

Trinley Nyingpo

The Yoga of Essential Activity
From Lamey Tukdrub Barchey Künsel

Homage to the Guru Trikaya deity ॐ

For the essence of accomplishing the Trikaya Guru ॐ

Sit on a comfortable seat in a secluded place, ॐ

And practice by means of preparation, main part and conclusion ॐ

Samaya ॐ

First, the Sequence of Preparation 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 HRIH ॐ

Obstructors, harms and spirits, fooled duality in form, ॐ

Please enjoy this tormas and go back to whence you came. ॐ

As deva, mantra, dharmakaya, nondual wakeful state, ॐ

The border of the mandala perfected by itself. ॐ

HUNG HUNG HUNG BENDZA RAKSHA RAKSHA DHRUM ॐ

OM AH HUNG ॐ

Trikaya Guru deities, please manifest from space. ॐ

Rain blessings, siddhis and empowerments upon this place. ॐ

Ground-manifest as mudra gifts, all beings and perceived, ॐ

Please bless as ocean-like display of Ever-Excellence. ॐ

OM AH HUNG BENDZA GURU DEVA DAKINI GYANA

ABHESHAYA A AH ॐ HUNG HUNG HUNG ॐ

OM SARVA PUDZA MEGHA AH HUNG ॐ

Samaya ॐ

Second, the yoga of the main part ॐ

AH ॐ

Dharmakaya, suchness space of lucid wakefulness. ॐ

Sambhogakaya, loving light, an unobstructed play. ॐ

Nirmanakaya, seed-samadhi present as white HRIH, ॐ

Shining light to melt beliefs in beings and real worlds. ॐ

Layered elements, amidst the vajra guarding dome, ॐ

From BHRUM, a jewel palace perfect in all attributes. ॐ

The center is a lion throne with lotus, sun and moon, ॐ

Here is self-knowing, Lotus-Born, all buddhas within one. ॐ

White and red complexion, peaceful with a wrathful smile, ॐ

Lotus crown, dress, garment, dharma robes and brocade cloak. ॐ

Right hand raises vajra, left holds skull cup with a vase, ॐ

Around the supreme consort, hidden in a trident's form. ॐ

Legs in playful posture, poised in spheres of rainbow light. ॐ
The white sambhogakaya Lokeshvara is above, ॐ
With four arms, joined palms, a crystal mala, lotus white. ॐ
Above his head is dharmakaya Amitabha, red. ॐ

In equipoise, he holds a life vase with ambrosia. ॐ
Around, upon the lotus flower, anthers and four leaves, ॐ
To the east is Gyalwey Dzungzin in a clear white form, ॐ
To the south is Mawey Senge, radiant and white, ॐ

To the west is Kyechok Tsulsang in a golden form, ॐ
To the north is Dukyi Shechen, shining light-brown hue. ॐ
Around them, on the surface of the jewel octagon, ॐ
To the east is Dzamling Gyenchok of the deepest blue, ॐ

To the south is Pema Jungney, clear and brilliant blue, ॐ
To the west is Kyepak Rigdzin, in the color white, ॐ
To the north is Dzutrul Tuchen, shining red maroon, ॐ
To southeast, red knowledge-holder Dorje Drakpo Tsal, ॐ

To southwest is Kalden Drendzey, flaming darkest blue, ॐ
To northwest is Raksha Totreng, awesome dark maroon, ॐ
To northeast is Dechen Gyalpo, radiant and red. ॐ
Ornaments and attributes guide everybody's needs. ॐ

United with their consorts are four dakas at the gates, ॐ
Like cloud banks, in between, are triple roots and guardians. ॐ
These magic wisdom forms are seen yet empty not apart, ॐ

Their triple vajra nature all perfected naturally, ॐ
Empowerments complete with fivefold wisdom families. ॐ
OM AH HUNG ॐ
OM HUNG TRAM HRIH AH ABHIKENTSA HUNG ॐ

HUNG HRIH ॐ
To southwest an island by the name of Chamara, ॐ
From a realm most splendid, Lotus Net the magical, ॐ
Triple kayas undivided, Orgyen Tötrenq Tsäl, ॐ
With your ocean circles, endless hosts of the three roots, ॐ

To this place of deepest yearning, we invite you here, ॐ
Manifest at this location through your vow of love, ॐ
Clear all hindrances, grant siddhi common and supreme. ॐ
OM AH HUNG BENDZA GURU PEMA TÖTRENQ TSAL
BENDZA SAMAYA DZA SIDDHI PALA HUNG AH ॐ

DZAH HUNG BAM HOH ॐ
SAMAYA TISHTA LHEN ॐ

HUNG HRIH ॐ
No rising, ceasing, changing, every action is complete, ॐ
Self-present, your capacity is freeing everyone. ॐ
Like wish fulfilling jewels, shower down a siddhi rain, ॐ
Hosts of vidyadhara circles, greetings with respect. ॐ
ATI PUHO TRATISHA HOH

OM AH HUNG

Outer gifts are oceans of enjoyment, lined like clouds, ॐ

Inner gifts, amrita, rakta, tormas, beyond thought, ॐ

Secret gifts, united open ease and wakeful space; ॐ

Accept these gifts, please grant all siddhi, common and supreme. ॐ

OM BENDZA ARGHAM PADYAM PUSHPE DHUPE ALOKE

GHANDE NAIVIDHYA SHABTA SARVA PANCHAKA RAKTA

BALINGTA MAHA PUDZA AH HUNG ॐ

HUNG HRIH ॐ

From essence, dharmakaya realm of lucid wakefulness, ॐ

Sambhogakaya nature brings forth forms of open ease. ॐ

Nirmanakaya acts, capacity for beings needs, ॐ

Mandala divinities, we bow and offer praise. ॐ

Now comes the recitation phases ॐ

HUNG HRIH ॐ

Within the essence mandala that is awakened mind, ॐ

All deities who manifest the wakefulness display, ॐ

Do not abandon us, but please recall your vajra pledge, ॐ

Inspire us and give all siddhis and empowerments. ॐ

Thus beseech them. Then with one-pointed concentration say ॐ

The rays that shine above, from buddha Amitabha's heart, ॐ

Collect samsara and nirvana life ambrosia, ॐ

Which then are gathered in the vase he holds within his hands. ॐ

From it flows ambrosia in streams cascading down. ॐ

It enters through the door of Brahma, fills my body up, ॐ
So harms and illness, veils and misdeeds all are cleared away, ॐ
And so, the siddhi of the twofold types is now achieved. ॐ
OM AMARANI DZIVANTAYE SOHA ॐ
That was the gathering of blessings for the benefit of oneself ॐ

From the center of the noble Lokeshvara's heart ॐ
Rays of light shine out to penetrate the sixfold realms. ॐ
All the negative emotions are transformed in each, ॐ
And everyone is changed into the Great Compassion's form. ॐ
OM MANI PEME HUNG HRIH ॐ
That was the all-pervading activity for the benefit of others. ॐ

I, the Guru, all the buddha-families in one, ॐ
Have a full moon disc within the center of my heart. ॐ
In the middle of a golden vajra with five spokes ॐ
Is the letter HRIH encircled by the mantra chain. ॐ

From HRIH shines a light to honor the exalted ones, ॐ
So blessings and accomplishments dissolve into myself. ॐ
Again it radiates, the world becomes a buddhafield, ॐ
And all the beings in it have turned into deva forms. ॐ

All resounding sounds we hear are vajra mantra tones, ॐ
While the mind and thoughts are constant lucid wakefulness. ॐ
Without duality all is a single mandala. ॐ
OM AH HUNG BENDZA GURU PEMA SIDDHI HUNG ॐ

In that way, and without the duality of self and other, ॐ
Recite in the unity of development and of completion. ॐ
Samaya ॐ

Having thus finished the approach-recitation, ॐ
Now comes the recitation of accomplishment and of great bliss. ॐ

I and all the deities within the mandala ॐ
Send out replicas of forms to fill the universe, ॐ
Voice as roaring recitation and with mantra sounds, ॐ
Every mind is seen as changeless lucid wakefulness. ॐ

We honor conquerors in every time and everywhere, ॐ
Fulfilling the two aims of beings in the triple realms. ॐ
Everything is vastness mandala of mudra forms, ॐ
Beyond the reach of thought, perfection totally complete. ॐ
OM AH HUNG BENDZA GURU PEMA TOTRENG TSAL
BENDZA SAMAYA DZA SIDDHI PALA HUNG AH ॐ

Sometimes mount the horse of melodious tune ॐ
Sometimes sing the song of hung ॐ
Especially, perform the vajra recitation of great bliss ॐ
While joining with the breath ॐ
Samaya ॐ
Now comes the activity application ॐ

From within my heart a radiance expanding out, ॐ
Invokes the minds of all the fourfold daka families. ॐ
Their replicas, re-replicas, pervade the universe, ॐ
Spontaneously fulfilling all the four activities. ॐ

At the end of the combined mantra add:

HARINISA RADZA HRIYA TSITTA HRING HRINGH DZA
SARVA SIDDHI PALA HUNG ॐ

Recite in that way. ॐ

Apply the change of concentrations as described in the Sheldam Nyingjang ॐ

Samaya ॐ

Seal, seal, seal ॐ

What follows is the feast-offering between sessions ॐ

RAM YAM KHAM ॐ

Present as the deity, the letter in my heart, ॐ
Send out RAM YAM KHAM to clear beliefs in solid gifts. ॐ
Transformed by triple letters into nectar wakefulness, ॐ
Offering clouds of sense-pleasures fill up the sky's expanse. ॐ
OM AH HUNG ॐ

HUNG HUNG HUNG ॐ

Ocean-like trikaya conquerors, please manifest ॐ
From the unconstructed state of lucid wakefulness. ॐ
Enable us to gather merit, clear away our veils, ॐ
Come here and display illusion with your wisdom forms. ॐ
BENDZA SAMAYA DZA DZA ॐ

OM AH HUNG ॐ

Feast in essence, nectar clouds of timeless wakefulness, ॐ
Fill the sky with forms of devas bearing pleasant gifts. ॐ
With these pleasures of the unconditioned greatest ease, ॐ
Triple root mandala deities, may you be pleased. ॐ
SARVA GANA CHAKRA PUDZA HOH ॐ

HOH ॐ

Faults and failings, veils and misdeeds, formed since timeless time, ॐ
All of the samaya, both the branches and the roots, ॐ
Mainly the transgression and the vows we have destroyed, ॐ
Forgive us and repair them with this joyful pleasant feast. ॐ
SAMAYA SHUDDHE AH ॐ

HUNG ॐ

Vajra gings, the heart-rays of the Splendid Heruka, ॐ
Bring and melt obstructor-demons: held duality. ॐ
Freed into the lucid space, their meat and blood and bones, ॐ
Are given to the triple roots, the deva mandala. ॐ
SARVA BIGHANAN SHATRUN MARAYA KHA KHA KHAHI KHAHI
HA HA HI HI HUNG HUNG PHEY ॐ

JOH ॐ

Helpers of the Heruka, you host of messengers, ॐ
Please enjoy your portion of the feast residuals, ॐ
And according to the oath you swore in former times, ॐ
Increase the good conditions, clear away all hindrances. ॐ
MAMA HRING HRING BALINGTA KHAHI ॐ

After this make offerings and praise, ॐ

Request the siddhis and apologize for faults. ॐ

By HUNG dissolve the wisdom mandala into basic space. ॐ

By PHEY manifest the deity and continue activities. ॐ

Dedicate the merit 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

In between sessions, always increase the two accumulations of merit and wisdom. Especially train in devotion to the guru and in the unity of basic space and awareness. Samaya.

This quintessence from among profound [teachings] is easy to apply, simple to practice, and has swift blessings. It will remove obstacles, increase experience and realization, and will perfect the activities of taming beings. Samaya. Seal, seal, seal.

I, Chokgyur Dechen Lingpa, revealed this from beneath the foot of Palchen Heruka at Danyi Khala Rong-Go on the 10th day of the ninth month in the year of the Earth Monkey [Nov 7, 1848]. Having kept the seal of secrecy for eight years, on the 10th day of the tenth month, during the Kartika constellation in the year of the Wood Hare [Nov 19, 1855], accompanied by the perfect conditions of place and timing, the letters which I decoded from the secret script of the wisdom dakinis, were written down by Khyentse Wangpo, the joyful servant of the Lotus-Born Guru.

May there always be happiness!