

## THE SIX SESSION YOGA OF THE WHEEL OF TIME

*Homage to the Mentor, the Glorious Wheel of Time!*

*Vairocana Personal and Universal Refuge Vows*

With the confidence of perfect clarity,  
I take refuge in the Buddha, my living mentor,  
Their teaching of non-dual wisdom and art,  
And the community of all who practice it!  
From now until awakening  
I'll conceive the spirit of enlightenment  
Build my altruistic resolve,  
And give up any reified "I" or "mine!"

*Four Boundless States, Ratnasambhava Protection Vow*

From now until enlightenment  
I will cultivate the four contemplative states—  
Love, compassion, joy and equanimity!  
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*

Within the great seal of clear light, free from perplexity,

Filling the heavenly expanse before me,  
Amid billowing clouds of rainbow offerings  
Stands a jewel throne upheld by eight lions.  
On it unfolds a thousand-petalled rainbow lotus  
With a calyx of moon, sun, black hole and supernova cushions,  
Stands my kind mentor, the ultimate refuge,  
Inseparable from the glorious *Wheel of Time*,  
Made of sapphire light, blazing rainbow-hued wisdoms,  
His sapphire blue face and hands holding vajra and bell,  
Signifying the union of wisdom and empathic art.  
He revels in bliss with his partner, the All-Mother,  
Whose brilliant sun-gold body embraces him  
With hands holding a chopper and skull bowl  
Signifying the union of bliss and lucidity!  
Together they stand on Mara and Rudra, signifying  
Their triumph over all delusions and compulsions!

*Consecrating and Honoring the Mentor-Archetype*

Beaming northern lights through the zodiac  
Of the midnight sky, their crown, throat and heart  
Are sealed with three syllables of gemlike light,  
A diamond *OM*, ruby *AH*, sapphire *HUM*,  
Beaming rays to all realms, calling all World Protectors  
To join their communion, *JAH, HUM, BAM, HOH!*

Homage to you, Mentor of triple embodiment,  
Your truth body openness free from perplexity,  
Your enjoyment body sharing the flow of pure joy,  
Your emanation body showing compassion to all!  
By your grace, all three bodies instantly dawn,  
Gemlike Father and Mother, at your feet I bow!

*Outer, Inner and Global Offerings, Amogasiddhi Mentor Bonding Vow*

With a mind unattached and undaunted,  
Free from any conception of my giving gifts,  
I send you twelve youthful goddesses and gods,  
Bearing all things sensual, sublime and ecstatic,  
I offer my mind, body, virtues and resources,  
This exquisite jewel globe teeming with wildlife,  
With all its oceans, continents, rivers and mountains,  
And all planets, suns, moons and stars,  
Down to the universe in each atom!

*O MENTOR, PLEASE ACCEPT THIS PRECIOUS LIFEWORLD!*

*(OM IDAM GURU RATNA MANDALAKAM NIRYATAYAMI!)*

*Optional Extended Offerings*

*O GLORIOUS FATHER AND MOTHER I OFFER YOU*

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

*(OM SHRI KALACAKRA VISHVAMATA*

*ARGHAM, PADYAM, GANDHE, PUSHPE, DHUPE, ALOKE*

*NAIVIDYA, SHABDA PRATICCHA HUM SVAHA!)*

*I OFFER THIS NECTAR OF GREAT BLISS EMPTINESS,*

*(AHO MAHASUKKHA HO!)*

Confessing and Purifying all Faults, Limits & Blocks

All negative habits of body-speech-mind

Acquired or evolved in this and past lives,

I regret and confess in your presence,

Resolving to stop and correct them all!

Identifying With All Virtues & Qualities

Though things lack true nature or reality,

From the depths of my heart I rejoice

In all virtues and qualities, yours, mine and others',

And all the forms of happiness they cause

Like dreams for all beings, confused and enlightened!

Once and for all, I dedicate them to becoming

A Glorious *Wheel of Time* to guide and free all!

Requesting Help, Amogasiddhi Guruyoga Prayer & Enactment

Viewing all success, mundane and transcendent,

As coming of proper reliance on you, my Role-Model,

Gemlike source of all refuge, virtue and excellence,

Please consecrate my body, speech, mind and deeds,

And bless me to give this precious body and life  
To practice four yogas, remove my four blocks,  
And realize your fourfold embodiment quickly!

*(Optional Recitation of the Mentor Formula of H.H. the Dalai Lama:)*

*OM AH DIAMOND HERO MY MENTOR, LORD OF SPEECH, GENIUS,  
UPHOLDER OF TEACHINGS, OCEAN OF GOODNESS,  
PLEASE GRANT ALL ATTAINMENTS HUM HUM! (1-21x)*

*(OM AH GURU VAJRADHARA, VAGINDRA SUMATI SHASANADHARA  
SAMUDRA SHRIBHADRA SARVA SIDDHI HUM HUM!)*

*Optional Consecration*

Moved by my request, my *Wheel of Time* Father and Mother  
Beam from their heart syllables Father-Mothers of Bliss  
Who surround me as wisdom gods and goddesses  
Consecrate me with nectars that melt through my crown,  
Filling and clearing my whole neural network of bliss  
And empowering me to practice the stages that consume  
The addictive energies and chemistry of stress and trauma!

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

With this, my prime role-model comes to visit my crown  
And graciously melts into one taste with me,  
Dissolving my habitual world, body and self  
Like a dream or illusion into the clear light of blissful emptiness!

From the womb of emptiness my mind becomes a vast lotus  
Unfolding a luminous calyx of cushions—  
Moon, sun, black hole, supernova.  
Bubbling out of the supernova  
Comes a sapphire light syllable HAM,  
Which stands for the union of all my  
Vowels and constants, neural energy and mind,  
From whose luminous aura I appear  
As the glorious *Wheel of Time*, Father-Mother,  
Embracing and holding vajra and bell, chopper and bowl,  
Signifying the union of blissful openness with pure clarity!  
At my heart on a sun cushion a sapphire light HAM  
Beams my fierce agents everywhere  
To gather all world protectors back into me.  
Wisdom gods and goddesses grant me consecration.

*Resolve, Ratnasambhava Aid & Teaching Vow, Amoghasiddhi Triple Vow*

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

*Optional Mantra Recitation*

Encircling the suns and syllables at my hearts  
Coil the affirmations of Father and Mother.

Reciting them makes the affirmations beam  
Enlightened beings in all directions, throughout space and time,  
Helping, guiding and freeing all beings,  
The returning with their gratitude back to my hearts.

*OM AH HUM HOH HAM KSHAMALAVARAYA HUM PHAT!*

*OM PHRAIM VISHVAMATA HUM PHAT!*

*Optional Self-Creation Offering*

With a mind unattached and undaunted,  
Free from any conception of my giving gifts,  
My heart syllable beams twelve youthful goddesses and gods,  
Offering me all things sensual, sublime and ecstatic,  
This exquisite jewel globe teeming with wildlife,  
With all its oceans, continents, rivers and mountains,  
And all planets, suns, moons and stars,  
Down to the universe in each atom!

O GLORIOUS WHEEL OF TIME PLEASE ACCEPT THIS  
WATER, LOTION, SCENTS, FLOWERS, INCENSE, LIGHT, FOOD AND SOUND!

*(OM SHRI KALACAKRA VISHVAMATA*

*ARGHAM, PADIYAM, GANDHE, PUSHPE, DHUPE, ALOKE*

*NAIVIDYA, SHABDA PRATICCHA HUM SVAHA!)*

O GLORIOUS WHEEL OF TIME PLEASE ACCEPT THIS PRECIOUS LIFEWORLD!

*(OM IDAM GURU RATNA MANDALAKAM NIRYATAYAMI!)*

O WHEEL OF TIME PLEASE SAVOR THIS NECTAR OF GREAT BLISS EMPTINESS!

*(AHO MAHASUKKHA HO!)*

*Praising Onself as the Wheel of Time, Father-Mother*

I honor myself as the Glorious *Wheel of Time*,  
Whose essence is compassionate openness,  
Free from birth and death, creation and destruction,  
Who embodies the union of subject and object!

I honor myself as the *Great Seal Goddess*  
Whose nature transcends coarse physical matter,  
Free from birth and death, creation and destruction,  
Who is the sole mother of all the enlightened!

*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!

*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!



Optional Extended Review of Threefold Commitments and Vows

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

*1-5. No violence, Deceit, Stealing, Sexual Misconduct, Intoxicants;*

*6-10. Mentor 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 Mentors 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*

Colophon: This abbreviated six session yoga (*Thun Drug gi rNal-'byor bsDus-ba*) was composed by Joe Loizzo for the 2009 Spring Class, *Becoming the 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. It was further revised as a guru yoga of *Kālacakra*, following the script composed by the venerable Ling Rinpoche (1903-1983), 97<sup>th</sup> holder of the Ganden Throne, for the first *Kālacakra* initiation in the U.S. (at Madison Wisconsin, 1981) given by His Holiness the 14<sup>th</sup> Dalai Lama of Tibet. It can be studied in full in The Dalai Lama's *Kalachakra Tantra*, translated by Jeffery Hopkins (Boston: Wisdom Publications, 1999).