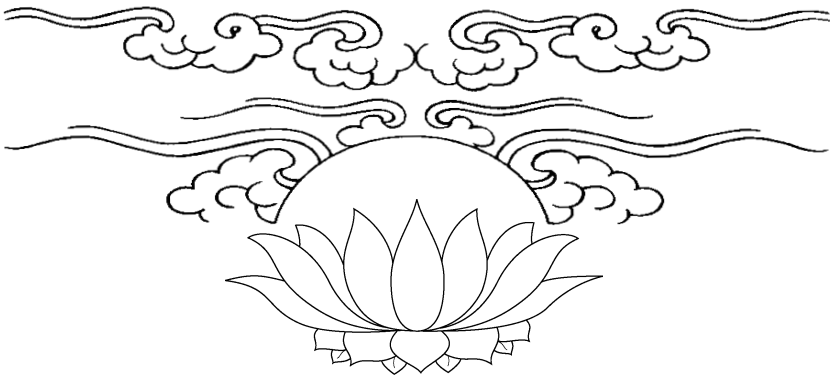


The Practice Called Opening the Eye



Translation by Lama Zopa Rinpoche

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Practice Requirements

In order to generate oneself in this aspect of Chenrezig, one must have received at least a great initiation (two-day) in the Tathagata or Lotus family of Kriya-class tantra, e.g. an empowerment of 1000-Armed Chenrezig, or any empowerment of the three higher classes of tantra. If one has not received such an empowerment, one can still do this practice, but instead of generating oneself as the deity, one should imagine that the deity is generated at the crown of one's head.

The Practice Called Opening the Eye

Recite the refuge prayer three times and generate bodhichitta.

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Supreme Assembly.
By my merit of giving and other perfections
May I become a buddha in order to benefit all sentient beings. (3x)

The Four Immeasurables

May all sentient beings abide in equanimity, free from attachment
and anger.
May all sentient beings have happiness and its causes.
May all sentient beings be free from suffering and its causes.
May all sentient beings never be separated from the happiness
that knows no suffering.

Special Bodhichitta

The purpose of my life is to free all sentient beings, who are the
cause of all my happiness and success, and to lead them into hap-
piness, especially the ultimate happiness of full enlightenment.

To do this perfect work for sentient beings, I have to become a perfect guide. This means having all the perfect qualities of the holy body, speech, and mind, a fully omniscient mind having perfect power, and great compassion toward all sentient beings. Who has all these qualities? Only a buddha. Therefore, I must become a buddha, and for that reason I must actualize the steps of the path to enlightenment by thinking, contemplating, and meditating on the practice. In short, to make my life beneficial for all sentient beings I am going to practice the yoga of the Compassionate Buddha *Opening the Eye*.

The Main Practice

All phenomena become devoid of conceptualization. From emptiness arises a lotus and moon on which stands the white syllable HRIH radiating light [in all directions]. The light comes back and transforms into myself as the Noble Chenrezig, white in color with one face and four arms. His first two hands at his heart are in the mudra of opening the eyes. His two lower hands hold, in the right, a silver vase filled with nectar and, in the left, a mirror. His body is adorned with silks and precious ornaments. He is standing and his three doors are marked with the symbols OM AH HUM and SVAHA. All the blessings of the buddhas and bodhisattvas are absorbed into him in the form of light.

TADYATHA OM HUYA HUYA HUTU HUTU KILI KILI CHAK
CHU MAITRI RUTRI NAYE SVAHA

You who abide in the realization of the treasury of compassion
And clear away the obscurations of the two veils
Through the power of mantra recitation,
Bless me that I may become as you, endowed with the five types
of eyes.

OM MANI PÄDME HUM
 OM SÄLE SÄLE MÜN SÄLE KÜN HRIG SVAHA

General Dedicatíon Prayers

Due to the merits of these virtuous actions
 May I quickly attain the state of a guru-buddha
 And lead all living beings, without exception,
 Into that enlightened state.

May the supreme jewel bodhichitta
 That has not arisen arise and grow;
 And may that which has arisen not diminish
 But increase more and more.

Just as the brave Manjushri and Samantabhadra, too,
 Realized things as they are,
 I, too, dedicate all these merits in the best way,
 That I may follow their perfect example.

I dedicate all these roots of virtue
 With the dedication praised as the best
 By the victorious ones thus gone of the three times,
 So I might perform good works.

Fínal Lam-Rím Dedicatíon

From my two collections, vast as space, that I have amassed
 From working with effort at this practice for a great length of time,
 May I become the chief leading buddha for all those
 Whose mind's wisdom eye is blinded by ignorance.

Even if I do not reach this state, may I be held
In your loving compassion for all lives, Manjushri,
May I find the best of complete graded paths of the teachings,
And may I please all the buddhas by my practice.

Using skillful means drawn by the strong force of compassion,
May I clear the darkness from the minds of all beings
With the points of the path as I have discerned them:
May I uphold Buddha's teachings for a very long time.

With my heart going out with great compassion
In whatever direction the most precious teachings
Have not yet spread, or once spread have declined,
May I reveal this treasure of happiness and aid.

May the minds of those who wish for liberation be granted boundless peace
And the buddhas' deeds be nourished for a long time
By even this graded path to enlightenment completed
Due to the wondrous virtuous conduct of the buddhas and their sons.

May all human and non-human beings who eliminate adversity
And create conducive conditions for practicing the excellent paths
Never be parted in any of their lives
From the purest path praised by the buddhas.

Whenever someone makes effort to act
In accordance with the ten-fold Mahayana virtuous practices
May he always be assisted by the mighty ones,
And may oceans of prosperity spread everywhere.



FPMT Dedicación Prayers

Due to these merits may all the obstacles to Lama Zopa's health and long life be instantly removed. May Rinpoche remain and teach us until samsara ends, and may all his and Lama Yeshe's holy wishes be instantly fulfilled.

May Lama Osel Rinpoche have a long and healthy life. May he be able to complete all his studies without hindrances and become a great holder and teacher of Sutra and Tantra in this life. May he be of greatest benefit to all sentient beings.

May all the obstacles to the quick success of the building of the Maitreya statue be instantly destroyed. May this great statue of Maitreya be accomplished exactly according to the wishes of Lama Yeshe and Lama Zopa Rinpoche.

May all the centers and projects of the FPMT be free of obstacles to spread the holy Dharma of Buddha Shakyamuni, in particular, the teachings of Lama Tsong Khapa.

May all sentient beings be free from suffering and achieve every happiness and the highest state of enlightenment.

May all the students and friends who work so hard (for the FPMT) in the service of the Dharma, who sacrifice their lives for Buddha's teachings and to relieve the suffering of beings have long and healthy lives. May they realize the path to enlightenment in their own minds as quickly as possible.

May all those who rely on and who have made specific requests to Lama Zopa Rinpoche be free of all obstacles to having long and healthy lives. May they be able to achieve all the realizations of the path in this lifetime.

May all the students' activities please the virtuous friend. In all their lives may they be guided by perfectly qualified Mahayana virtuous friends, and may all their wishes succeed immediately according to the Dharma.



Colophon:

Main practice translated by Lama Zopa Rinpoche, in Hong Kong, October 1993.

“General Dedication Prayers” and “FPMT Dedication Prayers” are from *Essential Buddhist Prayers*, v. 1, in the Dedication Prayers section.

The “Final Lam-Rim Dedication” is reprinted from the LTWA booklet *The Guru Puja*. Translation by Alex Berzin and Sharpa Tulku together with the LTWA translation team. Edited by Ven. Constance Miller, September 2003, in Taos, New Mexico.

About this aspect of Chenrezig

Chenrezig Buddha is the embodiment of the Compassion of the Enlightenment mind. *Migje* Chenrezig is the Chenrezig who opens the eyes of sentient beings. His upper right hand holds a silver vase full of nectar for curing all beings from the blindness of ignorance. He dips the fourth finger of his lower right hand into the same holy nectar which has been poured in the cup held in His lower left hand. His upper left hand holds a silver mirror signifying that He is watching over sentient beings.

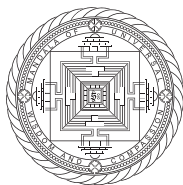
Chenrezig's heart is adorned with the mantra OM MANI PÄDME HUM - to save us sentient beings. Recite the 6-syllable mantra from the depth of your heart, putting your trust into Arya Chenrezig. Not letting your mind be distracted by anything else, reflect about the meaning of the mantra.

OM MANI PÄDME HUM contains all the teachings of the Buddha, the method that frees us from all sufferings. OM represents our impure body, speech and mind that can be transformed in the pure exalted body, speech and mind of a Buddha by following the path. MANI is the jewel symbolizing compassion, love and the altruistic intention to work for others. PÄDME is the lotus symbolizing the wisdom. As the lotus grows from the mud but is unsullied by the mud, wisdom takes you out and cuts the root of all the problems of existence. HUM indicates that Compassion and Wisdom have to be practiced together in union.

OM MANI PÄDME HUM is saying "You Who have the Great Compassion, take care of me. Bless me and all sentient beings to have love and compassion, and that the precious mind of enlightenment is generated in our minds".

Taken from a short teaching by Lama Zopa Rinpoche at FPMT Mongolia, December 2005.

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