

# The Life-Nectar of Immortality

Self-generation sadhana of  
Amitayus in the tradition of  
Machig Drubai Gyalmo



Dechen Ling Press

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## Refuge and Bodhichitta

*Recite three times:*

I will always go for refuge  
To Buddha, Dharma and Sangha.  
For the welfare of all living beings  
I shall become Amitayus.

OM SÖBHAWA SHUDDHA SARWA DHARMA  
SÖBHAWA SHUDDHO HAM

Everything becomes emptiness.

From the state of emptiness, from PAM comes a lotus and from AH a moon mandala, upon which my own mind appears as a red long letter HRIH together with the tsetrak. This completely transforms and I arise as Conqueror Amitayus with immeasurable life and wisdom, with a red-colored body, one face and two hands in the mudra of meditative equipoise in which is a vase brimming with the nectar of immortality. I sit in the vajra posture with all the marks and signs of a complete enjoyment body. My body is adorned with precious jewels and various silken garments. At my crown is an OM, at my throat an AH, and at my heart a HUM.

From the HUM at my heart light rays radiate and invite from Dewachen in the western direction the wisdom beings to the space before me.

DZA, HUM, BAM, HO

The commitment beings and the wisdom beings become inseparable.

Again from the HUM at my heart light rays radiate and invoke the empowering deities to the space before me.

“Please bestow the empowerment.”

Having been requested in this way, they pour nectar from the vase.

OM SARWA TATHAGATA ABHISHEKATA SAMAYA  
SHRIYE HUM

The empowerment is conferred. All the stains of my body are purified, and the excess water overflows on the crown of my head and transforms into Amitayus who is inseparable from my root Guru and becomes my crown ornament.

*Bless the inner offering and the offering substances.*

### **Blessing the Inner Offering**

OM VAJRA AMRITA KUNDALI HANA HANA HUM  
PHAT  
OM SÖBHAWA SHUDDHA SARWA DHARMA  
SÖBHAWA SHUDDHO HAM

Everything becomes emptiness.

From the sphere of emptiness, from YAM comes wind, from RAM comes fire, and from AH a grate of three human heads. Above this from AH comes a broad and extensive skull cup. Inside are the five meats and five nectars. These are purified, transformed and increased by

the three letters, and become a great ocean of uncontaminated nectar.

OM AH HUM (3X)

### **Blessing the Outer Offerings**

OM VAJRA AMRITA KUNDALI HANA HANA HUM  
PHAT

OM SÖBHAWA SHUDDHA SARWA DHARMA  
SÖBHAWA SHUDDHO HAM

Everything becomes emptiness.

From the state of emptiness, from KAMs come vast and expansive skull cups, inside which from HUMs, come water for drinking, water for bathing, flowers, incense, lights, perfume, food and music. By nature emptiness, they have the aspect of the individual offerings substances that operate as objects of enjoyment of the six senses to bestow exalted, uncontaminated bliss.

OM AHRGHAM AH HUM

OM PADÄM AH HUM

OM VAJRA PUPE AH HUM

OM VAJRA DHUPE AH HUM

OM VAJRA DIWE AH HUM

OM VAJRA GÄNDHE AH HUM

OM VAJRA NEWIDE AH HUM

OM VAJRA SHAPTA AH HUH

### **Outer Offerings to the self-generation**

OM APARIMITA AYUR GYANA SAPARIWARA  
AHRGHAM PRATITZA YE SÖHA

OM APARIMITA AYUR GYANA SAPARIWARA  
PADÄM PRATITZA YE SÖHA  
OM APARIMITA AYUR GYANA SAPARIWARA PUPE  
PRATITZA YE SÖHA  
OM APARIMITA AYUR GYANA SAPARIWARA  
DHUPE PRATITZA YE SÖHA  
OM APARIMITA AYUR GYANA SAPARIWARA  
ALOE PRATITZA YE SÖHA  
OM APARIMITA AYUR GYANA SAPARIWARA  
GÄNDHE PRATITZA YE SÖHA  
OM APARIMITA AYUR GYANA SAPARIWARA  
NEWIDE PRATITZA YE SÖHA  
OM APARIMITA AYUR GYANA SAPARIWARA  
SHAPTA PRATITZA YE SÖHA

### **Inner Offering**

OM APARIMITA AYUR GYANA SAPARIWARA OM  
AH HUM

### **Praise**

Amitayus, Principal Guide of the world,  
Destroyer of all untimely death without exception,  
Refuge for those suffering and without a protector;  
To you, Buddha Amitayus, I prostrate.

### **Mantra Recitation**

Inside the vase of Amitayus on my crown is a moon  
mandala upon which is a red letter HRIH surrounded by  
the essence and long mantras. From these light rays  
radiate and perform the two purposes, then collect back  
and dissolve into the mantra rosary. Again, light rays

radiate and draw back that part of my lifespan which has been stolen and degenerated by Yama - *the Lord of Death* - harmful spirits and so forth. The [lost life-span] returns in the form of life vases and skull cups filled with the nectar of immortality, and these all dissolve into the mantra rosary. Once again the essence of all the elements, the life and merit of all living beings, and all things excellent in the three realms, the blessings of the body, speech and mind of all the Buddhas and their children are drawn back in the form of light rays and nectars, and these all dissolve into the mantra rosary. This fills the life vase with nectar, and as it overflows, the excess nectar spills over and enters through the Brahma aperture at the crown of my head, filling my whole body and purifying all stains. I attain the state of immortality.

OM AMARANI ZEWENTEYE SÖHA

*Then if you are able, say the long mantra as well.*

OM NAMO BHAGAWATE APARIMITA AYUR  
GYANA SUMBINI TSITA TEDZO RANDZAYA  
TATHAGATAYA, ARHATE SAMYAK  
SAMBUDDHAYA, TAYATHA, OM PUNAYE PUNAYE  
MAHA PUNAYE APARIMITA PUNAYE APARIMITA  
PUNAYE GYANA SAMBHA ROPATSITE, OM SARWA  
SAMKARA PARISHUDHA DHARMATE GAGANA  
SAMUGATE, SOBHAWA BISHUDDHE MAHA NAYA  
PARIWARE SÖHA.

### **Blessing the Torma**

OM VAJRA AMRITA KUNDALI HANA HANA HUM  
PHAT

OM SÖBHAWA SHUDDHA SARWA DHARMA  
SÖBHAWA SHUDDHO HAM

Everything becomes emptiness.

From the sphere of emptiness, from YAM comes wind, from RAM comes fire, and from AH a grate of three human heads. Above this from AH comes a broad and extensive skull cup. Inside are the five meats and five nectars. These are purified, transformed and increased by the three letters, and become a great ocean of uncontaminated nectar.

OM AH HUM (3x)

### **Invoking the Field of Merit**

Light rays radiate and invoke Amitayus from the Pure Land of Bliss to the space before me.

### **Offering the Torma**

Guru Amitayus partakes of the torma by drawing it through his tongue, which is a straw of vajra light.

OM APARIMITA AYUR GYANA SAPARIWARA IDAM  
BALINGTA KHA KHA KHAHI KHAHI (3X)

### **Outer Offerings**

OM APARIMITA AYUR GYANA SAPARIWARA  
AHRGHAM PRATITZA YE SÖHA  
OM APARIMITA AYUR GYANA SAPARIWARA  
PADÄM PRATITZA YE SÖHA



OM APARIMITA AYUR GYANA SAPARIWARA PUPE  
PRATITZA YE SÖHA

OM APARIMITA AYUR GYANA SAPARIWARA  
DHUPE PRATITZA YE SÖHA

OM APARIMITA AYUR GYANA SAPARIWARA  
ALOKE PRATITZA YE SÖHA

OM APARIMITA AYUR GYANA SAPARIWARA  
GÄNDHE PRATITZA YE SÖHA

OM APARIMITA AYUR GYANA SAPARIWARA  
NEWIDE PRATITZA YE SÖHA

OM APARIMITA AYUR GYANA SAPARIWARA  
SHAPTA PRATITZA YE SÖHA

### **Inner Offering**

OM APARIMITA AYUR GYANA SAPARIWARA OM  
AH HUM

### **Praise**

Amitayus, Principal Guide of the world,  
Destroyer of all untimely death without exception,  
Refuge for those suffering and without a protector;  
To you Buddha Amitayus I prostrate.

OM VAJRA MU

The guests of the torma return to their natural abode.

*Recite the hundred-syllable mantra three times.*

## **Dedication**

Through the power of the blessing of the Buddhas and  
Bodhisattvas  
And my single pointed accomplishment of practice and  
prayers,  
May we be cared for by our Lord and Master,  
And may his life be as stable and limitless as Amitayus.

When I see the signs of untimely death  
May I immediately see clearly the body of Amitayus,  
And having destroyed the Lord of Death,  
May I quickly become a knowledge-holder of life.

For a hundred years may I see a hundred harvests,  
May there be long life free from illness with bliss and  
happiness,  
May I definitely enter the Supreme Vehicle,  
And may this auspiciousness arise now.

May my life be clear and long like a sun that never sets,  
And my merit increase like a waxing moon.  
May I be endowed with bravery as great as stars in the  
sky,  
And may my practice be endowed with the glory of  
complete bliss and happiness.

*This sadhana was translated by David Gonzalez. It was extracted from the Amitayus long-life empowerment ritual text from the personal collection of Gen Lobsang Choephel. No author or scribe was mentioned in the colophon. The dedication verses were adapted from the White Heruka sadhana composed by Yangchen Drupai Dorje and the words Chakrasamvara replaced with Amitayus.*

*Edited by Julia Milton*

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