

## Mantra: Listen Meditation

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During this meditation, you are guided to recite the **Vajrasattva** mantra. It is often referred to as the 100 syllable mantra. This mantra is a cosmic recitation to invoke the purification process. Purification is essential to clear out any residual, perpetual, and recurring issues that are still lingering around in your consciousness. If there is anything that is stopping you or blocking your progress, you will know. This meditation will help with clearing the communication channel.

### VAJRASATTVA

(Purification)

Om

vajrasattva samayam anupālaya  
vajrasattvatvenopatiṣṭha  
dr̥ḍho me bhava  
sutoṣyo me bhava  
supoṣyo me bhava  
anurakto me bhava  
sarva siddhiṃ me prayaccha  
sarvakarmasu ca me  
cittaṃ śreyayaḥ kuru hūṃ  
ha ha ha ha hoḥ  
bhagavan sarvatathāgata  
vajra mā me muñca  
vajrī bhava mahāsamayasattva  
āḥ hūṃ pāt

Use the **Transform and Be an Exemplar** music track to perform this meditation practice. As you recite the mantra, the goal is to **Transform and Be an Exemplar**.

Breathe in. Hold it. Breathe out. On the out breath, observe where you are in consciousness and reflect on all the messages that came through. Continue breathing in and out at a desirable rhythm.