

The Heart of the Beloved

Spiritual Practice



“Through prayer and meditation it is possible
to dissolve the concepts of the dualistic mind.”
~ His Eminence Chagdud Tulku Rinpoche



Listen and attune yourself.
Refuge Prayer by Nuptul Rinpoche



Visualize your deity, your Beloved, above you.

3X Beloved one, in the space above me you have appeared. You are surrounded with divine love and are of absolute beauty. Your awareness and love fills me. Your presence surrounds me, protects and guides me. As I practice, following in your footsteps, I pray you stay near to confer your transcendent blessings continuously.



Chant with Nuptul Rinpoche
Om Ah Hung



3X The light and power of the Beloved infuse me, dissolving knots of negativity, dissolving past negative actions and fears. I am forgiven, cleansed and free. Wisdom, ease, wealth, longevity and deep inner peace are now present in every aspect of my life.





Chant with Nuptul Rinpoche

Tadyatha om gate gate paragate parasamgate bodhi svaha!



- 1X By the power of having thus prayed from the heart:
- 3X May the enlightened mind be mastered.
 May my spiritual aspirations be fulfilled.
 May non-virtue be cleansed and any harm or interference by other beings be averted.
 May my body be healthy and strong so I can fulfill my aspirations.
 May unexpected beauty and conditions beneficial to my spiritual path appear spontaneously. May I be protected and blessed, and may my practice be a benefit to all.
 May all beings have bliss, well-being and know their spiritual beauty.
- 1X From the Beloved's body a stream of love and wisdom falls, fills my body, purifies obstructions. I achieve peace and great wisdom. The Beloved melts into light, is not distinguishable from me. I rest in the great sphere of reality, without thought of self or other.



Meditation and Mala Practice

Chant with Nuptul Rinpoche

Om Ah Hung

Silent Meditation/ Mala Practice



- 1X As I go through my life, the Beloved is my continuous companion, taking action through me, speaking through me, my thoughts, my feelings, my actions, are those of the Beloved.



Dedication of Merit

- 1X By this virtue, having swiftly attained spiritual accomplishment, may we place all wanderers, not omitting even one, on that ground.



Chant with Nuptul Rinpoche

Om Ah Hung – 108

