



THE GREAT DRIKUNG PHOWA
JAG-TSHUG-MA
“THE STANDING BLADE OF GRASS”



TIBETAN MEDITATION CENTER

History of the Great Drigung Phowa

It is very difficult to attain the precious human body and having attained it one must utilize it to reach Buddhahood through the proper hearing, contemplation and meditation of the precious teachings. Even if one has attained human birth, it can suddenly end without warning.

Because of the overwhelming power of laziness in the postponement of our practice, one's life ends without one even realizing it because life is so short and the galloping mara of death is so quick. When death comes we have no escape, we have to accept it and go on to the next life.

At this time neither your accumulated wealth nor your dear ones nor your cherished body – nothing can help except the precious teachings.

In the precious teachings, Lord Buddha Shakyamuni taught the Dharma to suit the different levels of understanding and the different dispositions of all beings through Shravakayana, Pratyekayana and Mahayana practices. The Mahayana consists of Hetuyana (cause-vehicle) and Phalayana (fruit-vehicle). The Hetuyana or the Sutrayana consists of all the practices without the tantric initiations. In the Phalayana or the Vajrayana there are many means (paths) to attain enlightenment through the Arising and Completion processes but one must diligently practice over a period of time before one can realize one's Buddhahood.

In the Vajrayana, the Phowa practice is the most direct and the quickest path for one to achieve enlightenment. It is said that even the heaviest of sinners has a chance for enlightenment through the practice of the Phowa. "There are teachings for one to become enlightened, but I have a teaching (Phowa) that offers enlightenment without meditation", said Marpa, the great translator and the father of the Kagyü Lineage.



Guru Padmasambhava gave many tantric teachings to the King and his subjects. During this time Guru Padmasambhava was residing in Chimphu cave in the vicinity of Samye when an important minister of the king, Nyima, had a tragedy. Nyima, who had two palaces and was in the process of moving from one to the other, was packing some belongings by the light of a lantern when a small spark caused a fire which instantly burned down the whole palace tragically killing thirteen people including his parents. All his horses, mules, cattle and other animals also perished in the fire. Minister Nyima, thinking of the love and respect that others show their parents felt that he had committed the heaviest of sins by causing the death of his parents and others.

The king desiring to end the suffering of his minister went to Chimphu cave to request the help of Padmasambhava. Padmasambhava by miraculous power went to the Pure Land to see Buddha Amitabha. He told Buddha Amitabha about the suffering of Minister Nyima and of all sentient beings and asked Buddha Amitabha to give a special teaching to free them all from suffering. Buddha Amitabha gave the Phowa teaching to Padmasambhava and instructed that it should only be given to Minister Nyima for the time being. Padmasambhava through miraculous power then came back to Chimphu cave in Samye and gave this teaching to Minister Nyima who then gave up all worldly activities to practice the Phowa which he eventually actualized. Through the path of Phowa, Minister Nyima's consciousness attained the Pure Land and when death came many different signs appeared like rainbows in the sky and relics from his body.



This text was hidden in the Black Mandala Lake which is at the backside of Dhaglagampo Hill. The Naga-King, Tsurana Ratna, asked to be the guardian of this text and was told by Padmasambhava that the future incarnation of Minister Nyima would be Nyida Sangye and that he must give the text to him. Padmasambhava then left to go to the land of the Rakshas. After more than 350 years the incarnation of Minister Nyima was born as the son of a shepherd. When Nyida Sangye was growing up he felt great compassion and wept tears of sorrow when animals would die.

In order to alleviate his great suffering, Buddha Amitabha appeared to him and gave him this Phowa teaching for the benefit of all sentient beings. Nyida Sangye then gave Phowa to all the dying animals and often many different signs appeared.

The Naga-King then came to Nyida Sangye and told him of the Hidden text (Terma) and Nyida Sangye took the Ter from the Black Mandala Lake and gave the teachings to the Nagas. Through this teaching many of the Nagas were reborn into a higher life. After this Nyida Sangye gave many teachings to human beings through which many reached liberation.

This transmission of the teaching is held by the Drikung Kagyüpa. The devoted practitioner who has no doubt in the qualified Lama and teachings can experience the sign of Phowa merely through receiving the Lung (Oral Transmission). This has been experienced by many practitioners around the world.





Foreword

This text is part of a new series of daily practices and prayers translated by the Rinchenpal Translation Project (RTP) which was initiated by me in February 2017.

The translation process follows three guiding principles:

- 1) The text closest to the original is used,*
- 2) scribal errors in the text are corrected, missing elements included, and*
- 3) translators adhere to a collaborative, standardized glossary of technical terms and strive to be sensitive to the context of the target language.*

All translated texts are freely available on www.drikungtranslation.com for use at Drikung Kagyu centers world-wide. However, it is requested not to make unauthorized changes to the Tibetan or translated texts.

*Suggestions for improvement are welcome and can be sent to
info@drikungtranslation.com.*

With my prayers,

Drikung Kyabgon Chetsang Thrinle Lhundrup





ଓা । ଏହି'ଶୁଦ୍ଧାର୍ଥ'ନ'ହଙ୍ଗାକୁଣାମ'ନମ୍ବୁଷ'ନ'ନବୁଣାମ' ।

The Concise Drikung Phowa “Standing Blade of Grass”



गद्य-समान-सेव-श्री-वक्ष्य-स-वक्ष्य-स-स्त्री ।

The Concise Golden Garland of the Lineage Holders

व-स-सु-ना री-स-वद-ग-ह-ह-ह-क-द-द-ह-र्य-व-स- |
व-प-स-व-क-स-व-त-ह-ह-ह-व-क-द-व-स-व-द- |
व-व-द-व-ह-ह-ह-व-क-प-द-व-क-प-द-व-क- |
व-स-व-स-व-द-व-स-व-द-व-स-व-द-व-स-व- |

na mo gu ru/ rik dak dor jé chang dang ti lo zhap/
khé chok nā ro dra gyur mar pa dang/
zhé pa dor jé nyam mé gam pö zhap/
söl wa dep so dak gyü jin gyi lop/

Namo guru. I supplicate the venerable Lord of the Families Vajradhara,
Tilopa, excellent scholar Nāropa, translator Marpa,
“Laughing Vajra” Milarepa, and unequalled Gampopa:
Please bless my mind stream.

व-स-व-ह-ह-ह-क-द-व-क-द-व-क-द-व-क-द-व-क-द-व- |
व-प-स-व-क-द-व-क-द-व-क-द-व-क-द-व-क-द-व-क-द-व- |
व-स-व-स-व-द-व-स-व-द-व-स-व-द-व-स-व-द-व- |

pak dru dor gyel jik ten sum gyi gön/
khen chen tsül dor sö nam drak pé tsen/
chen nga drak jung dor jé drak pé zhap/
söl wa dep so dak gyü jin gyi lop/

I supplicate the venerable Phagmodrupa Dorje Gyalpo, Jigten Sumgön,
Khenchen Tsultrim Dorje, Sönam Drakpa,
Chenga Dragpa Jungne, and Dorje Drakpa:
Please bless my mind stream.



ସେନ୍ କେନ୍ ସେନ୍ ଶୋ ମହାପଶା ନତଦ୍ଵାରା ଶୁଣାଶୁଣିବନଶା ।

ଶ୍ରୀ ରୈନ୍ କେନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ।

ଶୁଣାଶୁଣିବନଶା ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶୁଣାଶୁଣିବନଶା ।

ଶୁଣାଶୁଣିବନଶା ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶୁଣାଶୁଣିବନଶା ।

rin chen seng gé tsam ché drak pé zhap/
dor je rin chen dor je gyel po dang/
chen nga chö gyel dön drup gyel pö zhap/
söl wa dep so dak gyü jin gyi lop/

I supplicate the venerable Rinchen Senge, Tsamche Drakpa,
Dorje Rinchen, Dorje Gyalpo,
Chenga Chökyi Gyalpo, and Döndrup Gyalpo:
Please bless my mind stream.

ନନ୍ଦା ଶ୍ରୀ ଶ୍ରୀ ନନ୍ଦା ଶ୍ରୀ କେନ୍ କେନ୍ ନନ୍ଦା ।

ଶ୍ରୀ କେନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ନନ୍ଦା ଶ୍ରୀ କେନ୍ କେନ୍ ନନ୍ଦା ।

ଶ୍ରୀ କେନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶୁଣାଶୁଣିବନଶା ।

ଶୁଣାଶୁଣିବନଶା ଶ୍ରୀ କେନ୍ କେନ୍ ଶ୍ରୀ ରୈନ୍ କେନ୍ ଶୁଣାଶୁଣିବନଶା ।

dak po wang dang rin chen pel zang dang/
rin chen chö gyel gyel wang kün gé tsen/
rin chen pün tsok rin chen nam gyel zhap/
söl wa dep so dak gyü jin gyi lop/

I supplicate the venerable Dakpo Wang, Rinchen Palsang,
Rinchen Chökyi Gyaltsen, Gyalwang Kunga,
Rinchen Phüntsog, and Rinchen Namgyal:
Please bless my mind stream.



པན་ཆེན་བស୍ତ୍ର བྱྴ རྩେ ལୁ སା འଶ ཁୁ སା ཐ བྱྴ བྱྴ པ དନ୍ଦା ।
କେ ସ བྱྴ ସ བྱྴ କେ ସ ନ ଶି ସ བྱྴ କେ ସ ନ ଦନ୍ଦା ।
ଦ୍ୱୀପ ପକ୍ଷ ଗ ରେ କ ର ହେ କ ସ ଗୁ ଶି ଶା ସ ଶି ଶା ।
ଶା ନ ଶା ନ ଦନ୍ଦା ଶା ନ ଦନ୍ଦା ଶ୍ରୀ ଶି ଶା ଶି ଶା ।

pen chen sö gyel chok lé nam gyel dang/
chö gyel pün tsok ta shi pün tsok dang/
kön chok rin chen chö kyi drak pé zhap/
söl wa dep so dak gyü jin gyi lop/

I supplicate the venerable Panchen Sönam Gyatso, Chogle Namgyal,
Chögyal Phüntsog, Tashi Phüntsog,
Konchog Rinchen, and Chökyi Drakpa:
Please bless my mind stream.

ଶି ଶା ନ ଶା ନ ଦନ୍ଦା ଶ୍ରୀ ଶା ଶି ଶା ।
ରାଜ୍ଞି କ ର ର ଶି ଶା ଶି ଶା ଶି ଶା ।
ଏ ଫୁ ଦି ଶି ଶା ପକ୍ଷ ଗ ର ହେ କ ସ ଗୁ ଶି ଶା ଶା ।
ଶା ନ ଶା ନ ଦନ୍ଦା ଶା ନ ଦନ୍ଦା ଶ୍ରୀ ଶି ଶା ଶି ଶା ।

trin lé zang po dön drup chö kyi gyel/
ten dzin dro dül chö kyi nyi ma dang/
pe mé gyel tsen chö kyi gyel tsen zhap/
söl wa dep so dak gyü jin gyi lop/

I supplicate the venerable Thrinle Sangpo, Döndrup Chögyal,
Tenzin Drodul, Chökyi Nyima,
Peme Gyaltsen, and Chökyi Gyaltsen:
Please bless my mind stream.



ཁେସ' ཤୈନ' རେନ' སୁ' གୁଣ' ଶ' ହେତ୍ର' ମ' କୋ ।
 ཁେସ' ଶ୍ରୀ' རେତ୍ର' ଶ' ବୈ' ନଦେ' རେତ୍ର' ଶ' ଦନ' ।
 ସଞ୍ଜୁ' ଧେତ୍ର' ཁେସ' ଶ୍ରୀ' ଦୟୁମ' ଗରୁଣ' ମହା' ତତ୍ତ୍ଵ' ଏ ।
 ଶର୍ମିଳ' ଶ' ଦନ୍ତ' ଶ' ନଦ୍ଯା' ଶ୍ରୀନ୍ଦମ' ଶ୍ରୀନ୍ଦମ' ଶ' ନଦ୍ୟା' ।
 chö nyi nor bu tuk já nyi ma ché/
 chö kyi lo drö zhi wé lo drö dang/
 ten dzin chö kyi jung né tsen chen la/
 söl wa dep so dak gyü jin gyi lop/

I supplicate the venerable Chönyi Norbu, great Thukje Nyima,
 Chökyi Lodrö, Shiwe Lodrö,
 and Tenzin Chökyi Jungne:
 Please bless my mind stream.

ଦନ୍ତଶ' ପର୍ବତ' ଶ୍ରୀନ୍ଦମ' କ' ନଦେ' ଶ' ପର୍ବତ' ଶ' ନଦ୍ୟା' ।
 ଦନ୍ତଶ' ଶ୍ରୀନ୍ଦମ' ପର୍ବତ' ଶ' କ' ନଦେ' ଶ' ପର୍ବତ' ଶ' ନଦ୍ୟା' ।
 ସର' କନ୍ଦ' ଶ୍ରୀନ୍ଦମ' ଶ' ଦନ୍ତ' ଶ' ତତ୍ତ୍ଵ' ଶ' ମହା' ଏ ।
 ଶର୍ମିଳ' ଶ' ଦନ୍ତ' ଶ' ନଦ୍ୟା' ଶ୍ରୀନ୍ଦମ' ଶ୍ରୀନ୍ଦମ' ଶ' ନଦ୍ୟା' ।
 rang rik ngön gyur tsa wé la mé zhap/
 ngö drup chok tsöl yi dam kyil khor tsok/
 bar ché kün sel dam chen gya tso la/
 söl wa dep so dak gyü jin gyi lop/

I supplicate the venerable root guru, who has actualized self-awareness;
 the gathered mandalas of the yidams, who grant the supreme
 accomplishment;
 and the ocean of oath-bound ones, who clear away all hindrances:
 Please bless my mind stream.



ଦେଖିବାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା । ଶୁଣିବାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା ।
ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା । ଅନ୍ତରେ ପରିଚୟ କରିବାକିମ୍ବା ।

de tar ka gyü yi zhin nor bu la/
gü pé söl tap gé wa di tsön té/
dak sok lü chen dro wa ma lü par/
chok tün dré bu tsé dir drup gyur chik/

In this way, I pray devotedly to the wish-fulfilling jewels of the
Kagyü lineage.

Through all the virtue thus displayed,
may I and all beings without exception
accomplish the supreme and common results in this lifetime.

ଶ୍ରୀନ୍ଯାଗାନ୍ଧିକାରୀଙ୍କ ପରିଚୟ କରିବାକିମ୍ବା । ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା ।
ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା । ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା ।

kyé wa kün tu yang dak la ma dang/
drel mé chö kyi pel la long chö ching/
sa dang lam gyi yön ten rap dzok né/
dor jé chang gi go pang nyur top shok/

In all my lives, may I never be separate from my true guru,
may I delight in the glory of the Dharma,
and, perfectly completing the qualities of the grounds and paths,
may I swiftly attain the state of Vajradhara.

ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା । ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା ।
ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା । ଏହାକିମ୍ବା ପରିଚୟ କରିବାକିମ୍ବା ।

Based on the “Succession of the Lineage Holders,” this prayer to the lineage holders was
compiled by His Holiness, the supreme Kyabgön Chetsang Rinpoche, in July of 2000,
adding some and omitting others as necessary. May it be virtuous!



ਸਾਹਿਬੁਦੀ ਸ਼੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ

Calling the Guru from Afar

ਲਾ ਮਾ ਪਾਲੈਕ ਰੋ ਏ ਰਾ ਗੁਣ ਮਾ ਦੰ ਬਾ ਜ੍ਵਲ ਰਾ ਮਾ ਸ਼੍ਰੀ ਨਾਨਕ ਦੁਆ
 ਰਾ ਸਾ ਰੰ ਬਾ ਗੁਣ ਵਕੁਦ ਰੰ ਦੁਆ ਸ਼੍ਰੀ ਗੁਣ ਗੁਣ ਕੁਨ ਰੰ ਰੰ ਸਦੀ ਦੰ ਦੁਆ ਰੰ ਕਾ ਦੁਆ ਰੰ ਏ ਮਾ ਸ਼੍ਰੀ ਕਾ
 ਸ਼੍ਰੀ ਗੁਣ ਹੈ ਰੰ ਬਦਦ ਰਾ ਗੁਣ ਗੁਣ ਕੁਨ ਰੰ ਬਦਦ ਰਾ ਗੁਣ ਗੁਣ ਰੰ ਸ਼੍ਰੀ ਗੁਣ ਗੁਣ ਕੁਨ ਰੰ ਬਦਦ ਰਾ ਗੁਣ ਗੁਣ
 ਦੁਆ ਰੰ ਕਨ ਦੁਆ ਰਾ ਗੁਣ ਗੁਣ ਕੇ ਰੰ ਰੰ ਪਾਲੈਕ ਰੋ ਏ ਗੁਣ
 ਸ਼੍ਰੀ ਗੁਣ ਹੈ ਰੰ ਬਦਦ ਰਾ ਗੁਣ ਗੁਣ ਕੁਨ ਰੰ ਬਦਦ ਰਾ ਗੁਣ ਗੁਣ ਰੰ ਸ਼੍ਰੀ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ
 ਦੁਆ ਰੰ ਕਨ ਦੁਆ ਰਾ ਗੁਣ ਗੁਣ ਕੇ ਰੰ ਰੰ ਪਾਲੈਕ ਰੋ ਏ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ ਗੁਣ

la ma khyen no/ *Three times.*

pel den la ma/ ku zhi wang chuk/ dak po ka gyü/ yong kyi tsuk gyen/
 dro wé dé pön/ dam pé lam tön/ tuk jé nga dak/ gyel wé gyel tsap/
 ka drin da drel/ tön pa da mé/ dor jé chang wang/ gön po dri gung pa
 chen po khyen no/ söl wa dep so/ tuk jé zik shik/ jin gyi lop shik/
 ngö drup nam nyi da ta tsöl chik/ dön nyi lhün drup dré bu tsöl chik/

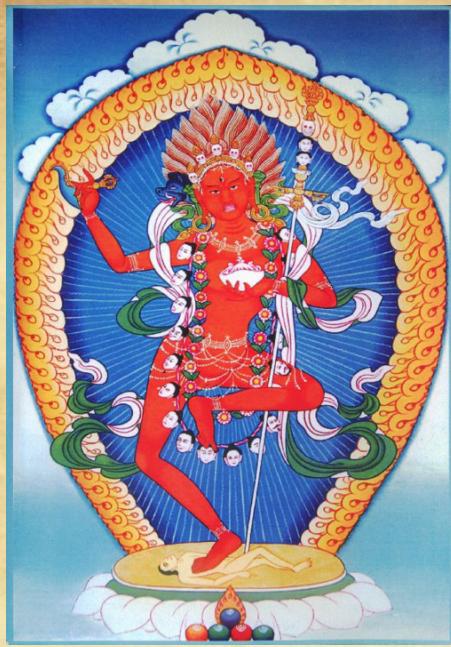
Guru, please think of me. *Three times.*

Glorious guru, lord of the four kāyas, crown jewel of all the
 Dagpo Kagyü, guide of beings, you who show the sublime path,
 master of compassion, regent of the victors, matchless in kindness,
 unrivalled teacher, Lord Vajradhara, Protector, Great Drikungpa:
 please think of me. I pray, please look upon me with compassion.
 Please bless me and grant the two accomplishments at this very moment.
 Please grant me the fruition that spontaneously fulfills the two benefits.

ਦ੍ਰਿਕੁਂਧਰਮ ਪ੍ਰਕਾਸ਼ ਕੇਤੇ ਸ਼੍ਰੀ ਨਾਨਕ

From the text Drikung Dharma Practices in Between the Sessions.





ॐ स्वभाव शुद्ध सर्वधर्म स्वभाव शुद्ध हं

om svabhava shuddha sarvadharma svabhava shuddho hang/

Thus Cleanse

त्रैदेवद्देवसद्गिर्जातिषाणीसद्द्विक्षयप्रवृत्तमासुवर्द्धग्राहकादिवर्द्धात्क्रिया
मन्त्रिषामा क्रियाक्षणामन्त्रिषामात्क्रिया शूर्पाशुष्मामन्त्रिषामाक्रिया स्तुत्वद्विषयामा न्यु
श्वर्द्धमन्त्रिषामासुविषयामात्क्रिया न्युश्वर्द्धमन्त्रिषामासुविषयामात्क्रिया

tong pe ngang le rang nyi ke cig gi dorje naljor ma ku dog padma
rage dog chen zhal nyima/ tsa zhal chag pe nyam can/ chen sum nga
wa che wa chung ze tsig pa/ utra che ching kyi sil bu gyab tu drol wa/

Within the state of emptiness, I manifest as Vajrayogini,
ruby red in color, with two faces.

The main face is with three eyes, showing
expression of passion, slightly showing the fangs.
The hair is knotted loosely behind.



ིན་ଜ୍ଞାନ·ସୁଷ·ନ୍ଦ୍ର·ନ୍ତର୍କ୍ଷମିତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·
ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·
ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·
ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·

thö kam nge ugyen pe na tag ye su phag zhal nagpo ngur dra jin pa/
chag ye zang kyi dri gug nam khar char wa/ yön thöd thrag thug kar
nam pe dru mor khatvanga dang den pa/ zhab yön kum pa ye kyi la la
jar wa/ ye kyang pe tab kyi sor mö bam ro ser po gen kyal du gyel we
nying khar nen pa/

I am wearing the five dry skulls.

The second face, in the right rear, is the face of a grunting sow.

The right hand is raised, holding the copper cleaver knife.

The left hand hold the skull-cup filled with blood at the heart level.

A trident is at the shoulder.

I am standing on the right leg which is on the heart of a yellow corpse.

The left leg bends and touches the right thigh.

ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·
ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·
ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·
ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·
ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·ଶ୍ଵର୍ଣ୍ଣମହାପାତ୍ର·

thöd lön nga chü do shal chang wa/

dar mar po dang rü pe gyen gyi gyen pa/ ku nang la rang shin me pa/
de khong pe ü su tsa u ma chi ngo wa nang mar wa tshen nyi zhi dang
den pa/ da nyug dring po tsam/

I am wearing fifty freshly severed heads, and am adorned with red silk
and bone ornaments; a body vividly clear yet without substance.
In the center of my body is the central channel. It is blue outside,
red inside, hollow like a tube of paper, red in color like a rose,
transparent inside and out like a lamp, straight as a reed.

Thus it possesses the four characteristics.

It is the size of a medium arrow.



ཡར·ཤྲྲྱ·ହେନ୍ସ·ନୁଗ·ନ୍ଦ୍ର·ବନ୍ଦ୍ରୀ·ଶାସନ·ଗରନ୍ଧ·ଶୁ·ହୁଗ·ଶତି·ଶ୍ଵିନ୍ଦ୍ର·ମ୍ବକ୍ଷିନ୍ଦ୍ର·ଶତିନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ର·
ନୁ·ଶକ୍ତି·ନ୍ଦ୍ରନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ରନ୍ଦ୍ର·ମା·ନବି·ଶତିତେଜୁ·ଶ୍ଵିନ୍ଦ୍ରନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ର·ଶତିନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ର·ଶତିନ୍ଦ୍ର·
ଶତିନ୍ଦ୍ରନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ରନ୍ଦ୍ର·ଶତିନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ର·ଶତିନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ର·ଶତିନ୍ଦ୍ର·ଶ୍ଵିନ୍ଦ୍ର·

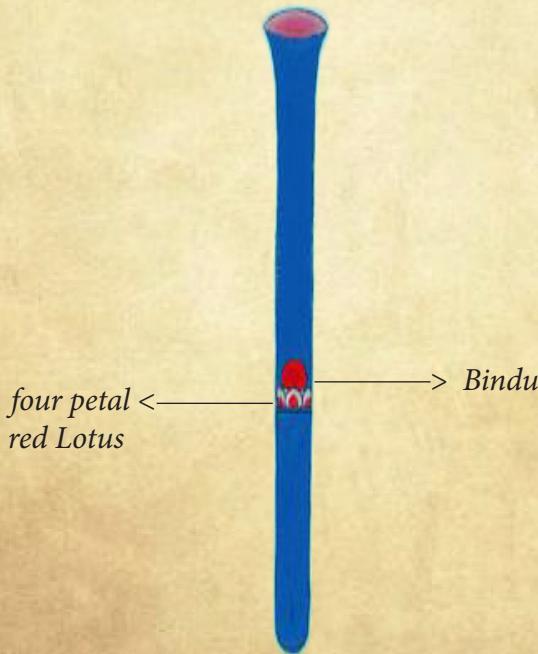
yar ne tshang bug dang mar ne sang ne su zug pe nyding kha tshig kyi
ched pa ta bü teng du padma mar po dab ma zhi pe ze'u drü teng du
rang gi nam par she pe ngo bo thig le mar po sren me dog po tsam/
yang zhing yo wa phar la khed pa/

The upper end is at the crown and the lower at the secret place.
At the heart level is a joint on which is a four petalled red lotus.

Upon that sits a red sphere, (skt. Bindu, tib. thigle)

the nature of my consciousness.

It is the size of a pea, fresh, light, vibrating, ready to leap.



the Central Channel





བྱྴ' ཤଙ୍କଣ୍ଠ' ଚୁ' ନୁ' ମରିଯାଦା' ଶୈ' ହଂସ' ଶୁଣା' କୁ' ମର୍ଦ୍ଦଶ' ଶା' ପୁ' ନ' ଶଳ୍ପ' ନୁ' ପ୍ରେ' ଶିର୍ଦ୍ଦ' ନୁ' ଦ୍ୱାରା କା' ନନ୍ଦି' ଶା'
 ମା' ଫିର' ସା' ଫରା' ଶର୍ଦ୍ଦଶ' ଶାର୍ଦ୍ଦଶ' କୁ' ଶର୍ଦ୍ଦଶ' ଶର୍ଦ୍ଦଶ' ଶର୍ଦ୍ଦଶ' ଶର୍ଦ୍ଦଶ' ଶର୍ଦ୍ଦଶ' ଶର୍ଦ୍ଦଶ'
 ଗନ୍ଧାର୍ମ' ଦର୍ଶନ' ସା' ମହାଶର୍ଦ୍ଦଶ' ଦର୍ଶନ' ସା' ମହାଶର୍ଦ୍ଦଶ' ଦର୍ଶନ'

chi tsug tu u me yar ne tshang bug gya thong kha che wa ta bu yod pe
 teng du/ ngo wo tsa we lama yin pa la/ nam pa sang gye opag me ku
 dog mar po trul kue cha che chen chö gö sum dang den pa/
 tshen dang pe ched kyi gyen pa/

The upper end of the central channel is at my crown, like a wide open skylight. There sits Amitabha Buddha, the nature of my root guru, red in color, in Nirmanakaya form, wearing the three dharma robes, adorned with the major and minor marks.



ସିନ୍ ର୍ପାକେଦେଖି ପାତ୍ର ମୁହାଶ ମରୁମାଶ ଶୁଣ୍ଟିଲ୍ ନ୍ ମରୁମାଶ ମଦି ମଧେ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ
ମାତ୍ର ମରୁମାଶ ମଦି ଲୋପ ମରୁମାଶ ମରୁମାଶ ମଦି ମଧେ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ
ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ ମଦ ମନୀ

rinpoche thri la jam zhug kyi tshul du zhug pe the wang gi rang gi
tshang bug kag pa la gyü pe lama nam kyi kor war sol wa tab ching/
hik gi dre kul wa la/ thig le de nyi chi wor ma thön tsam du sang gye
kyi zhab theb la tug tug song war sam shing/ mig pa sal we ngang ne/
mö gü dung we yang kyi di ke do//

He is sitting on the precious throne in the Buddha Maitreya position
with his right great toe closing the opening of my crown chakra.

He is surrounded by all the Phowa lineage gurus.

As I push the sphere up, it reaches at the top of my crown and touches
Amitabha Buddha's great toe.

*Having visualized this clearly,
pray as follows with a melody of yearning devotion.*





འཇ්-ਨ ན- ར ན ད- ན ཁ ན

Prayer to the Phowa Transmission Lineage

ஓ- ཕ- ན- ན- པ- ན- བྷ- ན- མ- ན- བ- ན- ན- ད- ན- ན- ན- | ག- མ- ན- ན- ན- ན- ན- ན- ན- ན- ན- |
ସ- ན- | ཉ- ན- |
ସ- ན- | ཉ- ན- ན- ན- ན- ན- ན- ན- ན- ན- |

orgyen pema jung ne la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Padmasambhava of Uddiyana.

Grant your blessings for the realization
of the profound path of Phowa.

Grant your blessings for reaching the Celestial Realm
by the swift path of Phowa.

Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



एतेऽस्त्रियं शरीरं सदसा तु सावागर्वं वा ददृश्य | इवामादर्शं न दक्षिण न विकृतिं व्यक्तं वा |
भूत्यामादर्शं न नामपद्मं व्यक्तं विकृतिं व्यक्तं वा | एवं नामासामदीर्घं न नामपद्मं व्यक्तं विकृतिं व्यक्तं वा |
मासा | एते नामकानुष्ठानं विकृतिं व्यक्तं वा | सदसा तु सामदीर्घं न नामपद्मं व्यक्तं विकृतिं व्यक्तं वा |

ter tön nyi da sang gye la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Tertön Nyida Sangye.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

माकुंदसा बोद्धका मापद्म तु सामकर्त्तव्यासामार्गं वा ददृश्य |
इवामादर्शं न दक्षिण न विकृतिं व्यक्तं वा | भूत्यामादर्शं न नामपद्मं व्यक्तं विकृतिं व्यक्तं वा |
एवं नामासामदीर्घं न नामपद्मं व्यक्तं विकृतिं व्यक्तं वा | एते नामकानुष्ठानं विकृतिं व्यक्तं वा |
सदसा तु सामदीर्घं न नामपद्मं व्यक्तं विकृतिं व्यक्तं वा |

tshung me nam kha gyal tshen la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Namkha Gyaltsen the incomparable.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,

I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



ਹੇਤੁ ਸਾਡੀ ਅਨੁ ਸੰਝੁ ਜੁ ਵਾ ਸਾਡੀ ਵਾ ਵਦਿ ਨਸਾ | ਯਥ ਘਰ ਪਦੈ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ |
ਗੁਰੂ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ | ਨਾਨਾ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ |
ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ | ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ |

tog den sang-gha bha dra la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Sanghabhadra the realized one.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ਖਾਕੋਦ੍ਧੀ ਪੇਦੁ ਫੈਲੈ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ | ਹੇਤੁ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ |
ਗੁਰੂ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ | ਨਾਨਾ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ |
ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ | ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ ਸਾਡੀ |

pha gó dri me lo drö la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Phago Drime Lodro.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



କେନ୍ତାକୁ ଶଦ୍ଵା କୁଣ୍ଡଳ ମହାକାର ପାଦ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ
ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ
ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ

chö je sang gye gyal tshen la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Dharma lord Sangye Gyaltsen.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ପାଞ୍ଚଦଶ ପଦ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ
ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ
ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ ପଦମଣିଷ

tshung me ma ti tshen chen la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate the incomparable one endowed with the name Mati.
Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



དྱේ བා རු ཁ් ལා ສ ອ ສ ອ ສ ອ ສ ອ ສ ອ ສ ອ ສ ອ ສ ອ ສ ອ ສ
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yong dzin phün tshog nam gyal la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//

I supplicate Phuntsok Namgyal the teacher.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,
 I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

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khen chen nam jom phün tshog la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//

I supplicate Namjom Phuntsok the great Pandita.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,

I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



ହେ'ନସ୍ତୁର'ନ୍ଦୋର'ପକ୍ଷେ'ଶ୍ଵର'ସ'ଶାସ୍ତ୍ର'ସ'ନ୍ଦେଶ୍ବା' | ଯତ'ସମ'ଦ୍ୱାର'ସ'ନ୍ଦୂର'ସର'ଶ୍ଵିର'ଶ୍ରୀଶ'ହେନ୍ଦ୍ରା' |
ଶ୍ରୀନ'ସମ'ଦ୍ୱାର'ସନ'ମଧ୍ୟର'ଶ୍ଵର'ନ୍ଦୋର'ନ୍ଦୂର'ସର'ଶ୍ଵିର'ଶ୍ରୀଶ'ହେନ୍ଦ୍ରା' | ନନ୍ଦା'ଶ୍ରୀଶ'ନ୍ଦେଶ୍ବା'ହେ'ନ୍ଦୋର'ଶ୍ଵର'
ମ'ଶବ' | ନନ୍ଦା'ନ'ତକ'ନୁ'ଶ୍ରୀ'ନ୍ଦୂର'ଶ୍ଵିର'ଶ୍ରୀଶ'ହେନ୍ଦ୍ରା' | ଶର୍ଦ୍ଦା'ଶ୍ରୀଶ'ନ୍ଦୂର'ଶ୍ଵର'ମେଦ'ମ'ଶ'ଶୁଶ୍ରା'ନ୍ଦଳ'ଶ'ର୍ଥୀ'

je tsün kön chog ratna la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Könchok Ratna the exalted lord.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ଶେଶ'ଦ୍ୱାର'ପକ୍ଷେ'ଶ୍ରୀ'ଶବାଶ'ନ'ଶ'ଶାସ୍ତ୍ର'ସ'ନ୍ଦେଶ୍ବା' | ଯତ'ସମ'ଦ୍ୱାର'ସ'ନ୍ଦୂର'ସର'ଶ୍ଵିର'ଶ୍ରୀଶ'ହେନ୍ଦ୍ରା' |
ଶ୍ରୀନ'ସମ'ଦ୍ୱାର'ସନ'ମଧ୍ୟର'ଶ୍ଵର'ନ୍ଦୋର'ନ୍ଦୂର'ସର'ଶ୍ଵିର'ଶ୍ରୀଶ'ହେନ୍ଦ୍ରା' | ନନ୍ଦା'ଶ୍ରୀଶ'ନ୍ଦେଶ୍ବା'ହେ'ନ୍ଦୋର'ଶ୍ଵର'
ମ'ଶବ' | ନନ୍ଦା'ନ'ତକ'ନୁ'ଶ୍ରୀ'ନ୍ଦୂର'ଶ୍ଵର'ଶ୍ରୀଶ'ହେନ୍ଦ୍ରା' | ଶର୍ଦ୍ଦା'ଶ୍ରୀଶ'ନ୍ଦୂର'ଶ୍ଵର'ମେଦ'ମ'ଶ'ଶୁଶ୍ରା'ନ୍ଦଳ'ଶ'ର୍ଥୀ'

rig dzin chö kyi drag pa la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Vidyadhara Chökyi Drakpa.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



དྲྭକྱ ପକ୍ଷଗ୍ ଶିର୍ ପଶ୍ କ୍ରମ୍ କୁଳ୍ ପଶ୍ ନା ଦନ୍ତନଶ୍ | ଶବ୍ ପଶ୍ ଦର୍ଶନ୍ ନର୍ ସିର୍ ଶ୍ରୀଶ୍
 ହେନଶ୍ | ଶ୍ରୀଶ୍ ପଶ୍ ଦର୍ଶନ୍ ପରଦ୍ ଶ୍ରୀଦ୍ ନର୍ ସିର୍ ଶ୍ରୀଶ୍ ହେନଶ୍ | ନଦ୍ଯା ନିଶ୍ ନା ଦନ୍ତନଶ୍
 ହେନଶ୍ ଶ୍ରୀଶ୍ ପଶ୍ | ନଦ୍ଯା ତକ୍ ନୁ ଶ୍ରୀ ନର୍ ସିର୍ ଶ୍ରୀଶ୍ ହେନଶ୍ | ନଦ୍ଯା କୁଳ୍ ଦନ୍ତନଶ୍ ମେଦ୍ ପଶ୍ ଶ୍ରୀ
 ହେନଶ୍

kön chog thrin le nam gyal la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//

I supplicate Könchok Thrinle Namgyal.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,
 I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ଶିର୍ ପଶ୍ ଦକ୍ଷ ଶ୍ରୀଶ୍ ହେନଶ୍ କୁଳ୍ ପଶ୍ ନା ଦନ୍ତନଶ୍ | ଶବ୍ ପଶ୍ ଦର୍ଶନ୍ ନର୍ ସିର୍ ଶ୍ରୀଶ୍ ହେନଶ୍ |
 ଶ୍ରୀଶ୍ ପଶ୍ ଦର୍ଶନ୍ ପରଦ୍ ଶ୍ରୀଦ୍ ନର୍ ସିର୍ ଶ୍ରୀଶ୍ ହେନଶ୍ | ନଦ୍ଯା ନିଶ୍ ନା ଦନ୍ତନଶ୍
 ହେନଶ୍ ଶ୍ରୀଶ୍ ପଶ୍ | ନଦ୍ଯା ତକ୍ ନୁ ଶ୍ରୀ ନର୍ ସିର୍ ଶ୍ରୀଶ୍ ହେନଶ୍ | ନଦ୍ଯା କୁଳ୍ ଦନ୍ତନଶ୍ ମେଦ୍ ପଶ୍ ଶ୍ରୀ
 ହେନଶ୍

kön chog thrin le zang po la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//

I supplicate Könchok Thrinle Sangpo.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,
 I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



ਨੰਗ' ਏਕੰਨਾ ਸ਼ਸ਼ਵ' ਦੰਤ' ਦਰ੍ਸ਼ਾ ਬਾ' ਗਨ੍ਹੁ' ਵਾ' ਨਦੇਨਸਾ। | ਓਨਾ' ਵਾਮ' ਦੰਤੁ' ਵਚ' ਵੈਨ' ਸ਼੍ਰੀਸਾ
 ਫੱਨਸਾ। | ਪ੍ਰਾਦੁ' ਘਮ' ਦੰਤੁ' ਵਚਾ' ਮਾਹਦ' ਫੂਨ' ਵਹ੍ਰੁਨ' ਵਚ' ਵੈਨ' ਸ਼੍ਰੀਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਦੰਤੁ' ਵਚਾਂ
 ਫੱਨਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਫੁਨ' ਵਚ' ਸ਼੍ਰੀਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਫੁਨ' ਵਚ' ਸ਼੍ਰੀਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਫੁਨ'
ਦਾਂਤਾਂ

thrin le dön drub chö gyal la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//

I supplicate Thrinle Döndrub Chögyal.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,

I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ਅੰਦੁ' ਦੰਤ' ਕੰਸ' ਸ਼੍ਰੀ' ਕੁਲ' ਵਾ' ਏਕੰਨ' ਵਾ' ਨਦੇਨਸਾ। | ਓਨਾ' ਵਾਮ' ਦੰਤੁ' ਵਚ' ਵੈਨ' ਸ਼੍ਰੀਸਾ
 ਫੱਨਸਾ। | ਪ੍ਰਾਦੁ' ਘਮ' ਦੰਤੁ' ਵਚਾ' ਮਾਹਦ' ਫੂਨ' ਵਹ੍ਰੁਨ' ਵਚ' ਵੈਨ' ਸ਼੍ਰੀਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਦੰਤੁ' ਵਚਾਂ
 ਫੱਨਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਫੁਨ' ਵਚ' ਸ਼੍ਰੀਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਫੁਨ' ਵਚ' ਸ਼੍ਰੀਸਾ। | ਨਦੁ' ਸੰਗੁ' ਵਚਾ' ਫੁਨ'
ਦਾਂਤਾਂ

kön chog ten dzin dro dul la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//

I supplicate Könchok Tenzin Drodul.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,
 I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



॥ དྲ୍ଯୁମྂର୍ତ୍ତିକ୍ରିଷ୍ଣାନ୍ତିକ୍ରିଷ୍ଣାନ୍ତିକ୍ରିଷ୍ଣା । རୋତ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା ।
ଶୁଦ୍ଧିକ୍ରିଷ୍ଣାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା । ନନ୍ଦାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା ।
ମ୍ବାନ୍ତମ୍ବା । ନନ୍ଦାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା । ନନ୍ଦାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା ।

yong dzin chö kyi gyal tsen la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Chökyi Gyaltsen the teacher.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,

I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

॥ ନନ୍ଦାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା । རୋତ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା ।
ଶୁଦ୍ଧିକ୍ରିଷ୍ଣାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା । ନନ୍ଦାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା ।
ମ୍ବାନ୍ତମ୍ବା । ନନ୍ଦାନ୍ତମ୍ବାନ୍ତମ୍ବାନ୍ତମ୍ବା । ନନ୍ଦାନ୍ତମ୍ବାନ୍ତମ୍ବା ।

ten dzin chö kyi nyi ma la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Tenzin Chökyi Nyima.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,

I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



ཇི་བྱକ୍‌ରୁ ཤ୍ରୀ རୁ ས୍ୱାମୀ ຳେ ନାମି ନାମି | ଶବ୍ଦମାର୍ଦ୍ଦେଶ ନାମି ନାମି ନାମି ନାମି |
ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି | ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି |
ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି |

khyab dag peme gyal tshen la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate the all-pervading Peme Gyatson.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ମଧ୍ୟାଙ୍କରୁ ପ୍ରକାଶନରୁ ମଧ୍ୟାଙ୍କରୁ ମଧ୍ୟାଙ୍କରୁ | ଶବ୍ଦମାର୍ଦ୍ଦେଶ ନାମି ନାମି ନାମି |
ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି | ନାମି ନାମି ନାମି ନାମି ନାମି |
ନାମି ନାମି ନାମି ନାମି ନାମି ନାମି |

je tsün dharma dwadza la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Dharmadhvaja the exalted lord.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



ਸਿ'ਕੇਨ'ਲੱਬ'ਸੁਲ'ਪਕੰਬ'ਚ'ਸਾਂਬ'ਨ'ਦੰਨਸਾ। ਤਵ'ਸਮ'ਦੱਬ'ਨ'ਦੁਰੰਬ'ਨਰ'ਵੈਕ'ਵੈਨ'ਕੁਣਸ।।
ਲੁਨ'ਏਮ'ਦੱਬ'ਨਸ'ਮਫਲ'ਲ੍ਲੁਨ'ਨਗੰਦ'ਨਰ'ਵੈਕ'ਵੈਨ'ਕੁਣਸ।। ਨਦਗ'ਸੰਗਸ'ਦੰਕ'ਸਾਂਕ'ਦੱਬ'ਨਾਨ'॥
ਮ'ਸਾ।। ਨਦ'ਨ'ਤਕ'ਨੁ'ਲ੍ਲੁਨ'ਨਰ'ਵੈਕ'ਵੈਨ'ਕੁਣਸ।। ਸਨਦ'ਸੁਲ'ਲੱਦ'ਨਸਾ'ਮੇਦ'ਚ'ਸੁਲ'ਲੁਨ'ਚੰ

gar chen jang chub wang po la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo /

I supplicate Garchen Changchub Wangpo.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ਚੈਕ'ਕੇਨ'ਲੱਭ'ਸਾਂਬ'ਚ'ਸਾਂਬ'ਨ'ਦੰਨਸਾ। ਤਵ'ਸਮ'ਦੱਬ'ਨ'ਦੁਰੰਬ'ਨਰ'ਵੈਕ'ਵੈਨ'ਕੁਣਸ।।
ਕੁਣਸ।। ਲੁਨ'ਏਮ'ਦੱਬ'ਨਸ'ਮਫਲ'ਲ੍ਲੁਨ'ਨਗੰਦ'ਨਰ'ਵੈਕ'ਵੈਨ'ਕੁਣਸ।। ਨਦਗ'ਸੰਗਸ'ਦੰਕ'ਸਾਂਕ'ਦੱਬ'ਨਾਨ'॥
ਨਾਨ'ਸਾ।। ਨਦ'ਨ'ਤਕ'ਨੁ'ਲ੍ਲੁਨ'ਨਰ'ਵੈਕ'ਵੈਨ'ਕੁਣਸ।। ਸਨਦ'ਸੁਲ'ਲੱਦ'ਨਸਾ'ਮੇਦ'ਚ'ਸੁਲ'ਲੁਨ'ਚੰ

thri chen lo drö gyal tshen la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Lodrö Gyaltsenthe great throne-holder.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



ସୁନ୍ଦରମାତ୍ରକଣ୍ଠରେ ପାଦକଣ୍ଠରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ
ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ
ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ
ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ
ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ

rin chen ten pe dze gyen la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Rinchen Tenpe Zegyen.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ
ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ ଶବ୍ଦରେ

drub wang kon chog tenpa la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Könchok Thukje Nyima.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



༄༅· སྒྲུལ་ཆେସ· དନ୍ଦ· རୈ· ཤୋଗୁ སྡ୍ରିସ· ພା· གୁଣ୍ଡେସା | གୋ· ພା· ଦ୍ୱେଷ· ସା· ଦ୍ୱେଷ· ନା· ଶ୍ଵିର· ଶ୍ଵିର· ପ୍ରେସ· ହୈସା |
ଶ୍ଵର· ଶମା· ଦ୍ୱେଷ· ନା· ମାନଦ· ଶ୍ଵର· ନାର୍ଥିନ୍· ସା· ଶ୍ଵିର· ଶ୍ଵିର· ହୈସା | ନନ୍ଦା· ଶ୍ଵରାଶ· ଦ୍ଵିତୀୟ· କରୁ· ହୈସା· ଦ୍ଵିତୀୟ· ନାର୍ଥିନ୍·
ମ· ଶମା | ଏହି· ସା· ତକ୍ରନ୍· ଶ୍ଵର· ଶ୍ଵିର· ଶ୍ଵିର· ହୈସା | ଶରଦା· ଶ୍ଵରାଶ· ଦ୍ଵିତୀୟ· ନାର୍ଥିନ୍· ସାମା· ଦ୍ୱେଷ· ଏହି·

kön chog thug je nyi ma la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Könchok Thukje Nyima.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

༄༅· ଶ୍ରୀରାମ· ଭୁବନ୍ଦିକ୍· ସା· ଶ୍ଵରାଶ· ພା· གୁଣ୍ଡେସା | གୋ· ພା· ଦ୍ୱେଷ· ସା· ଦ୍ୱେଷ· ନା· ଶ୍ଵିର· ଶ୍ଵିର· ହୈସା |
ଶ୍ଵର· ଶମା· ଦ୍ୱେଷ· ନା· ମାନଦ· ଶ୍ଵର· ନାର୍ଥିନ୍· ସା· ଶ୍ଵିର· ଶ୍ଵିର· ହୈସା | ନନ୍ଦା· ଶ୍ଵରାଶ· ଦ୍ଵିତୀୟ· କରୁ· ହୈସା· ଦ୍ଵିତୀୟ· ନାର୍ଥିନ୍·
ମ· ଶମା | ଏହି· ସା· ତକ୍ରନ୍· ଶ୍ଵର· ଶ୍ଵିର· ଶ୍ଵିର· ହୈସା | ଶରଦା· ଶ୍ଵରାଶ· ଦ୍ଵିତୀୟ· ନାର୍ଥିନ୍· ସାମା· ଦ୍ୱେଷ· ଏହି·

lho trul chö wang lo drö la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Chöwang Lodrö, the Tulku of Lho.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



ຂំ. ន. ស. ត. ក. ស. ម. អ. ក. ស. ស. ន. ជ. យ. ស. ព. ស. | ធម. ឈ. ម. ឌ. ស. វ. ប. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. វ. ប. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. |

*o gyen nü den dor je la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me lachag tshal lo//*

I supplicate Ogyen Nuden Dorje.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ឯ. ក. ស. គ. ស. ម. អ. ក. ស. ស. ន. ជ. យ. ស. ព. ស. | ធម. ឈ. ម. ឌ. ស. វ. ប. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. | ធម. ឈ. ម. ឌ. ស. ន. ជ. យ. ស. ន. ជ. យ. ស. |

*je tsün kön chog chö kyab la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//*

I supplicate Könchok Chökyab the exalted lord.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



শুন'নশ্চন'বি'নদি'ফ্র'শ্বন'ব'গাস'ব'ব'ন্দেনশা। বন'বম'দর্শ'ন'ব'ন্দুন'ন'ন'ন'ন'ন'ন'।
শুন'নশ'দর্শ'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'। ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'।
শ'ন'। ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'।

ten dzin chö kyi lo drö la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Tenzin Chökyi Lodrö.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ম'ক্ত'ন'স'প'দ'ক'স'শ'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'। ব'ন'ব'ম'দ'র'শ'ন'ব'ন'ন'ন'ন'ন'ন'ন'ন'।
ক'ন'ন'। শুন'নশ'দ'র'শ'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'। ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'।
ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'। ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'ন'।

thub ten zhi we lo drö la sol wa deb/
zab lam pho wa jong par jin gyi lob/
nyur lam pho we kha chö drö par jin gyi lob/
dag sog di ne tshe phö gyur ma thag/
de wa chen du kye war jin gyi lob/
sang gye ö pag me la chag tshal lo//

I supplicate Thubten Shiwe Lodrö.

Grant your blessings for the realization of the profound path of Phowa.
Grant your blessings for reaching the Celestial Realm by the swift path
of Phowa. Grant your blessings so that at the time of death,
I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



བේ-ස-දේ-ර-න-තු-ද-ර-ද-ර-ශ-ක-ස-ව-ස-ර-ෂ-ව-ස- ඡ- ອ-ව-ස-ව-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස-
 ක-ස-ව-ස- | සු-ර-ස-ව-ස- ම-ර-ය-ද-ද-ර-ශ-ක-ස-ව-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- ම-ර-ය-ද-ර-ශ-ක-ස-ව-
 උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- ත-ු-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස-
 උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- ත-ු-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස-
 උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස-

ten dzin chö kyi jung ne la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//
 I supplicate Tenzin Chökyi Jungne.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,
 I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.

ອ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- ච-ද-ර-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | සු-ර-ස-ව-ස-
 උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- ච-ද-ර-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- ම-ර-ය-ද-ර-ශ-ක-ස-ව-ස- |
 ච-ද-ර-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- ත-ු-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- |
 ච-ද-ර-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස- | ච-ද-ර-ස- ත-ු-ස- උ-ර-ෂ-න-ර-ද-ර-ශ-ක-ස-ව-ස-

drin chen tsa we la ma la sol wa deb/
 zab lam pho wa jong par jin gyi lob/
 nyur lam pho we kha chö drö par jin gyi lob/
 dag sog di ne tshe phö gyur ma thag/
 de wa chen du kye war jin gyi lob/
 sang gye ö pag me la chag tshal lo//
 I supplicate my kind Root-Guru.

Grant your blessings for the realization of the profound path of Phowa.
 Grant your blessings for reaching the Celestial Realm by the swift path
 of Phowa. Grant your blessings so that at the time of death,
 I and others attain rebirth in Sukhavati through Phowa.

Homage to Boundless Light Buddha.



འཇෝ' ନ ର ି' ଶ ା' ନ କୁ ଦ ା' ଗ ର ସ ା' ପ ା' ନ ଶ ା

Phowa Lineage Prayer

༄ ଅ' କୁ ର' ପ କୁ' ନ କୁ ଦ' ଗ ର ଶ' ଏ' ଗ ର ସ ା' ପ ା' ନ ଶ ା ।
ଶ ଏ' ଏ ମ' ଏ ର ି' ଶ' ଏ' ନ କୁ ଦ' ଗ ର ଶ' ଏ ର ି' ଶ' ଏ' ନ ଶ ା ।
ଶ କୁ' ନ ଏ ପ' ଏ ର ି' ଶ' ଏ' ପ ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ ର ି' ଶ' ଏ' ନ ଶ ା ।
ଏ ର ଶ' ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ନ ଶ ା ।
ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ନ ଶ ା ।
ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ଏ ର କୁ ଦ' ଗ ର ଶ' ଏ' ନ ଶ ା ।

o gyen pe ma jung né la söl wa dep/
zap lam po wa jong war jin gyi lop/
nyur lam po wé kha chö drö par jin gyi lop/
dak sok di né tsé pö gyur ma tak/
dé wa chen du kyé war jin gyi lop/
sang gyé ö pak mé la chak tsel lo/

I supplicate Padmasambhava of Uddiyāna:
Grant your blessings that I master the profound path of Phowa.
Grant your blessings that I reach the pure lands
 by the swift path of Phowa.
Grant your blessings that I, and all beings,
take birth in Sukhāvatī as soon as we pass from this life.
I prostrate to the Buddha Amitābha.



གተན·ཤ්වේ དී· བ්‍රා · ສඳස · ສු ප · ພ · ສ ສෝ ພ · ສ · ດ ແ ລ ສ · |
ມ ອු ລ ສ · ມ ທ · ອ ຕ · ພ ພ ດ · ສු ප · ພ ກ ດ · ພ · ສ ສෝ ພ · ສ · ດ ແ ລ ສ · |
හ් ພ · ພ ດ · ສ ດ · ປ · ປ · ພ · ພ · ສ ສෝ ພ · ພ · ດ ແ ລ ສ · |
ພ · ຄ ດ · ຮ · ມ ທ · ພ · ພ · ສ ສෝ ພ · ພ · ດ ແ ລ ສ · |

ter tön nyi da sang gyé la söl wa dep/
tsung mé nam kha gyel tsen la söl wa dep/
tok den sangha bhadra la söl wa dep/
pa gö dri mé lo drö la söl wa dep/

I supplicate the treasure revealer Nyida Sangye.
I supplicate the unequalled Namkha Gyaltsen.
I supplicate the realized Sangha Bhadra.
I supplicate Pagö Drime Lodrö.

කේ න · ໃ · ສ ລ ສ · ສු ප · ສු ප · ພ ກ ດ · ພ · ສ ສෝ ພ · ພ · ດ ແ ລ ສ · |
ມ ອු ລ ສ · ມ ທ · ມ · ທ ຕ · ພ ກ ດ · ພ · ສ ສෝ ພ · ພ · ດ ແ ລ ສ · |
ཡ ດ ລ ສ · ດ ດ · ສ ດ · ປ · ປ · ພ · ພ · ສ ສෝ ພ · ພ · ດ ແ ລ ສ · |
ພ ພ ດ · ດ · ສ ເ · ສ ເ · ດ · ພ ກ ດ · ພ · ສ ສෝ ພ · ພ · ດ ແ ລ ສ · |

chö je sang gyé gyel tsen la söl wa dep/
tsung mé ma ti tsen chen la söl wa dep/
yong dzin pün tsok nam gyel la söl wa dep/
khen chen bī dī tsen chen la söl wa dep/

I supplicate the Dharma Lord Sangye Gyaltsen.
I supplicate the unequalled one called Mati.
I supplicate the tutor Phuntsog Namgyal.
I supplicate the khenchen called Bīdī.

ჰ' ა ჭ რ' დ გ რ' მ ჰ კ ს' რ ტ' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |
ჩ ი ს' ა რ ტ' რ' ჰ კ ს' ს უ' შ ა ს ა' ს' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |
დ გ რ' მ ჰ კ ს' ა ჭ შ რ' ა ს ა' ს კ პ' ჟ უ' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |
დ გ რ' მ ჰ კ ს' ა ჭ შ რ' ა ს ა' ს ვ ა დ შ' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |

jé tsün kön chok ratna la söl wa dep/
rig dzin chö kyi drak pa la söl wa dep/
kön chok trin lé nam gyel la söl wa dep/
kön chok trin lé zang po la söl wa dep/

I supplicate Jetsun Konchog Ratna.
I supplicate Rigzin Chökyi Drakpa.
I supplicate Konchog Thrinle Namgyal.
I supplicate Konchog Thrinle Sangpo.

ა ჭ შ რ' ა ს ა რ ტ' რ' ჟ უ' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |
დ გ რ' მ ჰ კ ს' ა ს ა რ ტ' რ' ჟ უ' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |
ჟ ე ს ა' რ ტ' რ' ჰ კ ს' ს უ' ჟ უ' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |
ა ს ა რ ტ' რ' ჰ კ ს' ს უ' ჟ ტ' ა' ს ა ს ი ა' ს' ა დ ნ ე ს ა' |

trin lé dön drup chö gyel la söl wa dep/
kön chok ten dzin dro dül la söl wa dep/
yong dzin chö kyi gyel tsen la söl wa dep/
ten dzin chö kyi nyi ma la söl wa dep/

I supplicate Thrinle Döndrup Chögyal.
I supplicate Konchog Tenzin Drodul.
I supplicate the tutor Chökyi Gyaltsen.
I supplicate Tenzin Chökyi Nyima.



॥ དྲା' སନ୍ଦା' ནକ୍ଷା' བକ୍ର' ལ' རା' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।
ହେ' ନାତୁ' କ' କୁଣ' କୁଣ' ସ' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।
ତ୍ରି' କେ' କ' ଶର୍ମା' କୁଣ' ଖକ୍ର' ལ' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।
ଶୈକ' କେ' କ' ଶର୍ମା' ନାଦେ' ଶ' କୁଣ' ସ' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।

khyap dak pe mé gyel tsen la söl wa dep/
jé tsün dharma dhwa dza la söl wa dep/
tri chen lo drö gyel tsen la söl wa dep/
rin chen ten pé dzé gyen la söl wa dep/

I supplicate the all-pervading lord Peme Gyaltsen.

I supplicate Jetsun Dharma Dhawadza.

I supplicate Trichen Lodrö Gyaltsen.

I supplicate Rinchen Tenpe Dzegyen.

ଦୋର୍କ' ଖକ୍ର' କ' ଶର୍ମା' ହେ' ଦେ' ତ୍ରି' କ' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।
ଶୈ' ଶୈ' କେ' କ' ନାଦେ' ଶ' କୁଣ' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।
ନାମ' ଏହୀ' କେ' କ' ଶୈ' କୁଣ' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।
ଶୈକ' ତତ୍ତ୍ଵ' କ' ନାଦେ' ଶ' କ' ଶର୍ମା' ད' ପଦ୍ମନାଭ ।

kön chok tuk jé nyi ma la söl wa dep/
lho trül chö wang lo drö la söl wa dep/
ten dzin chö kyi lo drö la söl wa dep/
drin chen tsa we la ma la söl wa dep/

I supplicate Konchog Thukje Nyima.

I supplicate Lhotrül Chöwang Lodrö.

I supplicate Tenzin Chökyi Lodrö.

I supplicate my root guru.



ସବ୍ରାନ୍ତମାଦିଶ୍ଵରମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରା ।
ଶୁଣ୍ଟମାଦିଶ୍ଵରମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରା ।
ମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରମାଦିଶ୍ଵରମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରା ।
ମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରମାଦିଶ୍ଵରମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରା ।
ମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରମାଦିଶ୍ଵରମନ୍ଦିରଶ୍ରୀଶିଖକ୍ଷେତ୍ରା ।

zap lam po wa jong war jin gyi lop/
nyur lam po we kha chö drö par jin gyi lop/
dak sok di né tsé pö gyur ma tak/
de wa chen du kye war jin gyi lop/
sang gyé ö pak mé la chak tsel lo/

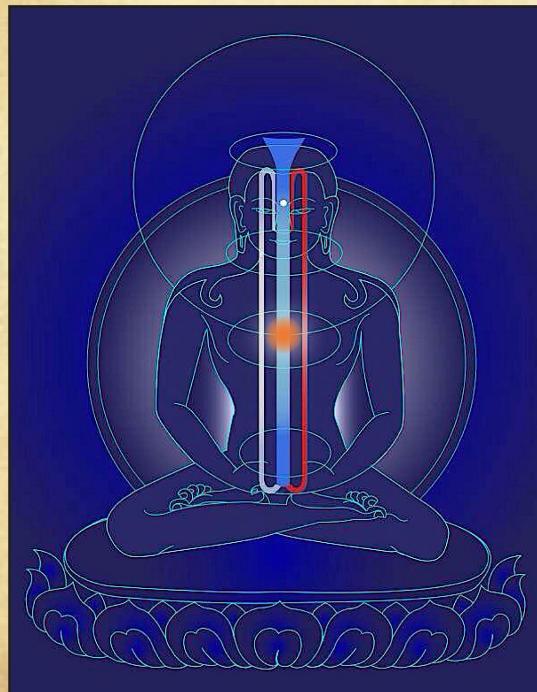
Grant your blessings that I master the profound path of Phowa.

Grant your blessings that I reach the pure lands
by the swift path of Phowa.

Grant your blessings that I, and all beings,
take birth in Sukhāvatī as soon as we pass from this life.
I prostrate to the Buddha Amitābha.



As you make the Hik sound, if your crown feels itchy and if you notice there is liquid discharge thereof or if you fall unconscious, follow the practice instructions further, such as planting a blade of grass in the aperture at the crown and so forth. At the end of the session, pull down the sphere to its original location with the sound of Ka.



དྷ୍ନ୍ ଶଶ କ୍ଷେତ୍ର ଶୁଦ୍ଧ ଦ୍ୱାରା

Phowa of Luminosity, the Dharmakāya



The Song that Clarifies Recollection

Once, when Jigten Sumgon was residing at Drikung Thel, he gathered his students in a meadow behind the monastery and asked them to perform displays of their miracle power. All but one was able to comply with their guru's request, and this disciple, Rinchen Drag, suddenly died from shame. When the undertakers tried to dismember his corpse to feed the vultures, the body resisted the knife. Jigten Sumgon placed his walking stick on the heart-center of the corpse, and sang this song:



ପେଲ ପାକ ମୋ ଦ୍ରୁ ପେ ଝାପ ଲା ଦୂ/ ବୁ ନ୍ୟେନ ଦଙ୍ଗ ସୌନ ଦଙ୍ଗ ରିନ ଚେନ ଦ୍ରାକ/
I bow at the feet of glorious Phagmodrupa.
My son, please hear! Please listen, Rinchen Drak!

ଗୁଡ଼ିଶାନୁଦ୍ବିତୀଶକ୍ତିନାମ୍ୟ | କଞ୍ଚକାର୍ଦ୍ଦିଶାହକ୍ଷେତ୍ରଶ୍ରୀନାନ୍ଦନୁଦ୍ବିତୀଶକ୍ତିନାମ୍ୟ |
କଞ୍ଚକାର୍ଦ୍ଦିଶାହକ୍ଷେତ୍ରଶ୍ରୀନାନ୍ଦନୁଦ୍ବିତୀଶକ୍ତିନାମ୍ୟ |

ka chi kyang mi pan chi wa la/
chö jik ten gyi ja zhak kyang dzün por da/
chö gyé ja tsön gyi ri mo la/
ka lo té chik duk gam mi duk som/

Oh! Nothing is of any use at the time of death;
spiritual and worldly undertakings are also just lies.
Oh, think! Can your trust be placed in the eight worldly dharmas,
which are like the appearance of rainbows?

ଶ୍ରୀଗଣେଶ'ଦ୍ୱାରା'କଥା'ବ୍ୟାପ'ବା'ମର୍ତ୍ତିନୀ'ଠ'କା । ଏହାକେ'ଠ'କେ'ଦୁଇ'ଶଙ୍କାଦ୍ୱାରା'ମୋହନୀ'ଗୁରୁ'ଦ୍ୱାରା'ମେଳା'ମନ୍ଦିର ।
ଶ୍ରୀଗଣେଶ'ଦ୍ୱାରା'କଥା'ବ୍ୟାପ'ବା'ମର୍ତ୍ତିନୀ'ଠ'କା । ଏହାକେ'ଠ'କେ'ଦୁଇ'ଶଙ୍କାଦ୍ୱାରା'ମୋହନୀ'ଗୁରୁ'ଦ୍ୱାରା'ମେଳା'ମନ୍ଦିର ।

drok dü né dral wa tong tsa na/
nyen nyé dü dung sem kyang dzün por da/
nying tam drak cha ta bu la/
ka lo té chik duk gam mi duk som/

As you see how friends come together and then separate,
affection for companions and relatives is also just a lie.
Oh, think! Can your trust be placed in their heartfelt words,
which are like echoes?

༄༅·ནྡୁ·ନ·ବି·ସ·ନର·କୁନ·ଫୁନ·ଠ·ନା | རୁଁ·ପେଦ·ନନ·ନ୍ତର·କ୍ଷମ·ହୁନ·ଶେନ·ନନ୍ତର |
ସନ୍ଦକ୍ଷଣ୍ଡ·ଗଦି·ପେନ୍ତେନା·ସା | ଗୁର୍ବୈଶନନ୍ଦ·ତେନା·ନ୍ଦନା·ଶବ୍ଦି·ନ୍ଦନା·ଶେନ୍ଦନା |

lü jung zhi la dar gü jung tsa na/
gyu shé dang pa tsel yang dzün por da/
lang tso tön ké mé tok la/
ka lo té chik duk gam mi duk som/

As the four elements in the body wax and then wane,
skill, strength, and bravery are also just lies.
Oh, think! Can your trust be placed in youth,
which is like an autumn flower?

କେନ୍ଦ୍ର·ନ୍ତରନାଶ·କରନ୍ତର·ନାଶ·ପର୍ବନ୍ଦ·ଠ·ନା | ନିର୍ମିଳା·ନନ୍ଦ·ଫୁନ୍ଦୁ·ନାଶ·ଶେନ୍ଦନ୍ତର·ହୁନ·ଶେନ୍ଦନ୍ତର |
ଶବ୍ଦି·ନନ୍ଦ·ଫୁନ୍ଦୁ·ନାଶ·ଶେନ୍ଦନ୍ତର·ହୁନ·ଶେନ୍ଦନ୍ତର |

nor sak né dzé pa tong tsa na/
ser na dang duk sok kyang dzün por da/
zé nor tsa khé zil pa la/
ka lo té chik duk gam mi duk som/

As you see how wealth is hoarded and then spent,
miserliness and arduous accumulation are also just lies.
Oh, think! Can your trust be placed in food and wealth,
which are like dew on a blade of grass?

ଶ୍ଵେତକ୍ରିଦି·ଲୁଗ·ନଶ୍ଵପା·ପର୍ବନ୍ଦ·ଠ·ନା | ତ୍ରିପ୍ରାଣ୍ଯକ୍ରିଦି·ନଦେ·ଶ୍ଵେତ·ହୁନ·ଶେନ୍ଦନ୍ତର |
ଶ୍ଵେତ·ଫୁନ୍ଦୁ·ନାଶ·ପର୍ବନ୍ଦ·ର୍ବନ୍ଦ | ଗୁର୍ବୈଶନନ୍ଦ·ତେନା·ନ୍ଦନା·ଶବ୍ଦି·ନ୍ଦନା·ଶେନ୍ଦନା |

kyé chi duk ngel tong tsa na/
trom lha mi dé kyi kyang dzün por da/
kyi duk si pé khor lo la/
ka lo té chik duk gam mi duk som/

As you see the sufferings of birth and death,
the joy and happiness of the divine and human marketplaces are also
just lies. Oh, think! Can your trust be placed in the joy and suffering
that are the wheel of samsaric existence?



པ་ဉာဏ်နှင့်ဆေးရဲ့ဖွံ့ဖြိုးပေးသဲ့
မြှုပ်နည်းနှင့်အောင်တွေ့ဆုံးပေးသဲ့ ।

pa jang chup sem kyi dong po la/
dül je chok ri kyang dzün por da/
yül ngen dik pé drok po la/
ka lo té chik duk gam mi duk som/

In regard to the father who is the tree of bodhicitta,
the partiality of the beings he tames is also just a lie.
Oh, think! Can your trust be placed in wicked ones, your harmful
friends?

ဆေးရဲ့ဖွံ့ဖြိုးပေးရဲ့ဖွံ့ဖြိုးပေးတဲ့
နှေ့ဖွံ့ဖြိုးပေးရဲ့ဖွံ့ဖြိုးပေးတဲ့ ।

sem chen pa mar shé tsa na/
rang ché dzin gyi zhé dö kyang dzün por da/
go so tar nyen tö kyi tek pa la/
ka lo té chik duk gam mi duk som/

As you recognize sentient beings as your parents,
the heartfelt desire to cherish yourself is also just a lie.

Oh, think! Can your trust be placed in
the hearers' vehicle of individual self-liberation?

သေးက္ခာ့၊ သူသေး၊ သေးမျှေး၊ သေးမျှေးတဲ့
မြှုပ်နည်း၊ မြှုပ်နည်းရဲ့ကျေးမှတ်နှင့်အောင်တွေ့ဆုံးပေးသဲ့ ।

lé gyu dré la ngé shé kyé tsa na/
chö jar mé kyi kha ta yang dzün por da/
druk char mé kyi nam kha tong pa la/
ka lo té chik duk gam mi duk som/

As you develop certainty in the karmic law of cause and result,
the Dharma instructions that say there is nothing to do are also just lies.

Oh, think! Can your trust be placed
in an empty sky without thunder or rain?



ਨਮਸਾਹੈਕਾਲਿਗਨਾਦਾਖਾਵਾਚਾ | ਸਤ੍ਤਾਦਾਰਾਹਾਦਾਖਾਵਾਚਾ |
ਛੋਣਾਕੁਦਾਕੇਤੇਵਾਦਾਖਾਚਾ | ਗੁਣਾਕੁਦਾਕੇਤੇਵਾਦਾਖਾਚਾ |

nyam jin lap dang den pé la ma la/
dü bar ché dang göl sa yang dzün por da/
tsik gyü né tsö dön pa la/
ka lo té chik duk gam mi duk som/

For a guru who has experience and blessings,
mara, obstacles, and going astray are also just lies.

Oh, think! Can your trust be placed in
the stream of words recited by a parrot?

ਰਦਾਸਾਹੈਕਾਲਿਗਨਾਦਾਖਾਵਾਚਾ | ਸ਼ਾਦਾਸਾਹੈਕਾਲਿਗਨਾਦਾਖਾਵਾਚਾ |
ਕੁਦਾਕੇਤੇਵਾਦਾਖਾਚਾ | ਗੁਣਾਕੁਦਾਕੇਤੇਵਾਦਾਖਾਚਾ |

rang sem ngön du gyur tsa na/
drang mé sum yang dzün por da/
drang dön tek pé go kor la/
ka lo té chik duk gam mi duk som/

As you have actualized your own mind,
the notion of three limitless eons is also just a lie.

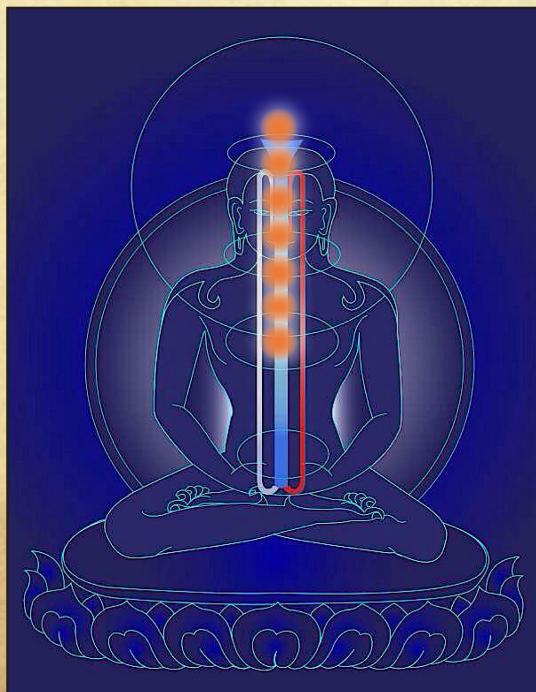
Oh, think! Can your trust be placed in
the misleading vehicle of provisional meaning?

गरवा'हेक'द्विग्नाश्वेत्सीनुर्भूत्या । चुम्हेषासुरश्वेत्सामीक्षुद्वा ।
 शमसा'उद्धमीक्षुद्वा'द्वेषाप्या । हेषसा'हेक'माहेद्वेक'हेक'शमसा ।
 शेषसा'द्वेषद्वेषाप्यद्वेषाग्नंद्वेषामा ।

né ten chak teng gi dur trö du/ bu chik pur dö pa mi kyo am/
 tam ché mi tak chi wa la/ chak zhen ma ché rin chen drak/
 sem treng na la mé tuk kar pö/

Son, are you not sad to be alone here
 in this charnel ground “Accumulation of Relics”?
 Since everything is impermanent and everybody dies,
 do not be too attached, Rinchen Drak.
 If your mind is very much attached to me,
 transfer it to your guru’s heart.

*Conclude with Hik for seven times. At the end of the session,
 push the sphere down to its original location with the sound of Ka.*



Dissolving the Visualization



ཕ්‍රාන්ස් རුංග් ༐ස් ཁ්‍රී

වෙළඳ මාන්‍ය නිර්මාණ ස්ථාන ප්‍රමාණ තේ ද්‍ර්යා තේ ද්‍ර්යා මැද ගුරු තේ ද්‍ර්යා ක්‍රි
රූප තේ ද්‍ර්යා මැද ගුරු තේ ද්‍ර්යා මැද ගුරු තේ ද්‍ර්යා මැද ගුරු තේ ද්‍ර්යා ක්‍රි

zab lam pho wa gyü pe lama nam öpag me la thim/

ö pag me kyang 'od du zhu ne rang nyi la thim/

rang nyi kyang tshe pag me kyi kur gyur bar sam zhing//

All the Phowa Lineage Gurus dissolve into Buddha Amitabha
who dissolves into light and is absorbed into oneself.

One then transforms into Buddha Amitayus.

Thus imagine





*All the Phowa Lineage Gurus dissolve
into Buddha Amitabha
who dissolves into light and is absorbed
into oneself. One then transforms into
Buddha Amitayus.*



Conclusion

Praise to Buddha Amitayus

॥
॥

jik ten dren pé tso wo tse pak mé/
dü min chi wa ma lü jom dzé pal/
gön mé dug ngal gyur pa nam kyi kyab/
sang gye tse pak mé la chak tsal lo/

Amitāyus, foremost guide of this world,
Glorious subduer of all untimely death,
Refuge for helpless suffering beings:
I prostrate to Buddha Amitāyus.

ଅଁ·କ·ମ୍ବା·ଶ·ଅ·ଟ୍ଟି ଅ·ମ·ର·ମୀ·ତ୍ତା ଶୁ·ଲୁହୁ·ର·ଶୁ·ଶିକେଷ୍ଟି·ତ୍ତା ଟିକ୍ଟି·ରାହୁ·ଯା ରାଶା·ନୂ·ଯା
ଆହନ୍ତି·ଶତ୍ୟାଶ୍ଵରାହୁ·ଯା ରାହୁ·ଶୁ ଅଁ·ଶହୁ·ଶହୁ ଶହୁ·ଶହୁ ଆମରି·ମୀ·ଚାହୁ
ଆମରି·ମୀ·ଚାହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ·ଶହୁ
ଅସି·ଶୁହୁ·ରାହୁ·ରାହୁ·ରାହୁ·ରାହୁ·ରାହୁ·ରାହୁ·ରାହୁ·ରାହୁ·ରାହୁ·ରାହୁ

om namo bhagavate aparimita/ āyur jnāna/ suvinish tsita/
 tedzo rādzāya/ tathāgatāya/ arhate samyaksam buddhāya/ tadyathā/
 om punye punye/ mahā punye/ aparimita punye/ aparimita punye
 jnāna sambharopa tsite/ om sarva samskāra pari shuddha dharmate
 gagana samudgate svabhāva vishuddhe mahānaya parivāre svāhā/



ॐ अमरनि द्जी वन्ती ये स्वाहा ।

om amarani dzī vantī ye svāhā/

ॐ द्वयग्रामेद्गुण्ड्वैश्वर्य्येण
द्वयोऽप्यद्विष्ट्वृद्वन्दवा । ॐ द्वयग्रामेद्वर्णेऽर्थ्युद्वृद्वर्णा ।
द्वर्णेऽस्तिष्ठानुद्वासुव्युषा । द्विष्ट्वृद्वर्णेऽस्तिष्ठानुद्वर्णा ।

gé wa di yi nyur du dak/ tsé pak mé gön drup gyur né/
dro wa chik kyang ma lü pa/ dé yi sa la gó par shok/

After performing the dissolution stage:

By this virtue, may I swiftly accomplish the protector Amitāyus
and establish all beings without exception in his state.



It is traditional to recite the Prayer to the Drikung Kagyu Lineage Holders at the beginning of this Drikung Phowa Standing Blade of Grass.

Likewise, I have prepared here this convenient arrangement in accordance with the Golden Garland of the Lineage Holders. In addition, I have also included the Song of Dharmakāya Phowa by Drikung Kyobpa Jigten Sumgön, which he sang to his close disciple Rinchen Drak, since it can be recited not only for the deceased, but also as a practice for the living.

As it says in the Single Intention: "Uniting one's own consciousness, the guru, and luminosity, is the supreme Phowa."

Thus, I have arranged this text in an appropriate length. May it be virtuous!

Drikungpa Tinle Lhundup, 16th of May, 2019.

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