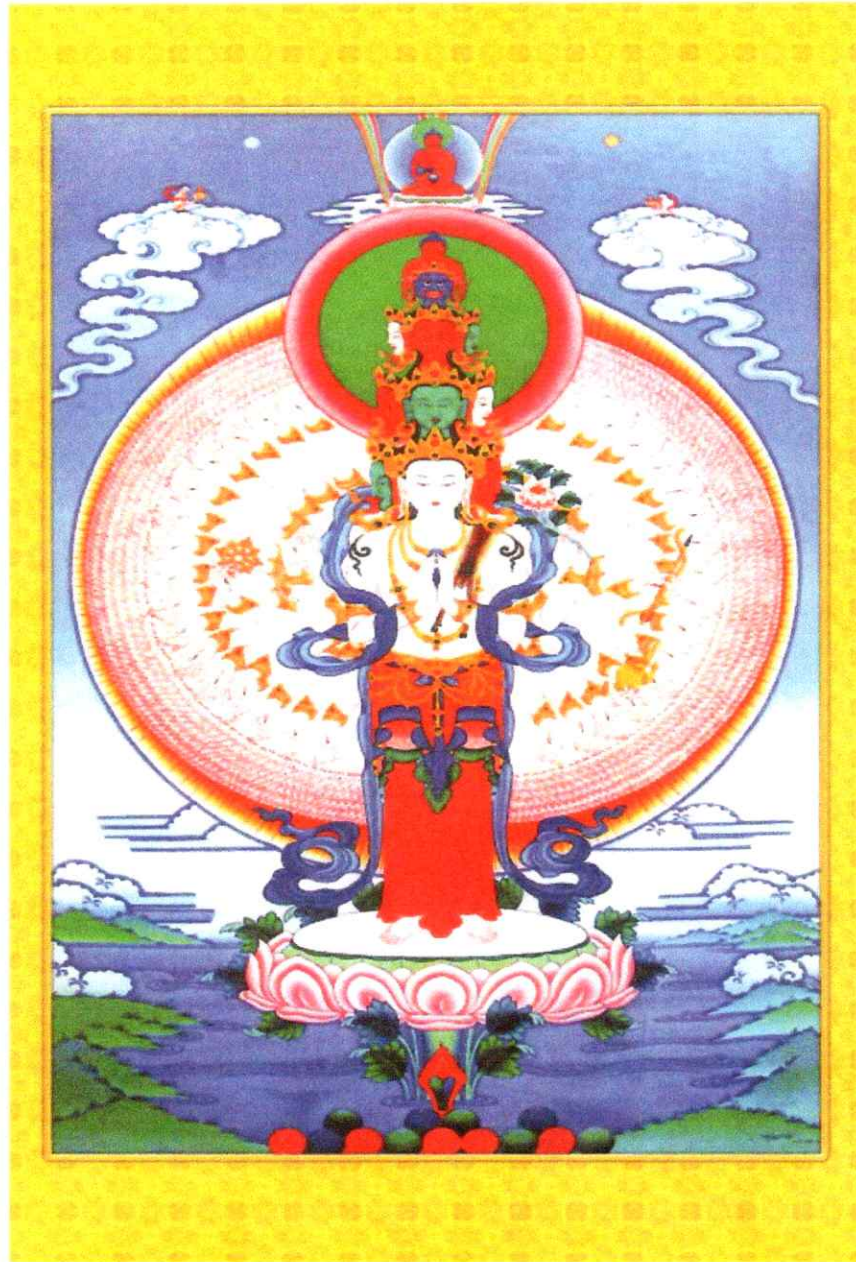


Emaho's Summer 2014 Retreat with Zachoeje Rinpoche



THOUSAND ARMED CHENREZIG SADHANA

Preliminary

(With your two hands folded in the mudra of a blossoming open lotus, hold them at your heart in the commitment mudra of the lotus family.)

OM PAYMA UTA BAWA YE SŌHA

(Saying this make the commitment mudra of the Lotus Family and touch your heart, between your eyes, throat, and the tops of the shoulders as a blessing.)

Then prostrate to the feet of all Buddhas and Bodhisattvas in the ten directions by saying:

**OM SARWA TATHAGATA KAYA WAKA CHITTA
VAJRA PRANA MENA SARWA TATHAGATA VAJRA
PE BADANAM KA RO MI**

From now until the essence of enlightenment, at all times
I offer myself to all the Buddhas and
Bodhisattvas abiding in the ten directions;
Please bestow upon me the
supreme attainment.

Instantaneous Self-generation

In an instant I arise in the form of the Great
Compassionate One.

Offerings Blessing

OM PEMAN TAKTRI HUM PHAT

OM SVABHAWA SHUDDHA SARWA DHARMA
SVABHAWA SHUDDHO HAM

Everything becomes emptiness.
From the state of emptiness from BHRUM comes a broad
and expansive jeweled vessel with the OM inside them.
OM melts into light and completely transforms
into offering substances, water for drinking, water for the
washing, flowers, incense, lights, perfume, food and music.

OM ARGHAM AH HUM
OM PADĀM AH HUM
OM PUPE AH HUM
OM DHUPE AH HUM
OM DIWE AH HUM
OM GĀNDHE AH HUM
OM NEWIDE AH HUM
OM SHAPTA AH HUM

(Say the following three times:)

I go for refuge to Buddha, Dharma, and Sangha,
Until I achieve Enlightenment;
Through the virtuous I collect from generosity and so forth
May I become a Buddha for the benefit of all sentient
beings.

(Say the following three times as the generation of bodhichitta)

With a wish to free all beings
I shall always go for refuge
to the Buddha, Dharma and Sangha
until I reach full enlightenment.

Enthused by wisdom and compassion,
today in the Buddha's presence
I generate the Mind for Full Awakening

for the benefit of all sentient beings.

As long as space endures,
as long as sentient being remain,
until then, may I too remain
and dispel the miseries of the world.

Invoking the Field of Merit

Appearing myself as the Great
Compassionate One and lights radiate from the White HRIH.
Invoking my Guru in the aspect of Arya Great
Compassionate One with eleven faces together with the
lineage Gurus, and the assembly of Yidams, and
Buddhas, Bodhisattvas, Daka, Dakinis, Dharma
Protectors and guardians. They sit upon a broad and
expansive thousand petalled stemmed lotus in the sky
before me.

Prostration

You are the embodiment of all Buddhas,
Whose very nature is the VajraDhara,
The root of the Three Jewels,
To all my Gurus, I bow with great respect.

The thousand arms are like a thousand Chakravatin Kings,
And thousand eyes are like the thousand Buddhas of this aeon,
Displaying various form and deeds according to being's needs
To the foremost Compassionate Chenrezig I bow with great respect.

Outer Offerings

OM ARYA LOKESHARA SAPARIWARA AHRGHAM
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA PADÄM
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA PUPE
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA DHUPE
PRATITZA SÖHA

OM ARYA LOKESHARA SAPARIWARA ALOKE
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA GÄNDHE
PRATITZA SÖHA

Four Immeasurable prayer

May all sentient beings be happy and have the causes of happiness
May all sentient beings be free from suffering and the causes of
suffering.

May all sentient beings never be separated from the happiness that is
free from suffering.

May all sentient beings abide in equanimity, free from both
attachment and detachment.

***The Actual Self Generation
Ultimate Deity***

OM SVABHAWA SHUDDHA SARWA DHARMA
SVABHAWA SHUDDHO HAM

“Empty by nature, everything is pure, naturally pure. That is What I
am.”

(Thus think like this: the true nature of myself is liberated from all
elaborations. Furthermore the true nature of the Deity is
that as well. These two become non-dual like the water mixing with
the water)

From the emptiness, white lotus arise from PAM and a moon disc
from AH.

At the center of the moon disc appears my great compassion in the
form of a white syllable *HRIH* circled by the mantra

OM DHARA DHARA, DHI RI DHI RI,
DHU RU DHU RU, IDI WADE, TSA LE TSA LE, PRA
TSA LE PRA TSA LE, KU SU ME, KU SU MA WA RE, I
LI MI LI, TSI TI DZA LA MA PA NA YE SVAHA.

Light radiates from the HRIH and the Mantra circle throughout the ten directions emanating various offerings to all the Buddhas and Bodhisattvas. And pacifying the suffering of all the miserable beings.

The light rays return back with blessings of all the Buddhas and Bodhisattvas and dissolve into the HIRH and the mantra circle.

This completely transforms and arise as the Chenrezig with a white colored body, youthful and radiance with eleven faces; the principal face is white, right green, left red. Upon that is green, right red, and left white. Upon that is red, right white, left green.

The eyes are long and narrow and have a smiling complexion. Upon that is a greatly fierce black face, with wrinkles of wrath, three eyes, and orange hair standing upwards. Upon that is a peaceful red face together with a crown ornament.

First two hands are folding at the heart. The second right [hand] holds a mala, the third forms the [mudra] of supreme giving [from which] nectar descends dispelling the hunger and thirst of hungry ghosts, the fourth holds a wheel. The second left hand holds a golden lotus and stem, the third a golden vase, the fourth a bow and arrow. The remaining nine hundred and ninety two hands are in the mudra of supreme giving and are as soft as lotus petals. All the hands have eyes in their palms. The hands do not extend above the crown ornaments or below the knees. Wearing an antelope skin on the left shoulder and wearing a lower garment of fine cloth. With a golden jeweled sash and a beautiful garland of orange hair with a precious crown ornament, necklace, bangles, bracelets, anklets, and a variety of silken ornaments and radiating white rays of light.

At the crown is a white OM, at throat a red AH, and at heart a blue HUM. Upon the moon disc at my heart is a white long letter HRIH.

OM PEMA UTA BAWA YE SÖHA

(Saying this make the commitment mudra of the Lotus Family and touch your heart, between your eyes, throat, and the tops of the shoulders as a blessing.)

From the HRIH at heart light rays radiate and invoke the Chenrezig surrounded by a retinue of Buddhas and Bodhisattvas.

OM ARYA LOKESHARA SAPARIWARA VAJRA SAMA

ZA, ZA:

ZA HUM BAM HO

The wisdom beings become non-dual with the commitment beings.

Again from the HUM at heart light rays radiate and invoke the Amitabha surrounded by the empowering Deities of the five Buddha families.

OM PANTSA KULA SAPARIWARA AHRGHAM, PADÄM, PUPE,
DHUPE, ALOKE, GÄNDHE, NEWIDE, SHAPTA
PRATITSA HUM SVAHA

All Tathagatas, please bestow the empowerment upon me.
Having been requested, from their hearts emanate
offering gods and goddesses, holding
vases filled with nectar [saying]:
'Just as at the time of Buddha's birth
Bathed by all the Tathagatas
Likewise we cleanse you
With the pure water of the gods.'

OM SARWA TATHAGATA ABHISHEKATA SAMAYA
SHRIYE HUM

Saying this they grant the empowerment, whole body is filled, all stains are purified, and the excess nectar that overflows on the crown is transformed into Amitabha Buddha who

reperesent my Guru.
At my forehead is Akshobya, behind the right ear is
Ratnasambhava, the back of the neck is Vairochana, and
behind the left ear is Amoghasiddhi.

Offerings to the Self-Generation

OM ARYA LOKESHARA SAPARIWARA AHRGHAM
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA PADÄM
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA PUPE
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA DHUPE
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA ALOKE
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA GÄNDHE
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA NEWIDE
PRATITZA SÖHA
OM ARYA LOKESHARA SAPARIWARA SHAPTA
PRATITZA SÖHA

Offering Praise

The thousand arms are like a thousand Chakravatin Kings,
And thousand eyes are like the thousand Buddhas of this aoen,
Displaying various form and deeds according to being's needs
To the foremost Compassionate Chenrezig I bow with great respect.

Mantra Recitation

OM RU TSI RA MA NI PRA WA TA YA HUM
(Recite seven times and blow it to the mala)

At the heart on a moon disc is the HRIH,
surrounded by the mantra radiating white

light and circling clockwise. The whole body
is filled with lights, all negative karma and obscurations are purified.
Light rays radiates and emanating countless lights purifying all the
negative

karma and obscurations of all sentient beings and
establishing them in the state of the Arya Chenrezig. These collect
back and dissolve into the letter HRIH at my heart.

NAMO RATNA TRAYAYA, NAMA ARYA GYANA,
SAKARA BEROTSANA, UHA RADZAYA,
TATHAGATYA, ARHATE, SAMYAK SAMBUDHAYA,
NAMA SARWA TATHGATA BHYA, ARHETE BHYA,
SAMYAK SAMBUDDHAYA BHYA, NAMA ARYA
AWALOKITSHARA YA, BODHISATTVA YA, MAHA
SATTÖ YA, MAHA KARU NIKYA YA, TAYATHA, OM
DHARA DHARA, DHIRI DHIRI, DHURU DHURU, ITI
WITI, TSA LE TSA LE, PRA TSA LE PRA TSA LE, KU
SU ME, KU SU MA WA RE, I LE MI LE, TSI DI DZO
LA AH PA NA YE SÖHA.

Short Mantra

OM DHARA DHARA, DHI RI DHI RI,
DHU RU DHU RU, IDI WADE, TSA LE TSA LE, PRA
TSA LE PRA TSA LE, KU SU ME, KU SU MA WA RE, I
LI MI LI, TSI TI DZA LA MA PA NA YE SÖHA

OM MANI PEMÈ HUM

Vajrasattva Mantra

OM PEMA SATTO SAMAYA MANU PALAYA, PEMA
SATTÖ TENO PATITA, DRIDHO ME BHAWA, SUTO
KAYO ME BHAWA, SUPO KAYO ME BHAWA,
ANURAKTO ME BHAWA, SARWA SIDDHI ME
PRAYATZA, SARWA KARMA SUTZA ME, TZITAM
SHRIYAM KURU HUM, HA HA HA HA HO
BAGAWÄN, PEMA, MA ME MUN TSA, PEMA
BHAWA, MAHA SAMAYA SATTÖ AH HUM PHAT

X3

Outer Offerings

OM ARYA LOKESHARA SAPARIWARA AHRGHAM,
PADĀM, PUPE, DHUPE, ALOKE, GĀNDHE,
NEWIDE, SHAPTA PRATITSA HUM SVAHA

Offering Praise

The thousand arms are like a thousand Chakravatin Kings,
And thousand eyes are like the thousand Buddhas of this aeon,
Displaying various form and deeds according to being's needs
To the foremost Compassionate Chenrezig I bow with great respect.

Blessing the Torma Offerings

OM PEMAN TAKTRI HUM PHAT

OM SVABHAWA SHUDDHA SARWA DHARMA
SVABHAWA SHUDDHO HAM

Everything becomes emptiness.

From the state of emptiness from BHRUM comes a broad
and expansive jeweled vessel with the OM inside them.

OM melts into light and completely transforms
into an ocean of uncontaminated exalted wisdom nectar.

OM AH HUM (3X)

Invoking the Guests of the Torma Offering

From the HRIH at the heart light rays radiate and invoke
The Great Compassionate One from his natural abode,
together with an assembly of Buddhas, Bodhisattvas,
Dakas, Dakinis, and Dharma Protectors to the space
before me.

Offering the Torma

From the tongues of the Deities come tubes of light by
which they partake of the essence of the torma.

OM ARYA LOKESHVARA SAPARIWARA IDAM
BALINGTA KA KA KHAHI KHAHI

*(Recite three times and offer to the Principal, The Great
Compassionate One.)*

OM ARYA LOKESHARA SAPARIWARA AHRGHAM, PADÄM,
PUPE, DHUPE, ALOKE, GÄNDHE, NEWIDE, SHAPTA
PRATITSA HUM SVAHA

The thousand arms are like a thousand Chakravatin Kings,
And thousand eyes are like the thousand Buddhas of this aoen,
Displaying various form and deeds according to being's needs
To the foremost Compassionate Chenrezig I bow with great respect.

*(Offer the second torma to the Dakinis, Dharma Protectors and
Guardians by establishing them clearly in an instant before
oneself. Each one abides in there own place and is delighted by
the offering.)*

OM ARKAROMUKHAM SARWA DHARMA NANA DENU WATEN
NADODA OM AH HUM PHAT
.SÖHA

*(Recite three times and make offerings to the Dakinis and Dharma
Protectors.)*

OM DAKINI SHRI DHARMAPALA SAPARIWARA AHRGHAM,
PADÄM, PUPE,
DHUPE, ALOKE, GÄNDHE, NEWIDE, SHAPTA
PRATITSA HUM SVAHA

To the Dakinis and Dharma Protectors on the side of
virtue,

Be delighted by the offering tormas and the five pleasing offerings
And support the Dharma for the happiness of all beings;
May you accomplish my desires according to my wishes.

(Thus request the enlightened actions. Then make tormas offerings with:)

NAMA SARWA TATHAGATA AWALOKITE OM
SAMBHARA SAMBHARA HUM (3x)

(Recite three times to the worldly beings; Lord of the Site and the Lords on the White Side, the Gods, Nagas, King Spirits and so forth.)

Praise

To the Tathagata Rinchen Mang I prostrate,
To the Tathagata Sug Dze Dampa I prostrate,
To the Tathagata Ku Jam Lay I prostrate,
To the Tathagata Jigpa Tamchay Dang Dralwa I prostrate.

To the eight powerful Site-Owners and so forth
Enjoy this tormas possessing the five sense objects,
Help support the Dharma, pacify all obstructions
And accomplish all the spiritual wishes that we have.

Dissolution

OM VAJRA MU

YESHE PA SHEG

DAM TSIG PA RANG NYI LA THIM
The wisdom aspect dissolves back into emptiness.
The Mudra Being dissolves into oneself.

OM AH HUM

Dedication

By the force of praising and honoring you,
May I and all others dwelling in the ten Directions,
Be freed from sickness, poverty, conflicts and all misfortunes,
May the Dharma and good fortune increase.

By this virtue may I quickly
Become Noble Arya Chenrezig,
And thus lead all beings
To that ground without exception.

May the precious, supreme Bodhichitta,
Grow where it has not yet grow,
Never diminish where it has grown,
But flourish for evermore.

GANG-RI RA-WA KOR-WAI ZHING-KAM-DIR
In the heavenly realm, surrounded by snow mountains
PAN DANG DE-WA KOR-WAI MA-LU JUNG-WAI-NE
The source of all happiness and help for beings
CHEN-RA-ZIG WONG TAN-DZIN GYA-TSO-YI
Is Tenzin Gyatso- Chenrezig in person
ZHAB-PA SI-TAI BAR-DU TAN-GYUR-CHIG
May his life be long and secure for hundreds of aeons!

This Sadhana is prepared and composed by Zachoeje Rinpoche for the June 2014
Thousand Arms Chenrezig retreat .