

# TABLE of CONTENTS

## I PRELIMINARY SECTION

1.1	Blessing	
1.1.1	the Dutsi.....	1 ~ 14.2
1.1.2	Blessing the Offering.....	3 ~ 16.3
1.2.	Self-Visualization .....	5 ~ 17.2
1.3	Summoning	
1.3.1	Peaceful Summoning .....	5 ~ 17.4
1.3.2	Wrathful Summoning .....	7 ~ 18.1
1.3.3	Overcoming with Splendor .....	13 ~ 20.6
1.3.4	Remembering Mahamudra.....	13 ~ 21.3
1.4	Refuge .....	15 ~ 21.5
1.4.1	Outer Refuge .....	15 ~ 22.2
1.4.2	Inner Refuge.....	17 ~ 22.6
1.4.3	Secret Refuge .....	17 ~ 23.2
1.4.4	Suchness Refuge.....	17 ~ 23.3
1.4.5	Ultimate Refuge .....	17 ~ 23.4
1.5.	Seven Branch Prayer .....	21 ~ 24.5
1.6	Bodhicitta.....	21 ~ 25.1
1.6.1	Four Immeasurables .....	21 ~ 25.3
1.7.	Field of Offering .....	23 ~ 25.4
1.7.1	Inviting the Wisdom Beings.....	31 ~ 30.2
1.7.2	Descent of Blessing.....	33 ~ 31.2
1.7.3	Request to Stay .....	35 ~ 31.3
1.7.4	Empowerment .....	35 ~ 31.6
1.8	Offerings .....	37
1.8.1	Outer Offering.....	37 ~ 32.1
1.8.2	Inner Offering .....	37 ~ 32.3
1.8.3	Secret Offering .....	37 ~ 32.5
1.8.4	Mandala Offering.....	39 ~ 33.3
1.8.5	Ultimate Offering .....	39 ~ 33.6
1.9.	Praise .....	41 ~ 34.1



འཇིགས་ཀྱི་ལྷ་ལྷུང་བཤམ་པའི་རྣམ་ཐར་།

## II MANTRA SECTION

2.1 Inner Recitation .....	45 ~ 36.5
2.2 Gathering Blessings .....	45 ~ 37.1
2.3 Purification Visualization .....	47 ~ 37.5
2.4 Repaying Karmic Debts for the Sick.....	47 ~ 38.2



## III FEAST AND PRAYER SECTION

3.1 Powa: Opening the Sky Door .....	49 ~ 35.4
3.2 Body Mandala.....	51 ~ 36.1
3.3 White Feast 1 .....	53 ~ 37.2
3.3.1 Preparation .....	53 ~ 37.2
3.3.2 Offering.....	53 ~ 37.2
3.3.3 Higher Guests.....	55 ~ 37.2
3.3.4 Lower Guests.....	55 ~ 37.2
3.3.5 Guests of Compassion .....	57 ~ 37.2
3.3.6 Shidaks.....	57 ~ 37.2
3.3.7 Nagas .....	59 ~ 37.2
3.4 RF 1: Remainder Feast.....	61 ~ 37.2
3.4.1 Preparation .....	61 ~ 37.2
3.4.2 Inviting Demonic Guests .....	61 ~ 37.2
3.4.3 Body Part Offering .....	65 ~ 40.6
3.4.4 Dedication.....	69 ~ 44.3
3.4.5 Aspiration .....	69 ~ 44.6
3.5. Lineage Prayer 1.....	71 ~ 44.6
3.6 WF2: Nectar Vase .....	73 ~ 46.5
3.7 Lineage Prayer 2 .....	73 ~ 47.2
3.8 Red Feast 2 .....	75 ~ 48.1
3.9 Lineage Prayer 3 .....	75 ~ 48.4
3.10 White Feast 3 .....	77 ~ 49.3
3.11 Lineage Prayer 4 .....	79 ~ 50.1
3.12 White Feast 4.....	79 ~ 50.5

### III FEAST AND PRAYER CON'T

3.13 Lineage Prayer 5 .....	81 ~ 50.6
3.13.1 Receiving Blessing.....	83 ~ 53.5
3.14 Prayer for Blessing by MaChik .....	85 ~ 53.6
3.15 Highest Praise of Padampa .....	87 ~ 55.5
3.16 WF5: Distribution to the Guests .....	91 ~ 57.3
3.17 Prayer to Padampa 2.....	92 ~ 57.5
3.18 WF6 : Checkerboard.....	95 ~ 60.3
3.19 Prayer to MaChik.....	95 ~ 60.5
3.20 RF4: Casting out the Corpse.....	97 ~ 61.3
3.21 Prayer to MaChik.....	97 ~ 61.4
3.22 RF5: Best Desirable Feast.....	99 ~ 61.6
3.23 Prayer: Praise to MaChik 2.....	50 ~ 62.1
3.24 RF6: The Four Continents .....	101 ~ 63.3
3.25 Prayer to MaChik 3 .....	103 ~ 63.5
3.26 RF7: Beggar Mat.....	107 ~ 66.1
3.27 Prayer of Praise .....	109 ~ 66.2
3.28 RF8: Flags and Banners.....	107 ~ 67.3
3.29 Eastern Door of the Reliquary.....	111 ~ 67.4
3.30 RF9: Shaking the Bones.....	107 ~ 68.5
3.31 Southern Door of the Reliquary .....	113 ~ 69.1
3.32 RF10: Distributing the Corpses .....	107 ~ 70.1
3.33 Western Door of the Reliquary .....	115 ~ 70.2
3.34 Northern Door of the Reliquary.....	117 ~ 70.6
3.35 WF7. ShiDak Torma .....	117 ~ 71.5
3.36 Praise of the MaChik (Gyalwa Dondrup) .....	119 ~ 72.1
3.37 WF8: Naga Offering.....	121 ~ 73.1
3.38 Praise of the Child.....	121 ~ 73.4
3.39 Prayer to the Five Dakini Families .....	123 ~ 74.5
3.40 Exhorting the Ten Million Dakinis.....	125 ~ 75.6
3.41 Exhorting the Hundred Thousand Dakinis.....	127 ~ 76.5



། རྩེ་བུ་འཛོལ་ཆེན་གྱི་ཁྲིམས་མཚན།

## IV GANACHAKRA SECTION - KAGYU TSOKLEY

4.1	Preparing the Tsok.....	129 ~ 82.6
4.2	The Guests	
4.2.1	Long Lineage Prayer .....	129 ~ 83.2
4.2.2	Inviting the Dakinis.....	135 ~ 86.5
4.2.3	Request for Blessings.....	137 ~ 88.1
4.2.4	Descent of Blessings .....	137 ~ 88.5
4.3	MaChik's Feast of the Mother Tantra .....	139 ~ 89.5
4.3.1	Dakini Invitation .....	139 ~ 90.5
4.4	The Four Mixings .....	141 ~ 91.5
4.5	Blessing the Feast.....	143 ~ 92.1
4.6	Hooking Primordial Wisdom Nectar .....	145 ~ 92.5
4.7	Offering the Tsok .....	147 ~ 94.5
4.7.1	Hand Offering .....	149 ~ 96.2
4.7.2	Offering to the Dakinis .....	151 ~ 97.4



ལྷ་མོ་འཕྲོ་བུ་དབང་ལྷ་མོ་འཕྲོ་བུ་ལྷ་མོ་འཕྲོ་བུ་

## IVA FOR THE SICK

4A.1	For the Sick .....	157 ~ 99.5
4A.2	Hooking in the Obstacles .....	157 ~ 100.2
4A.3	Offering to the Demons.....	159 ~ 100.5
4A.4	Offering to Specific Lha Dré .....	161 ~ 102.3

## V TORMA SECTION

5.1	Torma Preparation.....	169 ~ 107.7
5.2	General Torma .....	169 ~ 108.1
5.3	Lama Torma.....	171 ~ 108.4
5.4	Yidam Torma .....	175 ~ 110.5
5.5	Protector Torma .....	175 ~ 111.2
5.6	Worldly Protector Torma .....	179 ~ 112.5
5.7	Local Protectors: ShiDak .....	181 ~ 114.1
5.8	Torma Offering of Rigongpa Tsondrü Senge ..	183 ~ 114.3
5.9	Dedication of Purity .....	187 ~ 116.3
5.10	Offering and Praises.....	189 ~ 118.1

## VI KANG WA SECTION

- 6.1 Body Mandala Kangwa .....191 ~ 118.6  
 6.2 Lama Kangwa .....191 ~ 119.6  
 6.3 Dakini Kangwa .....193 ~ 121.5  
 6.4 Protector Kangwa ..... 197 ~ 122.4  
 6.5 Worldly Protector Kangwa .....199 ~ 124.4  
 6.6 Powa of Purifying the Six Realms.....201 ~ 126.1  
 6.7 MaChik Confession ..... 203 ~ 127.2



། །ཡེ་ཤེས་རྒྱལ་ལབ་ཀྱི་སྒྲོན།

## VII TSOKLEY FEAST PART 2

- 7.1 Hand Offering ..... 207 ~ 129.6  
 7.2 Lakma ..... 209 ~ 130.4  
   7.2.1 Invitation ..... 209 ~ 130.4  
   7.2.2 Lakma Offering ..... 209 ~ 131.3  
   7.2.3 Lakma Torma ..... 213 ~ 133.3

## VIII DAKINI SECTION

- 8.1 Exhortation of the 100,000 Dakinis..... 215 ~ 134.4  
 8.2 Exhortations of the Dakinis of Space..... 221 ~ 137.6  
 8.3 Exhortations of the Dakinis of the 24 Places . 223 ~ 139.2  
 8.4 Exhorting the Worldly Dakinis ..... 229 ~ 142.4

## IX PROTECTOR SECTION

- 9.1. Six Arm Mahakala ..... 231 ~ 143.2  
 9.2 Remati..... 231 ~ 143.6  
 9.3 Bernakchen.....233 ~ 144.2  
 9.4 Aghora .....233 ~ 145.3  
 9.5 Cittipatti.....235 ~ 145.5  
 9.6 Three Sisters on Nine-Headed Mounts .....235 ~ 146.3  
 9.7 Palden Lhamo .....237 ~ 147.3  
 9.8 Rahula..... 239 ~ 148.1

9.9	Tsen .....	241 ~ 149.1
9.10	Oath Bound Protectors .....	243 ~ 149.5
9.11	Protector Torma-Kartor.....	245 ~ 150.4
9.12	Protectors of the Directions .....	249 ~ 152.4
9.13	Kind of the Nyen.....	251 ~ 153.3
9.14	Lord of Tibet-LhaRab Shampo .....	251 ~ 154.2
9.15	MaSang Protectors-Kula Khari .....	253 ~ 154.6
9.16	O Day GunGyal.....	253 ~ 155.5
9.17	King of Nagas .....	255 ~ 156.2
9.18	Oath Bound Protectors.....	257 ~ 157.3
9.19	Torma Offering .....	259 ~ 157.6
9.20	Torma Clearing—The Dance.....	261 ~ 159.5



## **X CONCLUSION SECTION**

---

10.1	Chenrezig: Pacifying Animosity .....	265 ~ 161.5
10.2	Purification .....	265 ~ 162.3
10.3	Dedication.....	267 ~ 153.4
10.4	Giving of Dharma.....	269 ~ 163.5
10.5	Sending Back the Lower Guests.....	271 ~ 164.4
10.6	Conclusion for Higher Guests.....	271 ~ 165.1
10.7	Correction of Faults.....	273 ~ 165.3
10.9	Dedication of Merit .....	273 ~ 166.1
10.10	Prayers of Auspiciousness—Tashi.....	279 ~ 168.4
10.11	Sending Back the Dakinis.....	279 ~ 169.2
10.12	Taking Repossession our Consciousness ....	281 ~ 169.4
10.13	Request for Blessing .....	281 ~ 169.6
10.14	Taking Empowerment.....	283 ~ 170.5
10.15	Prayer for MaChik’s Blessing .....	285 ~ 172.2
10.17	Return to Emptiness.....	287 ~ 173.6
10.18	Reappearance .....	287 ~ 174.3