Concise Preliminaries

by Shabkar Tsokdruk Rangdrol

Namo guru!

The freedoms and advantages are hard to find, and death comes quickly;

Actions have their effects, and samsāra its trials—on these, I shall reflect.

Visualisation of the Field of Merit

Those who protect us from the sufferings of samsāra and the lower realms—

The deities who are the objects of refuge fill the whole of space.

Taking Refuge

In the guru and the Three Jewels, I take refuge.
Arousing Bodhicitta

I generate love, compassion and the mind of bodhicitta!

Recite these lines as many times as you can, and then:

The sources of refuge melt into light and dissolve into me.

And my own body becomes a mass of glowing radiant light.

Visualisation and Recitation of Vajrasattva

Vajrasattva appears at my crown, and from his body there flows a stream of nectar

To purify my illnesses, harmful influences, negative actions and obscurations.

Recite the hundred-syllable mantra Oṃ vajrasattva... etc.

Vajrasattva melts into light and dissolves into me.

And my own body becomes a mass of glowing radiant light.
Field of Merit for the Maṇḍala Offering

Those who cause blessings and accomplishments to fall like rain,

The deities of the field of merit, fill the whole of space.

Accept it, and grant your blessings and accomplishments, I pray!

The deities of the field of merit melt into light and dissolve into me.

And my own body becomes a mass of glowing radiant light.

At the crown of my head, on a lion throne, a lotus and a moon-disc seat,
lama dorje chang wang shyukpar gyur
Presides the guru in the form of mighty Vajradhara.

kyab né kundü tsawé lama la
Root teacher, the embodiment of all sources of refuge,

solwa depso dak gyü chin gyi lop
I pray to you: inspire me with your blessings!

Recite this as many times as possible.

lamé ting nge dzin gyi wang shyi kur
The guru, through samādhi, grants the four empowerments,

ö du shyu né rang la timpar gyur
Melts into light and dissolves into me.

lamé tuk dang rang sem yermé dré
The guru's wisdom mind and my own mind merge as one.

sem nyi tong sal chö kū ngang la shyak
And I rest in an experience of dharmakāya, the emptiness and clarity of the nature of mind.

Dedication and Aspiration

di tsön gewé chöku ngön du ché
Through virtuous actions such as this, may I realise the dharmakāya,

zuk ku nyi kyi dro dön chepar shok
And, through the two kāyas with form, act for the welfare of beings.
This concise preliminary practice was composed by the yogi Shabkar. May virtue abound!

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