

# SHORT MANDARAVA with GANAPUJA

Including Ngagkong, brief Ganapuja of Jigme Lingpa, and rites for Namkha and Lungta

(brought together here in one document for the “Practicing Together” webcast collective practice)

*After exhaling the impure air 9 times, recall the present of the primordial white A*

A

*Purification with the Mantra of the Five Elements*

OM E HO SHUDDHE SHUDDHE

YAM HO SHUDDHE SHUDDHE

BAM HO SHUDDHE SHUDDHE

RAM HO SHUDDHE SHUDDHE

LAM HO SHUDDHE SHUDDHE

E YAM BAM RAM LAM

SHUDDHE SHODHANAYE SVĀHĀ

*Visualizing the Field of Refuge and Bodhicitta*

NAMO GURU BHYA NAMO DHĒVA BHYA

NAMO DHĀKKINI BHYA

*Wheel of Protection*

HŪM

*Empowering the Place and Ritual Objects*

OM Ā HŪM

JÑĀNA DHĀKKINI SARVA SAMAYA AVESHAYA

HRĪM HRĪM PHEM PHEM SARVA PŪCA SAMAYA A HŪM

*Visualization of Mandarava*

A

HRĪ

BAM

OM Ā HŪM

*Activating the Samaya of Mandarava*

HRĪ BAM JÑĀNA DHĀKKINI HARINISA SARVA SAMAYA

JÑĀNA AVESHAYA A Ā

JA HŪM BAM HO

JÑĀNA SAMAYA TIṢṬĀ LHAN

*Symbol of Paying Homage*

ATIPUHO

PRATICCAHO

*Offerings of Samantabhadra*

OM Ā HŪM

OM VAJRA ARGHAM PADYAM PUSHPE DHUPE

ĀLOKE GHANDHE NAIVIDYA SHAPTA

RŪPA SHAPTA GHANDE RĀSA SPARSHE

DHARMĀ DHĀTU MAHĀ PAÑCA AMRITA RAKTA

BHALIMTA MAHĀ SARVA PŪCAHO

*Praise of Total Purity*

NAMO PURUSHAYA HO

*Visualization for Mantras*

HRĪ

BAM

*Essential Mantra of Mandarava*

OM HRĪ BAM JÑĀNA DHĀKKINI MANDARAVA ĀYU SIDDHI JA HŪM

*Essential Mantra of All Dakinis*

HRĪ BAM HA RI NI SA SARVA SIDDHI SAMAYA HŪM JA

*Invocation of Long Life*

OM Ā HŪM HRĪ BAM JÑĀNA DHĀKKINI AYUSHE SVĀHĀ

ĀYU JÑĀNA HŪM BHRŪM NRI JA

SIDDHI PHALA HO

*Hiding the Protective and Vital Energy*

VAJRA DHARMĀ DHĀTU RAKṢHA A

*Ganapuja*

HRĪ

LHUNDRŪB DÉQEN GYILKÒRNA

NÀÑSÌD DÒD YON COGSU XÀM

ÑAMÑID YEXES JUDDU KYÌL

ÑÍS DOG DRĪMA SHUDDHE A

RAM YAM KHAM

OM Ā HŪM HO

HA HO HRĪ

VAJRA SPHARAṆA KHAM

HRĪ

GUNSÁÑ DÒD YON DRIN TRÒVAI

GUNNÀÑ COGQÒD LÁMED DÌ

GUNDU SÁÑMO MANDHARA

GUNRIG ZASÙM CE YI LHA

GUNKYAB KÀNDROI COGLA BÙL

GUN ÑON ÑES DRÍB MALUS XÀG

GUNDOG CE DÚD BĂRQAD SOL

GUN WÁÑ CE YI NÓSDRÛB ZOL

*(Repeat 3 times from HRĪ)*

OM Ā HŪM VAJRA GURU DHEVA DHĀKKINI SAPARIVARA

SARVA GHANA CAKRA PŪCA HO

*(Here we can include Ngagkong, brief Ganapuja of Jigme Lingpa, and also rites of Namkha and Lungta)*

*Ngagkong of Ekajati, Rahula and Dorje Legpa*

TRAG RAKṢHA MUTRA MU

RULU RULU HŪM BHYO HŪM

MAMA TRAG RAKṢHA EKAJAṬI SAPARIVĀRA

MAHĀ PAÑCA AMRITA

RAKTA BHALIMTA KHARAM KHĀHI

HRĪ SHAKRURAK RAM NĀGA CITTA 'GRAM

MAMA YOZA 'GRAM HAHE YOKE SHALA JĀJĀ

KETA KETA RAKṢHA RĀHULA SAPARIVĀRA

MAHĀ PAÑCA AMRITA

RAKTA BHALIMTA KHARAM KHAHĪ

JĀ HŪM BAM HŌ VAJRA SĀDDHU SAMAYA

DÓRJÉ BÀRVA HYAJYA HYAJYA  
LEŃGAD GYED GYED  
DĂCURJYON DĂCURJYŃN  
VAJRA ANGKUSHA JAJA  
TRI VAJRA SĀDDHU SAMAYA SAPARIVĀRA  
MAHĀ PAÑCA AMRITA  
RAKTA BHALIMTA KHARAM KHAHÎ  
SARVA SHAṬRUM MARAYA PHAT  
CITTAMAÑI SIDDHI PHALA HŌ

*Brief Ganapuja*

RAM YAM KHAM OM Ā HŪM  
COGZÁS DÒDYON YEXES ROLBAI GYÁN  
COGJÉ COGDÁG RIGZÍN LAMA DĂŃ  
DÁNSŪM GYILKÒR NASYUL ŃYERXÍI DÁG  
BÁVO KÀDRÒ DĂMJAN QOSGYOŃ NÁM  
DÌRXÈG LOŃJYOD COGGI QÒDBA XÉS  
GÀLTRŪL NOŃ DĂŃ DĂMCIG ŃAMQAG XÁG  
QYINAŃ BĂRQAD QOSGI YÍŃ SU DRÓL  
LHAGDOR XÉSĀ TRĪNLAS DRŪBBAR ZÒD  
GURU DEVA DĀKKINI GANACAKRA PŪJA HŌ  
UCCIṢṬHA BHALIMTA KHĀHI

*Rite for Empowering Namkha*

RAM YAM KHAM OM Ā HŪM  
SARVA SHINTAM KURUYE SVĀHĀ

*Then repeat 3 times*

OM E HO SHUDDHE SHUDDE  
YAM HO SHUDDHE SHUDDE  
BAM HO SHUDDHE SHUDDE  
RAM HO SHUDDHE SHUDDE  
LAM HO SHUDDHE SHUDDE  
E YAM BAM RAM LAM SHUDDHE SHODHANAYE SVĀHĀ

*Then recite the Hundred Syllable Mantra*

OM  
VAJRASATVA SAMAYA MANUPĀLAYA  
VAJRASATVATVENOPA TIṢṬĀ  
ḌIDHO MEBHAVA  
SUTOṢHYOMEBHAVA  
SUPOṢHYOMEBHAVA  
ANURAKTOMEBHAVA  
SARVASIDDHIMMEPRAYACCA  
SARVA KARMASUCAME  
CITTAMSHRĒYAMKURU  
HŪM  
HA HA HA HA HÔ BHAGAVAN  
SARVATATHAGATA  
VAJRĀMAMEMUÑCA VAJRIBHAVA

MAHĀSAMAYA SATVA

Ā

SAMAYA SHUDDHE A

*Then Chant*

GYE!

JYÛÑÑĀI KAMLA WĀÑJYĔDBAI

JYÛÑVA ÑĀYI LHACOG NĀM

NAMKĀI DEN DĪR DANBAR XÚG

DRÚBJYĀ JUÑÍS LOBAYI

SÒG LUS WĀÑ LÚÑ BAR MÈ SOG

MITÛN KAMNĀM TÛNDÉB GIS

CE SÒD WĀÑ LÚÑ BALLYON SOG

LEGCOG MALUS GYĀSBA DĀÑ

MITÛN GYENNAM XĪVAR ZÒD

OM AKANI NIKANI

ABHILA MAṄḌALA MAYE SVĀHĀ

*After pronouncing this mantra three times chant the mantra which stabilizes the empowerment*

E YAM BAM RAM LAM

OM SUPRA TISHTA VAJRAYE SVĀHĀ

*Then repeat two more times*

GYE! JYÛÑÑĀI KAMLA WĀÑJYĔDBAI

*Until*

OM SUPRA TISHTA VAJRAYE SVĀHĀ

*Then recite*

OM YEDHARMA HETU PRABHA VAHE TUNTEṢHAN  
TATHĀGATO HYAVADAT TESHĀÑCA YONI RODHA  
EVAM VADI MAHĀ SHRAMANA SVĀHĀ

*And*

OM SUPRA TISHṬA VAJRAYE SVĀHĀ

OM YEDHARMA HETU PRABHA VAHE TUNTEṢHAN  
TATHĀGATO HYAVADAT TESHĀÑCA YONI RODHA  
EVAM VADI MAHĀ SHRAMANA SVĀHĀ

*Recite this mantra a total of three times to stabilize the empowerment. In this way the ritual for empowering the  
Namkha is concluded.*

*If we do Lungta rite after that of the Namkha, pronounce*

RAM YAM KHAM OM Ā HŪM

E YAM RAM KHAM HI HE

DAG SEÑ KYUÑ DRŪG DÍR YAR GYED

LUS GYOD GUN DŪS SARVA DŪS

YAM YAM LÚŊDA GYÁSBAR GYŪRJIG SVĀHĀ

*Then*

OM YAM SVĀHĀ

OM BHO YAM SVĀHĀ

OM TRI YAM SVĀHĀ

OM BHADU YAM SVĀHĀ

*After reciting this mantra three times, pronounce*

OM SUPRA TISHṬA VAJRAYE SVĀHĀ

*And*

OM YEDHARMA HETU PRABHA VAHE TUNTEṢHAN  
TATHĀGATO HYAVADAT TESHAÑCA YONI RODHA  
EVAM VADI MAHĀ SHRAMANA SVĀHĀ

*Reciting the Hundred Syllable Mantra, all our transgressions are purified.*

OM

VAJRASATVA SAMAYA MANUPĀLAYA

VAJRASATVATVENOPA TIṢṬĀ

ḌIDHO MEBHAVA

SUTOṢHYOMEBHAVA

SUPOṢHYOMEBHAVA

ANURAKTOMEBHAVA

SARVASIDDHIMMEPRAYACCA

SARVA KARMASUCAME

CITTAMSHRĒYAMKURU

HŪM

HA HA HA HA HŌ BHAGAVĀN

SARVATATHAGATA

VAJRĀMAMEMUÑCA VAJRIBHAVA

MAHĀSAMAYA SATVA

Ā

SAMAYA SHUDDHE A

OM Ā HŪM

A LA LA HO

*Song of the Vajra*

EMAKIRIKĪRĪ MASUTAVĀLIVĀLĪ  
SAMITASURUSŪRŪ KUTALIMASUMĀSŪ  
EKARASULIBHATAYE CIKIRABHULIBHAṬHAYE  
SAMUNTACARYASUGHAYA  
BHETASANABHYAKULAYE  
SAKARI DHUKANA MATARI VAITANA  
PARALI HISANA MAKHARTA KHELANAM  
SAMBHARATAMEKHACANTAPA  
SŪRYABHATARAIPASHANAPA  
RANABHIDISAGHURALAPA  
MASMINSAGHULĪTAYAPA  
GHURAGHŪRĀSAGAKHARṆALAM  
NARANĀRĀITHAPAṬALAM  
SIRṆASĪRṆĀBHESARASPALAM  
BHUNDHABHŪNDHĀCICHASAKELAM  
SASĀ RIRĪ LILĪ ĪĪ MIMĪ  
RA RA RĀ  
AHO MAHĀ SUKHA HO  
A LA LA HO

*Consecration and Offering of the Leftovers*

RAM YAM KHAM OM Ā HŪM HO  
HA HO HRĪ PHEM PHEM



*Invocation for Spreading the Dzogchen Teachings*

GYÁLVA GUNGYI SÀÑQEN ZÒD

LÁMED ZÓGCHEN DANBANI

JĪDAR KÀLA ÑI XAR XÍN

GYÁLKAM YOÑLA DĀR GYÁS XOG

*Empowerment of the Dedication of Merits*

OM DHARE DHARE BHANDHARE SVĀHĀ

JAYA JAYA SIDDHI SIDDHI PHALA PHALA

HĀ A HA SHA SA MA MAMAKOLIÑ SAMANTA

