

When Padmasambhava was about to leave for the continent of Cāmara, he left this final testament:

“The benefits of the six syllables cannot be expressed or reckoned even by all the buddhas of the three times. Why? Because it is the quintessence of the Bodhisattva Avalokiteśvara’s mind that constantly, compassionately surveys the six types of sentient beings; and because it liberates all sentient beings from the cycle of existence. Therefore, kings and subjects of future generations, hold fast to the Great Compassionate One! Recite the six syllables! There is no anxiety about going to the miserable states of existence. This is the tutelary deity of this snowy land of Tibet, so offer prayers of supplication with faith, reverence, and veneration. Blessings will directly be experienced. Do not be of two minds or foster doubt. None of the buddhas of the three times have taught any Dharma more profound than this. Nor do I, Ācārya Padmasambhava, teach or know of anything more profound. Let all the kings and subjects of Tibet who are living now and who will come in the future bear this in mind.”



Avalokiteśvara meditation by Karma Chagmé Rinpoche
(*A Spacious Path to Freedom*):

Bring forth the aspiration for supreme enlightenment
And your consciousness is the white syllable hrī.
Rays of white light are emitted,
Purifying the evils and obscurations of all sentient beings.
The outer universe is a palace and its inhabitants are deities.
The light rays are withdrawn and dissolve into the *hrīḥ*.
Upon a lotus, sun, and moon seat
The syllable *hrīḥ* melts into light,
Which transforms into yourself as the Great Compassionate One.
The color of your body is white, and you have one face.
Like a blossoming lotus, you are smiling radiantly.
The braids of your locks are bound up,
Adorned with a crown of five precious substances
And a silken diadem.
The first of your four hands are pressed together at your heart.
The lower right holds a pearl rosary,
And the lower left holds a lotus.
You are beautifully adorned with a throat ornament,
A collar band, neckband,
Necklace and semi-necklace of various precious substances.
You are luminous, with no outer or inner obscurations.
You are seated with both legs crossed.
Various rays of light shine out.
That is the nature of the *samayasattva*.
Upon a moon-disk at your heart
The six syllables circle clockwise
Around a white syllable *hrīḥ*.
That is the *samādhisattva*.
By the power of verbally reciting
“*Oṃ maṇi padme hūṃ*,”
All the sugatas of the three times
Become of the nature of the Great Compassionate One
And dissolve into you like raindrops.
That is the fully perfected *jñānasattva*.
The whole universe and all its inhabitants become the deity. Phenomena are
the presentation of the divine body.
All sounds and voices are the six syllables.
Sounds are the presentation of the divine speech.
The mind is the self-emergent union,
And memories and thoughts are the presentation of the enlightened mind.