



GURU RINPOCHE
Padmasambhava

8-Minute Practice Sadhana and Mantras

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We Dedicate the Merit to the Benefit of All Sentient Beings.



Guru Rinpoche Padmasambhava

8-Minute Practice Sadhana and Mantras



Padmasambhava’s life was a living embodiment of the miraculous. Nothing is impossible to the fully Enlightened and marvelous Guru Rinpoche — and everything about his amazing life is a wonder. Just as Shakyamuni Buddha, the first Buddha of our age, demonstrated extraordinary phenomena, Padmasambhava personified them. Why does an Enlightened Buddha display magical feats? As “Upaya” or skillful means, or upaya-kaushalya meaning “skill in means.” In simplest terms, upaya is any activity that helps others realize enlightenment.

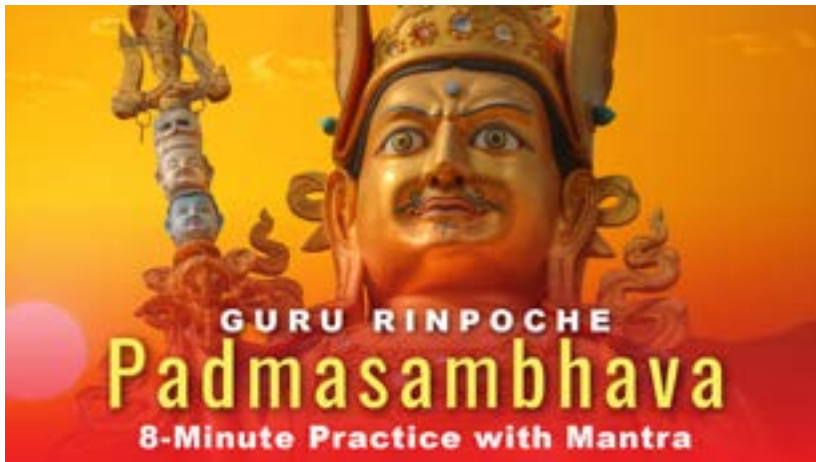
Timeline of Guru Rinpoche



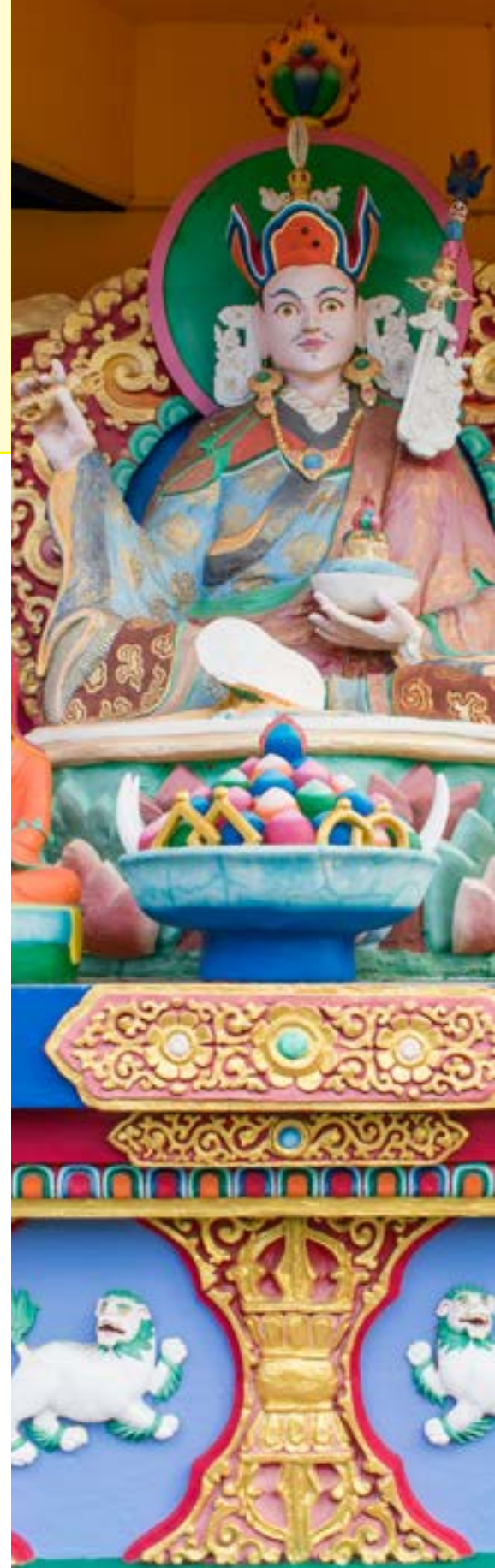
- 717 A.D. Birth of Guru Rinpoche
- 747 A.D. Guru Rinpoche invited to Tibet by the King Tri Songdetsen
- 810 A.D. Guru Rinpoche enters Bhutan

He is so important to Vajrayana Buddhism that he is honored once a month on the 10th of the lunar month.

- View all Guru Rinpoche Days on the Buddha Weekly Calendar here: <https://buddhaweekly.com/dharma-calendar/>



8-Minute Video Recitation with Beautiful Visualizations and Chanted Mantra on YouTube: <https://www.youtube.com/watch?v=z8HS9Lu6NQ4>



Guru Rinpoche Padmasambhava

8-Minute Sadhana



Here follows a Guru Rinpoche Padmasambhava Sadhana for GanaPuja Days or any day. May all beings benefit.

Namo! To Guru Yidam Padmasambhava who embodies all sugatas and has the nature of the Three Jewels, I and all sentient beings of the six realms take refuge until Enlightenment.

In the Three Supremes, Vajrasattva, Tara, and Ushnisha Vijaya, in the Three Jewels, Buddha, Dharma, and Supreme Assembly, in the Three Roots Guru, Yidam and Dakini, I take refuge until Enlightenment. To the Guru Yidam, Padmasambhava, the essence of all Jewels and Roots, I take refuge until Enlightenment. By the merit of my generosity and other deeds, may I attain Buddhahood for the sake of all beings.

Guru Yidam Padmasambhava and your assembly of deities, please come here and be seated on this throne of lotus, sun and moon. I humbly bow with body, speech and mind, and render outer, inner and supreme offerings.

Instantly, The entire merit field appears before me. In front of me is the Lotus Born, with right hand holding a vajra at his heart, and left holding a cup filled with nectar. His head is adorned with a lotus hat and vulture's feather. He is robed in brocade, red silk Dharma robes and a blue gown. He is majestically poised in vajra position and surrounded by the Eight manifestations of Guru Rinpoche, and an entourage of spiritual heroes and dakinis. Light emanates from his heart and blesses me and all beings.

I prostrate with complete purity to Guru Yidam Padmasambhava, to the Three Supremes, the Three Jewels and the Three Roots and all the Buddhas and Bodhisattvas who dwell in the ten directions and three times.

I offer real and imagined flowers, incense, butter lamps, scent, food, music, and so forth. Supreme assembly, please accept it.

I confess all my faults from beginningless time until now, committed with a mind under the sway of the afflictions, such as the ten nonvirtues.

I rejoice in whatever merit has been accumulated in the three times by Hearers, Solitary Realizers, Bodhisattvas, ordinary beings, and others.

Please turn the wheel of the Dharma according to the intentions and mental dispositions of sentient beings.

Until Samsara is emptied, please do not pass into Nirvana but look with compassion upon sentient beings that are drowning in the ocean of suffering.

May whatever merit I have accumulated become the cause of Enlightenment for the benefit of sentient beings.

May all beings have happiness and the causes of happiness. May they be free from suffering and the causes of suffering. May they not be separated from the sublime happiness that is free from suffering. May they rest in the great equanimity that is free of the duality of attachment and aversion.

Thus one gathers the accumulations through prostrating, offering, confessing, and generating the two types of bodhichitta of the preliminaries.

Now I accumulate wisdom, compassion and activity with the mantra of Guru Rinpoche Padmasambhava.

Om Ah Hum Vajra Guru Padma Siddhi Hum

By the power of praising and supplicating the Guru Rinpoche, the Three Jewels, the Three Supremes and the Three Roots, wherever I and others reside may illness, obstructive spirits, poverty, and fighting be pacified, and may the Dharma and auspiciousness flourish.

May I attain Enlightenment for the benefit of all sentient beings.

We dedicate the merit of this presentation to the benefit of all sentient beings.



7 Lines of Praise of Guru

If you are doing a long practice, it is best to add the 7 Lines of Praise Dharani of Padmasambhava as many times as you are able. Padmasambhava himself taught: “If you simply call upon me with this melody of vajra sound, I, Padma, cannot help but come to you. I will give you my blessings and will grant Empowerment of great primordial wisdom.”

- Wonderful chanting of this 7-line Sanskrit Dharani on Youtube: <https://www.youtube.com/watch?v=gPOjpX-hYXM>

*hūm | oḍiyāne vāyavye
padmakesarakāṇḍe
siddhir labdhātyadbhutā
khyāta padmasambhava
bahudākībhir āvṛta
tavaivānusarāmi
āyāhy adhiṣṭhānārtham
guru padma siddhi hūm*

Mantra

om ah hūm vajra guru padma siddhi hūm

At the end of 27 repetitions:

iti gururatnasaptapadaprārthanā



Other Guru Rinpoche Resources

Guru Rinpoche section of 18 Features on BuddhaWeekly.com: <https://buddhaweekly.com/guru-rinpoche/>

Guru Rinpoche's 10 Points of Buddhist Practice: 10 Faults, Ten Foundations, 10 Superficials <https://buddhaweekly.com/lotus-born-guru-rinpoche-master-padmas-ten-key-points-ten-foundations-ten-faults-ten-superficialities/>

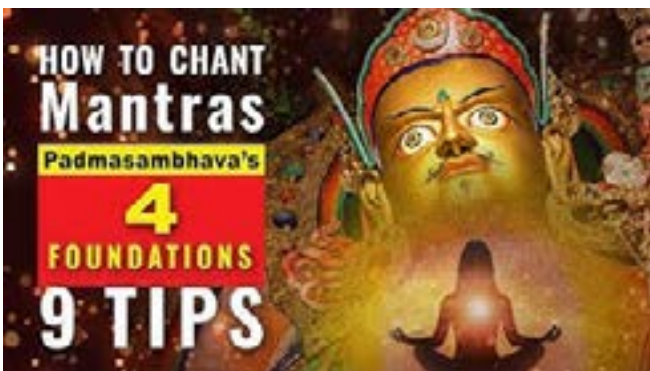
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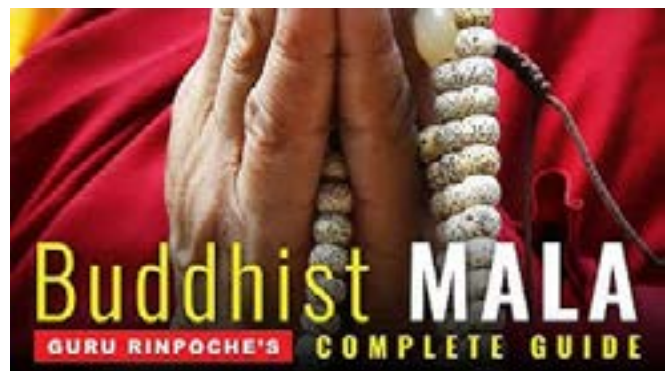
Quantum Buddha Guru Rinpoche Padmasambhava Documentary and mantra chanted 108 Times: <https://www.youtube.com/watch?v=fZDln4kJNSQ&t>



1 Hour of chanting of the Vajra Guru Padmasambhava mantra, chanted by Buddha Weekly: <https://www.youtube.com/watch?v=jAyGN-Zjv28>



Guru Rinpoche's Teachings on Mantras — 4 Foundations and 9 Tips. <https://www.youtube.com/watch?v=I5Z3Jj0lacg>



Guru Rinpoche's teachings on Malas: <https://www.youtube.com/watch?v=eoKm5c3a10k>



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