

Superb image of Sahaja Kalachakra Yab-Yum digitally painted by Ben Christian



A SHORT SADHANA OF KALACHAKRA SAHAJA DEVA

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This Sadhana practice is intended for those people who have received the appropriate empowerment - initiation from a qualified Guru; the master of Sahaja Kalachakra

With the aspiration to perform the practice of meditation and mantra recitation in accordance with the tradition of Sahaja Kalachakra Deva, firstly take refuge, generate the altruistic mind of Bodhicitta, and reflect on the four immeasurable attitudes:

Taking Refuge and generating Bodhicitta

I and all sentient beings as far as the limits of space,
Go for refuge from now until we reach the enlightened state of Buddha

We go for refuge to the glorious, holy Gurus.
We go for refuge to the perfect Buddha
We go for refuge to the holy Dharma teachings .
We go for refuge to the Arya Sangha community (3x)

Special Generation of Bodhicitta

In particular, for the sake of all mother sentient beings,
Soon I must obtain the precious state of complete
And perfect Buddhahood.
For that purpose I shall practice the Sadhana of Sahaja Kalachakra.

The Four Immeasurables

May all sentient beings have happiness and its cause!
May all sentient beings be free of suffering and its cause!
May all sentient beings be inseparable from sorrow-less bliss!
May all sentient beings abide in equanimity, free of the bias of both greed and hatred.

(Make sure that the meditation on the Four Immeasurables is integrated with your mind-stream.)

Self generation as Sri Sahaja Kalachakra

OM SUNYATA JNANA VAJRA SVABHAVA ATMAKO HAM

From out of emptiness, I instantly become Kalachakra Sahaja Yab Yum

Air, Fire, Water and Earth Mandalas and Mount Meru appear (vertically, arranged in ascending order).

Then a lotus, moon and sun, Du.Me (Fire of Time), and above that, Ishvara and Mara, on whose heads stand myself as Kalachakra in union with my consort, the Bhavati Vishvamata.

You, to whom the Lord of the Devas bows down,
I salute with the Crown of my head.

My body colour is blue; I have one face, and two hands

Holding Vajra and Bell while embracing the Yum.

With the left foot white drawn in, bent I press down on the heart of White Rudra and the right foot red, extended, I press down on the heart of the red Kamadeva's corpse.

My locks of hair are bound into a top-knot (adorned with) a Chintamani (Wish-Fulfilling Gem) and Half-Moon as head ornaments.

I am adorned with Vajra Ornaments and wear a lower robe of the skin of a Bengal Tiger.

My thumbs are yellow, my index fingers white, middle fingers red,
ring fingers black and little fingers green.

The arrangement of the joints/knuckles of the fingers is:

The first is black, second red and third white.

With Vajrasattva adorning my head, I stand/dwell amidst
the Fiery Mountain of Flames of Five Colours.

Embracing me is my Yum, Vishvamata .

Her body colour is yellow and she has one face, two hands and three eyes.
Holding a Kattari (curved knife) and Kapala (skull-cup), she embraces the Yab.
Her right foot is slightly bent; the left is straight.
(She and) the Yab are joined together (in union).
She is naked, adorned with the Five Mudras (bone ornaments);
half of her hair is hanging free (loose)

To the Yab-Yum Buddhas and their Sons and daughters (Bodhisattvas) circling
left,
And surrounded by their companions/friends;
To you who make Devas and Devis gladdened and delighted,
To the excellent Vajrasattva, pray come.

JAH HUM BAM HOH

They merge and are no longer two.

Meditate that they appear with the following syllables:

In the forehead a white OM;
In the throat a red AH;
In the heart a black HUM;
In the navel a yellow HOH;
On the Ushnisa (Crown Chakra) a green HAM;
In the secret centre a blue KSAH.

Requesting and Receiving Empowerment

Lights go forth from the HUM at my heart, inviting the Empowering Deities.
I request them: "Please grant me empowerment."
Thus requested, they raise aloft vases of wisdom nectar. Saying:

OM SARVA TATHAGATA ABHISHEKATA SAMAYA SHRIYE AH HUM

They initiate me with their nectars. The nectar fills my body, purifying all my defilements. The excess nectar overflowing on the crown of my head transforms into Akshobya Buddha, who becomes my crown ornament.

Inner offerings

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT!

OM SVABHAVA SUDDHAH SARVA DHARMA SVABHAVA SUDDHO HAM

Everything becomes voidness.

Out of the void, YAM becomes air, from RAM fire, from AH a wisdom skull cup, broad and spacious. In it are the five meats and five nectars. From their melting comes a great ocean of wisdom-knowledge nectar.

OM AH HUNG (3x)

Outer Offerings

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT!

OM SVABHAVA SUDDHAH SARVA DHARMA SVABHAVA SUDDHO HAM

Out of the Void, come skull vessels marked with a KAM. In them, from HUM, offering-substances, whose nature is Voidness, whose aspect is to have the aspects of distinct offering substances, and whose function is, as objects of the six senses, to give special uncontaminated bliss.

Presenting outer offerings to oneself as self generated Sahaja Kalachakra Deva:

OM KALACHAKRA SAPARIVARA ARGHAM PRATICCHA HUM SVAHA
water for drinking

OM KALACHAKRA SAPARIVARA PADYAM PRATICCHA HUM SVAHA
water for washing

OM KALACHAKRA SAPARIVARA PUSHPE PRATICCHA HUM SVAHA
flowers

OM KALACHAKRA SAPARIVARA DHUPE PRATICCHA HUM SVAHA
incense

OM KALACHAKRA SAPARIVARA ALOKE PRATICCCHA HUM SVAHA
perfume

OM KALACHAKRA SAPARIVARA NAIVIDYE PRATICCHA HUM SVAHA
food

OM KALACHAKRA SAPARIVARA SHABDA PRATICCHA HUM SVAHA
music

Visualization of the field of Merit

In the space before me, on a lion throne and lotus, moon and sun seat, inseparable from my root Guru, is Sahaja Kalachakra Yab Yum, above them are Ra Lotsawa and Dro Lotsawa and all the other lineage Gurus, and all around are the forms of Sri Sahaja Kalachakra -Vishvamata Yab Yum, Yidams, Buddhas, Bodhisattvas, Dakas and Dakinis and protective attendants.

Prostration

1. Your bodies combine all the Buddhas;
Of the nature of Vajradhara,
You are the root of the three jewels,
O you Gurus – homage to you!
1. Lord, endowed with great compassion!
Teacher, since you know all things!
Field of ocean-like virtues and merits!
O Tathagata, homage to you!

1. Free of attachment, through purity!
Through virtue, released from realms of woe!
Uniquely supreme Ultimate!
Peaceful Dharma, homage to you!

1. Teaching the Path from freedom to freedom!
Established in the Trainings!
Best of Fields, endowed with virtues!
Highest Assembly, Sangha, homage to you!

Offering to the field of Merit

OM SARVA TATHAGATA SAPARIVARA ARGHAM PADYAM PUSHPE
DHUPE ALOKE GANDHE NAIVIDYA SHABDA PRATICCHA HUM SVAHA

OM SARVA TATHAGATA SAPARIVARA OM AH HUNG!

The seven Limbs

I prostrate to the Buddhas and Bodhisattvas

I make offerings, real and emanated things
All unwholesome karmic offences, amassed without beginning ,
I declare non-virtuous actions that I have committed
I rejoice in the virtues of ordinary beings and Aryas.
Please remain until samsara ends
Turning the wheel of Dharma for sentient beings
My virtues of my self and others I dedicate to the great Bodhi.

Concise Mandala offering

SA.ZHI PO.KYI JUG.SHING ME.TOG.TRAM
RI.RAB LING.ZHI NYI.DA GYEN.PA.DI

SANG.GYE ZHING.DU MIG.TE BUL.WA.YI
DRO.KUN NAM.DAG ZHING.LA CHO.PAR.SHOG.

This mandala is built on a base resplendent with flowers, saffron water and incense,
Adorned with Mount Meru, the four lands, the sun and full moon.
By offering this pure mandala to you assembly of Buddhas here before me,
May all living beings experience pure happiness and be reborn in pure lands.

Praise to Sri Sahaja Kalachakra

སྣོང་ཉིང་སྣོང་མེའི་བདག་ཉིང་ཅན། སྲིང་གསུམ་སྣོང་འཇིག་མེད་པའི་དངོས།
ཤེས་དང་ཤེས་བྱ་གཅིག་པའི་དངོས། །དཔལ་ལྷན་དུས་འཁོར་ལ་ཕྱག་འཚལ།

To you, yourself the (union) of Sunyata and Karuna,
Essence of Fearlessness of Birth in the Three Worlds,
Your wisdom and object of your wisdom as one.
To Shri Kalachakra, I bow down.

The mantras of Sahaja Kalachakra Yidam Yab-Yum, recite as much as possible.

OM AH HO HAM KSA MALA VARA YA HUM PHAT

Meaning of the mantra

ཨོྃ - རྩོལ་གསུམ་མཚོན། ཀྱི་- ཐབས་བདེ་བ་ཚེན་པོ་མཚོན། གྲཱ་- ཤེས་རབས་སྣོང་བ་ཉིང་མཚོན། མ་- གསང་བའི་རྩ་འཁོར་མཚོན། ལ་- རྣེ་བའི་རྩ་འཁོར་མཚོན། སྲ་- རྣེ་གའི་རྩ་འཁོར་མཚོན། རྩ་- འགྲིན་པའི་རྩ་འཁོར་མཚོན། ཡ་- དབལ་བའི་རྩ་འཁོར་མཚོན། ཕཌ།

OM symbolizes the three Vajras, HUM symbolizes method - great bliss, KSA symbolizes wisdom of Shunyata, MA symbolizes the secret channel, LA symbolizes the navel channel, VA symbolizes the heart Channel, RA symbolizes

OM BALA PARAMITA HUM HUM PHAT

OM JNANA PARAMITA HUM HUM PHAT (*Repeat these mantras as many times as possible.*)

Then, reciting the 100-syllable Vajrasattva mantra

OM VAJRA SATTVA SAMAYA MANU PALAYA, VAJRA SATTVA TVENO
PATISHTA, DRIDHO ME BHAVA, SU TOSHYO ME BHAVA, SU POSHYO ME
BHAVA, ANU RAKTO ME BHAVA, SARVA SIDDHIM ME PRAYACHHA,
SARVA KARMA SUCHHA ME, CHITTAM SHRIYAM KURU HUM, HA HA
HA HA HOH BHAGAVAN, SARVA TATHAGATA VAJRA, MA ME MUNCHA,
VAJRI BHAVA, MAHA SAMAYA SATTVA, AH HUM PHAT.

Divine offering maidens emanated from my heart present us the offerings:

OM SHRI KALACHAKRA SAPARIVARA ARGHAM PRATICHHA NAMAH

OM SHRI KALACHAKRA SAPARIVARA PADYAM PRATICHHA NAMAH

OM SHRI KALACHAKRA SAPARIVARA PROKSHANAM PRATICHHA

NAMAH

OM SHRI KALACHAKRA SAPARIVARA ANCHAMANAM PRATICHHA

NAMAH

OM SHRI KALACHAKRA SAPARIVARA PUSHPE PRATICHHA NAMAH

OM SHRI KALACHAKRA SAPARIVARA DHUPE PRATICHHA NAMAH

OM SHRI KALACHAKRA SAPARIVARA ALOKE PRATICHHA NAMAH

OM SHRI KALACHAKRA SAPARIVARA GANDHE PRATICHHA NAMAH

OM SHRI KALACHAKRA SAPARIVARA NAIVIDYA PRATICHHA NAMAH

OM SHRI KALACHAKRA SAPARIVARA SHABDA PRATICHHA NAMAH

OM SHRI KALACHAKRA MANDALAM SAPARIVARI BHYAH NAMAH

Torma Offering begins with Torma Blessing mantra:

OM AH HUM HRIH PHAT

OM SUNYATA JNANAVAJRA SVABHAVA ATMAKO HAM

Torma offering blessed by Amrita Kundali mantra

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT!

OM SVABHAVA SUDDHAH SARVA DHARMA SVABHAVA SHUDDHO HAM

Everything becomes voidness.

Out of the void, YAM becomes air, from RAM, fire, from AH, a wisdom skullcup, broad and capacious. In it five meats, five nectars. From their melting comes a great ocean of wisdom-knowledge nectar.

(Bless this inner offering by saying three times:)

OM AH HUNG

Thinking: The Gurus and deity hosts of Sahaja Kalachakra with tubes of light from their vajra tongues draw it in and eat it (offer it by saying three times:)

HAM KSAH MA LA VA RA YA SVAHA 3x

AKARO MUKHAM SARVA DHARMANAM ADYANUTPANNATVAT

OM AH HUM PHAT SVAHA 3x

Dissolution

The entire visualized universe and its inhabitants, who are in the form of Sahaja Kalachakra Deva, dissolve into me. I dissolve into the HUM at my heart. HUM dissolves into HA. This vanishes like a rainbow vanishing in the sky.

Once more, within the sphere of Emptiness, I instantly arise in the form of Sahaja Kalachakra Deva, possessing the threefold attitude described, and at once engage in extensive deeds to benefit others.

Confession of faults in the recitation

OM VAJRASATTVA SAMAYA MANUPALAYA, VAJRASATTVA TVENO-
PATISHTA, DRIDHO ME BHAVA, SU TOSHYO ME BHAVA, SU POSHYO ME
BHAVA, ANU RAKTO ME BHAVA, SARVA SIDDHIM ME PRAYACHHA,
SARVA KARMA SUCHHA ME, CHITTAM SHRIYAM KURU HUM, HA HA
HA HA HOH BHAGAVAN, SARVA TATHAGATA VAJRA, MA ME MUNCHA,
VAJRI BHAVA, MAHA SAMAYA SATTVA, AH HUM PHAT.

The actions that I have done here,
With whatever I could not find,
Did not know, or could not do –
You should be patient with all this.

My additions and omissions,
Parts of the ritual that went wrong,
And whatever I forgot –
Please be patient with this too!

Dedication of merit

May I develop the peerless Bodhicitta mind which is latent within me, and
May that which I have already generated go from strength to strength.
May I enjoy success, both spiritual and otherwise.
Never parted from my perfect Teacher in all of my lives,
By comprehensively amassing the qualities of the paths and levels,
May I attain speedily the state of Vajradhara