

The Concise Manual for Daily Practice

According to Lamey Tukdrub Barchey Künsel

The yogi of true simplicity, ॐ

When practicing this essential daily yoga, ॐ

Should in solitude gather all the articles necessary ॐ

To be a suitable vessel for meditation. ॐ

Then with one-pointed concentration, ॐ

Enter the meaning of deity, mantra and wisdom. ॐ

Namo ॐ

I and every sentient being, equal to the sky, ॐ

Take as source of refuge all protection most sublime. ॐ

Forming bodhi-mind resolve, aspiring and applied, ॐ

We shall realize the triple kaya guru state. ॐ

HUNG ॐ

In the space of openness, a lucid wakefulness, ॐ

Seed-samadhi HRIH is emanating rays of light. ॐ

Every being and the world are realms of Lotus Net, ॐ

Sceneries of wonder, mandala beyond the mind. ॐ

On a jewel lion throne, a lotus, sun and moon, ॐ

The letter HRIH transforms and in an instant I become ॐ

Mahaguru Orgyen Totreng Tsal, the glorious ॐ

Teacher of all worlds and beings, white-red peaceful-wrath. ॐ

Right hand with a five-pronged vajra raised into the sky, ॐ
Left with skull cup and the life vase held in equipoise, ॐ
Holds the secret consort in a trident's hidden form. ॐ
Wearing lotus crown, dress, gown, the dharma robes and
cloak, ॐ

Legs in royal ease and poised in spheres of rainbow light. ॐ
Lokeshvara the sambhogakaya sits above. ॐ
Lord of all the family is buddha Boundless Life. ॐ
Higher, lower, all directions, guru in twelve forms. ॐ
Ocean of three roots and guardians are lined like clouds. ॐ
Self-present timeless undivided wisdom samaya. ॐ

HRIH in the crown-buddha's heart is radiating light, ॐ
Samsara and nirvana life-drops gather into me. ॐ
Noble Teacher of all Beings' magical display, ॐ
Cures the sixfold sentient beings, suffering and cause. ॐ

In my heart, the guru, every family in one, ॐ
Is the letter hrih within a vajra made of gold, ॐ
Encircled by the mantra chain with light rays shining out, ॐ
Honoring the noble ones, fulfilling beings' aims. ॐ

Vessel, Akanistha realm of endless purity, ॐ
Ground appears as mudra devas, beings and perceived. ॐ
Sound is mantra, thought the space of lucid wakefulness, ॐ
Actions of four common karmas naturally fulfilled. ॐ

As supreme, the vajra state of changeless greatest ease, ॐ
The level of immortal triple kaya is attained. ॐ

OM AH HUNG VAJRA GURU PADMA SIDDHI HUNG

The three letters are the triple kayas not apart, ॐ

VAJRA GURU is the family lord, ॐ

PADMA is manifest as the mandala circle, ॐ

SIDDHI HUNG invokes the siddhis. ॐ

*This vajra mantra where approach, accomplishment and activities are
condensed into one, ॐ*

Fulfills all the activities. ॐ

In the end of the session supplicate the guru, ॐ

Who embodies all the families and mingle your mind with his. ॐ

Then seal by dedicating the gathering of virtue and make aspirations. ॐ

Hoh ॐ

Realizing Guru Knowledge-Holder mandala, ॐ

May we all the countless beings, each and everyone, ॐ

Naturally perfected in the four activities, ॐ

Free within the dharmakaya, lucid wakeful realm. ॐ

Root and lineage gurus, let your blessing fill our heart. ॐ

Yidam and dakini, like our shadow remain close. ॐ

Guardians of dharma, clear away all hindrances. ॐ

Grant auspicious goodness, siddhi common and supreme. ॐ

Concise Daily Practice

By supplicating constantly with devotion to the root guru inseparable, མཚོ

From the great master Padma, མཚོ

All obstacles will be cleared and the accomplishments attained. མཚོ

Samaya, seal, seal, seal. མཚོ

*This is the perfect essence of the profound dharma treasures of the incarnated
great treasure revealer Chokgyur Dechen Lingpa.*

Translated for chanting by Bodhi Translation,
guided by Erik Pema Kunsang