



THE YOGA OF THE LONG HŪM

EMPOWERING THE HEART OF VAJRASATTVA

The Circle tapering in flame into space
Is Vairocana, the Dharmadhatu wisdom.
The Crescent Moon below
Is Aksobhya, the Mirror Wisdom.
The yellow top-part
Is Ratnasambhava, the Equal wisdom.
The crimson letter Ha
Is Amitabha, the Discriminating Wisdom.
The Silent Ha, together with the Vowel-Sign,
Is Amoghasiddhi, the All-Performing Wisdom.
The Hūm thus comprises the Essence of the Five Buddha Families.

Obeisance to Vajrasattva! OM AH HUM!
The Mind of the Buddhas of the Three Times, omitting none,
Immaculate from beginningless time, perfect, and transcending
concept and definition,
The Embodiment of the Five Wisdoms, void, radiant, and without
impediment,
Rises up in the form of Hūm, vividly defined and complete in all
parts and functions.
The Five Poisons freely transmute themselves into the naturally
radiant Five Wisdoms.
In virtue of practising this Yoga,
And thus attaining the Four Bodies and the Five Wisdoms,
May the Vajra of the Heart
Be realised in this lifetime.
OM VAJRASATTVA HUM