Until I myself realize sheer brilliance!

Whenever I study, reflect or practice
Any teaching, profound or magnificent,
Any science or art, Buddhist or not,
May I be inspired by a direct vision of you!

May all beings have abundance and peace,
The good fortune and intelligence to hear
The profound non-duality of wisdom and love,
Voidness and bliss, directly from you!

Prepared by Joe Loizzo, Nalanda Institute for Contemplative Science, February, 2007, based on the writings of Losang Chokyi Gyaltsan and Sangyay Yeshe and the teachings of His Holiness the Dalai Lama, Gelek Rinpoche and Robert Thurman.