



# The Three Supreme Deities

# MERIT PUJA

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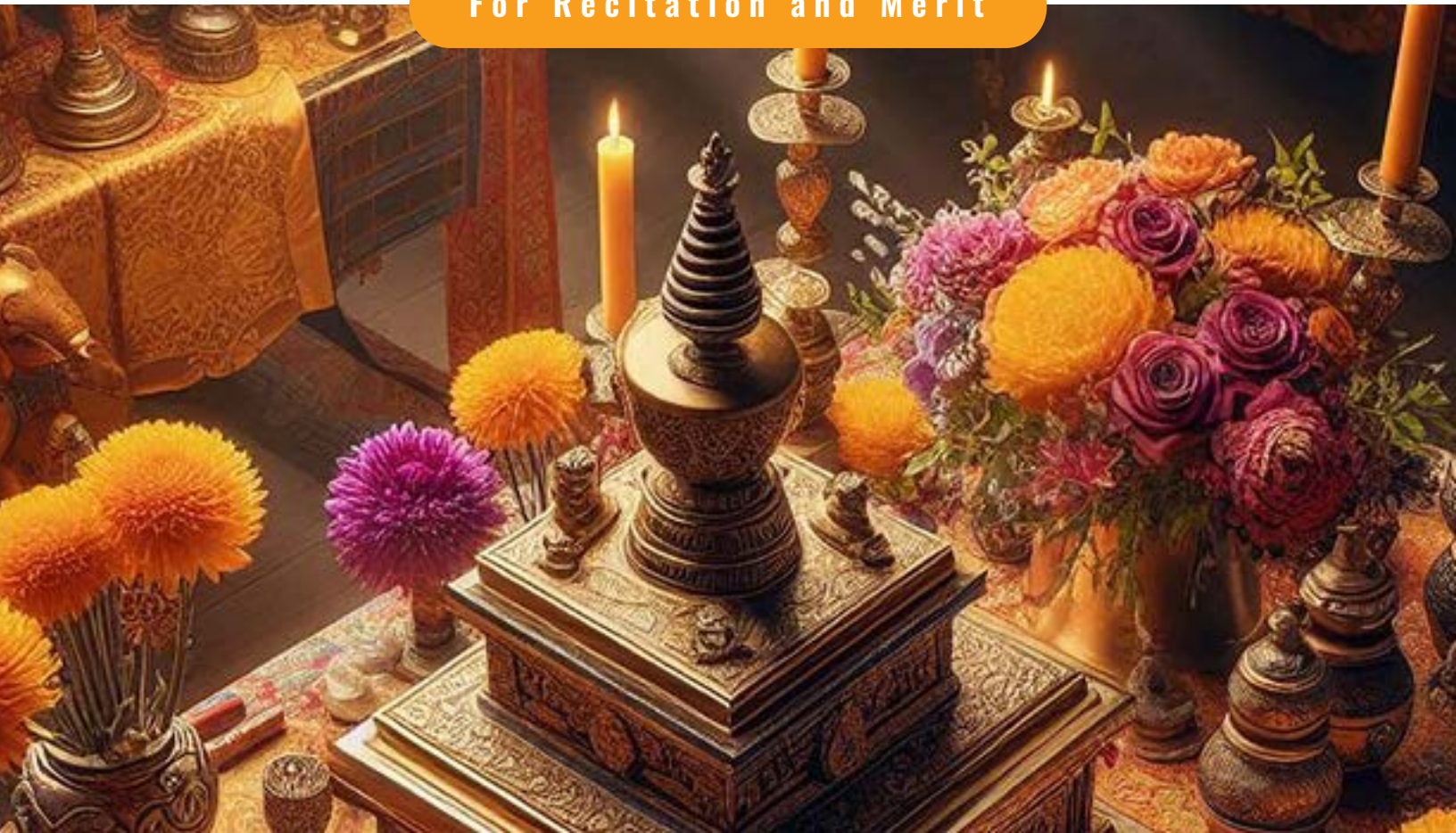
We Dedicate the Merit to the Benefit of All Sentient Beings.



# The Three Supreme Deities Merit Puja

**Vajrasattva, Tara and Ushnisha Vijaya**

**For Recitation and Merit**



**From a Sadhana of Venerable Tara Called Udamvara Flower:  
A subsection of the Three Special Deities  
from Master Marpa the Translator**

## Introduction

The Three Supremes overcome the three great obstacles. Vajrasattva purifies our Ignorance with Wisdom. Tara purifies the Poisons with Compassionate Method and Activity. The supreme realizations of Ushnisha Vijaya overcomes Death itself through life-affirming practices.

Together, they are the Three Supremes as taught by Marpa Lotsawa. They symbolize the Three Jewels, the three aspects of practice, which are wisdom, compassionate method and activity; and also overcoming the three major obstacles of ignorance, suffering, and death.

The cycle of teachings from Marpa on the Three Special Deities includes separate practices for each of the three, but all sadhanas start with the merit practice and praise to all Three Special Deities.

The following Merit Puja is from the Sadhana of Venerable Tara called Udamvara Flower, a subsection of the Three Special Deities passed down from Master Marpa the Translator. Here we only cite the frontal generation together with the seven limbs of practice and visualized offerings and the dedication. If you have empowerment, you can continue with the rest of the Sadhana (which is a self-generation practice.)

After the merit section, you could follow with the mantras of the Three Supremes, Vajrasattva mantra, Tara mantra and Ushnisha Vijaya mantra. See linked videos for beautiful chanting of these mantras. For a longer practice, you would include the 21 praises to Tara and the Ushnisha Vijaya Dharani. If you practice a Yidam, you might follow the merit practice with your self-generation practice.





## Helpful links



For a full introduction to the Three Supremes, including this recitation, see our video: <https://www.youtube.com/watch?v=IzKmk1wSA2s>

Written Feature on Buddha Weekly: <https://buddhaweekly.com/?p=25471>

For mantra recitations of the three Special Deities, see:

Karma Mother Green Tara Mantra Video: <https://www.youtube.com/watch?v=7qNQ5rccrd0&t>

Vajrasattva 100-syllable mantra Video: <https://www.youtube.com/watch?v=hpg4h4XqqQY>

Ushnisha Vijaya Mantra: <https://www.youtube.com/watch?v=hpg4h4XqqQY>

Ushnisha Vijaya full Dharani: <https://www.youtube.com/watch?v=KUNppspeR-8>





Here begins the recitation:

# Merit Puja of the Three Supremes

Arising from the Ushnisha, Namgyalma, destroying the Lord of Death ; Tara, who liberates the fears of Samsara; Lord of All Families, Vajrasattva; I bow to the wonderful and supreme deities.

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. By the merit of my generosity and other deeds, may I attain Buddhahood for the sake of all beings. (3 times)

Instantly, The entire merit field appears before me.

I prostrate with complete purity 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. Assembly of Three Supremes, 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.

By the power of praising and supplicating you, wherever I and others reside may illness, obstructive spirits, poverty, and fighting be pacified, and may the Dharma and auspiciousness flourish.

Buddhas, bodhisattvas, and the Sangha, please heed me. From the great, beginningless Samsara, I and all beings have performed the virtue of cultivating generosity and ethical discipline and have rejoiced in the expression of these deeds. By the virtue practiced thus, with the mind of holy generosity, and for the sake of our parents, teachers, masters, and all sentient beings, may we achieve Buddhahood. By the merit arisen from this virtue, may we acquire all the perfections such as life, merit, enjoyment, a retinue, and virtuous practice, and may all obstacles be pacified without exception.

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





# MANTRAS OF THE Three Supremes

*Om Vajrasattva samayam anupālaya Vajrasattva  
tvenopatiṣṭha dr̥ḍho me bhava sutoṣyo me bhava  
supoṣyo me bhava anurakto me bhava sarva  
siddhiṃ me prayaccha sarva karma sucha  
me chittaṃ śreyaḥ kuru hūṃ ha ha ha ha ho  
ḥbhagavan sarva tathāgata vajra mā me muñcha  
vajrī bhava mahā samaya sattva āḥ*

*Om Tare Tuttare Ture Svaha*

*Om Brum Svaha Om Amrita Ayur Da Dai Svaha*



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

MAY ALL BEINGS BENEFIT





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