

HUNG མུང་།

In the land of Uddiyana's northwest border, མུང་།  
On the pistils of a lotus flower's stem, མུང་།  
You have reached the marvel of the supreme siddhi, མུང་།  
And became known by the name the Lotus-Born. མུང་།  
With surrounding circles of many dakinis, མུང་།  
In your footsteps I will reach accomplishments. མུང་།  
Please approach in order to bestow your blessings. མུང་།  
GURU PEMA SIDDHI HUNG མུང་།

Samanthabhadra, Vajrasattva, Prahevajra, and Shri Singha,  
Padmasambhava, King, all the twenty-five disciples,  
So, Zur, Nub, Nyag, hundred tertöns and the others,  
Gurus of the Kama and the Terma, hear our call.

In the Dharmadhatu Palace, Akanishtha,  
Essence of the buddhas in the triple times,  
Who directly shows our mind as dharmakaya,  
O root Guru, heed our yearning call.

# THE WISHFULFILLING TREE OF IMMORTALITY

*Lineage supplication for the life-sadhana*

*in Lamey Tukdrub Barchey Kunsel,*

*Realizing the Mind of the Guru to Dispel all Obstacles.*

Amitabha, boundless life and timeless wakefulness,  
Lord of immortality, sublime eternal form,  
Life-lord of five kayas, male and female of five types,  
Please pay heed, bestow empowerment, immortal life.

Chandali who is the consort of eternal life,  
Mighty Avalokite, life-lord transcending death,  
Noble Tara, ayur goddess of the yogi path,  
Please pay heed, bestow empowerment, immortal life.

Master Nagarjuna, deathless tantra's sovereign,  
Padmasambhava, Lord Amitayus manifest,  
Vimamitra, vajra body master, most sublime,  
Please pay heed, bestow empowerment, immortal life.

Mandarava, queen of siddhas of the deathless path,  
Trisong, father and your son, immortal teaching's ground,  
Yeshe Rölpa Tsal, received life-power's legacy,  
Please pay heed, bestow empowerment, immortal life.

Sangye Yeshe, the accomplisher of vajra form,  
Gyalwa Choyang, gained the life-empowerment of speech,  
Namkhai Nyingpo, realized supreme unchanging mind,  
Please pay heed, bestow empowerment, immortal life.

Nyakchen Gyana, who accomplished deathless amrita,  
Yeshe Tsogyal, siddha of the life activities,  
Palgyi Yeshe, master of dakini's vital life,  
Please pay heed, bestow empowerment, immortal life.

Langchen Palseng, drawing in the drekpa's vital force,  
Vairotsana, mantra siddha of eternal life,  
Dorje Dudjom, subjugator of the Lord of Death,  
Please pay heed, bestow empowerment, immortal life.

Langdro Könchok, sovereign of vidyadhara life.  
Root guru, you are endowed with triple graciousness,  
Wellspring of accomplishing the true eternal life,  
Please pay heed, bestow empowerment, immortal life.

Life-divinities, who grant the siddhi beyond death,  
Dakas and dakinis, clearing hindrances for life,  
Five Tseringma Sisters, making links to deathlessness,  
Please pay heed, bestow empowerment, immortal life.

Immortal vase empowers all things seen as deities,  
Samsara and nirvana life-force gathered, Yama tamed,  
Mystery empowers nadi's blazing blissful warmth,  
Skandha Mara tamed and vajra body realized.

Joy in ayur-mudra, realizing the four joys,  
Klesha Mara tamed and changeless ease is realized,  
Effortless and thought-free conquers Mara Child of Gods,  
May the innate throne of immortality be seized.

*In response to the repeated request of Yarling Lama Leksbey Tulku, Karma Yeshe Tsültrim Danangpa, this was written by Chokgyur Lingpa at the Vajra Arrayed Palace of Secret Mantra. May it be virtuous!*

## MAHAGURU LOTUS AMITAYUS SADHANA

*The meditation and recitation of the family lord Amitayus  
according to Lamey Tukdrub Barchey Künsel,  
the method for realizing the Guru's mind to dispel all obstacles.*

*This is stated in the Essence Manual of Tukdrub Barchey Künsel,  
Sheldam Nyingjang:*

*As the beginning to all the activities,  
Perform the practice of immortal life.  
For the meditation and recitation of Mahaguru Padma Amitayus,  
there are three sections: preparation, main part and conclusion.  
Among these, repeat the first three times:*

NAMO མེ

I and every sentient being, equal to the sky, མེ  
Take as source of refuge all protection most sublime, མེ  
Forming bodhimind resolve, aspiring and applied, མེ  
We shall realize the Guru of Immortal Life. མེ



*For the second, chant:*

AH ॐ

Dharmakaya suchness space of lucid wakefulness, ॐ  
Sambhogakaya loving light, an unobstructed play, ॐ  
Nirmanakaya seed samadhi, present as red HRIH, ॐ  
Shining light to melt beliefs in beings and real worlds, ॐ  
Layered elements, amidst the vajra guarding dome, ॐ  
From DHRUNG, a jewel palace perfect in all attributes.

HRIH ॐ

In the center is a sphere of fivefold essence lights, ॐ  
On a colored jewel throne upheld by peacock birds, ॐ  
Lotus, sun and moon, the means and insight unified, ॐ  
Is the natural knowing, present as red letter HRIH, ॐ

Essence of the great discriminating wakefulness, ॐ  
Transformed and in an instant it is perfectly recalled, ॐ  
Maha Guru Lotus Amitayus, Boundless Life, ॐ  
Glowing red sambhogakaya, one face and two arms. ॐ

Splendid marks and signs, a peaceful smile and playful air, ॐ  
Hands in meditation mudra hold the vase of life, ॐ  
Embracing self-light consort, joined in greatest open ease, ॐ  
Graced by silk and jewel ornaments, in vajra pose. ॐ

In this self-existing mandala, the vajra form, ॐ  
In five chakras, fivefold families of Boundless Life, ॐ  
Splendid glowing hues of white, red, blue, yellow and green, ॐ  
Sambhogakaya dress, embracing consorts of their kind. ॐ

Lords with meditation mudra hold the vase of life, ॐ  
Ladies hold life-vases with specific attributes. ॐ  
Legs are in the vajra and the lotus asanas, ॐ  
Present vividly in swirling spheres of rainbow lights. ॐ

*Remain in meditation for a long time with the perceived but not conceptualized forms of the deities.*

*Then follows the visualization for the recitation:*

In my heart, within the open lucid rainbow sphere, ॐ  
In the heart of Lord Akshobhya, Buddha Boundless Life, ॐ  
In a vajra cross resides a sphere of sun and moon, ॐ  
Here, inside the HUNG the letter NRI is marked with A. ॐ

This is circled by the essence of longevity, ॐ  
Shining boundless rays of light pervading all of space. ॐ  
All my vital-force and life, impaired, dispersed or cut, ॐ  
Essence of five elements, all goodness, life and strength, ॐ

Knowledge, loving wakefulness of conquerors and heirs, ॐ  
Everything is gathered instantly as amrita, ॐ  
In the vases of five families of Boundless Life, ॐ  
Filling my whole inner body as it melts and boils. ॐ

Clearing the five veils and healing fivefold weakened life, ॐ  
Five pure elements expand both life and wakefulness, ॐ  
So the ayur-siddhi of five families is gained. ॐ







ཨོཾ་ཨ་མ་རུ་ཅི་ལྷོ་བརྟུ་ཡི་སྐུ་དྲུ།

OM AMARANI JIVANTIYE SOHA ॐ  
OM BUDDHA AYURGYANA TSHE DHRUNG OM ॐ  
OM PADMA AYURGYANA TSHE DHRUNG HRIH ॐ  
OM BENDZA AYURGYANA TSHE DHRUNG HUNG ॐ  
OM RATNA AYURGYANA TSHE DHRUNG TRAM ॐ  
OM KARMA AYURGYANA TSHE DHRUNG AH ॐ

*Recite the mantras as much as you can, and at the end imagine that:*

From the hearts and union of the fivefold lords of life, ॐ  
Lights of life and wakefulness invoke the messengers, ॐ  
The swift maidens gather, with their hooks of rays of light, ॐ  
All my vital force, which harmful spirits stole away, ॐ

That which has been cut, impaired or dwindled carelessly, ॐ  
Samsara and nirvana, worlds and beings' vital force, ॐ  
All is gathered choicelessly, absorbed into myself, ॐ  
Securing the accomplishment of the immortal life. ॐ

*Raise the long-life arrow and sing melodiously three times:*

HUNG HRIH ॐ  
Fivefold noble families, recall your basic vows, ॐ  
Let the Swiftness Maidens now arouse their strength and skill. ॐ  
Bring back life and splendor, goodness of awakened ones ॐ  
Heirs and rishis, knowledge-holders, mundane virtuous ones, ॐ  
And the life possessed by ten directions' guardians, ॐ  
Gather essence of five families, five elements, ॐ  
All in this auspicious vase of immortality, ॐ

Please ensure our vital force and life are stabilized, ॐ  
And bestow the ayur-siddhi of five families. ॐ

*Do a small number of recitations for the main figure and the five families.*

OM AMARANI JIVANTIYE SOHA ॐ

OM BUDDHA AYURGYANA TSHE DHRUNG OM ॐ

OM PADMA AYURGYANA TSHE DHRUNG HRIH ॐ

OM BENDZA AYURGYANA TSHE DHRUNG HUNG ॐ

OM RATNA AYURGYANA TSHE DHRUNG TRAM ॐ

OM KARMA AYURGYANA TSHE DHRUNG AH ॐ

*Following this, imagine that:*

My whole body is filled up by life ambrosia, ॐ  
Pooled within the NRI inside the opened sun and moon, ॐ  
Glowing with five lights as vajra life is realized. ॐ

*Exhale the stale breath and take gulps of air through the mouth.*

*Then seal with the application of the vase-shaped pranayama.*

Light fills up my body and the sun and moon rejoin, ॐ  
Lower vajra spokes are forming knots with upper ones, ॐ  
Fastened three times with the red dharani mantra cord, ॐ  
Stabilizing it as changeless and unbreakable, ॐ  
Here upon emerges Hayagriva from red HRIH, ॐ  
Holding knife and skull, repelling hindrances to life. ॐ

*Chant the essence mantra. At the end stabilize with the Essence of Causation.*

HUNG HRIH

As samsara's and nirvana's vital force dissolve ॐ  
Into the five elements, flesh, blood, heat, breath and mind, ॐ  
Strength increases, sealed as changeless essence within NRI, ॐ  
May we be endowed with the immortal vajra life. ॐ

OM DHRUNG HRIH DHRUNG HUNG DHRUNG

TRAM DHRUNG AH DHRUNG

BENDZA KRODHA HAYAGRIVA RAKSHA RAKSHA DHRUNG

*At the end, in constant ease of unchanged dharmata,  
Wakeful innate immortality remains as space.  
As the innate and authentic life-force is increased,  
In this life may vajra wisdom rainbow form be reached.  
Samaya.*

*For the third section, let the samaya mandala dissolve in lucid wakefulness  
with HUNG HUNG HUNG.*

*Then emerge as the innate form with PHEY PHEY PHEY.*

*Repeat three times:*

OM ॐ

May the life of vajra wakefulness be realized, ॐ  
Changeless, indestructible, pervading all of space, ॐ  
Endless qualities, activities surpassing thought, ॐ  
May Lord Padma Amitayus soon be realized. ॐ

Root and lineage gurus let your blessings fill our hearts, ॐ  
Yidams and dakinis, like our shadow, remain close, ॐ  
Guardians of dharma clear away all hindrances, ॐ  
Grant auspicious goodness, siddhis common and supreme. ॐ

*Utter verses of auspiciousness, strew flowers and engage in meaningful activities.*

*Using lines only from the treasure root text, this way of performing a brief daily practice which is easily applied and condensed to the essence, was arranged by Pema Gyurmey Tekchok Ngedön Tenpey Gyaltsen Pal Sangpo, the third Chokling of Neten.*

*Additional dedications*

Sights, sounds, knowing, deva, mantra, dharmakaya realm,  
Play of kayas and the wisdoms boundlessly unfold.  
In this practice of great yoga, secret and profound,  
Let everything be just one taste, the nondual sphere of mind.

In every single lifetime may we never be apart  
From authentic teachers, Dharma's splendor to enjoy.  
Completing all the virtues of the bhūmis and the paths,  
May we swiftly all attain the Vajradhara state.

May the precious and sublime awakened mind,  
Arise in those where it has not arisen.  
Where it has arisen, may it never wane,  
But continue to increase forever more.

*Vowels and Consonants*

OM A AH I IH U UH RI RIH  
LI LIH E EH O OH ANG AH  
KA KHA GA GHA NGA  
CHA CHAH JA JAH NYA  
TA THA DA DHA NA  
TRA THRA DRA DHRA NA  
PA PHA BA BHA MA  
YA RA LA WA SHA KA SA HAKSHA SOHA

*The Essence of Causation*

OM YE DHARMA HETU PRABHAVA HETUN TEKEN  
TATHAGATO HAYA VADET TEKEN TSAYO NIRODHA EVAM  
VADI MAHA SHRAMANA SOHA

All of these phenomena arising from a cause,  
The Tathagata explained what all these causes are,  
What it is that brings these causes to cessation,  
So it is, the Great and noble Shramana declared.

*The Hundred Syllable Mantra*

OM BENZA SATO SAMAYA MANU PALAYA BENZA SATO  
TENOPA TISHTA DRIDO MEBHAVA SUTOKAYO MEBHAVA  
SUPOKAYO MEBHAVA ANURAKTO MEBHAVA SARVA SIDDHI  
MEM PRAYATSHA SARVA KARMA SUCHAME CHITTAM SHRI  
YAM KURU HUNG HA HA HA HA HO BHAGAVAN SARVA  
TATHAGATA BENZA MAME MUN TSA BENDZI BHAVA MAHA  
SAMAYA SATO AH

*Ayurdharani*

OM NAMO BHAGAVATE APARIMITA AYUR-GYANA SUMBINI  
CHITA TEJO RAJAYA TATHAGATAYA ARHATE SAMYAK  
SAMBUDDHAYA TAYATHA OM PUNYE PUNYE MAHA PUNYE  
APARIMITA PUNYE APARIMITA PUNYE GYANA SAMBHA ROPA  
CHITE OM SARVA SAMSKARA PARISHUDHE DHARMATE  
GAGANA SAMUDGATE SOBHAVA VISHUDDHE MAHANAYA  
PARIVARE SOHA

*“When practicing the approach and accomplishment for the benefit of oneself, exhale the stale breath three times and imagine that thereby all unwanted obstacles and hindrances to longevity are completely cleared away. Then, inhale through the mouth and, if you can, hold the vase breath. If not, hold the middle breath.”*

*Additional note from Jamgon Kongtrul on the vase breath, page 7.*