

Concise Introduction to Sahaja Kalachakra

Here is a clear - simple explanation of Sahaja Kalachakra

The Kalachakra Tantra teaching explains how we will put an end to this cycle of suffering, delusions and Karma internally and externally by meditation on Tung Zug clear light and emptiness of form. Kalachakra is one of the highest Tantric deities in the Anuttarayoga Tantra.

This sadhana is very advanced, even with the abbreviated Sahaja Kalachakra sadhana containing fewer figures; with proper motivation and sustained effort, it can be effective for attaining enlightenment for the benefit of all sentient beings.

In the past, hundreds and thousands of people have flocked to the great Kalachakra empowerment in different parts of the world mainly to create the causes and conditions of the future when the golden age (Zogden) will happen.

These days the majority of people have got so little time to do the long sadhana of regular Kalachakra. The Sahaja Kalachakra sadhana is concise and less time consuming and much more practical and effective in modern times. We could practice right now while we have the opportunity instead of waiting for the future. The sadhana of Sahaja Kalachakra is wonderful to practice.

Sahaja Kalachakra is the direct realization that the wheel of time turns naturally within awareness, and awareness itself is timeless.

Sahaja means natural, spontaneous, effortless, innate realization of the wheel of time as it is experienced within oneself.

Kalachakra tantra describes the way to achieve perfect enlightenment by receiving the empowerments of Shri Kalachakra and practicing the sadhana.

Sahaja Kalachakra Deva of innate bliss (*Dukor Lhenchi*) is a most suitable and condensed version of Kalachakra. Kalachakra Sahaja Deva of innate bliss has one face, two arms and is holding a bell and Vajra, in union with Vishvamata - Yum who is holding skull cup with nectar and curved knife.

It is especially effective for protection and increasing Dharma realizations and creating positive energy in this time of fear and stress.

The benefits of Sahaja (innate, spontaneous) Kalachakra sadhana practice

The deepest benefit is it releases the practitioner from mental afflictions and increases awareness - perception becomes clearer and decisions arise intuitively. There is less fixation on past regrets, less obsession about this present life and less anxiety about the future. There is a natural resting in the present moment.

Deep inner calm without suppressing anything, thoughts settle on their own, emotions arise and dissolve naturally and calmness is effortless, not manufactured.

Harmonization of body, breath and mind is achieved because Kalachakra works within inner cycles :

Prana become smoother and subtle.

The nervous system balances itself.

Many practitioners experience improved vitality and energy.

Through the Sahaja Kalachakra sadhana one could practice generation stage, empty body Mahamudra and completion stages of six yogas of Kalachakra

(སོར་སྤུད་ བསམ་གཏན་ སོག་ཚེས་ འཛིན་པ་ རྗེས་བྲན་ ཉིང་འཛིན་)

In Tibetan Sordu, Samten, Sogtsul, Zinpa, Jedin, Tengzin