

# **A Short Sadhana of the Wrathful Black Dakini, Tröma Nagmo**

**According to the pure and unbroken Dakini Chod lineage  
in the Gelug Tibetan Buddhist Tradition**

**Composed by**

**E Lama Dechen Je Pe Dorje**

**(20<sup>th</sup> century C.E.)**

**This sadhana practice is intended only for those people  
who have received the appropriate Highest Yoga Tantra initiation  
from a qualified Lama.**

Gaden for the West

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## **Preliminary Practices**

NAMO GURU DEVA DAKINI

Heruka, pervasive lord of the Hundred Families of the great secret,  
Wrathful Black Dakini, bestower of supreme innate bliss,  
Kind Guru, sole refuge for beings to be subdued,  
I beseech you all, bless me to accomplish the two aims, my own and others.

## **Taking Refuge and Generating Bodhicitta**

To you undeceiving eternal Protectors  
I go for refuge with heart devotion.  
To set beings who are sinking in the swamp of suffering  
On the perfect path, I generate bodhi-mind.

*(Recite this slowly, definitely merging your mind with it.)*

## **Guru Yoga**

In the space in front of me, on a thousand-petalled lotus  
In the centre of a moon mandala is the Guru, Great Mother,  
Machig Labdrön, surrounded by the Four Dakini Families,  
And all the revered guests, with no-one missing.

## **Offering the 7-limbed Practice**

With devotion I prostrate to my Guru Yidam Dakini,  
Make outer, inner, secret and suchness offerings,  
Purify every harm and obscuration of my body, speech and mind,  
And rejoice in every purely enacted virtue.  
Pray turn the entire vast profound wheel of Dharma.  
Pass not into Nirvana, always remain, I beseech.  
All virtue I dedicate to unexcelled full Enlightenment.

## **Mandala Offering**

My skin as the ground, intestines as iron mountains,  
Head as Mount Meru, limbs as four continents,  
Two eyes as sun and moon, inner organs become  
The cherished wealth of humans and gods, lacking nothing,  
I offer.

## **Requests**

Embodying the treasure of compassion of all the Buddhas of the three times,  
Precious Kind Guru inseparable from Machig,  
To you and the hosts of Dakinis  
I pray and request from the centre of my heart:  
Please bless me to pacify my delusions in the nature of dharmadhatu,  
To develop compassion and love in my mind,  
To directly realise the excellent path of selflessness,  
And attain the definitive state of Buddha.

*(Thus make intense requests visualising the descent of nectar.)*



## Actual practice of Self-generation

### Consecrating Offerings

From the heart of myself generated as Vajrayogini light emanates, purifying all faults and impurities of the abode, and of all outer and inner offerings. Increasing all desirable qualities, the offerings become able to give uncontaminated bliss.

OM ARGHAM AH HUM  
OM PADYAM AH HUM  
OM VAJRA PUSHPE AH HUM  
OM VAJRA DHUPE AH HUM  
OM VAJRA ALOKE AH HUM  
OM VAJRA GÄNDHE AH HUM  
OM VAJRA NAIVIDYE AH HUM  
OM VAJRA SHABDA AH HUM

OM AH VAJRA ANDARSHE HUM  
OM AH VAJRA VINE HUM  
OM AH VAJRA GÄNDHE HUM  
OM AH VAJRA RASE HUM  
OM AH VAJRA SPARSHE HUM  
OM AH VAJRA DHARME HUM

### Transforming ordinary death, birth and bardo into the three Buddhakayas

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Everything becomes empty. From within emptiness appear the four elemental mandalas, on top of which is Mount Meru. From HUM <sup>ॐ</sup> arises a vast wheel of protection. From BHRUM <sup>ॐ</sup> rises the mansion of Great Liberation with four sides, four doors, porticoes and the complete characteristics of a mandala. Inside, on a four-petalled lotus, moon and sun, from BAM <sup>ॐ</sup> arises a corpse seat. On top of this is my own mind as a curved knife marked by HUM <sup>ॐ</sup>.

Light emanates from the HUM <sup>ॐ</sup> making offerings to the Exalted beings and working the welfare of sentient beings. The light then reabsorbs into the HUM <sup>ॐ</sup>.

The curved knife and HUM <sup>ॐ</sup> transform and I arise as Machig Wrathful Dakini.

My body is black-indigo in colour. I have one face, and two hands which hold a curved knife and a blood-filled skullcup. I wear a dried skull crown, a top knot with the head of a roaring boar, and my hair, eyebrows and facial hair are blazing orange. My mouth is gaping, tongue curled, fangs fully bared. I wear a moist skull necklace and skirt of tiger-skin, with an upper garment of elephant skin adorned with drops of blood and grease. I subjugate the three samsaric realms. I have three eyes looking out to the ten directions and I stand amidst a blazing mass of fire.

Surrounding me in a clockwise direction are, starting in front, Buddha Dakini, Ratna Dakini, Padma Dakini and Karma Dakini. Each has a hundred thousand hosts in her retinue - white, yellow, red and green respectively - with ornaments like that of the principal Mother, and each holding her own symbols and mudras. At the three places, the entire assembly is marked by the Three Vajras.

### **Uniting with the Wisdom Beings and Receiving Empowerment**

Immeasurable light radiates from the HUMs  $\text{ॐ}$  at our hearts. From the Dharmadhatu, the realm of great transcendent wisdom, Wisdom beings are invited and dissolve indivisibly into us.

Likewise Initiating Deities grant us empowerment. All our defilements are cleansed. The excess nectar overflows to become the crown ornaments of the five Dhyani Buddha Families.

### **Presenting the Outer Offerings to the Self-generated Deities.**

OM MAHA GURU DEVA DAKINI SAPARIWARA ARGHAM PRATICCHA HUM SVAHA  
OM MAHA GURU DEVA DAKINI SAPARIWARA PADYAM PRATICCHA HUM SVAHA  
OM MAHA GURU DEVA DAKINI SAPARIWARA PUSHPE PRATICCHA HUM SVAHA  
OM MAHA GURU DEVA DAKINI SAPARIWARA DHUPE PRATICCHA HUM SVAHA  
OM MAHA GURU DEVA DAKINI SAPARIWARA ALOKE PRATICCHA HUM SVAHA  
OM MAHA GURU DEVA DAKINI SAPARIWARA GÄNDHE PRATICCHA HUM SVAHA  
OM MAHA GURU DEVA DAKINI SAPARIWARA NAIVIDYE PRATICCHA HUM SVAHA  
OM MAHA GURU DEVA DAKINI SAPARIWARA SHABDA PRATICCHA HUM SVAHA

OM AH VAJRA ANDARSHE HUM  
OM AH VAJRA VINE HUM  
OM AH VAJRA GÄNDHE HUM  
OM AH VAJRA RASE HUM  
OM AH VAJRA SPARSHE HUM  
OM AH VAJRA DHARME HUM

### **Presenting the Inner Offering**

OM MAHA GURU DEVA DAKINI SAPARIWARA OM AH HUM

### **Presenting the Secret Offering**

OM SARVA TATHAGATA ANURAGANA VAJRA SVABHAVA ATMAKO HAM

### **Praise**

Mother of the Dharmakaya, birthless pure Dharmadhatu,  
Mother, ceaseless, without root, the actual nature of mind,  
Mother, endless, without centre, free from extremes, beyond mind,  
Homage to the Great Mother, Dharmakaya.

Four Dakini Families performing the four enlightening actions,  
Encircled by millions of Mamos and Dakinis,  
Each in their own colour, with various hand implements,  
Endowed with measureless power and miraculous manifestations  
Swiftly accomplishing the practitioner's activities:  
Homage and praise to you Mamos and Dakinis.

### Visualization for Mantra Recitation

On a sun-disc and lotus at my heart is the Wisdom being, similar to myself, red in colour. At her heart, on a sun-disc is a HUM ॐ surrounded by the mantra garland from which light radiates. This accomplishes the two purposes, and returns bringing swift attainment of blessings and siddhis.

*(Contemplating with stable deity yoga and clarity, recite the essence mantra as much as possible:)*

### Mantra Recitation

OM AH HUM GURU BAM HA RI NI SA SIDDHI HUM

*(Then recite the mantra of the Sanskrit alphabet vowels and consonants, and the Essence of Dependent Arising mantra, three times each to stabilise the blessings:)*

OM A AA I II U UU RI RII LI LII E AI O OH AM AH  
KA KHA GA GHA NGA / TSA TSHA DZA DZHA NYA  
TA THA DA DHA NA / TrA THrA DrA DHrA NA  
PHA PHA BA BHA MA / YA RA LA WA  
SHA ZHA SA HA / KHSA / HUM HUM PHAT (3x)

OM YE DHARMA HETU PRABHAVA  
HETUN TESHAM TATHAGATO HYAVADAT  
TESHAM CHA YO NIRODHA  
EVAM VADI MAHA SHRAMANAH YE SVAHA

(3x)

*(Then recite the 100-syllable Heruka Vajrasattva mantra to correct any omissions or additions.)*

### Brief Concluding Offerings and Praise

OM MAHA GURU DEVA DAKINI SAPARIWARA ARGHAM, PADYAM, PUSHPE, DHUPE,  
ALOE, GANDHE, NAIVIDYE, SHABDA PRATICCHA HUM SVAHA

OM MAHA GURU DEVA DAKINI SAPARIWARA OM AH HUM

Mother of the Dharmakaya, birthless pure Dharmadhatu,  
Mother, ceaseless, without root, the actual nature of mind,  
Mother, endless, without centre, free from extremes, beyond mind,  
Homage to the Great Mother, Dharmakaya.

Four Dakini Families performing the four enlightening actions,  
Encircled by millions of Mamos and Dakinis,  
Each in their own colour, with various hand implements,  
Endowed with measureless power and miraculous manifestations  
Swiftly accomplishing the practitioner's activities:  
Homage and praise to you Mamos and Dakinis.

### Dissolution of the Mandala

*(For the sake of dispelling the extreme view of permanence, first recite HUM with a long drawn-out tone:)*

HUM

The outer and inner environment and beings all melt into light. I also dissolve from above and below, collecting into the HUM ॐ. That also dissolves into the nada which becomes of a nature of great bliss, clear light and the birthless Dharmakaya.

*(Sit in meditative equipoise as long as you can.)*

**Instant Self-generation as Ma.Chig Tro.ma Nag.mo**

*(Then, in order to dispel the extreme view of nihilism:)*

From within emptiness I arise in the wrathful Mother's form, my three places marked by the three syllables. Within the indestructible protection wheel of a mountain of vajra fire are that which is protected, meditation objects, as well.

**Dedication**

Through the virtuous collections created here  
May I myself lead all mother sentient beings  
Out of the lower realms and the paths that lead there,  
And set them in the state of Dharmakaya.

May those who practise this method  
Always be assisted with never a break  
By all the Heroes and Yoginis in this world's  
Twenty-four sacred places, who are endowed with unimpeded magical power.

*(Recite any further dedication and auspicious verses you wish.)*

**Translator's colophon:**

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**Editor Colophon:**

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**Gaden for the West Colophon:**

Composed by the 20th century E Lama Dechen Je Pe Dorje who is the reincarnation of E Lama Gelek Pelzang, who wrote the long sadhana of Dakini Chod lineage Troma Nagmo / Wrathful Black Dakini.

Under the kind supervision of the Venerable 13th Zasep Tulku Rinpoche, this Gaden for the West (GFTW) version has been edited by Chuck Damov and formatted by Peter Lewis.

Updated versions will be available on the Web.

We dedicate any and all merit of this effort to the study and pure practice of the precious Vajrayana teachings.