

KALACHAKRA PRACTICE



HOMAGE

DONG NI NING JE DAG NI CHEN
SI SUM KYE TANG CHIG BA ME
SHE DANG SHE CHA CHIG BE KU
PANDEN TULKUR LA CHAK TSEL

Homage to the Glorious Kalachakra
Whose nature is emptiness and compassion
Embodying the oneness of subject and object
Free of birth and death in the three existences

PRAYER TO RENEW BODHISATTVA VOWS

Lama, Conquerors, and their children
Please take heed of me
Just as the earlier ones gone to bliss
Generated an altruistic intention to become enlightened
And dwelt by stages in the learnings of Bodhisattvas
So I also for the sake of helping transmigrators
Will generate an altruistic intention to become enlightened
And train in stages in the learnings of Bodhisattvas.

Now my life is fruitful
I have attained a good human existence
Today I have been born in the Buddha's lineage
I have become a Buddha child.

Now whatever happens
I will act so as not to sully
This flawless holy Buddha lineage
Initiating actions concordant with this lineage

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MANTRA

OM A HUM HOH HAM KSHA MA LA VA RYAM HUM PHAT
OM PHREM VISHVA-MATA HUM HUM PHAT
OM DANA PARAMITA HUM HUM PHAT
OM SHILA PARAMITA HUM HUM PHAT
OM KSHANTI PARAMITA HUM HUM PHAT
OM VIRYA PARAMITA HUM HUM PHAT
OM DHYANA PARAMITA HUM HUM PHAT
OM PRAJNA PARAMITA HUM HUM PHAT
OM UPAYA PARAMITA HUM HUM PHAT
OM PRANIDHANA PARAMITA HUM HUM PHAT
OM BALA PARAMITA HUM HUM PHAT
OM JNANA PARAMITA HUM HUM PHAT

OM VAJRA-SATTVA SAMAYA MANU-PALAYA, VAJRA-SATTVA TVENO-PATISHTA,
DRIDHO ME BHAVA, SU TOSHYO ME BHAVA, SU POSHYO ME BHAVA, ANU RAKTO
ME BHAVA, SARVA SIDDHIM ME PRAYACHCHHA, SARVA KARMA SUCHHA ME,
CHITTAM SHRIYAM KURU HUM, HA HA HA HA HOH BHAGAVAN, SARVA
TATHAGATA VAJRA, MA ME MUNCHA, VAJRI BHAVA, MAHA SAMAYA SATTVA,
AH HUM PHAT.

DEDICATION

For the sake of all sentient beings, my mothers
From now on I give away without regret
My body, resources, and whatsoever masses
Of virtue of the past, present, and the future

MEANING OF THE MANTRA

The first four syllables **OM AH HUM HOH** of the mantra are the four vajra syllables of the body, speech, mind and wisdom:

OM is the vajra of body,
AH is the vajra of speech,
HUM is the vajra of mind,
HOH is the vajra of wisdom.

The next two syllables, **HAM** and **KSHAH** are the seed syllables for the father Kalachakra (**HAM**) and, correspondingly, his consort Vishvamata (**KSHAH**). The next syllable **MA** is the basis for the inestimable mansion of Kalachakra. The four syllables **LA VA RA YA** stand for the four elements of earth, fire, water and wind. **HUM PHAT** signifies an offering of blessings, with the wish that hearing the mantra and reciting it bring supreme benefit for all sentient beings.