

T.Y.S. Lama Gangchen
Tibetan Lama Healer

NgalSo Tantric Self-Healing
Practice
of Parnashavari



Lama Gangchen  Peace Publications



May all sicknesses be healed
May all living beings enjoy inner peace
May peace reign in the six realms of cyclic existence
Now and forever
Through the blessings of all the holy beings
And the attention of all human beings



Lama Gangchen



Lama Gangchen Peace Publications
Via Marco Polo 13
20124 Milan, Italy
E-mail: lgpp@ciaoweb.it
Tel: +39 02 6590442

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Author: T.Y.S. Lama Gangchen
Editor: Caroline Gammon (Dorje Khanyen Lhamo)
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The name Parnashavari in Sanskrit, or Lomagyuma in Tibetan, means the mountain hermitess who dispels ignorance and protects from diseases, and in particular those sicknesses of a contagious nature. She is the twentieth of the twenty-one Taras.

The verse in the «Praise to the Twenty-One Taras» regarding Parnashavari reads:

Ri Tro Ma Lo Ma Gyun Ma
Chag Tsal Nyi Ma Da Wa Gye Pay
Chen Nyi Po La O Rab Sel Ma
HA RA Nyi Jo TU TA RA YI
Shin Tu Dag Po Rim Ne Sel Ma

Homage to the golden coloured Tara, the mountain hermitess, who holds a vase of medicine that has the capacity to dispel ignorance and heal disease.

Homage to you, whose eyes like the sun and moon radiate pure brilliant lights.

You, who by uttering HARA twice and TUTTARA are able to dispel extremely fearful plagues.

Parnashavari is a manifestation of Tara, belonging to the Kriya Class of Tantra, specialised in the prevention and cure of infectious diseases thanks to her knowledge regarding the natural healing power of medicinal herbs. She wears a skirt of forest leaves and in one of her hands she holds the branch of a medicinal plant. She is both peaceful and wrathful at the same time.

Historically, she is remembered as an Indian yogini who spent her life meditating alone in the rainforest of ancient India. Her choice to live alone in the forest, wearing only leaves and eating just fruits and berries, concentrating on studying the elements and reaching the highest level of meditative concentration, was not an easy one. Parnashavari had a great heart to be able to do this and every one of us should try to learn something from her example.

Parnashavari is mentioned in both the sutras and tantras and can be found in all of the four classes of tantra (Action-Tantra, Performance-Tantra, Yoga-Tantra and Unexcelled Yoga-Tantra). In the system of the five buddha families, she belongs to the Karma Action Family of Amoghasiddhi, emphasizing the swift performance of the enlightened activities of the buddhas.

PRELIMINARY PRACTICES

Short Method of Taking Refuge

Namo Guru Bye
Namo Buddhaya
Namo Dharmaya
Namo Sanghaya

Namo Tri Ratnaya

Going for Refuge and Generating Bodhicitta

Sang Gye Choe Dang Tsog Kyi Chog Nam La
Jang Chub Bar Du Dag Ni Kyab Su Chi
Dag Ghi Jin Sog Gyi Pai So Nam Kyi
Dro La Pen Chir Sang Gye Drub Par Shog

In the Buddha, Dharma and Sangha I take refuge until enlightenment.
Through the practice of generosity and the other perfections may I become a Buddha for the benefit of all beings.

The Seven Limitless Meditations

Semchen Tamche Dewa Dang Dewai Gyu Dang Denpar Gyur Chik
Semchen Tamchen Dungal Dang Dungal Gyi Gyu Dang Drelwar Gyur
Chik

Semchen Tamche Dungal Mepai Dewa Dang Min Drelwar Gyur Chik
Semchen Tamche Nyering Chak Dang Nyi Dang Drelwai Tangnyom La
Nepar Gyur Chik

Semchen Tamche Lu Sem Gyi Du Ngal So Shing Trai Yun Lu Sem De
Wa Dang Den Par Gyur Chik

Semchen Tamche Ngalso Topching Chinang Nogchu Koryuk Dang-
shing Tsangmar Ne Gyur Chik

Semchen Tamche Dang Zambuling Gi Kye Dro Tadag Chyi Nang Ghi
Shide Dhuekun Den Par Gyur Chik

Limitless Love - May all beings have happiness and its causes.

Limitless Compassion - May all beings be free from suffering and its causes.

Limitless Joy - May all beings never be separated from the great happiness that is beyond all misery.

Limitless Equanimity - May all beings dwell in equanimity, unaffected by attraction to dear ones and aversion to others.

Limitless Health - May all beings recover from the sicknesses of mind and body pollution and enjoy relative and absolute health now and forever.

Limitless Ecological Regeneration - May all beings relax in a pure and healthy outer and inner environment now and forever.

Limitless Peace - May all beings enjoy inner and world peace now and forever.

Purification of the Site and Transformation of the Offerings

Tamche Du Ni Sa Shi Tak
Sekma Lasok Mepa Dang
Laktil Tranyam Bendurie
Rang Shin Gyampor Ne Gyur Chik

May the earth become pure without roughness or thorns, even like the palm of a child's hand and smooth in nature like lapis lazuli.

Lha Dang Mi Ye Choepe Dze
Ngoe Su Sham Dang Yi Kyi Trul
Kunsang Choetrin Lana Me
Namkhe Kang Kun Khyab Gyur Chik

May the real and imagined offerings of gods and humans, as well as the clouds of supreme offerings of Bodhisattva Samantabhadra pervade the entire expanse of limitless space.

Offering Mantra

OM NAMO BHAGAWATE BENZA SARA PRAMARDANE
TATHAGATHAYA ARHATE SAMYAK SAM BUDDHAYA
TAYATHA OM BENZE BENZE MAHA BENZE MAHATETSA BENZE
MAHAVIDYA BENZE MAHABODHICITTA BENZE MAHABODHI
MANDOPA SAMKRAMANA BENZE SARWA KARMA AWARANA
BHISHO DANA BENZE SOHA

Expressing the Power of the Truth

Kon Chog Sum Gyi Dempa Dang
Sangye Dang Jangchub Sempa
Tamche Kyi Jin Gyi Lab Dang
Tsok Nyi Yongsu Dzokpai Dathang Chenpo Dang Choe Kyi
Ying Nampar Dagshing Sam Gyi Mi Kyabpe Tob Kyi
Deshin Nyi Du Gyur Chik

By the truth power of the three jewels and the blessings of all the buddhas and bodhisattvas, as well as by the great strength generated by the two accumulations and the power of the pure and inconceivable dharmadhatu, may these offerings become real.

Invocation of the Healing Buddha

Malu Semchen Kungyi Gongyur Chig
Dude Punche Mize Jomde La
Ngonam Malu Yangdak Kyen Gyur Pe
Chomden Korche Nedir sheg Su Sol

Protector of all beings without exception, endless subduer of demonic beings and energies, deity, perfect knower of all things. Bhagavan and attendants, please come here.

Invocation of Guru Buddha Parnashavari

From the golden syllable PAM, which resides at my heart chakra on a lotus and moon disc, emanate rays of light inviting Parnashavari adorned by Guru Akshobya and surrounded by buddhas and bodhisattvas.

Malu Semchen Kungyi Gongyur Chig
Dude Punche Mize Jomde La
Ngonam Malu Yangdak Kyen Gyur Pe
Chomden Korche Nedir Sheg Su Sol

Protector of all beings without exception, endless subduer of demonic beings and energies, deity, perfect knower of all things Parnashavari and attendants, please come here.

OM VAJRA SAMADZA

Seven Limbs

Gosum Gupe Gone Chag Tsel Lo
Ngosham YitruL ChopA Malu Bul
Togme Nesak Digtung Tamche Shag
Kyepag Gewa Nam La Ge Yi Rang
Korwa Matong Bardu Legshug Ne
Drola Chokyi Korlo Korwa Dang
Dagshen Genam Jangchup Chenpor Ngo

With body, speech and mind I prostrate. I offer real and visualised offerings. I acknowledge all my harmful actions, gathered since beginningless time. I rejoice in all virtues. I request all buddhas to remain and turn the wheel of dharma for us. I dedicate the virtues of myself and others to great enlightenment.

Mandala Offering

Sashi Pokyi Shugshing Metok Tram
Rirab Lingshi Nyide Gyenpa Di
Sangye Shingdu Migte Bulwar Gyi
Drokun Namdak Shinla Chopar Shok

This ground anointed with perfume, strewn with flowers, adorned with Mount Meru, four continents, sun and moon, I offer in visualisation as a pure land of the buddhas. May all sentient beings thus enjoy this pure land.

IDAM GURU RATNA MANDALA KHAM NIRYATAYAMI

Prayer and Mantra to Request the Blessing of the Lineage Guru, Trijang Dorje Chang

Losang Gyelwa Kung Gyi Yeshe Ni
Chig Tu Trime Gyalten Zinpe Tzo
Rabgyam Kyilkor Gyatso Trodu Gon
Drinchen Lame Shab La Sol Wa deb

Kind Lama, principal holder of the stainless victorious dharma; Lord, emanating and re-absorbing an ocean of infinite mandalas, at your precious feet I pray.

OM AH GURU VAJRADHARA SUMATI GYANA SHASANA DHARA
SAMUDRA SHRI BHADRA SARWA SIDDHI HUNG HUNG

Prayer and Mantra to Request the Root Guru's Blessing

Lo Chok Sangpoi Pel Gyur Trash Pa
Thub Chen Ten Pe Trinle Yar Ngo Da
Phel Gye Dro Lor Tsam Pe Dze Pa Chen
Pal Den Lame Shab La Sol Wa Deb

Glorious auspiciousness of the supreme virtuous mind, divine action of the Buddha's teaching beneficial like a waxing moon. Acting exactly in accordance with the mental capacity of living beings for their development and maturation, at the feet of this glorious guru I request:

OM AH GURU VAJRADHARA SUMATI MUNI SHASANE KARMA
UHTA VARDANAYE SHRI BADHRA VAR SAMANIYA SARWA
SIDDHI HUNG HUNG

May you grant us the mundane and extraordinary siddhis of Guru Vajradhara, the noble mind of the Buddha's doctrine, which increases the activity of the noble glorious ones.

Request to become one Nature with the Guru

Pa Khyo Kyi Ku Dang Dag Gyi Lu
Pa Khyo Kyi Sung Dang Dag Gyi Ngag
Pa Khyo Kyi Tug Dang Dag Gyi Yi
Don Yer Me Chig Tu Jin Gyi Lob

This limited body of mine and your holy body my father, this normal speech of mine and your pure speech my father, this suffering unpeaceful mind of mine and your great fully peaceful mind my father. Through your blessing may your three holy pure energies become unified with mine.

Requesting the Blessing of Guru Buddha Parnashavari

OM AH GURU PARNASHAVARI SIDDHI HUNG

Purification of the Five Elements

EH HO SHUDDHE SHUDDHE SOHA
YAM HO SHUDDHE SHUDDHE SOHA
RAM HO SHUDDHE SHUDDHE SOHA
LAM HO SHUDDHE SHUDDHE SOHA
BAM HO SHUDDHE SHUDDHE SOHA

Simultaneous Purification of the Five Elements

EH YAM RAM LAM BAM
SHUDDHE SHUDDHE SOHA

Vajrasattva Mantra

OM VAJRASATTVA SAMAYA / MANU PALAYA / VAJRASATTVA
TENOPA / TISHTA DRIDHO ME BAWA / SUTO KAYO ME BAWA /
SUPO KAYO ME BAWA / ANURAKTO ME BAWA / SARWA SIDDHI
ME PRAYATSA / SARVA KARMA SUTSA ME / TSIT TAM SHRIYAM
KURU HUNG / HA HA HA HA HO BHAGAVAN / SARWA TATHA-
GATA VAJRAMAME MUTSA / VAJRA BAWA MAHASAMAYA SATT-
VA AH HUNG PHET

Om body, speech and mind of all the buddhas / with a pure crystal nature / fulfil your commitment / to take care of me / Vajrasattva be near to me / be my stable nature / be pleased with my nature / be pleased with my nature / be extremely pleased with my nature / grant me all the attainments / grant me all the siddhis / give me mental power / and the wisdoms of the Five Supreme Healers / Lord / Endowed Transcendent Destroyers / I am indestructible pure crystal too / so do not give up on me / I have the vajra nature / of the great commitment being / the union of great bliss and emptiness!

Mantra of Dependent Arising

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA (*Sanskrit*)

OM CHO NAM TAMCHE GYU LE JONG
TE GU DE SHIN SHEG PAI SUNG
GU LA GO PA KAI YING BAR
GYE JONG CHENPO DE KYE SUNG (*Tibetan*)

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

Dissolving into Emptiness

OM SOBHAWA SHUDDA SARWA DHARMA SOBHAWA
SHUDDHO HAM

MAIN PRACTICE

Self-Generation as Supreme Healer Parnashavari

Out of emptiness arises Mount Meru. At the peak of this sacred mountain appears the seed syllable PAM that manifests a lotus and a letter AH. From this letter AH arises a moon disc upon which is our own consciousness in the form of a golden letter PAM. From this letter, rays of light emanate as offerings to the Arya beings. This pure light heals the sicknesses and sufferings of all living beings and then returns back into the letter PAM and we transform into the golden coloured Supreme Healer Parnashavari.

We have one face, two arms and three eyes and our face is smiling with an expression of wrath and elegance. In our right hand we hold an upright vajra and in our left hand we hold a vajra lasso wrapped around the fingers in a threatening gesture. In an elegant half standing-sitting posture, the heel of our right foot is drawn in and held against the secret region whilst the knee and out-turned toes touch the moon disc which supports us. The left leg is half extended and the sole of our foot is touching the disc. We are adorned with jewels and tropical flowers, and we are wearing an upper garment of red silk and a skirt of medicine leaves. We are wearing a white snake as a necklace and half our hair is bound up in a topknot. We are blossoming with youthfulness and beauty, and we have an exciting and slightly wrathful expression.

Seated amidst blazing light we are adorned at our forehead with the white syllable OM, at the throat with a red AH and at the heart with a blue HUM. At our heart on a sun disc a golden syllable PAM emanates rays of light inviting from her natural abode the actual goddess Parnashavari along with her entourage.

VAJRA SAMADZA DZA HUM BAM HO

Making Requests

Oh all Tathagatas, please grant me the initiation.

Bestowing the Vase Initiation

Just as all Tathagatas received initiation at the moment of their birth, likewise we the Five Element Mothers now grant the Vase Initiation with the pure water of the gods.

OM SARVA TATHAGATA ABHISEKATA SAMAYA SRIYE HUM

Our entire body is filled with the nectar from the initiation, purifying all our stains and negativities. The excess water comes out of the crown of our head and transforms into the Supreme Healer Amoghasiddhi.

Praises

I prostrate to You, the illusion like Wisdom, which arises out of the miracle of all buddhas. Whoever does the practice of this Goddess pacifies forever all illnesses, evils and obstacles.

Mantra Recitation

From the golden letter PAM at my heart rays of light, in the form of the five purified sense offerings, medicines, tormas, nectars and great joy, emanate outwards as offerings to all the buddhas and bodhisattvas of the ten directions .

FIRST VISUALISATION

Healing Our Elements

We visualise that we are golden coloured Parnashavari, clothed in medicinal leaves and surrounded by the auric spheres of the metal, water, wood, earth, fire and space elements. Space is the absolute Parnashavari. We are surrounded by a natural environment of forests and rivers, mountains and lakes, animals and stars and we have the special capacity to transform all poisons into medicines. As we recite the mantras, the spheres of pure elements around us increase and become a special protection against the sicknesses caused by pollution, food poisoning, elemental and environmental imbalances.

Healing the Space, Wind, Fire, Earth and Water Elements

EH YAM RAM LAM BAM
EH YAM RAM LAM BAM SHUDDHE SHUDDHE SOHA
EH YAM RAM LAM BAM ATI KYANA ATI KITI SOHA

Healing the Earth, Metal, Water, Wood and Fire Elements

SA SER CHU SHING ME
SA SER CHU SHING ME SHUDDHE SHUDDHE SOHA
SA SER CHU SHING ME ATI KYANA ATI KITI SOHA

SECOND VISUALISATION

Healing the Pain and Sickness of all Living Beings

We are Parnashavari.

We imagine that we are surrounded by all beings that are suffering from the terrible physical and mental sickness of the kaliyuga. If we have a particular sickness, we can visualise that all the people suffering from the same sickness surround us.

From the syllable PAM at our heart lights and nectars radiate out bestowing peace, happiness and mental and physical healing.

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

To heal ourselves of serious sicknesses it is very beneficial to release many small birds, fish and animals that are kept in captivity or destined for slaughter.

THIRD VISUALISATION

Healing the Six Realms of Samsara

At our heart we have a golden syllable PAM. Every time we breathe out we should imagine that the PAM radiates powerful lights and energies that heal all the particular sufferings and fears of all living beings in the six realms of existence, giving them whatever they need to be happy and free on the relative level (a house, work, partner, food, clothes, medicine, love...) and on the absolute level (enlightenment). We should rejoice and feel joy that these suffering beings have found happiness.

1. Healing the Hell Realm

Guru Vajra Parnashavari Khyen

Repeat

During these degenerate times of the Kaliyuga we have to endure the sufferings of the hell realm, which in previous ages remained in the external world. For many years we have created the causes and condi

tions and now we are suffering like hell beings from extreme heat and cold, war, imprisonment, torture, elemental disasters and new terrifying diseases and sicknesses. Please Guru Vajra Parnashavari Khyen liberate us from our personal samsara and grant us blessings so that we may benefit others.

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

2. Healing the Hungry Ghost Realm

Guru Ratna Parnashavari Khyen

Repeat

During these degenerate times of the Kaliyuga we have to endure the sufferings of the preta realm, which in previous ages remained in the external world. For many years we have created the causes and conditions and now we are suffering like pretas from terrible hunger and thirst, goitres, mental distortions, great fear and paranoia. Please Guru Ratna Parnashavari Khyen liberate us from our personal samsara and grant us blessings so that we may benefit others.

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

3. Healing the Animal Realm

Guru Chakra Parnashavari Khyen

Repeat

During these degenerate times of the Kaliyuga we have to endure the sufferings of the animal realm, which in previous ages remained in the external world. For many years we have created the causes and conditions and now we are suffering like animals from stupidity, fear and exploitation. Please Guru Chakra Parnashavari Khyen liberate us from our personal samsara and grant us blessings so that we may benefit others.

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

4. Healing the Human Realm

Guru Pema Parnashavari Khyen

Repeat

During these degenerate times of the Kaliyuga we have to endure the sufferings of the human realm. For many years we have created the causes and conditions and now we are experiencing the sufferings of

birth, aging, sickness and dying. We are full of limitless desire, suffering and dissatisfaction. We confuse impurity with purity, suffering with happiness, and we believe all things including ourselves to be permanent and to exist intrinsically. Please Guru Pema Parnashavari Khyen liberate us from our personal samsara and grant us blessings so that we may benefit others.

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

5. Healing the Jealous God Realm

Guru Karma Parnashavari Khyen

Repeat

During these degenerate times of the Kaliyuga we have to endure the sufferings of the asura realm, which in previous ages remained in the external world. For many years we have created the causes and conditions and now we are suffering like asuras from continuous jealousy, competitiveness, fighting and warfare. Please Guru Karma Parnashavari Khyen liberate us from our personal samsara and grant us blessings so that we may benefit others.

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

6. Healing the Deva Realms

Guru Vajrasattva Parnashavari Khyen

Repeat

During these degenerate times of the Kaliyuga we have to endure the sufferings of the deva realm, which in previous ages remained in the external world. For many years we have created the causes and conditions and now we are suffering like devas, tortured by dissatisfaction of having everything except enough pleasure. We fear loss of beauty and youth, becoming undesirable and unattractive and therefore being rejected. We fear losing our comfort and social status. Please Guru Vajrasattva Parnashavari Khyen liberate us from our personal samsara and grant us blessings so that we may benefit others.

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

OM YE DHARMA HETU PRABHAWA
HETUN TESHAN TATHAGATO
HYVADAT TESHAN CA YO NIRODHA
EVAM VADI MAHA SRAMANAYE SOHA

Om, all phenomena are dependent on causes and conditions. We know this because the Tathagata, the truth telling great ascetic said: "what does not depend on causes and conditions does not exist" Soha.

FOURTH VISUALISATION

Receiving Healing Energy

As a result of our commitment to heal others, all the buddhas and bodhisattvas rejoice and give us their blessings, they support us with their love, compassion and healing energy.

As we recite the mantras we are immersed by streams of blessings that come towards us in the form of five coloured lights and nectars, love, compassion, healing symbols, buddhas, bodhisattvas, plants, herbs and medicinal fruits, pure crystals and the essences of the Great Mothers of Space, Wind, Fire, Water, Earth, Wood and Iron, as well as the sun, moon and stars. Guru Parnashavari and her multi coloured transformations dissolve into us and absorb into the chakras of our body, speech, mind, quality and action. These lights and nectars heal all our sicknesses, fears, physical and emotional problems. We are completely purified, and develop Parnashavari's body, which is in essence the holy body of the Great Mothers of Space, Wind, Fire, Water, Earth, Wood and Iron. In this way we have many different types of spiritual company with us at all times so we do not have to feel alone or fearful any more.

Mantra Recitation

Essence Mantra

OM PISHATSI PARNASHAVARI HRI HA HUM PHAT SOHA

Action Mantra

OM PISHATSTI PARNASHAVARI SARVA DZWARI PRASHAMA-NAYE SOHA

Recite as many times as possible

Short Mantra

OM AH GURU PISHATSI SIDDHI HUM

Long Mantra of Parnashavari

TADYATHA OM AMRITE ASHVASTANGE
MAMARA MAMARA SHAMAVARA
SHAMA UPASHAMA TUNUPI
NUTUTUTUTU MULE SOHA
NAMA SHAVARNANNA
OM PISHATSI PARNA SHAVARI VISHATSI SOHA
OM PARNA SHAVARI HUM PHAT
OM ANGURE MANGURE PARNA SHAVARI SOHA
OM PISHATSI PARNA SHAVARI SOHA
SARVA MARI PASHAMANI
SARVA DUSTANANI VANDHA MUGANA HUM PHAT SOHA

Praise

I prostrate to You, the illusion like Wisdom, which arises out of the miracle of all the buddhas. Whoever does the practice of this Goddess, pacifies forever all illness, evils and obstacles.

Making Requests for the Desired Purposes

Please take this offering, and may we, the yogini, and all other beings be free from illness. May we be endowed with long life, power, fame and fortune, dignity and great wealth. Grant us the attainments of all actions of pacification, increase, power and wrath. May the pledge holders always protect and assist us in achieving all attainments. May they pacify untimely death, illness, evils, disturbances, obstacles, bad dreams, bad signs and omens and bad activities. May the Realm have peace, good crops and an increase of grains. May the Dharma flourish, causing all goodness to arise. May all that we have in our mind be fulfilled.

Requesting the Wisdom Beings to Depart

OM VAJRA MU

DEDICATION PRAYERS

Dedication for World Peace

OM BHISWA SHANTI HUM

By the power of the truth peace and bliss forever

Dedication to Achieve the State of Parnashavari

Dro Wa Di Yi Nyur Du Dang
Loma Guma Drub Gyur Ne
Drowa Chik Chang Malu Pa
De Yi Sa La Gopar Shog

By the virtues collected through this practice, may I quickly attain the state of Parnashavari and lead all beings, without exception, to the state of Enlightenment.

Short Six Session Guru Yoga

Lama Kon Chok Sum La Kyab Su Chi
Rang Ngi Lhar Sel Dor Dirl Sung Ne Choe
Dho Ngak Choe Sung Nye Choe Tha Dak Dom
Ge Choe Kun Du Jin Shie Dro Don Ged

To the guru and the three jewels I go for refuge. Visualising myself as the deity, holding vajra and bell, I uphold all the dharma of sutra and tantra, refrain from all misconduct, gather all virtuous dharmas, and with the four givings, benefit migrants.

Shambala Dedication

Dor Na Di Tson Nam Kar Ge Wai Tsok
Ji Nye Sak Pa De Yi Gyur Du Dak
Norbu Bang Dzo Shambala Gyur Ne
Lame Lam Gyi Rimpa Tarchin Shok

By the collection of the white virtues I have gathered here, may our Realm transform into Shambala, the treasury of jewels, and may we complete the stages of the path of highest yoga tantra.

Dedication for Our Long Life

Du Min Chiwai Tsenma Thongwa Na
De Yi Moe La Mikyo Dorje Ku
Sel War Thongne Chi Dal Pel Chomte
Chime Rigzin Nyurdu Thobpar Shok

If foreseeing signs of a premature death, may I, by a clear vision of Mikyo Dorje, the immovable vajra, defeat the lord of death and rapidly obtain the siddhi of immortality.

Dedication for the Long Life of our Root Guru

Shide Ten Pon Ku Tse Rabten Chin
Namkar Trinle Chog Chur Gye Pa Dan
Lobsang Tenpe Dron Me Sa Sum Gyi
Dro We Mun Sel Tac Tu Ne Gyur Chik

May the great peace captain have a long life. May the enlightened activities be fully displayed in the ten directions and may the brightness of the inner and Realm peace teachings of Guru Tsongkhapa, continuously disperse the cloud of darkness covering the beings of the three realms.

Kye Wa Kuntu Shide Tepon Dang
Drel Me Cho Men Pel La Long Cho Ching
Sa Dang Lam Gyi Yonten Rabzog Ne
Shide Chenpo Gopang Nyur Tob Shog

Through all my lives may I not be separated from the great peace captain and so enjoy the splendour of dharma medicine. Perfecting the virtues of the paths and bhūmis, may I quickly obtain the realisation of great

Shide Semchok Rinpoche
Ma Kye Pa Nam Kye Gyur Chik
Kyepa Nyamka Mepa Yang
Gon Ne Gon Tu Pel War Shok

May the precious, healthy and happy mind, which is not yet born, arise and grow. May that which is born have no decline and increase forever more.

Verse of Auspiciousness

Nyimo Delek Tsen Delek
Nyime Gung Yang Delek Shin
Nyintsen Taktu Delek Pe
Kon Chok Sum Gyi Jin Gyi Lob
Kon Chok Sum Gyi Nge Drup Tsol
Kon Chok Sum Gyi Tra Shi Shok

At dawn or dusk, at night or midday, may the three jewels grant us their blessings. May they help us to achieve all realisations and sprinkle the path of our life with various signs of auspiciousness.

