

## Karma Purification Practice

- Spend time reflecting on your “personal life inventory” – regrets, hurts, betrayals, afflictive emotions, illnesses, hindrances, vices, broken vows, causes of suffering – of body, speech and mind. *Refer to separate document*
- Envision a Spiritual Benefactor above your head – vivid visualization
- Take Refuge in this Benefactor – Commune and receive unconditional Love.
- Ask for purification: “Please cleanse and purify karma, causes of suffering, illness, hindrances, vices, and broken vows - of body, speech and mind. With great regret, I confess them all.”
- Envision healing light or nectar flowing down from your Benefactor purifying all regrets, hurts, betrayals, afflictive emotions, illnesses, hindrances, vices, broken vows, causes of suffering – of body, speech and mind - until not a single impurity remains.
- Listen and chant the mantra as you receive this healing and purification throughout your body and being.

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[Stop chant]

Rest in the vibrational field of the chant and practice.

Smiling with Love, your Benefactor says, “Noble One, all your vices, obscurations and downfalls are purified.”

Your Benefactor dissolves into you and you become your Benefactor, apparent yet empty, like a reflection in a mirror.

From your heart center, you radiate purification and healing to all beings of all realms and worlds.

Release all images and visualization.

Rest... Be...