

The Preliminary Practice of the New Treasure of Düdjom

༄༅། ། མྱତ୍ རྩ ພ མ ད མ ན བ ཉ ད ན ད ན ད

ད བ ཉ ད ན ད ན ད

(*Düdjom Tersar Ngöndro*)

HERE IS THE CONCISE RECITATION AND PRACTICE
OF THE
NEW TREASURE OF DÜDJOM

*His Holiness Düjom Rinpoche
Jigdral Yeshe Dorje*

Odiyana Institute

www.OdiyanaInstitute.org

3rd Edition
July 2019

༄༅། ། ພ୍ରତିକାଳିତ ପାଦମନାବ ପାଦମନାବ ପାଦମନାବ ପାଦମନାବ

**A Meaningful Guide to This Concise Recitation and Practice
of the New Treasure of Düdjom**

ଦୁଃଖରେଣ ପାଦମନାବ ପାଦମନାବ ପାଦମନାବ

I. First: The Preparation — The Recitation of the Four Reflections that Reverse the Mind

ଶର୍ଵାନାମ ପାଦମନାବ ପାଦମନାବ ପାଦମନାବ

NAMO LU MË TEN GYI GÖN PO LA MA KHYEN

Homage! Lama, infallible constant protector, (you who) know!

ଦ୍ୱାରା ପାଦମନାବ ପାଦମନାବ ପାଦମନାବ

DAL JOR DI NI SHIN TU NYË PAR KA

The freedoms and the favorable conditions of this (human birth) are extremely difficult to obtain.

ଜୀବନ ହାତରେ ପାଦମନାବ ପାଦମନାବ

KYEY TS'Ë MI TAK CHHI WAI CHHÖ CHEN YIN

Everything born is impermanent and bound to die.

କର୍ମମନ୍ଦିରରେ ପାଦମନାବ ପାଦମନାବ

GE DIK LAY KYI GYU DRAY LU WA MË

The results of virtuous and unvirtuous actions (which are causes) are inexorable.

ତ୍ରୈଲକ୍ଷ୍ମୀରେ ପାଦମନାବ ପାଦମନାବ

KHAM SUM KHOR WA DUK NGAL GYA TS'ÖI NGANG

The three realms of cyclic existence have the nature of an ocean of suffering.

ଧର୍ମରୂପରେ ପାଦମନାବ ପାଦମନାବ

DREN NAY DAK LO CHHÖ LA GYUR WAR SHOK

Remembering this, may my mind turn towards the Dharma!

ତେବେ ପାଦମନାବ ପାଦମନାବ

Thus reciting as many times as possible, do the mental training



Düdjom Tersar Refuge Tree

শ্রীশ্রাবণবৃক্ষদর্শন্যা

II. Second: The Actual Preliminary Practice

ত্বরিত শুণ্যস্মৃতি দ্বারা প্রাপ্তি। শুণ্যস্মৃতি মাত্র অবশ্য আপনার মুক্তি পেওয়া পরম সুরক্ষা। শুণ্যস্মৃতি দ্বারা প্রাপ্তি করে আপনার মুক্তি পেওয়া পরম সুরক্ষা।

1. First: The Going for Refuge

Believe that the Root Teacher, himself, in the form of Guru Rinpoche, the essence of the Three Jewels, is actually sitting in front (of oneself) in the sky.

ত্বরিত প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি এবং প্রাপ্তি

শুণ্যস্মৃতি মাত্র অবশ্য আপনার মুক্তি

DI ZUNG JANG CHHUP NYING PO MA T'HOP BAR

LA MA KÖN CHHOK SUM LA KYAP SU CHHI

From now until attaining the heart of enlightenment, I take refuge in the Lama, the Three Jewels.

ত্বরিত প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি

Thus, with prostrations, recite as much as one can.

শ্রীশ্রাবণবৃক্ষদর্শন্যা প্রাপ্তি। শুণ্যস্মৃতি দ্বারা প্রাপ্তি প্রাপ্তি।

2. Second: The Generation of Bodhicitta

Beseeching the object of refuge to bear witness.

ত্বরিত প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি

মাত্র শুণ্যস্মৃতি দ্বারা প্রাপ্তি

DA NAY ZUNG TE KHOR WA MA TONG BAR

MA GYUR SEM CHEN KÜN GYI P'HEN DE DRUP

From now until Samsara becomes empty, I shall accomplish the benefits and happiness of all sentient parent beings.

ত্বরিত প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি

Thus do the mental training in the Bodhicitta.

শুণ্যস্মৃতি মাত্র অবশ্য আপনার মুক্তি প্রাপ্তি। শুণ্যস্মৃতি মাত্র অবশ্য আপনার মুক্তি প্রাপ্তি।

3. Third: The Accumulation of Merit Mandala Offering

Having actually arranged the mandala configuration as a symbolic example.

ত্বরিত প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি

TS'E RAP KÜN GYI LÜ DANG LONG CHÖ PAL

TS'OK NYIY DZOK CHHIR KÖN CHHOK SUM LA BÜL

The bodies, enjoyments, possessions, (and) glories of the succession of all my lifetimes, I offer to the Three Jewels in order to complete the two accumulations.

ত্বরিত প্রাপ্তি দ্বারা প্রাপ্তি মুক্তি প্রাপ্তি

Thus, offer the mandala as many times as possible.



Vajrasattva

4. Fourth: The Purification of Obscurations, the Meditation of Vajrasattva

Remain in one's ordinary state.

藏文大藏经

藏文：བྱାପୁ ས୍ୱର୍ଗ རେ རୁତୁ དେ ལୁ རୁତୁ དେ ལୁ

CHI WOR LA MA DOR SEM YER MË PAI

KU LAY DÜ TSII GYÜN BAP DRIP JANG GYUR

Above one's head is Vajrasattva, inseparable from the Lama. From Vajrasattva's body, a nectar stream descends, purifying (my) obscurations.

ጀጀ' ພັນ' ສັນ' ສາມ' ຍະ ມ' ຖ' ດ' ດ' ຍະ ພັນ' ສັນ' ໄທ' ອ' ປ' ທີ່ ຕິ່ ດ' ມ' ດ' ສ' ຂ' ສ' ດ' ມ' ດ' ສ' ຂ'

ଶୁଦ୍ଧିକୁମାରୀଙ୍କ ଅନୁଷ୍ଠାନିକ ସଂପର୍କରେ ଏହାର ପରିଚୟ ଆଜିର ପରିବାରରେ ପରିଚୟ କରାଯାଇଛି।

ତେବେ ସିଂହାନ୍ତକୁ ହାତରେ ଦିଲାଯାଇଥାଏ

ଶତାବ୍ଦୀରେ ମୁହିଁମାନଙ୍କ ପାଇଁ ଏହାର ଅଧିକାର ହେଲା

**OM VAJRA SATTVA SAMAYA
TIST'HA DRIDHO MEBHAWA
SU PO KHAYO MEBHAWA
SARWA SIDDHI ME PRA YATT
TSITTAM SHRIYAM KURU HU
SARWA TATHAGATA
VAJRI BHAWA MAHA SAMAYA**

**MANU PALAYA VAJRA SATTVA TENOPA
SU TO KHAYO MEBHAWA
ANU RAKTO MEBHAWA
SARWA KARMA SU TSA ME
HA HA HA HA HO BHAGAWAN
VAJRA MA ME MUNTSÅ**

ବୈଶାଖୁନ୍ଦିତକେ ରହିଥାଏନ୍ତିର୍ବଳଶିଳ୍ପିଗଣଙ୍କାମଧ୍ୟରେ ପରିଚାରିତ ହେଲାମାତ୍ରା।

Thus, with the visualization of the nectar descending and purifying, recite the hundred syllables and

藏文大藏经

OM VAJRA SATTVA HUNG

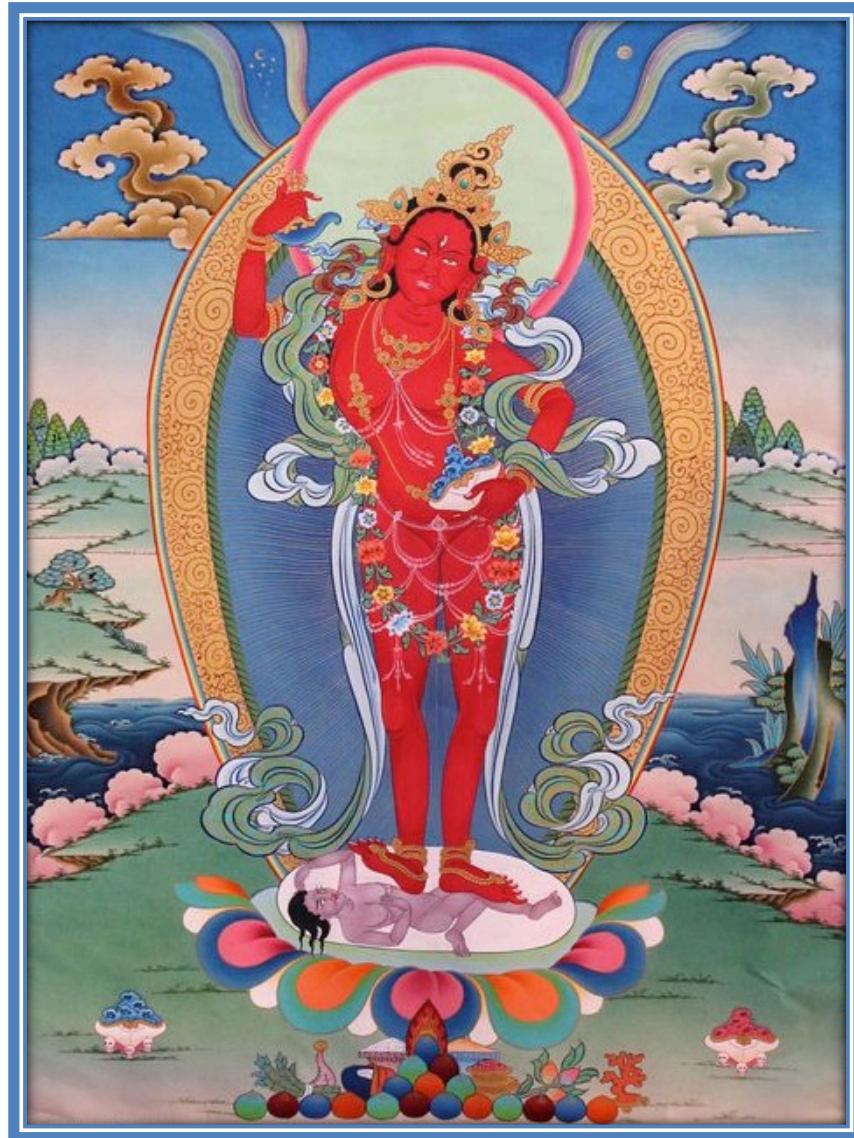
藏文输入法

Ö ZHU DAK NANG DANG DREY RO CHIK GYUR

(Vajrasattva) melts into light and becomes mingled in one taste with one's own perceptions.

ଶ୍ରୀଶାର୍ଦ୍ଦନାମିଶ୍ରମାଧିକାରୀ

Thus, having gathered Vajrasattva into oneself, remain in meditation.



Vajrayogini

ଶୁଣ୍ଟିବୁନ୍ଦେଶ୍ଵରାଜୁମାତ୍ରକାରୀ

5. Fifth: The Swiftly Penetrating Blessings of the Guru Yoga

សិក្សាអនុវត្តន៍

କୁମରିଶ୍ଵରପୁରୀଶ୍ରୀଶବିନ୍ଦୁଶ୍ରୀ

RANG NYI DOR JE NAL JOR DUN KHA RU TSA WAI LA MA PEMAI KUR ZHENG GYUR

Oneself (is) Vajrayogini, and in the sky in front, the Root Teacher manifests in the form of Padmasambhava.



Padmasambhava (Guru Rinpoche)

ດු සං ගය මා ලු දු පැ කු

DÜ SUM SANG GYAY MA LÜ DÜ PAI KU

The embodiment of all the Buddhas of the Three Times, without exception, Most Excellent Root Teacher, I pray to you.

ත්ස වැ ලා මා ත්හො ලා සො වා දේ

TSA WAI LA MA CHHOK LA SÖL WA DEP

DI CHHI BAR DO SUM DU T'HUK JEY ZUNG

DÜ SUM GYÜN CHHE MË PAR JIN GYIY LOP

In this and future lives, and in the Bardo, in these three, hold me with your compassion.

Bless me ceaselessly throughout the Three Times.

දු සං ගය මා ප්‍රූ රු කද මිද පන ප්‍රූ ස්‍රී ස්වා න්‍යා න්‍යා

ඡ්‍යු ජු ඩ් ප්‍රූ පන ප්‍රූ හ්‍රි ඩ්

OM AH HUNG VAJRA GURU PEMA SIDDHI HUNG

唵·阿·吽·薩·嚩·他·瑪·哈·耶

Thus, recite this mantra one hundred times, one thousand times, etc., as much as possible.

唵·阿·吽·薩·嚩·他·瑪·哈·耶

KU SUNG T'HUK KYI WANG JIN YONG DZOG T'HOP

The blessings and empowerments of Body, Speech, and Mind are completely and perfectly obtained.

吽·闍·那·麼·薩·他·瑪·哈·耶

VAJRA GURU KAYA WAKA TSITTA SIDDHI HUNG

唵·阿·吽·薩·嚩·他·瑪·哈·耶

Thus, take the Four Empowerments. Then...

唵·阿·吽·薩·嚩·他·瑪·哈·耶

唵·阿·吽·薩·嚩·他·瑪·哈·耶

LA MA Ö ZHU RANG T'HIM YER MË NGANG

RIG TONG DÖN GYI LA MAI RANG ZHAL TA

The Teacher dissolves into light, is absorbed into oneself, and (becomes) inseparable with one's own state of being. Behold the Emptiness-Awareness, the true face of the Lama.

唵·阿·吽·薩·嚩·他·瑪·哈·耶

Thus absorbing the Guru into oneself, remain in meditation.

吽·闍·那·麼·薩·嚩·他·瑪·哈·耶

6. Sixth: The Transference

唵·阿·吽·薩·嚩·他·瑪·哈·耶

GÖN PO Ö PAG MË LA SÖL WA DEP

(I) pray to the protector (Amitabha, the Buddha) of limitless light.

唵·阿·吽·薩·嚩·他·瑪·哈·耶

ZAP LAM P'HO WA JONG WAR JIN GYIY LOP

Grant me the blessing to become accomplished in the profound path of P'howa
(The Transference of Consciousness.)

唵·阿·吽·薩·嚩·他·瑪·哈·耶

Thus reciting as many times as possible, motivate the Transference.

ଘନ୍ତବ୍ୟାମୁଶଶ୍ଵିକଂଶେଘନ୍ତବ୍ୟାମ୍ବି

7. Seventh: The Charity of the Body and the Dedication of Virtues

藏文大藏经

DA NI LÜ DANG LONG CHÖ GE TSAR CHAY

MA GYUR DRO LA P'HANG PA MË PAR TANG

Now, (my) body, possessions, and (the) source of my virtue, all together I give without clinging
to all beings, who have been my parents.

ରତ୍ନାକରଣମଣିଷାଙ୍କେତିଶାସନମେଦ୍ସମୁଦ୍ରମର୍ତ୍ତିବାହିଃ

DRO DÖN LAP CHHEN GEK MË DRUP PAR SHOK

May I accomplish great benefits, unobstructedly, for all beings.

Thus, insistently make prayers of aspiration and so forth.

Thus, in order to benefit those who don't know or are unable to the Elaborate Recitation of the Preliminary Practice according to the New Treasure, this is a mere synopsis which clarifies the essential meaning of this Concise Recitation Practice by Jigdral Yeshe Dorje.