

BRIEF SIX SESSION YOGA

Homage to Manjugosha, Sheer Eloquence!

Vairocana Personal and Universal Refuge Vows

In the Buddha, his sublime Truth and Community

I go for refuge until my enlightenment!

By the virtues of transcendent wisdom and art,

May I reach Buddhahood to benefit all!

Four Boundless Moods, Ratnasambhava Protection Vow

May all beings know freedom!

May we all share happiness!

May we all savor joy!

And may we all dwell in peace!

Encountering the Mentor-Archetype

Before me in space on a lotus and sun/moon cushions,

Sits my prime mentor and Vajra Master,

Deep blue face and hands holding vajra and bell,

He revels in bliss with his partner, Vajra Mother!

Consecrating and Honoring the Mentor-Archetype

In deep contemplation, their crown, throat and heart

Are sealed with three syllables, *OM AH HUM*,

Beaming rays to all realms, calling all Vajra Masters

To join their communion, *JAH, HUM, BAM, HOH!*

By your grace, great bliss instantly dawns,

Gemlike Father and Mother, at your feet I bow!

Optional Extensive Homage to the Vajra Father and Mother

HOMAGE TO YOU, CONQUEROR, HERO, LORD, HUM HUM PHAT!

OM TO YOUR SUPERNOVA FIRE HUM HUM PHAT!

OM TO YOUR INEXHAUSTIBLE CROWN, HUM HUM PHAT!

OM TO YOUR TERRIFIC MEIN, HUM HUM PHAT!

OM TO YOUR AURA LIKE A THOUSAND ARMS, HUM HUM PHAT!

OM TO YOUR AXE, NOOSE, TRIDENT AND STAFF, HUM HUM PHAT!

OM TO YOUR TIGER SKIN SKIRT HUM HUM PHAT!

OM TO YOUR BARE, SMOKE BLUE FORM, HUM HUM PHAT!

HOMAGE TO YOU LADY CONQUEROR, VAJRAVARAHI, HUM HUM PHAT!

OM TO YOU HOLY QUEEN, UNCHALLENGED LADY OF ALL HUM HUM PHAT!

OM TO YOU WHO TAME ALL EARTH SPIRITS, HUM HUM PHAT!

OM TO YOUR EXORCISING DIAMOND GAZE, HUM HUM PHAT!

OM TO YOU WHOSE FURY INCINERATES GOD THE CREATOR, HUM HUM PHAT!

OM TO YOU WHO TAMES DEVILS AND DEMONS FROM AFAR, HUM HUM PHAT!

OM TO YOU WHO SLAY DELUSION, ADDICTION & SHAME, HUM HUM PHAT!

HOMAGE TO YOU VAJRA SOW, LUST SUBLIMING GREAT YOGINI, HUM HUM PHAT!

Outer, Inner and Global Offerings, Amogasiddhi Mentor Bonding Vow

All things sensual, sublime and ecstatic I offer you,

All lands, mountains, suns, moons and gems!

O MENTOR, PLEASE ACCEPT THIS PRECIOUS LIFESPACE!

(OM IDAM GURU RATNA MANDALAKAM NIRYATAYAMI!)

Optional Extended Offerings

OM HEALING FATHER AND MOTHER I OFFER YOU

WATER, LOTION, SCENTS, FLOWERS, INCENSE, LIGHT, FOOD AND SOUND!

(OM SHRI BHAISHAJYARAJA PRAJNA

ARGHAM, PADYAM, GANDHE, PUSHPE, DHUPE, ALOKE

NAIVIDYA, SHABDA PRATICCHA HUM SVAHA!

I OFFER THIS NECTAR OF GREAT BLISS EMPTINESS,

(AHO MAHASUKKHA HO!)

Requesting Help, Amogasiddhi Guruyoga Prayer & Enactment

Viewing all success, mundane and transcendent,

As coming of proper reliance on you, Savior-Savioress,

Bless me to give even body and life

To achieve precisely what pleases you!

Aksobhya Consecration, Empowerment & Self-Creation Body, Speech, Gesture Vow

With this prayer, my prime mentor archetype visits my crown

And graciously melts into one taste with me,

Then I arise with Vajra Hero/Heroine Pride,

Embracing my Lord/Lady and holding vajra and bell,
Signifying orgasmic bliss and thought-free reality.

Resolve, Ratnasambhava Aid & Teaching Vow, Amoghasiddhi Triple Vow

Home, body, resources and virtues,
I offer without reserve to benefit mothers!
My commitments to freedom, compassion and art,
I vow to hold more dear than this life!

Optional Extended Review of Threefold Commitments and Vows

I. Ten Sunyasin Vows (Plus or Minus 225 Pratimoksa Vows)

*1-5. No violence, Deceit, Stealing, Intoxicants, Sexual Misconduct;
6-10. Guru Devotion, 2 Respects, 10 Virtues, Compassion.*

II. Eighteen Enlightened Altruist Vows (Plus 40 Secondary Vows)

*1. No Praising Self/Deriding Others
2-3. No Withholding Forgiveness or Generosity
4-5. No Distorting the Teaching or Embezzling the Jewels
6-7. No Devaluing Scripture or Monasticism
8. No Slaying Parents or Saints, Bleeding Buddhas or Being Divisive
9-10. No False Views or Violence
11-12. No Distorting Emptiness or Devaluing Compassion
13-14. No Corrupting Others or Demeaning Renunciation
15-16. No Exploiting the Dharma or Pretending Realization
17-18. No Embezzling Offerings or Practitioners*

III. A. Fourteen Root Tantric Downfalls (Plus 10 Secondary)

- 1-2. Disregarding Guru or Precepts*
- 3-4. Attacking Vajra Siblings or Abandoning Love*
- 5-6. Abandoning Compassion or Demeaning the Common*
- 7. Disclosing to the Unprepared*
- 8-9. Self-Abuse or Doubting Emptiness*
- 10. Befriending Opponents of the Four Jewels*
- 11. Turning Others Against the Four Jewels*
- 12-13. Disregarding Emptiness or Commitments*
- 14. Devaluing the Opposite Sex*

B. Ten Mother Tantra Vows

- 1-2. Left Hand and Foot First*
- 3-4. See the Opposite Sex as Dakas/Dakinis and Avoid the Unqualified*
- 5. Contemplate Emptiness During Sex*
- 6. Restrain and Sublimate Passion*
- 7. Sublimate Orgasm*
- 8-9. Commune with the Two Partners and Practice Awareness*
- 10. Give Up Disgust*

Vajra Master's Resolve, Vairocana Triple Ethos & Amitabha Teaching Vow

I will free beings with the art of mastering
The traditions and tools of all Tantras and Yanas
And dedicate virtue to preserving the teaching
And achieving the aims of this blissful heritage!

Optional Mantra Recitation

To the Father, King of Healing:

OM KING OF HEALING, INNER HEALING, SUPREME HEALING, MAKE ME SUBLIME AS YOU ARE!

(TADYATHA, OM BAISHAJYA BHAISHAJYA MAHA-BHAISHAJYA RAJA SAMUDGATE SVAHA!) 3, 7, 21...X

Or the long heart-prayer:

HAIL, LORD, UNIVERSAL MONARCH IN YOUR LAPIS PARADISE, TRANSCENDENT ONE, SAINT, COMPLETELY ENLIGHTENED, KING OF HEALING, INNER HEALING, SUPREME HEALING, MAKE ME SUBLIME AS YOU ARE!

(NAMO BAHAGAVATE VAIDURYA PARAVAPARJAYA TATHAGATAYA ARAHATE SAMYAK SAMBUDDHAYA TADYATHA BAISHAJYA BHAISHAJYA MAHA-BHAISHAJYA RAJA SAMUDGATE SVAHA!) ...X

To the Mother, Wisdom Goddess:

HOMAGE TO YOU WHO TRANSCENDS, TRANSCENDS, WHOLLY TRANSCENDS, SUPREMELY TRANSCENDS!

(OM GATE, GATE, PARAGATE, PARASAMGATE BODHI SVAHA!) 3, 7, 21...X

Dedication

By the grace of the three jewels and relativity

And the power of my mentor-archetype,

May I complete both stages in this very life,

And reach the exaltation of Vajra Mastery!

Colophon: This abbreviated six session yoga (*Thun Drug gi rNal-'byor bsDus-ba*) was composed by Joe Loizzo for the 2009 Spring Class, *Being Medicine*, at the Nalanda Institute for Contemplative Science in New York City, based on the version published in *bLa-ma'i rNal-'byor dang Yid-dam Khag gi bDag-skyes sogs Shal 'don gCes-btus* (Dharamsala: Tibetan Cultural Press, 1966), and the oral transmission of Ngawang Gelek Rinpoche.