

## Ten ways to visualize during Chenrezig practice

- 1) Concentrate of the appearance and meaning of Chenrezig, his entire body, or particular aspects.
- 2) Visualize the HRIH in the heart center of Chenrezig.
- 3) Visualize the six syllables on the mantra facing the HRIH in the center
  - Om-white
  - Ma-green
  - Ni-yellow
  - Pad-blue
  - Me-red
  - Hung-black
- 4) Focus on the HRIH in the heart. The HRIH emits continuous luminous rays which transform into pleasing objects, sounds and smells that take the appearance of auspicious symbols and substances. These are offered to the Buddhas and Bodhisattvas. Blessing in the form of light rays, in turn, dissolve into the HRIH in your heart.
- 5) White light is emitted from your heart and satisfies all of the suffering of the six realms.
- 6) That same light takes on the color of each of the petals and syllables. The light makes offerings to beings in each of the corresponding realms
  - Om-white- God realm
  - Ma-green- Jealous God realm
  - Ni-yellow- Human realm
  - Pad-blue- Animal realm
  - Me-red- Hungry Ghost realm
  - Hung-black- Hell realm
- 7) Meditate that Chenrezig's body is empty yet it appears, like a reflection in a mirror.
- 8) Rest on the sound of the mantra. The sound and one's mind are non-dual.
- 9) Meditate on the fact that all sounds perceived as mantra. They are sound, yet empty, empty yet they appear.
- 10) If you're doing the practice for a sick, or dying person, imagine that the lights from Chenrezig's heart (who is above and in front) melt into the heart of the sick person. At the end of the practice, imagine that Chenrezig dissolves into that person.