

BENEFITS OF THE SACRED AMBROSIAL MEDICINE, THE UNSURPASSED,
SUPREME *SAMAYA* SUBSTANCE THAT LIBERATES THROUGH TASTE

The Great One of Uddiyān has said that the sacred ambrosial medicine is
The offering substance for all the *sugatas* without exception,
The distilled quintessence of the gurus and *yidams* and
The heart blood of all the *ḍākinīs*.
The benefits of ingesting it are indescribable,
As one attains the attributes of a buddha's five *kāyas*.
Outwardly, physical illness and negative forces are conquered.
Inwardly, the afflictions of the five poisons are cleansed and
All breaches and transgressions of *samaya* are amended.
Secretly, self-arisen primordial awareness is realized.
For whoever ingests this, whether a yogi or otherwise,
Physical illness, negative forces, harmful deeds and obscurations are purified.
Inwardly, concentration and the stages of development become lucid.
Secretly, self-cognizant wisdom is realized.
By wearing it, untimely death is averted and
One becomes capable of destroying noxious poisons.
By anointing the body with it,
All illness and negative forces without exception are cleared away.
If one burns it, illness and negativity are driven out.
One day, when one's lifetime has ended,
One will be established in the knowledge holders' stages
Without discriminating between male or female, good or bad.
For these reasons, this is the supreme sacred substance.

Thus, as the benefits and advantages of the sacred ambrosial medicine are
infinitely described in the *Ambrosial Web* in the Supreme Heart Practices, the
Eight Volumes on Ambrosial Qualities of the Old School and so forth, please
engender faith in it accordingly.

*This brief explanation of the sacred ambrosial medicine and its benefits was condensed by
Garchen Könchog Gyaltzen from a lengthier description written by Lho Bongtrül Tenzin
Nyima Rinpoché. At Garchen Rinpoché's request, it was translated into English by the
disciple Ari-ma in October of 2001.*

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སྐྱེན་སྐྱེན་གྱི་འགྲེལ་བཤད་དང་ཕན་ཡོན་བསྐྱེས་པ།