

# Amulet of the Sun and Moon

## Daily Longevity Practice

From the Most Profound Intention of the Sublime Dharma Treasure Cycle

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The one who has fully complete power over the life of deathless primordial wisdom, to the enlightened body, speech, and mind of Guru Padmasambhava, I bow!

Although there is no benefit for yourself in this life, however, since in a future birth it will arise, the essential drop of the Mahaguru's enlightened mind, the *Amulet of the Sun and Moon Daily Longevity Practice*, shall be explained to dispel obstacles for both yourself and others in your practice.

In the early morning, without talking, you should assume an upright posture. Reciting the *Seven-Line Supplication* to Padmasambhava, visualize that your root Guru appears in the space before you in the enlightened form of Guru Padmasambhava. He is in saṃbhogakāya form with legs crossed, holding a vase of longevity, and seated on a lotus and moon disc. Imagine that he is delighted with you. To his left, is the Princess Mandarava. In a youthful and red-colored form, she is seated with legs crossed and holds a vase of longevity. Imagine that since she is delighted with you, she bestows supreme longevity.

Your lower body is a half-sphere of red sunlight. Your upper body is a half-sphere of white moonbeams. These are in seamless union as a spherical amulet. The chronic disease of the unfavorable conditions of the five poisons of the three times obscures the radiance of the sun and moon like breath on a mirror.

Expel the lifeless winds of the left channel. Then inhale longevity. Thus, the blemish on the moon is cleared away and a white stream of nectar from the Guru's vase of longevity is drawn in and the moon brightens. Expel the lifeless winds of the right channel. Then inhale longevity. Thus, the blemish on the sun is cleared away and a red stream of nectar from the dākinī's vase of longevity is drawn in and the sun brightens. Perform this one hundred and eight times each session.

At the end of the session, the Guru father melts [into light] and dissolves into the moon. The Guru mother melts [into light] and dissolves into the sun sphere. These mix and become a five-colored bindu emanating rays of light. This becomes smaller and smaller until it is only the size of a needle's point. Rest in the state without concepts. Dedicate the virtue.

Through practicing uninterruptedly, you will dispel untimely obstacles. If practiced daily, you will extend your life by many years. If you rely upon it as your yidam deity, you will accomplish the great transference body of light. The Guru did not give this instruction on the practice of longevity to others.

For a later time in the future, the master Padmasambhava proclaimed these authentic teachings for the white conch scrolls. These instructions are entrusted to the assembly of the treasure protectors.

*Sāmāyā*  
*Seal of the Sun and Moon*  
*Seal of the Five-Fold Bindu*  
*Seal of Non-Conceptuality*  
These instructions are thrice-sealed.

Bestow this practice to the vajra brother and sister practitioners of the *Most Profound Intention of the Sublime Dharma*.

This treasure was purely transcribed by the Drigung Renunciate [Rinchen Phüntshog] at the Butshal Palace.

May all beings swiftly attain supreme immortal bliss!