

BODHICITTA PUJA

NGON-DRO, MAHAMUDRA TRADITION

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Introduction

‘Bodhicitta’ are thoughts, feelings and actions that encourage ‘buddha’ – a deeper, more responsible freedom; a compassionate freedom; freer to explore, and engage. Bodhicitta can be translated as ‘the heart for awakening’.

Bodhicitta prayers and songs come in many forms from the literal to the symbolic in order to speak to different people and different levels of involvement.

Here at Coorain, and through our network, effort is made to understand and express the teachings in the language of our times, literally and symbolically, and to do this in a way that is firmly connected to traditional form and understanding.

The late Ven. Namgyal Rinpoche, a Canadian westerner, was well versed in the European enlightenment and familiar with other cultures. He strongly encouraged and demonstrated a responsible, universalist interpretation of the Teachings suitable to our emerging world and taught question as a sign of respect. Our network has a long history of friendship and dialogue with traditional lineage holders.

At Coorain, this view is sometimes expressed through sacred art and theatre or through our engaging with contemporary issues. The teachings have proved the most useful and inspiring resource for hands-on, coalface involvement. We see our involvement as a contribution alongside the many original efforts being made all around in the cause of peace and a more enlightened humanity. As Buddha said, all these efforts and understandings have ‘a single taste’. The purpose of all dharma practice is a peaceful, responsible freedom or, as some say, a meaningful freedom. Practice is meant to cultivate this potential.

‘Ngon-dro’ is the foundation text of Tibetan Karma Kagyu teachings. It aims to support the integration of imaginative response, mindfulness and compassion into the stream of an individual life.

According to this teaching, purposeful practice creates a foundation of principle that allows the natural, individual freedoms to flourish. It is essential to understand the teachings as a means of cultivating these principles in practice.

The union of cultivation, freedom and responsibility is understood as ‘Mahamudra’, the great movement that is the ongoing human enlightenment project.

The verses can be spoken, chanted, or sung as you prefer. One common traditional way recommends using a quick tempo and repetition to reinforce memory.

Four Prayers in Preparation for Wongkur

Recommended by Ven. Namgyal Rinpoche
Coorain 2002

Refuge

**PALDEN LAMA DAMPA NAMLA KYABSU CHI-O,
YIDAM CHILKOR GYI LHATSOG NAMLA KYABSU CHI-O,
SANGYA CHOMDENDE NAMA KYABSU CHI-O,
DAMPE CHO NAMLA KYABSU CHI-O,
PHAGPE GENDUN NAMLA KYABSU CHI-O,
PAWO KHANDRO CHO KYONG SRUNGME TSOG,
YESHE KYI CHYEN DANG DENPA NAMLA KYABSU CHI-O.**

Lama Path aware transmission,
Yidam integrated knowledge,
Buddhas blessing wonderful,
Dharma peaceful knowledge way,
Sangha congregation community of care,
Dharmapala daks dakinis guardians of peace.

To all of these with understanding,

We do go for refuge, we do go for refuge, we do go for refuge.

Seven Fold Prayer for Generating Bodhicitta

**KONCHOG SUMLA DAGCHAB CHI, DIGPA MIGE SOSOR SHAG,
DROWE GELA JEYI RANG, SANGYE CHANGCHUB YIDCHI ZUNG,
SANGYE CHURDANG TSHOG CHOLA, CHANGCHUB BARDU CHAPSU CHI,
CHANGCHUB SEMSU DIJI DE, DAG DANG SHANDON RABDUB CHIR,
DAGI CHANGCHUB SEMCHO CHE, E MA HO SEMKUN TRONYER,
CHANGCHUB CHOCHO DZESHIN CHA, DROLA PHANCHIR SANGYE SHOG.**

Refuge! Triple Gem!

Rejoicing in unfolding, many beings, diversity,
Buddha Bodhi now established clearly in my mind,
Buddha Dharma Sangha Refuge Bodhicitta power,
Undertake the journey, Bodhisattva path,
Common good and benefit, benevolent Bodhi

E MA HO

Thus become Buddha, thus become Buddha, thus become Buddha.

The 100 Syllable Vajrasattva Mantra

**OM VAJRASATTVA SAMAYA, MANUPALAYA, VAJRASATTVA TWENOPA TISHTHA,
DRIDHO ME BHAVA, SUTO KHYO ME BHAVA, SUPO KHYO ME BHAVA, ANURAKTO
ME BHAVA,
SARVA SIDDHIM ME PRAYACCHA, SARVA KARMASU CA ME,
CITTAM SHRIYA KURU HUM HA HA HA HA HOH, BHAGAVAN, SARVA TATHAGATA,
VAJRA MA ME MUNCA, VAJRI BHAVA, MAHASAMAYASATTVA, AH:
HUM PHAT!**

OM Vajrasattva guard intention, purity of being remain now,
Vajrasattva be remembered, steady joyful and enriching,
Loving vessel wisdom's source, in all life's deeds make my mind noble,

HUM HA HA HA HA HOH!

Blessed nature diamond wisdom never disappear from view,

We pray remain continue strongly, heartfelt healing

Present in our daily lives,

Oh source of freedom living wisdom AH:

HUM PHAT!

Seven Point Mandala Offering

**SASHI PURCHU CHUGSHIN METOG TRAM
RIRAB LINGSHI NYIDE GYANPA DI
SANGYE SHINDU MIGTE PHALWA YI
DOKUN NAMDAG SHINLA CHURPARA SHO**

VAJRA MU!

Offering directly, to the buddha fields
This abundant mandala resplendent beautiful,
Flowers saffron water scent
Mount Meru and the continents,
Energy, sun and moon, good and benefit –
Contribute to the peace.

VAJRA MU!

Bodhicitta Prayer – Gathering Resolve

Bodhi Buddha realise, gathering resolve;
Motive, action and result, gathering resolve;
Diagnose, prescribe and care, gathering resolve

SAMAYA!

Commitment, vow, intent response.

Innate Blessing Recognised

This is a Bodhicitta plainsong on the great blessings and opportunity within the human experience. Reflecting on the meaning turns the mind to freedom and peace. It reflects the spirit and meaning of the 'Preliminary Thoughts' in the Ngon-Dro.

Body, speech and mind, marvellous and manifest,
Breath, cycle, rhythm pulse.
All that live and one alone, one and all can give
A wonderful potential that cultivates the peace.

Great blessing of the human birth,
Hard to attain, easily lost,
Guard it happily!

Sacred, holy vessel, Within life and throughout;
Though any form may fall, Another well may grow.
Live for the sake of all.
Let this practice, blessing,
Become active, humane thought!

Communicate, co-operate; Each needs to learn
To stand alone Become dependable,
Create an interagency; It may reveal synergies
That strengthen one, not threaten.

Cast away the weak surround;
Open the wall, the inner door;
The sacred shrine belongs to all,
One alone on common ground.

Attention to the practice! Gladly given free response, Discourse, dialogue,
Do create new forms,
Empowered and compassionate;
Collective, free, enduring work.

These blessings of the human birth allow the space
To build the heart; Awaken true support
SARVA MANGALAM
Blessings fall as rain

Blessings Fall as Rain

Based on the supplication to the lama as the world of experience, body, speech and mind, by the late Ven. Kalu Rinpoche.

The myriad forms and appearances, interdependent, yet unobstructed and unique,
Are a world arising source of wisdom;
A wonderful harmony, an intricate dance.

Awaken now, the natural freedom of visible space,
Enlightened skill in the world of form (nirmanakaya).

May all hindrances that now confuse experience
Be quickly cleared away.
Pray bless my practice, bless my understanding.

The many varied sounds and voices, interdependent, yet unobstructed and unique,
Are a world arising source of wisdom;
A marvellous polyphony, mantra, song and melody.

Awaken now, the natural freedom of audible space,
Enlightened skill in the world of sound and silence (sambhogakaya).

May all hindrances that now confuse experience
Be quickly cleared away.

Pray bless my practice, bless my understanding.

The vast display of thoughts and memory, interdependent, yet unobstructed and
unique,

Are a world arising source of wisdom;
An intuitive guide, a jewelled net, blissful, luminous, open and precise.

Awaken now, the natural freedom of conceptual space;
Enlightened skill in the world of thought and memory.

May all hindrances that now confuse experience
Be quickly cleared away.

Pray bless my practice, bless my understanding.

The sensory and conceptual worlds may all reveal directly
Knowledge of a natural freedom,
Vast potential, wisdom source and teaching.

Ever conscious of good fortune and kindness too,
May I know for myself the essential practice,
Innate freedom, original mind, world as teacher, practice and disciple.

May all hindrances that now confuse experience
Be quickly cleared away.

Pray bless my practice, bless my understanding.

Three roots of body, speech and mind; the entire host,
Dance and flow in response to my devotion;
One with the teaching, inseparable from practice.

With this understanding, reconciled and fulfilled,
I seek the blessing stream, renounce the ego's hold.

May all hindrances that now confuse experience
Be quickly cleared away.

Pray bless my practice, bless my understanding.

Heartfelt recognition, gratitude and supplication,
May ripen true contentment,
True resolve to stop wrong thought
And pacify confusions, as they arise, on their own ground.
By this good fortune, Buddha, Mahamudra may arise.

May all hindrances that now confuse experience
Be quickly cleared away.

Pray bless my practice, bless my understanding.

From now on, with discipline adorned;
Enriched with right intent,
Goodwill and equanimity;
Practice transformation
Follow through, fulfil!

Path, teacher and oneself are intertwined,
One world of experience.

Wonderful oh wonderful! Pure potential, coalescing!
Abhisekha!
Blessings fall as rain!

HUM! HUM! HUM!

Prayer of Knowledge and Wisdom

Manjusri, Sakya Panchen, is a teaching that encourages the wise use of knowledge and thus, the pursuit of meaningful knowledge.

A mind unclouded by wrong view,
Made free by practice and thought,
Is likened to the sun shedding glorious light.

Consider too and recognise the prison ignorance;
Know there are prisoners there.
Acknowledge the darkness; care like a loving friend.

The wisdom called Manjusri can speak with many tones,
From dragons roar to gentle song;
Word and sound can shatter the shackle chain,
Cool and console, encourage and delight.

From a pure beginning, ten bodhisattva levels rise –
All this is Jambayang, Manjusri, Manjughosa.
I speak in recognition, with reverence and respect.
May the blessings of this practice ripen understanding.

SARVA MANGALAM DHIH! DHIH! DHIH!

OM ARAPACANA DHIH...

Wishing Prayer of Samantabhadra

The nature of 'original mind' allows the essential enlightenment thought, possible in all people. The practice of Samantabhadra encourages and cultivates the Bodhicitta very directly.

However many buddhas there may be, in any world, direction or time,
I honour them all, without exception, body, speech and mind.

Praise to all awakening, present everywhere, vast, diverse and many tongued.
Made manifest by honour, service and direction – whatever good that's done,
Dedicate it all to enlightening the world.

Carry on with practice, recall all lives, all states.
Throughout lifetimes, deaths and births, try always to transcend
The merely mundane.

Expound the teaching in the language of gods and dragons;
In language clearly understood; in language for the present time.

Traverse the ways of the world, love and do as you will.
Without confusion, ill will or delusion,
Like the lotus unstained by the water, it's home.

May there always be communion with all who share this view;
All vows unite in practice.
Penetrate with eloquence; adapt, articulate, an ocean of tones in single song.

By goodness and knowledge, gather as you will
The power of Path;
And purify all harmful acts.

Quickly now,
Go to the tree of enlightenment and sit there,
For the benefit of all.

Know that many others are realising too:
Turn the wheel of the Law!
Conquer harm and all its company;
Stand up to the world's pain.

Treasure this vow to Practice;
Cause it to be told of and taught.
The fruit is real enlightenment,
Be sure of this and have no doubt.

If virtues do accumulate
Through these vows to practice the good,
Then encourage the same throughout the world.
Dedicated practice is a bountiful blessing.

The world submerged and bound
By wrong influence and harm
Is illumined,
Made free by the practice of Bodhi.
This is Samantabhadra.
This is the Path called Good.

OM BODHI AH HUM SOHA

Namgyalma Puja

(A training text for the Namgyalma Sadhana practice)

Namgyalma is known as the ‘mother of all buddhas’. She symbolises the conception and protection of enlightening thought (bodhicitta). Namgyalma also represents the principle of the stupa or reliquary as storehouses of dharma, there for the encouragement of people and as sources of knowledge for the benefit of the future. She is the wisdom that gives birth to wisdom.

Original Sanskrit prayer from Ven. Sonam Gelong, Dharma Centre of Canada.

Translation by Ani Dolma at Coorain, May 2008.

Revised at Coorain by Lama Chimé, August 2010.

This sacred worthy vessel
Can endure and cross the ocean of experience.
Those gone before us echo and reverberate throughout.
Reverence, due respect!

BHRUM!

Fragments can be gathered, woven, made anew;
Ancient freedom songs, those words of light reveal
The traveller, the journey and the destination too,
All as refuge;
Three, yet one, the same.

Blessings fall as rain!

This light of understanding is like a nectar flow.
Dear friend, help reconcile
All bondage and all strife.

May we everywhere acknowledge the Mother of all Buddhas;
The blessing of Namgyalma,
Dawn light after dark.

Become transcendent and aware! Bear witness now!
Transcendent grace and freedom,
Refuge and resolve.

Mudra, mudra, Mahamudra! Transcended, sanctified, all karmas are redeemed.
Transcendent being be present here,
My refuge and my path, my renewed samaya.

OM MUNI, MUNI, MAHAMUNI

Inspired unique wisdom can ripple and unfurl;
A luminous imagination lights the path of knowledge.

Song of triumph, sung with power, sing into existence
The wheel of the Law.

Resolve to integrate with buddha human form,
The passion that fulfils,
This sacred vessel overflows with courage and endurance.

Follow now the noble path; abide in peace undying
Unveiled truths reverberate, console, protect, provide a teaching for the heart and
mind;

A firm foundation that allows Bodhicitta to arise,
And sorrow to be washed away.

So thus illuminate a deep determination.

This song of Mahamudra
Now becomes my own.

SARVA MANGALAM
All blessings flow as one

OM AMRITA AYURDADAI SOHA

THE VERY LONG MANTRA OF NAMGYALMA

(Traditional Sanskrit rendering)

OM NAMO BHAGAVATE SARVA TRAILOKYA
PRATI-VIŚIṢṬĀYA, BUDDHĀYA TE NAMAḤ TADYATHĀ,
OM BHRŪṢ BHRŪṢ BHRŪṢ,
ŚODHAYA ŚODHAYA, VIŚODHAYA VIŚODHAYA,
ASAMASAMANTA AVABHĀSA, SPHARAṆA GATI GAGANA
SVABHĀVA VIŚUDDHE ABHIṢIṆCATU MĀṢ,
SARVA TATHĀGATAḤ SUGATA VARA VACANA AMṚTA,
ABHIṢEKAIRA MAHĀMUDRA MANTRA VADAIḤ,
ĀHARA ĀHARA, MAMA ĀYAḤ SANDHARAṆI,
ŚODHAYA ŚODHAYA, VIŚODHAYA VIŚODHAYA,
GAGANA SVABHĀVA VIŚUDDHE,
UṢṆIṢA VIJĀYA PARIŚUDDHE, SAHASRA RASMI SAṆCODITE,
SARVA TATHĀGATA AVALOKINI, ṢAṬPĀRAMITA PARIPŪRAṆI
SARVA TATHĀGATA MĀTE, DAŚABHŪMI PRATIṢṬHITE,

SARVA TATHĀGATA HRDAYA, ADHIṢṬHĀṆA ADHIṢṬHITE,
MUDRE MUDRE, MAHĀMUDRE, VAJRAKĀYA SAMHATANA
PARIŚUDDHE, SARVA KARMĀ ĀVARAṆA VIŚUDDHE,
PRATINIVARTAYA, MAMA ĀYUR VIŚUDDHE
SARVA TATHĀGATA SAMAYA, ADHIṢṬHĀṆA ADHIṢṬHITE,
OM MUNI MUNI, MAHĀMUNI, VIMUNI VIMUNI, MAHĀVIMUNI,
MATI MATI, MAHĀMATI, MAMATI, SUMATI TATHĀTĀ,
BHĀTAKOṬI PARIŚUDDHE VISPHUṬA BUDDHĪ ŚUDDHE,
HE HE JAYA JAYA, VIJAYA VIJAYA, SMARA SMARA,
SPHARA SPHARA, SPHĀRAYA SPHĀRAYA,
SARVA BUDDHA ADHIṢṬHĀṆA ADHIṢṬHITE,
ŚUDDHE ŚUDDHE, BUDDHE BUDDHE, VAJRE VAJRE,
MAHĀVAJRE, SUVAJRE, VAJRAGARBHE, VAJRAGARBHE,
JAYAGARBHE, VIJAYAGARBHE, VAJRAJVALAGARBHE,

VAJREDA BHAYE, VAJRASAMBHAYE, VAJRE VAJRINI
VAJRAMBHAVANTU, MAMAŚARĪRAṢ, SARVASATVĀNĀṆCA,
KĀYA PARIŚUDDHIRA BHAVANTU ME SADĀ, SARVA GATI
PARIŚUDDHIṢCA, SARVA TATHĀGATĀSCAMĀṢ,
SAMĀSVĀSAYANTU, BUDHYA BUDHYA, SIDHYA SIDHYA,
BODHYA BODHYA, VIBODHYA VIBODHYA,
MOCAYA MOCAYA, VIMOCAYA VIMOCAYA,
ŚODHAYA ŚODHAYA, VIŚODHAYA VIŚODHAYA,
SAMANTA MOCAYA MOCAYA, SAMANTA RASMI PARIŚUDDHE
SARVA TATHĀGATA HRDAYA, ADHIṢṬHĀṆA ADHIṢṬHITE,
MUDRE MUDRE, MAHĀMUDRE MANTRA
VADAIḤ SVĀHĀ

OM AMRITA AYURDADAI SOHA!

Bountiful Service

A Reflection on Lineage, Ngon-Dro/Mahamudra Tradition
Through the lens of Terma Guru Rinpoche

All pervading, one nature truth revealing – subdue wrong understanding;
Spontaneous compassion flow, Heruka revelation,
Innate wisdom, time transcending adaptations;
Unifying courage turn the wheel, activate endure, always practice —
Done the same by every buddha bodhisattva, body speech and mind.

Acknowledge name and recognise your lineage your own,
Supplication liberates, invigorates, power where it manifests;
Mahamudra unafraid, generous transmission, undivided path;
Individual unique, body vessel vehicle, devotion heart and mind.

Carry the message, carry the flame, body of bodies, word of words, mind of minds;
Communion supplicate the living moving threads.

All beings my mothers, mother womb of space, mother being
My own, no different from myself or lama lineage.

OM – the vital, physical
AH – the flowing word
HUM – the heart of thought
Allow the song to sing

AH LA LA HOH

Encourage, persevere; contemplate, discuss, enact
The lama then dissolves in light and is absorbed in me.
Body, Speech and Mind become a single taste, a common practice ground.

Wherever I am, whatever I do, may this teaching never disappear
But stay clearly in my memory as living lama, lineage.

OM white moon, essence pure, wellspring
AH red rose, potential, play, unfolding love
HUM vast blue sky, precise and clear

All three flow together; integrate as one.

Moving forms, beings radiate, language of the light, incarnate spark of energy;
The moon, still and serene; a radiant sun, activity, engaged;
Planet, blue green in starry space; lightening, connection, power, revelation.

Undo the bonds, reveal what is, fearless enlightenment;
Acknowledge the vow, say SAMAYA! merge now indivisible.

AH, AH, AH LA LA HO,
AHO HUM HUM AH,
AH HO AH AH.

OM dharmakaya, white moon; AH samboghakaya red rose;
HUM nirmanakaya blue sun; VAJRA three in one, union energy;
GURU wisdom, known dialogue; PADMA compassion, care, protection;
SIDDHI power, keen perception, womb of enlightenment;
HUM at one in us.

OM AH HUM VAJRA GURU PADMA SIDDHI HUM

The light of understanding springs from the womb in space;
The light of understanding illuminates the world;
The world becomes an offering, a vast dynamic harmony

OM AH HUM AH LA LA HO

Wisdom streams; rays of the sun, distinct yet one, the same.
They are not inventions of the mind; they do express the truth,
One with compassion, one with the world, one with experience.

Rouse my heart, like a glorious copper mountain;
Clear the confusion caused for a time by the sundering of nature and mind.
Grant the empowerment free from extremes;
Strengthen the steadfast vow of no abandonment;
Heal the desolate, the strife torn in the world;
Increase dedication, awaken as one can;

Reveal the face of kindness; act with awareness and knowledge;
Again and again the dawn of light; past present and future; always.

AH AH AH

One in life; one in wisdom; one in view;
All embracing, one in the vision of the ground of being.

Living practice dialogues, throughout time developed, remembered and renewed.

Service, generosity, confession, empathetic joy,
Dedication, turning of the dharma wheel, long life!
Be remembered friends; friends remember me,

SARVA MANGALAM SARVA MANGALAM SARVA MANGALAM