



SITA ARYA WHITE MANJUSHRI SADHANA

Composited by Zasep Tulku Rinpoche from the original text lightly edited by Michael Zlonicky and Pedro Sousa in Canada and Australia January 2015

Going for Refuge and Generating Bodhicitta


I and all living beings equalling the extent of space,
from this time forth until the essence of enlightenment is attained, go for refuge to
the glorious holy Gurus,
We go for refuge to the completely enlightened Buddhas
We go for refuge to the sacred Dharma teachings
We go for refuge to the Sangha community.
I will cultivate, generate Bodhicitta and the Six Paramitas in order to attain the
state of Sita Arya Manjushri for the benefit for all living beings.
(Recite 3 times)

The Four Immeasurables

May all living beings have happiness and causes of happiness
May all living beings be free of suffering and the causes of suffering
May all living being constantly dwell in joy and a state of bliss
May all living beings abide in equanimity free from hatred and attachment.
(Recite three times)

Instantly I become Sita Arya White Manjushri

Inviting the merit field


Lights radiate from the seed syllable **AH**  from my heart invoking Sita Arya White Manjushri and an assembly of Buddhas and Bodhisattvas in the space before me.

Consecrating and making offerings

Om vajra amrita kundali hana hana hum phat
Om svabhava shuddhah sarva dharma svabhava shuddho ham

Everything dissolves into emptiness


From the state of emptiness, eight extensive jewel vessels appear in front of me.


Inside of each of the eight vessels eight OM  syllables appear, they transform into the offering substances: water for drinking, water for cooling the divine body, flowers, incense, perfume, food and musical instruments.



Om Arya Manjushri argham ah hum
Om Arya Manjushri padyam ah hum
Om Arya Manjushri pushpe ah hum
Om Arya Manjushri dhupe ah hum
Om Arya Manjushri aloke ah hum
Om Arya Manjushri gandhe ah hum
Om Arya Manjushri newide ah hum
Om Arya Manjushri shapta ah hum


SELF - GENERATION OF SITA ARYA WHITE MANJUSHRI

Om svabhava shuddhah sarva dharma svabhava shuddho ham

Within the state of emptiness, a white **BAM**  syllable appears.

The white **BAM**  syllable turns into a beautiful lake filled with lotus flowers, there are beautiful animals like elephants, birds and fish enjoying the blessings of Sita Arya White Manjushri

A white **PAM**  syllable appears in the middle of this lake, the **PAM**  syllable

transforms in to beautiful lotus cushion. On top of the Lotus cushion a white **AH**  syllable transformed in to moon cushion again on the moon cushion

AH ^ॐ syllable represents my own mind, from the white **AH** light radiates to all directions accomplishing the two purposes for myself and others. The light radiates to the Buddha realms, and transforms into multitudes of offerings, creating virtues for myself and others. Light radiates again to the six realms of all living beings and purifies the sufferings and unwholesome karmas of all beings, all living beings attain the state of Sita Arya White Manjushri Buddhahood.

Light returns to the **AH** ^ॐ syllable, I arise as the Divine Sita Arya White Manjushri sitting in lotus posture, with both hands holding lotus flowers. On the left lotus flower there is the Prajnaparamita text of the *Perfection of Wisdom*. On the right lotus flower there is the sword. I am adorned with jewels and a variety of silken garments.

On the moon disc at my heart is a white syllable **AH** ^ॐ, from this light rays radiate to the ten directions and invoke Sita Arya White Manjushri together with an assembly of Buddhas and Bodhisattvas from their actual enlightened abodes.

DZA HUM BAM HO

(We become indivisible)

My divine body is marked with three syllables: my crown is marked by a white OM syllable, my throat is marked by red AH syllable, and my heart is marked by the blue HUM syllable.



Receiving initiations

Once again multitudes of light radiate from my heart to the Buddha realms inviting the five Dhyani Buddhas -Vairochana, Ratnasambhava, Amitabha, Amoghasiddhi and Akshobhya initiation deities holding aloft vases in their hands, pouring the white nectar on my head as Sita Arya White Manjushri, nectar fills the inside of my body and I experience bliss and emptiness.

Praise to Sita Arya White Manjushri

Your non-dual uncommon all pervasive holy body is extraordinary
You are all pervading father of all Buddhas
You are the sources of clear light Dharmata the mother of all Buddhas
You are the wisdom being the son of all Buddhas I prostrate to you.

Visualisation during mantra recitation

The mantra of Sita Arya White Manjushri is white in color standing on the moon disc standing in an upright position circling around the AH ^ॐ syllable at my heart. White light shines from the mantras, first the light fills the inside my own body purifying my body, speech and mind, then the light radiates from my heart and radiates all over the world and in the ten directions purifying suffering, ignorance and karma of all sentient beings. Everyone receives blessings and the healing light of Sita Arya White Manjushri

Recitation of Mantra

ॐ व क्रे द न म्हा

OM VA KYE DA NAH MAH

21 or 108 times

Increases unique wisdom, improves memories

Increases the seven wisdoms: Great wisdom, clear wisdom, rapid wisdom, profound wisdom, teaching wisdom, debating wisdom and composition wisdom

At the end of the mantra recitation this visualisation follows:

Visualise the AH ^ॐ syllable lying on the middle of your tongue.

The top of the AH ^ॐ facing towards the back of your throat. The syllable AH ^ॐ is in the nature of light.

Then recite the syllable **Ah Ah-ah-ah-ah-ah.....** 21 times in one breath. Imagine that lots of white nectar is produced by the AH ^ॐ syllable. My entire body is filled with the nectar of great bliss, all mental defilements, unwholesome karmas and obscurations are completely purified and my mind experiences the profound wisdom of Sita Arya White Manjushri.

Offerings to Sita Arya White Manjushri

Om Arya Sita Manjushri

Argham

Padyam

Pushpe

Dhupe

Aloke

Ghande

Newidai

Shapta

Ah Hum

Praise to Sita Arya White Manjushri

Revealed you most magnificent enlightened being
As the essence of the wisdom emanation of all Buddhas
You provide sources of profound Dharma realization for all
I prostrate to the awesome deity of perfect wisdom

Mantra of Vajrasattva for purification

Om vajrasattva samaya manupalaya, vajrasattva tvenopatishta, dridho
mebhava,sutoshayo me bhava, suposhayo me bhava, anurakto me bhava, sarva
siddhi me prayaccha, sarva karma succha me, chittam shiriyam kuru hum ha ha
ha ha ho,bhaghavan,vajrasattva ma me muncha, vajra bhava maha samaya sattva
ah hum phat.

Dedication

By the virtues of meditating on Sita Arya White Manjushri's divine body, speech
and enlightened mind.

May I attain the state of Sita Arya White Manjushri and lead every living being
without exception into that very state.