

Waking Up in the Morning from the Sleep of Unknowing

Lotus Guru, hosts of dakas and dakinis,
All are dancing, voicing mantra tunes and songs in the
symbolic language,
Minds in the awakened state, the essence of the natural knowing,
Turned towards me, with the sounds of bells and hand drums,
They appear in awesome splendor, right before us in the sky.

Lord Guru, hosts of dakinis,ꣳ
Look on me with your kind, loving eyes.ꣳ
Right now the beings of the three realmsꣳ
In mindlessness they all are asleep.ꣳ

Awake, they roam in their blinded states.ꣳ
Your yogi child who sees self-knowing mindꣳ
Shall lead to the celestial realmsꣳ
All mother beings of the six types.ꣳ

So father, I shall go where you are,ꣳ
And not leave thought, word and deed indolent.ꣳ
To be sure I will hear, think and train;ꣳ
Four sessions shall be cores in my life.ꣳ

While here in this delightful retreat,ꣳ
I will reach others' aim and my own.ꣳ
Lord guru, hosts of dakinis,ꣳ
Be kind to bless my triple doors.ꣳ

AH lama khyenno AH lama khyenno
AH guru hear us AH guru hear us

From four places of the splendid guru's bodyꣳ
Rays of light stream forth, dissolve into ourselves.ꣳ
Blessed by vajra body, speech and mind and wisdomꣳ
We have here received the four empowerments.ꣳ

Guru who embodies every refuge objectꣳ
With the deepest joy dissolves into ourselves.ꣳ
In the all-ground's state that is without contrivance,ꣳ
From all kinds of clinging now our minds are free.ꣳ
The perfect dharmakaya, without constructs.ꣳ

Supplications

HUNG ॐ

In the land of Uddiyana's northwest border, ॐ

On the pistils of a lotus flower's stem, ॐ

You have reached the marvel of the supreme siddhi, ॐ

And became known by the name the Lotus-Born. ॐ

With surrounding circles of many dakinis, ॐ

In your footsteps I will reach accomplishments. ॐ

Please approach in order to bestow your blessings. ॐ

GURU PEMA SIDDHI HUNG ॐ

Samanthabhadra, Vajrasattva, Prahevajra, and Shri Singha,

Padmasambhava, King, all the twenty-five disciples,

So, Zur, Nub, Nyag, hundred tertöns and the others,

Gurus of the Kama and the Terma, hear our call.

In the Dharmadhatu Palace, Akanishtha,

Essence of the buddhas in the triple times,

Who directly shows our mind as dharmakaya,

O root Guru, heed our yearning call.

ལྷན་མའི་བྱུགས་སྐབ་བར་ཆད་ཀུན་སེལ་གྱི་ཚྲོན་འགོ་མདོར་བསྐྱུས་བཞུགས་སོ

Preliminary Practices

The Concise Preliminary Practices

of Lamey Tukdrub Barchey Künsel

The Guru's Heart Practice to Dispel all Obstacles

Namo Guru Padmakaraye ॐ

This heart extract of the Great Orgyen, the Glorious Knower of the Three Times, is unique among all the treasures hidden in the land of Tibet and is named Lamey Tukdrub Barchey Kunsel, the Guru's Heart Practice to Dispel All Obstacles. As someone who desires to quickly attain the fruition of unity by means of the two profound stages of Lamey Tukdrub Barchey Kunsel, you should first arouse intense renunciation, devotion and great compassion, as the common preliminaries.

Next, deeply soften the field of your mind. Do your best in sowing this field with the seeds of these special preliminaries.

- 1. Taking refuge, the root of the path of liberation.*
- 2. Arousing the bodhimind, the essence of the path of omniscience.*
- 3. The meditation and recitation of Vajrasattva, to purify harmful conditions, misdeeds and veils.*
- 4. The mandala offerings to perfect the accumulations, which are helpful conditions.*
- 5. The practice of the guru yoga of blessing, which is the ultimate part of Vajrayana.*

Refuge and bodhimind

In front of these objects of refuge which are vividly present filling the sky, chant:

NAMO ॐ

I and all the sentient beings equal to the sky ॐ

Take refuge in the guru, buddha, dharma and the sangha, ॐ

Yidams, dakas and dakinis, dharma guardians, ॐ

And in all the ones possessing great compassion. ॐ

HOH ॐ

As all the conquerors and offspring of the past. ॐ

Resolved to reach the unsurpassed, supreme enlightenment, ॐ

I will also reach the state of buddhahood ॐ

To benefit my mother beings, equal to the sky. ॐ

Recite this as many times as you can. At the end, imagine that the light rays of the objects of refuge, clear away all misdeeds and veils of yourselves and others.

The meditation and recitation of Vajrasattva

First, visualize the deity, the power of support:

AH ॐ

On my head upon a lotus and a moon, ॐ
Is all buddhas' single form of wakefulness, ॐ
Vajrasattva, nature of the greatest ease, ॐ
Flawless radiance just like the autumn moon. ॐ

His two hands are holding vajra and a bell, ॐ
Joyfully embracing Vajratopa, his own light, ॐ
Beautified with silk and jewel ornaments, ॐ
And residing with two legs in vajra pose, ॐ
In a vast expansive sphere of rainbow light ॐ

While bringing this to mind, begin with the power of remorse which is an intense feeling of regret and sorrow for misdeeds and failings. Then practice the power of the applied antidote, the visualization for reciting the mantra:

In the center of a full moon in his heart, ॐ
Is the life-force of all buddhas, as a HUNG. ॐ
Circling it, the hundred mantra syllables, ॐ
Chant while shining light fulfills the twofold aims. ॐ

When returning, streams of nectar flowing down, ॐ
Enters through the door of Brahma at my crown. ॐ
Clearing harms and veils, damaged and broken vows, ॐ
Making me immaculate, completely pure. ॐ

Imagine that and chant:

OM BENDZA SATO SAMAYA MANU PALAYA BENDZA SATO
TENOPA TISHTA DRIDO MEBHAVA SUTOKAYO MEBHAVA
SUPOKAYO MEBHAVA ANURAKTO MEBHAVA SARVA
SIDDHI MEM PRAYATSHA SARVA KARMA SUCHAME
CHITTAM SHRI YAM KURU HUNG HA HA HA HA HO
BHAGAVAN SARVA TATHAGATA BENDZA MAME MUNTSA
BENDZI BHAVA MAHA SAMAYA SATO AH ॐ

Recite this as many times as you can, then chant:

OM BENDZA SATO AH ॐ

Recite it a suitable number of times. At the end, chant:

Guardian, deluded and in ignorance, ॐ
I have damaged and transgressed the samayas. ॐ
Guru guardian, please be my refuge now. ॐ
You, the vajraholder is the sovereign. ॐ
Great compassion is your true identity, ॐ
Lord of sentient beings, please protect us here. ॐ

I openly admit all the damaged and broken root and branch samayas of body, speech and mind. ॐ

Please cleanse and clear away all the mass of misdeeds, veils, and faults. ॐ

Supplicating in this way delights Guru Vajrasattva. ॐ

With a smiling face he says: “Child of noble family, all your misdeeds, veils, and faults are now cleared away.” ॐ

Thus absolving, he melts into light and dissolves in me. Thereby, I too become the form of Glorious Vajrasattva. ॐ

Thus imagine that all your misdeeds and veils are cleared away and the damaged and broken samayas are restored.

Mandala offering

Prepare the mandala plate of precious metal, perfumed water, materials for the heaps and so forth. Corresponding to the arrangements of your physical parts, chant:

OM AH HUNG ॐ

Three realms and worlds, the beings and their splendor, ॐ

My body, wealth and all my store of goodness, ॐ

I give to all of you who have compassion. ॐ

Please accept them and bestow your blessings. ॐ

OM SARVA TATHAGATA RATNA MANDALA PUJA HO ॐ

While chanting, give the outer mandala, imagining Mount Sumeru, the four continents, and the riches of gods and humans, in an amount which equals the number of atoms in the universe.

The inner mandala is to give your body of aggregates, elements, and sense bases, along with all your dearly held possessions.

The innermost mandala is to embrace both mandalas with the view that does not conceptualize the three spheres. Give all three mandalas many times, together as one. At the end dissolve the whole field of accumulation into yourselves.

Guru Yoga

This has three parts. The outer way is to practice supplication. With one-pointed devotion, chant:

In the sky before us is an ocean-cloud of gifts, ॐ
On a lion throne and layered lotus, sun and moon, ॐ
Is the source of every refuge, Orgyen Tötreng Tsal, ॐ
Wrathful smiling, with one face, two arms in awesome light. ॐ

Wearing lotus crown, the secret, dharma, brocade clothes, ॐ
Right hand raises vajra, left holds skull-cup with a vase, ॐ
While embracing consort in a trident's hidden form, ॐ
Legs in playful posture, sphere of fivefold rainbow lights, ॐ
Radiating endless cloudbanks of the triple roots, ॐ
Worlds and beings are the perfect guru's natural state. ॐ

Visualize this in order to receive the blessings. With intense longing and devotion make this supplication:

Precious guru, Buddha of the triple times, ॐ
Mahasukha Lord of all accomplishments, ॐ
Wrathful Strength, mara-tamer of all hindrances, ॐ
We call on you, bestow your blessings here. ॐ
Calm the outer, inner and the secret hindrances ॐ
Bless us, naturally fulfill our every aim. ॐ

Chant this many times.

The inner way is to practice recitation.

By having supplicated in this way, from the three places of each of the deities in the whole assembly, rainbows, lights and circles, all taking the shape of deities, seed syllables and attributes, countless like particles of dust in a sunbeam, appear and dissolve into me. Thereby, I obtain all the empowerments, blessings and siddhis without exception. ॐ

Imagining that, chant:

OM AH HUNG BENZA GURU PADMA SIDDHI HUNG ॐ

When closing the session, imagine that the retinue dissolves into the Great Master from Uddiyana who is the embodiment of the three roots and of all objects of refuge. From his four places appear rays of light of white, red, blue and variegated colors. They dissolve into me and I receive the four empowerments. Imagining that, chant:

From four places of the splendid guru's body ॐ

Rays of light stream forth, dissolve into ourselves. ॐ

Blessed by vajra body, speech and mind and wisdom, ॐ

We have here received the four empowerments. ॐ

*The innermost way is to practice the true guru yoga of simplicity,
in the manner of activity application.*

After this, the greatest Uddiyana Master ॐ
With the deepest joy dissolves into ourselves. ॐ
In the all-ground's state that is without contrivance, ॐ
From all kinds of clinging now our minds are free. ॐ
The perfect dharmakaya, without constructs. ॐ

*Chanting and imagining this, look into the innate natural face of
aware openness which is free from the thought constructs of the three
times. Connecting with this, train in the paths of the main practice,
the development and completion stages.*

When it is time to enter your daily activities, chant:

HOH ॐ
Realizing Guru Knowledge-Holder mandala, ॐ
May we all the countless beings, each and everyone, ॐ
Naturally perfected in the four activities, ॐ
Free within the dharmakaya, lucid wakeful realm. ॐ

Root and lineage gurus, let your blessing fill our hearts. ॐ
Yidam and dakini, like our shadow remain close. ॐ
Guardians of dharma, clear away all hindrances. ॐ
Grant auspicious goodness, siddhi common and supreme. ॐ

Dedicate fully the roots of goodness towards supreme enlightenment. Seal the practice with perfect and pure aspirations and train in using your time in all breaks with activities that are in accordance with the Dharma.

This very short edition of the preliminaries of the terma of Chokgyur Lingpa, Tukdrub Barchey Künsel, was written by Karma Urgyenpa [Tulku Urgyen Rinpoche] for the sake of beginners.

The liturgy for refuge and bodhimind was slightly expanded by Chökyi Nyima Rinpoche, using the original terma root text.

*Arranged for chanting in English by Bodhi Translations,
guided by Erik Pema Kunsang, 2023.*

A Chariot for Knowledge-Holders

OM AH HUNG VAJRA GURU PADMA SIDDHI HUNG

Vast and indestructible sphere of wakefulness
Joined with basic knowing's open space,
Vivid to the eyes, as splendid rainbows, it appears,
Realm of natural magic, Lotus Light.

Rainbow rays in vast expanse, the nature manifest,
In boundless mansions, visions on increase,
Dakas and dakinis, the perfected knowing's state,
Dance, sing vajra songs, transcending thoughts.

In the center, buddha Boundless Light, primordial,
Treasure of compassion, Lotus-Holder,
And immortal Tötreng Tsal, three kayas within one,
With sublime eight forms to tame all needs.

In this meeting ground, a network vast and magical,
Play of forms and aspects beyond count,
May I and every being, infinite, pervading space,
Take rebirth as soon this life is gone.

May we through the knowledge-holders' fourfold secret path
Quickly reach the Lotus Guru's level,
Ocean of the kayas and the wisdoms, without bound,
Where others' and my aims are self-fulfilled.

Dedications

Sights, sounds, knowing - deva, mantra, dharmakaya realm,
Play of kayas and the wisdoms boundlessly unfold.
In this practice of great yoga, secret and profound,
Let everything be just one taste, the nondual sphere of mind.

In every single lifetime may we never be apart,
From authentic teachers, dharma's splendor to enjoy.
Completing all the virtues of the bhumis and the paths,
May we swiftly all attain the Vajradhara state.

May the precious and sublime awakened mind,
Rise in those, where it has not arisen yet,
Once arisen, may it never fade away,
But continue to increase forever more.