

## Guru Yoga Practice

Be conscious of yourself as you really are.  
Imagine a white OM letter shining on your brow;  
A red AH letter gleaming on the base of your throat;  
A blue HUM letter in the center of your body under  
your heart.

### Visualization : Body Indestructible

When this meditation becomes firm, in the expanse of clear blue sky before you, out of space-like emptiness of inherent existence one visualizes that in the space in front of oneself is a jeweled throne supported by lions.

Visualize the teacher sitting on a thousand-petalled lotus on the Moon Mat that covers the Sun. He is the Maha Vajra Dhara, the Great Vajra-Holder, the indestructible, unconquerable Victorious One.

In the same way, think that the white OM, the Red AH, and the blue Hum syllables are imprinted on the three Sacred Doors of this figure of light in the sky. The OM letter symbolizes his Vajra Body. The AH letter symbolizes his Vajra Voice. The Hum letter symbolizes his Vajra Mind.

As I look upon the Teacher, my devotion as the pupil streams toward him in waves of love. Like an echo, the lights stream back from Vajradhara's brow and are absorbed in the OM on my forehead. This is the empowerment or initiation of the highest Vajra Body. By means of this, all apparent phenomena and emptiness at the heart of things become inseparable and fused in the mind. The world and Nirvana are the "not two," (i.e., implicitly one).

### Sound Indestructible

Again, from the AH at the base of the throat of the Teacher, a glory of red light falls on the AH syllable in my own throat and is absorbed in it. By means of this, my voice receives the higher voice initiation. All sounds and the Sunyata, emptiness at the heart of sound, become inseparably fused. Sounds and Nirvana are the "not two," (i.e., implicitly one). All sounds appear as Mantra.

# Mind Indestructible

From the heart of Vajradhara, limitless blue light falls like incense smoke, enters the HUM in my own heart and is absorbed in it. My mind thus receives the higher Vajra Mind empowerment initiation from the blue radiant HUM in the Teacher's mind. All thoughts and the Sunyata, emptiness at the heart of all thought, become inseparably fused. Mind is the "not two," the non-dual, beyond thought. Mind is that which is *simultaneously arising*, that which is the Light-Void. The mind does not wander anymore. The going and coming, arising and disappearing of outer things stops. All is calm.

Then, light radiates from the crown, throat and heart centers of Vajradhara simultaneously. The rays enter and are absorbed in my crown, throat and heart centers. All imprints of negativity are purified and I receive the fourth abisheka, the word initiation.

Rest in formless meditation.

Then recite the mantra : OM AH HUM Vajradhara spontaneously arising compassion accomplishment (siddhis) indestructible HUM

The deity then dissolves into you.

The meditation ends with the dedication of merit.

(This practice is taken from a teaching the 16<sup>th</sup> Karmapa gave in one of his visits to the U.S.)