

Appendix II

The Meaning of the Mantra

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| OM | the qualities of Buddha's holy body, speech, and mind; all that is auspicious and of great value |
| VAJRASATTVA | the being who has the wisdom of inseparable bliss and emptiness |
| SAMAYA | a pledge that must not be transgressed |
| MANU PALAYA | lead me along the path you took to enlightenment |
| VAJRA SATTVA TVENOPATISHTHA | make me abide closer Vajrasattva's vajra holy mind |
| DRIDHO ME BHAVA | please grant me a firm and stable realization of the ultimate nature of phenomena |
| SUTOSHYO ME BHAVA | please grant me the blessing of being extremely pleased with me |
| SUPOSHYO ME BHAVA | bless me with the nature of well developed great bliss |
| ANURAKTO ME BHAVA | bless me with the nature of the love that leads me to your state |

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| SARVA SIDDHIM ME PRAYACCHA | please grant all powerful attainments |
| SARVA KARMA SUCHAME | please grant all virtuous actions |
| CHITTAM SHRIYAM KURU | please grant your glorious qualities |
| HUM | the vajra holy mind |
| HA HA HA HA HOH | the five transcendental wisdoms |
| BHAGAVAN | one who has destroyed every obscurati- on, attained all realizations, and passed beyond suffering |
| SARVA TATHAGATA VAJRA | all those who have realized emptiness, knowing things just as they are |
| MAME MUNCHA | do not abandon me |
| VAJRA BHAVA | the nature of indestructible inseparability |
| MAHA SAMAYA SATTVA | the great pledge being; the great being who has the pledge, the vajra holy mind |
| AH | the vajra holy speech |
| HUM | the transcendental wisdom of great bliss |
| PHAT | clarifying the transcendental wisdom of in- separable bliss and emptiness and destroy- ing the dualistic mind that obstructs it |

Appendix III

How to Purify During Mantra Recitation

There are three ways to make purification while reciting the mantra. One can do all three or only one, whatever is most comfortable and depending on one's individual practice.

The First Method

Visualize the white blissful kundalini energy flows down from Vajrasattva father/mother in union into your central channel. It spreads throughout your nervous system, flowing very strongly like water coming from a hose or like a very powerful shower, and flushes out all negativities of your body, speech, and mind through the openings and pores of the lower part of your body. All this negative energy is expelled in the form of snakes, scorpions, ants, long worms, etc. or as black tar or dirty black oil. Feel that you are completely purified, clean clear, especially your gross negativities, and over-come with blissful energy.

The Second Method

The blissful kundalini energy slowly fills your body starting from below. As the level of amrita rises, your negativities start to rise as well, floating on top of the nectar, like oil floating on water. Your negativities and defilements are slowly pushed upward by the pure amrita kundalini energy; it gradually overflows out of

your body through all your upper orifices and your crown chakra. You experience great bliss.

The Third Method

An immense amount of powerful light energy, limitless blissful kundalini energy in the form of light, radiates from Vajrasattva's heart. Immediately as it makes contact with your crown chakra, the negative energy, especially your ignorant attachment energy, completely disappears, just as when a bright light is switched on in a dark room, the darkness instantly and completely disappears. You cannot say that the darkness leaves through the window or through the door when a light is turned on. It just disappears, no longer existing anywhere at all.

Appendix IV

Breathing Exercise

In your body there are three main channels. The central channel is like a transparent tube extending through the center of your body from the crown chakra to the secret chakra. The two side channels, smaller than the central channel, start from the nostrils, first running up into the head and then curving back and down (like umbrella handles), running downward and parallel on either side of the central channel, meeting it just below the navel chakra.

Begin by breathing in slowly, concentrating on the air entering the left nostril. As you breathe in, start slowly, then breathe slightly faster, then slow down at the end of the breath. Bring the air down through the left channel to the navel, where, as you exhale, the air flows into the right channel and up and out the right nostril. As you breathe, all your desire and attachment energy is expelled and disappears completely. Do this for three breaths.

Then repeat the process, concentrating instead on breathing in through the right nostril and breathing out through the left. As you breathe in this way, all your aversion energy and hatred are expelled and completely vanish. Do this for three breaths.

Then, breathe in through both nostrils. Bring the breath down through the central channel, together with your saliva. Hold your breath down at the level of the navel chakra, which is located four finger-widths below the navel. Gently tighten your pelvic and genital muscles and bring that energy up to meet the breath energy at the navel chakra. Keep them together and try to feel the energy. Hold the energy there until you start to feel uncomfortable.

Then gently and naturally release your breath. Exhale the breath energy out through your nose, while imagining that all your ignorance energy is expelled through the crown of your head. Your energy winds (prana) disperse into your central channel and dissolve inside, at your heart, instead of being exhaled outside. Do this for three breaths.