

Meaning and Significance of Prostrations

Sakya Pandita Kunga Gyaltzen

By prostrating to the supreme Three Supreme Ones
May all obscurations and defilements of myself and others be purified.

By placing the palms of my two hands together equally
May the inseparable union of skillful means and wisdom be attained.

By placing my two hands at the crown of my head
May I be transported to the Pure Realm of Highest Joy.

By placing my two hands at my forehead between my eyebrows
May all obscurations and defilements of body be purified.

By placing my two hands at my throat
May all obscurations and defilements of speech be purified.

By placing my two hands at my heart
May all obscurations of mind be purified.