

## MAHAKALA SHORT SADHANA

ਮਾਹਕਾਲ ਸਾਧਨਾ



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**Please do not read, practice or download**  
**if you did not receive empowerment**



His Eminence Jangtse Choje Gosok Rinpoche

## MAHAKALA SHORT SADHANA

ଶୁଦ୍ଧମହାତ୍ମା ପାତ୍ରଶାସ୍ତ୍ର||

Taking refuge and generating enlightened mind (Bodhicitta) (recite 3 times):

ଓঁ সুব্রহ্মণ্যস্তু কেশস্তু দ্বিরূপকেশস্তু পুরুষস্তু পুরুষস্তু পুরুষস্তু পুরুষস্তু পুরুষস্তু পুরুষস্তু

**Sangye chö dang tsok gyi chok name la / jang chup par dou dak ni kyap su chi  
Dak gyi chin sok gyi bey tsok name gyi / dro la pen chir sangye drup par sho**

In the Buddha, the Dharma and the Supreme Samgha, I take refuge until I attain enlightenment.

Through the accumulation of merits of practicing generosity and so on, may I realize Buddhahood in order to benefit all beings.

The four immeasurables (recite 3 times):

Sem chen tam che de wa dang de wey gyü dang den par gyür chik

Sem chen tam che duk ngel dang duk ngel gyi gyü dang drel war gyür chik

Sem chen tam che duk ngel me bey de wa dang mi drel war gyür chik

Sem chen tam che nye ring chak dang nyi dang drel wey tang nyom la ne par gyür chik

May all sentient beings be endowed with happiness and its causes!

May all sentient beings be free of sufferings and their causes!

May all sentient beings not be separated from sorrowless bliss!

May all sentient beings remain in the equanimity free from the bias of attachment and aversion!

#### Praises and request:

କୁରୁକ୍ଷୁର'ପାଦନ୍ତିକୁର'ସମାବିଶାଶ'ପାଦୁଷା'ଦକ୍ଷପ'ପେ'॥ବିଶ'ଶନ୍ତା'ନ୍ଦନ'ମନୀ'ପ୍ରେ'ତୁ'ଯ'ଗ'କର'।  
କର'ପେ'ହେ'କେବ'ହେ'ଜ୍ଞାନ'ପେ'ମଧୁ'ବିଶା'କା'କୁରୁକ୍ଷୁର'ପାଦ'ଶୁଣ'ଶୁଣ'ଶୁଣ'ଶୁଣ'॥

HUM! Nyur dze chen re zi la chak tsel lo / shap dub dang che binayaka nen

Nakpo chenpo tak gyi sham tab chen / chak druk drül gyi gyen gyi nam par gyen

HUM! Homage to Swift-Enlightened-Activity Avalokitesvara! With your feet adorned with anklets you press *vinayakas*; O Mahakala, you wear as a skirt of tiger skin and your six arms are fully adorned with snakes.

ଶୟାମ'ଦ'ଶ୍ରୀ'ଶୁଣ'ଦର'ଦ'ରଷ୍ଟେତ'ଦ'ରହିବା'ଶ'ବ'ନ'ଶ'କ'କ'ି'ଦୟ'ନ'ଶ'ରଷ୍ଟ୍ରୟ  
ଶର୍ପ'ଦ'ଶ'କ୍ଷଦ'ଶ'ନଦ'କ'ି'ଶକ୍ତଦ'କ'ି'ଶାଶ୍ଵତ'ବାବା'ଶ'ବାବା'ଶ'ବାବା'ଶ'କିନ'ଏ'ଶ'ପ୍ରେତ

Ye pa dri kouk bar wa treng wa dzin / ta ma damaru ni drak tu dröök

Võn pa tö pa dang ni dung tse sum / de shin shak pa soung ne chin w

Your (first) right hand holds a chopping-knife and the middle hand a m

Four (inst) right hand holds a chopping-knife and the middle hand a mala while the last hand violently plays the *damaru*. The left hands hold a skull cup, a trident and also a noose to bind up.

**Drak pö shel ne che wa nam par tsik / jen sum drak pö u tra gyen du bar**

Drel war sindhura yi lek par yuk / chi wor mi kyö gyel pö gye tap ten

Your wrathful face completely bares its fangs. On your head with three wrathful eyes, your hair is blazing upward. Your forehead is perfectly anointed with *sindhura*, and the adornment of the Victorious Aksobhya continuously abides on the top of your head.

॥ରୀତିଶାର୍ଦ୍ଧାମୀକର୍ଣ୍ଣାଲୁଦିନ୍ଦ୍ରମନ୍ତରୀକରିବେନ୍ତିକିନ୍ତୁ  
ପିନ୍ଦମନ୍ତରୀକରିବେନ୍ତିକିନ୍ତୁକର୍ମମନ୍ତରୀକରିବେନ୍ତିକିନ୍ତୁ

**Drak dzak mi go nga cü do shel chen / rin chen tö kam nga yi u la gyen  
Shin le chön ne tor ma len dze pey / pel den chak druk pa la chak tsel tö**

You are wearing a necklace of fifty bloody human heads. Five dry precious skulls adorn your head. O Glorious Six-Armed Mahakala, You who have come from the tree and taken the *torma*, before You I prostrate and offer these praises.

ଶାଦେଶ'କ୍ରୁଷ'ପାଞ୍ଜଳି'ପ'ଶାନ୍ତର'ଶ'ଶାନ୍ତି'ଶ'ଶାନ୍ତି'||ଦର୍ଶକ'ମଙ୍ଗଳ'ଦର୍ଶ'ଦର୍ଶାନ'ଶାନ୍ତର'ଶ'ଶାନ୍ତି'ଶ'ଶାନ୍ତି'||  
ଶାନ୍ତାନ'ତଣ'ଦର୍ଶକ'ଶାନ୍ତି'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'||  
ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'ଶ'ଶାନ୍ତର'||

**Sangye ten pa nyen po sung wa dang / kön chok u pang nyen po tö pa dang**  
**Dak chak pön lop kor dang che nam gyi / kyen ngen par che tam che shi wa dang / chi dö ngö drup**  
**nyur du tsel dou söl**

I request you to powerfully protect the Teaching of the *Buddha*, to powerfully glorify the Precious Jewels, to dispel all the bad conditions and obstacles for us teachers, disciples and entourage and to grant us quickly whatever realizations we wish.

“**ମନ୍ଦିର-ମାତ୍ର-ଦୁଷ୍ଟ-ଛୁଟ-ଶିଳ-ମର୍ଯ୍ୟାନ-ଶ୍ଵର-ବ୍ୟାପ-ଶିଥାନ-କୁରୁ-କାର୍ଯ୍ୟ-ମହାକାଳ**” । This was composed by the Noble Shawari Wangchuk when he had a direct vision of the Protector Mahakala.

କ୍ରିସ୍ତ'ବ'ପର୍ଯ୍ୟନ୍ତ'ଦ୍ୱାରା'ମେଦ'ପା'ଏନଦା'କ୍ର'ଶୁଣା'ଏଣ'ଜ୍ଞାନା'ନୁ'ପକ୍ଷି  
ଏନଦା'ଶୁଣା'ନେମାନ'କବ'ବନନା'କଦ'ଶୁଣି'ପିର'ମୌଳା'ବ'ପୁଣ'ନୋପ'ଏନ'ଶେଷ  
ପର୍ଯ୍ୟନ୍ତ'ଦ୍ୱାର'ପା'ଏନଦା'କ୍ର'ଶୁଣା'ଏଣ'ଜ୍ଞାନା'ନୁ'ପକ୍ଷି  
ଏନଦା'ଶୁଣା'ନେମାନ'କବ'ବନନା'କଦ'ଶୁଣି'ଏନ'କଦ'ବ'ପୁଣ'ନୋପ'ଏନ'ଶେଷ

**HUM** Lama gön po yer me la / dak ni kü be kyap su chi  
Dak sok sem chen tam che gyi/ nyön mong ma lü sel war sho  
**Gön** po lama yer me la / dak ni kü be kyab su chi  
Dak sok sem chen tam che gyi/ par che ma lü sel war sho

Hum! With respect and devotion I take refuge in the Guru indissociable from the Protector Mahakala.  
For all of us sentient beings please remove all mental agitations (klesas).

Hum! With respect and devotion, I take refuge in the Protector Mahakala indissociable from the Guru.  
For all of us sentient beings please remove all obstacles

[[**ਦੁਖੇ** ਦੁਖੇ ਪ੍ਰਿਸਾ ਕੌਰ ਨਾਨਾ ਸ਼੍ਰੀ ਸਾਹਿਬ ਦੁਆਰਾ ਮਾਲਿਗਾ ਦੁਖੇ ਦੁਖੇ ਪ੍ਰਿਸਾ ਕੌਰ ਨਾਨਾ ਸ਼੍ਰੀ ਸਾਹਿਬ ਦੁਆਰਾ ਮਾਲਿਗਾ]]

**Ge wa di yi tse rab kün tu dak / gyel wey dam chö ma lü dzin pa dang  
De vi kel kyen sel dang tün kyen drup / Lama Gön po yer me drup gyür chik**

By the power of these virtues, in all my future lives, may I uphold the excellent Dharma of the Victorious in its entirety, may all the adverse conditions to realize this be eliminated, may all the favorable conditions be established, and may I realize the indissociable state of Lama Mahakala.

Mantra of Mahakala (at least 108 recitations):

ॐ नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा

**OM BENDZA MAHAKALA KSIM KSETRA BINEN BINAYAKA HUM HUM PHAT PHAT SOHA**

Quintessence mantra

ॐ विष्णुवा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा  
अपेक्षिदं नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा  
नैदं नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा  
नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा  
श्री रथाम् नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा

**OM SHRI MAHAKALA SHASANA / UPA HARINI / EKO APATSI / MAKALO / AYAM YIDAM RATNATRAYA / ABAKARINI / YATI PRATITSAN / MARASI TADA / YIDAM DUTAM / KHA KHA KHAI KHAI / MARA MARA / GRIHANA GRIHANA / BENDHA BENDHA / HANA HANA / DAHA DAHA / PATSA PATSA DENA MEKENA / MARAYA / HUM HUM PHAT PHAT SOHA**

Mantra of 100 syllables of Vajrasattva:

ॐ नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा  
नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा नूर्त्रा

**OM BENDZA SATO SAMAYA / MANUPALAYA / BENDZA SATO TENOPA TISHTA / DRIDHO MEBHAWA / SUTOKAYO MEBHAWA / SUPO KAYO ME BAWA / ANU RAKTO MEBHAWA / SARVA SIDDHI MEM PRAYATSA / SARVA KARMA SUTSAME / CITTAM SHRI YAM KURU HUM / HA HAHAHA HO BHAGAWAN / SARVA TATHAGATA / BENDZA MAME MUNDZA / BENDZA BHAWA / MAHA SAMAYA SATO AH HUM PHAT**

Dedications:

द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो  
द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो

**Ge wa di yi nyur du dak / Lama sangye drup gyur ne  
Dro wa chik kyang ma lü pa / de yi sa la gó par sho**

By the power of these virtues, may I quickly obtain the state of the Guru Buddha  
And then, may I also establish in this state all the beings without exception.

कृष्णाय श्रीमति गुरुद्वयो द्वयो द्वयो द्वयो द्वयो द्वयो  
द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो द्वयो

**Dü sum shek pey gyel wa tam che kyi / ngo wa kang la chok tu ngak pa de  
Dak shen ge wey tsa wa di kün kyang / sang po chö chir rap tu ngo war gyi**

In conformity with what has been praised as the supreme dedication by all the Victorious who manifest themselves in the three times,

I perfectly dedicate all the root of virtues of myself and others to the accomplishment of excellent activities.

༄༅ ། བ්‍රාහ්මණ ശ්‍රാവക ക്ഷേത്ര ശ්‍රാവക ക്ഷേത്ര വിജയ വിജയ വിജയ വിജയ  
Prayer of Long Life for His Eminence Kyabje Jangtsé Chöje Gosok Rinpoche

**Om Svasti. Tsen nyen dü tsi yi la ten pey mö / zhön drel dorje tse sok drup pey gön /**

**Ma nge gyu mar röl pey tse yi lhe / chi me drup peychin gya deng dir pop**

Om Svasti. You whose nectar of fame delights our mind when we think about it; You, Deities of long life who appear in this world in various appearances; You Lords who have obtained a longevity similar to the indestructible vajra, spread here today a multitude of blessings for the realization of immortality!

।८। ये द्वारा छुपा स्पष्ट शब्द नहीं होता। यह एक अद्वितीय वाक् है। इसमें दो वाक् शब्द हैं। एक वाक् शब्द का अर्थ है कि वह वाक् शब्द है जिसका अर्थ वाक् शब्द है। और दूसरा वाक् शब्द का अर्थ है कि वह वाक् शब्द है जिसका अर्थ वाक् शब्द है।

**Ngak gi wang chuk tup sung rap jam zhung / she drup ten pey dzö dzin chö kyi je /**

**Ma me ge den lek she nor bü ter/ gya chen chö kyi tso la sölwa dep**

O Lord of Dharma, Holder of the treasure of the Doctrine taught and realized through the excellent works of the Words of Buddha Sakyamuni whose speech is skillful and powerful, to You, vast and profound ocean of Dharma, precious treasure of the excellent speeches of the Virtuous with superior qualities, I make this supplication.

**Yong dak trül drel tawa zap mö long / che jok rang tsel ngom pey yik gi ter**

Gyel se chö pey dzum lap chok kyi tar / tro khe chö kyi gya tsor zhab ten shok

O vast ocean of Dharma, to You I address my prayers. O Treasure of wealth obtained by dexterity and strength in analytic and focalized meditations that have for object the immensity of the profound view totally pure and free from any error, please always remain in the ocean of Dharma which is efficient in setting in motion the waves of your Bodhisattva activity, You Son of the Victorious.

ଶ୍ରୀମତୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ

Zap sel khyen rap lha lam yang pey khar / lhak sam dü tsidawadzum pey lap

Kün mong dra dey mün pa pam pey chi / tsung drel mawey dawar zhap ten shok

In the sky, wide and vast path of the celestial beings, of your deep and clear wisdom, the magnificent smiling moon of the nectar of Your supreme altruistic aspiration delights in defeating the darkness of the enemy troop so ignorance. Please always remain in the moon of unequalled eloquence.

ସରକ୍ଷଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-  
ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-  
ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-  
ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-ଦକ୍ଷିଣ-ପାନୀରାଶିମୁଖ-

**Che pa kap sum chi medzang bu ngar / tsö pa nam nön ji pey bar khyim no**

**Tsom ba tsik dön gyen gyi dap tong gye / ten pey sel che chen por zhab ten shok**

You whose explanations are crystal clear like the lakes of the immortal gods; You whose arguments subdue and decide like the lion's claws; You whose compositions are enriched by the thousand lotus petals of the ornament of words and their meanings, please always remain in the great activity of clarification of the Doctrine.

ପଶୁ-କେନ୍ଦ୍ର-ଶରୀରାବଳା-କୁଣ୍ଡଲାରି-ପଦିକ-ତ୍ରିକ-ଦର୍ଶନ-ଶରୀର-ପଶୁ-କୁଣ୍ଡଲ-ଦମ୍ଭ-କର୍ତ୍ତା-କୁଣ୍ଡଲାରି-ଶରୀରା  
ପଦାଶ-ତଣ-ଦର୍ଶନ-ଶରୀର-ପଶୁ-କୁଣ୍ଡଲ-ଦମ୍ଭ-କର୍ତ୍ତା-କୁଣ୍ଡଲାରି-ଶରୀର-ପଶୁ-କୁଣ୍ଡଲ-ଦମ୍ଭ-କର୍ତ୍ତା-କୁଣ୍ଡଲାରି-ଶରୀରା

Lu me se che gyelwey den jin dang / tu den ten sung dam chen gya tsö top  
Dak chak de mö lhak sam dak pey tü / re dre ji zhin de lak drup gyur chik

By the authentic blessing of the Victorious and their undceiving Sons, by the strength of the ocean of very powerful oath-bound protectors of the Doctrine, by the power of our trusting faith and our altruistic aspiration, may the wishes we formulate and their results be fulfilled with ease.

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