

## MORNING ASPIRATION

སེམས་ཅན་ཐམས་ཅད་འཁོར་བའི་མལ་ནས་ལྡང་བར་གྱུར་ཅིག།

SEM CHEN / TOM CHAY / KHOR WAY / MEL NAY / DONG WAR / GYUR CHEEK //

May all beings rise up from the bed of samsara.

སངས་རྒྱས་ཚོས་ཀྱི་སྐུ་འཕྲོབ་པར་གྱུར་ཅིག།

SONG GYAY / CHUH KYI KOO / TOBE PAR / GYUR CHEEK. //

May they all attain buddhahood, the ultimate dimension of awakening.

## SACRED BREATHING OF VAJRAYANA

*repeat three times*





**OM**

**AH**

**HŪM**

*While inhaling,  
visualize a **WHITE**  
light entering your  
body and at the same  
time mentally say the  
syllable **OM**.*

*Pausing before you  
exhale, visualize a  
**RED** light filling  
your heart area and  
at the same time  
mentally say the  
syllable **AH**.*

*While exhaling,  
visualize the breath  
you expel as **BLUE**  
light and at the same  
time mentally say the  
syllable **HŪM**.*