

BLESSING THE SPEECH

OM AH HUNG

CHÉ WANG MÉ SEG DORJE TSE SUM BUB

Om Ah Hung! Fire consumes the tongue which becomes a three-pointed vajra at the centre of which

YANG SAL TEN DREL NYING PÖ KOR WA LÉ

circle the vowels (Ali), consonants (Kali) and the Essence Mantra of Interdependent Origination (Tendrel Nyingpo).

ÖD TRÖ PHAG CHÖD LAR DU NGAG DRIB DAG

From these syllables light radiates forth, making offerings to the Aryas. (The returning light) is reabsorbed to purify the obscurations of speech.

SUNG GI JYIN LAB NGÖ DRUB TOB PAR GYUR

The blessings and spiritual attainment of enlightened speech are obtained!

Vowels (Ali)

A Ä, EEË, U Ü, RIRĪ, LILĪ, E Ē, O Ö, AMAH

[Repeat seven times]

Consonants (Kali)

KA KHA GA GHA NGA

TSA TSHA DZA DZHA NYA

TRA THRA DRA DHRA NRA

TA THA DA DHA NA

PA PHA BA BHA MA

YA RA LA WA SHA KA SA HA KYA

[Repeat seven times]

Tendrel Nyingpo - Essence Mantra of Interdependent Origination

OM YE DHARMA.

HETU PRABAWA.

HETUN TEKHEN.

TATHAGATO.

HAYAWADA

TEKHEN TSA YO NIRODHA

EWAM BHADI

MAHA SHRAMANA YÉ SOHA

[Repeat seven times]