

THE ONE HUNDRED SYLLABLE MANTRA

OM BENZAR SATO

Oh Vajrasattva,

BENZAR SATO TEI NO PA

May you remain firm in me

SUTU KHAYO MEI BRA WA

Grow within me

SUPO KHAYO MEI BHAWA

Be loving towards me

SARWA KARMA SUTSA MEI

Show me all the karma (activity)

HA HA HA HA HO

May the heart essence (hung) symbolise the four immeasurables, the four empowerments, the four joys, and the four kayas – the discrimination of joy

BAGAWAN SARWA TATHAGATA HRIDAYA

Oh blessed one who embodies all the vajra tathagata

BENZAR MA MEI MUN TSA

Do not abandon me

SAMAYA MANU PALAYA

protect the Samaya

TISTHIRA DRIDHO MEI BHAWA

Grant me complete satisfaction

ANURAKTO MEI BHAWA

Increase the positive qualities within me

SARWA SIDDHI MEI PRAYATSA

Grant me all the Siddhis (the great abilities)

TSITTAM SHIRYAM KURU HUNG

Make my mind virtuous / auspicious (hung)

BENZI BHAWA

Grant me the realisation of the vajra nature, I pray I may become a vajra holder

MAHA SAMAYA SATO AH

Oh great Samaya, make me become one with you (uniting in non-duality)