

Mahamudra Meditation Center

Practice Text

◎ Refuge and Bodhicitta ◎

Until enlightenment, I take refuge
In the buddha, dharma and sangha.
Through the merit of this practice, generosity and so forth,
May I achieve buddhahood for the benefit of all beings. (<>, 3 x)

◎ From the Song of the Five Profound Paths of Mahamudra ◎

If the steed of love and compassion
Does not run for the benefit of others,
It will not be rewarded in the assembly of gods and men.
Attend therefore to the preliminaries.

◎ From Dudjom Tersar Ngondro ◎

The favorable conditions of human birth are extremely difficult to obtain.
Whoever is born is impermanent and bound to die.
Virtuous and non-virtuous actions bring their inevitable results.
The three realms of samsara are a continuous ocean of suffering.

OM VAJRA SATTVA HUNG

(Follow with offering mudra. Dissolve and meditate without conception.)

◎ The Four Immeasurables ◎

May all beings have happiness
And the root of happiness.
May all beings be free from suffering
And the root of suffering.
May all beings never be separated from the great happiness
Which is beyond suffering.
May all beings have happiness equally,
And freedom from clinging attachment, aggression and ignorance. (<>, 3 x)

◎ From the Song of Tsa-Uk Dzong-Drom ◎

A phantom crosses a mirage-river.
Dream-bees sip a sky-lotus.
The son of a barren woman plays music and sings.
Those who are childish and have no experience or realization,
Say that through worldly activities
One can realize the absolute truth.

But one's pure and stainless mind
Abides with the precious teachings
On the mountain of non-duality.
The forest of great joy grows dense.
The wild animals of recollection and mindfulness roam about
Consuming the grass and water
Of bliss, clarity and non-thought.

If you desire solitude,
Practice in this way.
I, a yogi, live in solitude.

◎ From the Illusory Body ◎

Outer appearances are but an illusion.
Inner experiences are inexpressible.
Day and night, arising experiences are the nirmanakaya.
This is the instruction on the Illusory Body.
Are you free from attachment Translator?

◎ Dorje Chang Tun Mo ◎

dorje chang chen tilo naro dang
marpa mila chöje gampopa
düsüm she-cha kunchen karmapa
che-shi chung-je gyü-pa dzin-nam dang

dri-tak-tsel sum palden drukpa sok
zab-lam chag-gya che-la nga-nye-pay
nyam-me drogon dakpo kagyü la
sol-wa-dep-so kagyü lama-nam

gyüpa dzin-no namthar chin-gyi-lop

shen-lok gom-ji kangpar sung-pa-shin
se-nor kun-la chak-shen me-pa dang
tsen-dir dö-tak chöd-pe gom-chen-la
nye-kur shenpar mepar chin-gyi-lop

mö-gü gom-ji go-wo sung-pa-shin
men-ngak ter-go je-pe lama-la
jün-du solwa dep-pe gom-chen-la
chö-min mögü che-war chin-gyi-lop

yeng-me gom-ji ngö-shir sung-pa-shin
kang-shar tok-pe ngo-wo so-ma-te
ma-chö te-kar jok-pay gom-chen-la
gom-cha lo-dang trel-war chin-gyi-lop

nam-tok ngo-wo chö-kur sung-pa-shin
chi-yang ma-yin chir-yang char-wa-la
mang-gak rol-pa char-way gom-chen-la
kor-de yer-me tok-par chin-gyi-lop

che-wa kun-tu yang-dak lama dang
trel-me chö-chi pal-la long-chö-chig
sa dang lam gyi yönten rap-dzok-ne
dorje chang gi komrang nyur-top-shok (<>)

◎ From the Heart Sutra ◎

The self-nature of all dharmas is pure openness.

OM SWA-BHAVA SHUDDHA SARVA DHARMA
SWA-BHAVA SHUDDHO HANG

◎ The Heart Instruction of Tilopa ◎

Emaho! This is the self-aware primordial-wisdom!
It surpasses all avenues of speech
And is beyond all thoughts of mind.
I, Tilopa, have nothing else to reveal.

Know all as the display of awareness,
Without imagining, without deliberating,
Without analyzing, without meditating, without inspecting,
Just rest the mind in its natural state.

◎ **The Understanding of Gampopa** ◎

Now I understand that this innermost awareness,
Clear and empty, is dharmakaya.
Now I understand that this beginningless, pure awareness
Is the inherent accomplishment.
Oh! Within this vast expanse of the precious mind,
The source of cyclic existence,
Is enshrined the spontaneous inner accomplishment.

◎ **From the Aspiration of Mahamudra** ◎

The ground of refinement is mind-itself -
indivisible luminosity and emptiness.
The refining is by the great vajra yoga of mahamudra.
The refined are the incidental stains of confusion.
The fruit of refinement is the unstained dharmakaya.
May I realize it.

Confidence in outlook is to cut through assumptions about the ground.
The key to meditation is to maintain this view without distraction.
The best way to act is to exercise the sense of meditation in everything.
May I have confidence in outlook, meditation and action.

◎ **The Hidden Treasure of the One Flavor** ◎

First, recognize each and every dualistic thought,
The emergence of all your likes and dislikes.

Next, give up their deliberate increase and decrease,
Abandon clinging to self.
However, do not abandon the thoughts themselves nor modify them.
Instead let their clarity, looseness and openness continue
As it is, without modifying it or altering it.

Finally, completely throw away the chasm of hope and fear,
And your agitation and anxiety.
Completely realize the trackless nature of mind
Without evaluation or clinging.

◎ **Kuntu-Zangpo: Time, Space and Knowledge** ◎

AH-AHH SHA SA MA HA

◎ **The Final Instructions of Garab Dorje** ◎

Recognize your own nature directly.
Definitively resolve this one point.
Continue directly with confidence in liberation.

◎ **The Vajra-Guru Mantra** ◎

OM AH HUNG VAJRA GURU PEMA SIDDHI HUNG (3 x)

◎ **The Song of the Vajra** ◎

Emahkirikiri
Samehtasurusuru

Mashtavalivali
Kutalimasumasu

Ekarasulibhataye
Samuntacharyasughaya

Chekirabhulibhataye
Betasanabhyekulaye

Sakaridhukhana
Paralihisana

Matarivaitana
Makhartakelanam

Sambharatamekachantapa
Ranabhitisaghuralapa

Suryabhataraipashanapa
Masminsaghulitayapa

Gurhagurhasaghakharnalam
Sirnasirnabhesaraspalam

Naranaraitarpatalam
Bundhabundhacheshasakelam

SaSa RiRi LiLi II MiMi
Ra Ra Ra

◎ Saraha Points Out ◎

Intrinsic reality is everywhere,
Before you, behind you,
And in each of the ten directions.

◎ Bodhicitta Aspiration ◎

Bodhicitta, the excellent and precious mind
Where it is unborn, may it arise.
Where it is born, may it not decline
But forever increase. (<>, 3 x)

◎ Dedication of Merit ◎

Through this goodness may omniscience be attained.
May the enemy, mental defilements, be overcome.
May all beings be liberated from the ocean of samsara,
And the stormy waves of birth, old age, illness and death. (<>)

◎ Long-Life Prayer for Thrangu Rinpoche ◎

tem-pe pal-jur kar-ma lo-dro shap
chö-pal zang-po yön-ten kah-cha-tu
pel-shin sha-pe tak-ten she-drup chi
tin-le chö-le nam-jal pal-bar sho (<>)