The Concise Sadhana of Vajrayogini

Composed by
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Dechen Ling Press
In that state.

Whoever recalls this, the torment of their heart is dispelled
And if you make effort in meditation you will attain the Mahamudra in this life
And will easily accomplish the powerful goddess of Dakini Land;
May there be the auspiciousness of accomplishing the common and supreme attainments.

Thus, at the end recite these [and other] dedication prayers and auspicious verses.

This abbreviated sadhana of Jetsun Vajrayogini, intended for daily practice, was based on the teachings of Sarchen Losel Gyatso [by Pabongkha Dechen Nyingpo] with additional components such as the torma offering, armor mantra, and so forth added for my own recitation.

Translators Colophon

This short Vajrayogini sadhana was translated by David Gonzalez during the sacred month of Heruka and Vajrayogini 2010.

All proceeds from the sale of this sadhana go directly Ganden Kachoe Monastery in India.

Line drawings by Andy Weber (www.andyweberstudios.com)
OM AKAROMUKHAM SARWA DHARMA NAM ADYENUWATEN NADO DRA OM AH HUM PHAT SŌHA

Recite the [above] mantra three, five, or seven times.

**Outer Offering**

VAJRAYOGINI SAPARIWAR AH RGAM, P AYAM, P UPE, D HUPE, ALOKE, GANDHE, NEWIDE, SHAPTA AH HUM

**Inner Offering**

VAJRAYOGINI SAPARIWARA OM AH HUM

I prostrate to the protector of migrating beings
Glorious Vajra Kachō Ma
The Chakravatin Dakini who has discovered
The three bodies and the five exalted wisdoms.

I prostrate to the variety of
Vajra Dakinis who have cut through
The bonds of conceptualization
Yet engage in worldly actions.

OM MU

The wisdom beings depart and the commitment beings
dissolve into me.

By this virtue may I quickly accomplish
The actual Goddess of Dakini Land
And establish every last migrating being

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THE CONCISE
SADHANA OF
VAJRAYOGINI

NAMO GURU VAJRAVARAHI

Here is the method of recitation for the sadhana of the Naro Kachoma practice of Vajrayogini intended for daily practice.

Recite seven times or more:

I and all living beings equaling the extant of space,
From this time forth, until the essence of enlightenment is attained
Go for refuge to the glorious and sacred gurus
Go for refuge to the bhagawans—the complete buddhas
Go for refuge to the sacred dharma
Go for refuge to the Arya sangha.

Recite Once:

I prostrate and go for refuge to guru and the Three Precious Jewels;
I request you to bless my mental continuum.

Recite three times:

Once I accomplish the state of a complete Buddha
I shall work to liberate all sentient beings from the ocean of samsara’s suffering
For the purpose I shall practice the stages of Vajrayogini’s path.
In the space before me, upon a precious lion throne, a variegated lotus, and a moon seat is my root guru in the aspect of Jetsun Vajradharma. He has a red-colored body, one face, and two hands. His right hand holds a damaru that proclaims the sound of bliss and emptiness. His left hand holds a skullcup filled with nectar at the level of his heart. He holds a katvanga in the crook of his left arm and he sits with his legs in the vajra posture. He is adorned with the six bone ornaments; in the bloom of youth, he is the nature of all objects of refuge.

Recite the following request three times:

I prostrate and go for refuge to my precious guru, the nature of all buddhas of the three times, I request you: please bless my mental continuum.

My guru melts into light and dissolves into my heart. From EH EH come the two intersecting phenomena sources. Within that, from AH comes a moon mandala in the center of which is a red letter BAM surrounded by OM OM OM SARWA BUDDHA DAKINIYE VAJRA WARNANIYE VAJRA BERO TZANIYE HUM HUM HUM PHAT PHAT PHAT SÖHA that circles counter-clockwise. Light rays radiate from the mantra rosary filling the inside of my whole body, purifying the all sickness, harm from spirits, negative karma, and obscurations of my body, speech, and mind and my body transforms into a heap of light.

That completely transforms and I become Venerable Vajrayogini. I stand upon a lotus and sun seat. My outstretched right leg suppresses the breasts of red

When I die may the protector, heroes, heroines and so forth, Holding flowers, incense, victory-banners And offering the melodious sound of cymbals, and so forth Lead me to the abode of the Dakinis.

Torma Offering

If you wish to make torma offering between sessions recite three times:

OM AH HUM HA HO HRIH

From the state of emptiness, within a vast skullcup arise the five meats and the five nectars that transform into a great ocean of nectar of exalted wisdom.

PHAIM

Vajrayogini together with all the Heroes, Dakinis, the Dharma Protectors, and worldly Protectors are invoked from Akanishta [to the space before me].

As a preliminary make a lotus-turning mudra and with the mudra of the vajra-palms facing upward at the end of each recitation snap your fingers.

OM OM OM SARWA BUDDHA DAKINIYE VAJRA WARNANIYE VAJRA BERO TZANIYE HUM HUM HUM PHAT PHAT PHAT SÖHA
heart. That into the moon, that into the mantra rosary, that into the letter BAM, that into the head of the BAM, that into the crescent moon, that into the drop, that into the nada, more and more subtle transforms into unobservable emptiness.

Remain in this state for as long as possible.

From within that state I transform into the body of Venerable Vajrayogini.

At the places of my body, at my navel on a moon mandala is a red OM BAM Vajravarahi; at my heart a blue HAM YOM Yamani; at my mouth white HRIM MOM Mohani; at my forehead yellow HRIM HRIM Sachalani; at my crown a green HUM HUM Samtrasani; at all of my limbs smoke colored PHAT PHAT the essence of Chandika.

Recite the SUBHANI mantra twice and protect the directions.

OM SUMBHANI SUMBHA HUM HUM PHAT
OM GRIHANA GRIHANA HUM HUM PHAT
OM GRIHANA PAYA GRIHANA PAYA HUM HUM PHAT
OM ANAYA HO BHAGAVAN VARJA HUM HUM PHAT

Dedication

By this virtue may I quickly accomplish The actual Goddess of Dakini Land And establish every last migrating being In that state.

Kalarati and my bent left leg suppresses the bent head of black Ishvara. I have a red colored body that outshines the fire [at the end of] the eon. I have one face, two hands and three eyes looking towards Dakpa Kachö. My right hand is outstretched and holds a curved knife marked with a vajra-handle. My left hand holds a skullcup filled with blood that is held aloft as I partake of it with my upturned mouth. My left elbow holds a katvanga marked with a vajra from which hangs a damaru, bell, and three-pointed pendant. My hair is black, hanging straight and covers my back down my waist. I am in the bloom of youth, my breasts are voluptuous with desire, and I reveal a mood that generates bliss. My head is adorned with five dried human skulls and I wear a necklace of fifty dried skulls. Naked and adorned with the five mudras I stand in the center of a blazing fire of exalted wisdom.

Putting on the Armor

At the places of my body, at my navel on a moon mandala is a red OM BAM Vajravarahi; at my heart a blue HAM YOM Yamani; at my mouth white HRIM MOM Mohani; at my forehead yellow HRIM HRIM Sachalani; at my crown a green HUM HUM Samtrasani; at all of my limbs smoke colored PHAT PHAT the essence of Chandika.

The Yoga of Purifying Migrating Beings

Light rays radiate from the mantra rosary at my heart that leaves through the pores of my skin. Reaching all six classes of living beings, it cleanses all of the negative karma, obscurations, and their imprints and they all transform into the body Vajrayogini.
Invoking the Wisdom Beings

Circle the blazing mudra three times counter-clockwise at the level of your forehead and recite:

PHAIM

Light rays radiate from the letter BAM at my heart [and invoke] Vajrayogini, all the Heroes and Yoginis in the ten directions from Akanishta as well as all sentient beings transformed into the Yogini, and they all dissolve into me.

DZA, HUM, BAM, HO

Perform the lotus-turning mudra and well as the embracing mudra and recite:

OM YOGA SHUDDHA SARWA DHARMA YOGA SHUDDHO HAM

Mental Recitation

At my heart is the double tetrahedron phenomena source. Inside, in the center on a moon mandala, is a letter BAM surrounded by a red colored mantra rosary going counter-clockwise that radiates limitless rays of red light cleansing the negative karma and obscurations of all living beings and making offerings to all the Buddhas. Their blessing, power, and capacity is summoned in the aspect of red light rays that dissolve into the mantra rosary at my heart blessing my mental continuum.

OM OM OM SARWA BUDDHA DAKINIYE VAJRA WARNANIYE VAJRA BEROTZANIYE HUM HUM HUM PHAT PHAT PHAT SÖHA

Then recite the hundred-syllable mantra.

Mental Recitation and the Auxiliary Completion Stage

If you wish to generate bliss, bring the phenomena source, moon, and letters from your heart to your secret place and if you wish to generate the nonconceptual state bring it down to your navel. Concentrate on the joy swirls that are only at the four corners of the phenomena source and are spinning counter-clockwise, ignoring the front and back corners. Focus the mind and, as if reading the letters, engage in three, seven, or more [mental recitations] while holding the winds in embrace.

At the point between your eyebrows and at the secret place are joy swirls spinning counter-clockwise. They come and meet at your heart. While holding the winds in embrace, focus your attention, and imagine that finally the two joy swirls dissolve into the letter BAM at your heart.

The Yoga of Inconceivability

Light rays radiate from the BAM and mantra rosary at my heart and pervade all three realms. The formless realm, in the aspect of blue light, melts into the upper part of my body. The form realm, in the aspect of red light, melts into the middle part of my body. The desire realm, in the aspect of white light, dissolves into the lower part of my body. I also sequentially melt into light from above and below and dissolve into the phenomena source at my