

Sadhana of Twelve-armed Red Ganesha Wishfulfilling Jewel

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Translated, modified with the addition of refuge, Bodhicitta, offerings, dedication and auspicious prayers by Zasep Tulku Losang Tenzin Gyaltzen.



NAMO GURU VAJRA VARNAYE

Maha Deva, Tsog Dagpo Ganesha is the protector for yogis and yoginis who have honored Samaya and who practice the Sadhana.

Ganesha is the source of virtue and prosperity. He is the provider of glory and good fortune of the three realms, so I make supplications to him to protect life and Dharma practice.

First set up the altar for Ganesha, place a statue or painting on the altar, arrange a jewel shaped red Torma decorated with butter ornaments of Sun, Moon and Nanda. Also set up the special three white offerings— milk, yogurt, and rock sugar with carrot. Set up two sets of offering bowls starting from right to left on the altar.

If you have the initiation of Heruka, Vajrayogini, Yamantaka or Six-Armed Mahakala, do the short Sadhana of that deity (or at the very least, do the mantras). Sit on a comfortable cushion, place the Bell, Vajra, Damaru and inner nectar cup

on the table in front of you, and begin with the Yidam deity Sadhana, then front-generated Puja of Ganesha.

Taking Refuge

For myself and all sentient beings throughout space I go for refuge until I am enlightened

To my Gurus, the Buddhas, the Dharma and the Supreme Sangha. (x3)

Cultivating Bodhicitta

For the benefit of all sentient beings I must achieve full Enlightenment.

For this purpose, I shall practice the Guru Yoga for the Wisdom and prosperity deity, Maha Deva Ganapati. (x3)

Consecrate the Torma offerings in advance

OM RURU PURU ZWALA TISHTA SIDDHA LOTSANI SARVA

ARTA SADHANAYE SVAHA (x3)

(While saying the above mantra do the Sky Treasure mudra) OM VAJRA

AMRITA KUNDALI HANA HANA HUNG PHET

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO
HUNG

From the state of emptiness I visualize myself arising
as Heruka, Vajrayogini, Yamantaka (or whichever deity

I practice). I invite Great Maha Deva Ganesha to this marvelous mountain of lapis lazuli light, decorated by the red lotus flowers and the great fabled blue mongoose vomiting all kinds of jewels. He has the red syllable GAM on his back, then the red GAM transforms into glorious Red Ganesha with elephant face, three eyes and long white tusks. His hair is tied up on his crown and decorated with red jewels on the top and silk strips hanging on the side. He has twelve arms; the first right arm holds an axe, the second a great arrow, the third an iron hook, the fourth a Vajra, the fifth a sword, the sixth a Phangdu (spear). His first left hand holds a wooden pestle, the second a bow, the third a Khatvanga, the fourth a skullcup filled with blood, the fifth a skullcup filled with meat, the sixth holds a shield with a silk strip banner. He is also holding a Vajra and bell at his heart. He wears a Dhoti (lower garment) with marvelous jewels. His left foot stands on a great fabled blue mouse and his right foot is in the dancing posture. On his crown there is an OM, at his throat an AH, and at his heart a HUM. At the centre of his heart there is a GAM, the seed syllable of Ganesha.

Light shines forth from my heart as an invocation of Maha Deva Ganesha from one of the 33 realms of Devas known as Do Amo Linka; the glorious Maha Deva Ganesha and his unimaginable entourage descend and dissolve into the front-generated Ganesha. (*Ring bell*)

OM GA GA SIDDHI SIDDHI SARVA ARTHA METRA SADA YA HUM HUM
ZA ZA SOHA (*x100 or recite as much as you can*)
DZA HUM BAM HO

The commitment beings and wisdom beings become one. PADMA KAMALA YE
TAM
SAMAYA HO

Absorbing the Wisdom Beings and Receiving the Empowerment

From the blue HUM at my heart light-rays emanate bringing forth

From their natural abodes the wisdom beings and the empowering deities.

The wisdom-beings dissolve into me. We become non-dual. The empowering deities confer the empowerment on me, the surplus nectar remains

Above me as Amitabha Buddha on the crown of my head. Making offerings that have been blessed from above, Consecrated water, purified water, flowers and powder incense,

Bright flame, excellent aromas, high quality delicious food, All kinds of beautiful musical instruments I offer to Opponents of Mara and the great Maha Deva Ganesha. Whatever I have obtained, as well as imagined offerings,

I consecrate them by the power of my mantra recitation, Concentration and fine mudras. I also bless them,

I offer them with great care and honor to the deities

I request and make supplications to Maha Deva,

Please provide long life, virtues, power and energy,

Glory, prosperity and all kinds of marvels,

All my wishes fulfilled without any hindrance.

Offerings to Ganapati

OM GANAPATI ARGHAM, PADYAM, PUSHPE, DHUPE, ALOKE,
GANDHE, NAIVIDYA, SHABDA, HUM SVAHA OM GANAPATI OM AH
HUM !

། རྒྱལ་ལོ་ལྷ་མོ་ལ་འཇམ་མཐོག་ལ་འཇམ་མཐོག་ལོ།

Praise to Maha Deva Ganesha

། རྒྱལ་བའི་སྐྱེ་གསུང་གྲུགས་རྩོམ།

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SOURCE OF ALL BUDDHIST PROTECTORS

The embodiment of Buddha's body, speech and mind,

། གཉིས་མེད་ཡེ་ཤེས་ལས་བྱུང་བ།

Arise from the non-dual wisdom.

། ཚོགས་ཀྱི་ཚོགས་དབང་ཚོགས་ཀྱི་བདག།

The Lord of accumulation, the power of accumulation and owner of accumulation,

། དགོགས་ཀྱི་ཚོགས་ལ་ཕྱག་འཚལ་ལོ།

I prostrate to the great owner of the Geg obstacles.

Translator's note: Ganesha is known as Geg Kyi Gyalpo, the king of obstacles, owner of obstacles. This term sometimes causes a bit of confusion and concern. Lord Ganesha is a god of peace, love, prosperity and remover of hindrances. He never causes harm or obstacles. But from a divine Lila point of view he has a subtle influence, inspiring living beings to be joyful and playful. He generates long life, good health and lots of fun in life. There is nothing else quite like him; he is unusual. With his elephant face, he looks majestic and very beautiful. Playful, powerful, kind, generous and somewhat child-like, he is not serious like other Protectors, and enjoys wealth and the good life. For some Dharma practitioners, who have little sense of humour, they doubt that Ganesha is serious enough. While he inspires people with worldly happiness, sometimes this can be an obstacle and a distraction for their minds. However, I think in this degeneration age we need gods like him when we are facing suffering, sadness, depression, dangers of pandemics and illness. We need joyful cheerful happy Dharma Protectors like Lord Ganesha.

Mantra recitation of Ganesha-Ganapati

From the heart of myself, visualized as the Yidam mantra, light rays emanate and strike at the GAM syllable at the heart of the front-generated deity, requesting a rain of food, wealth and all kinds of siddhis.

Mantra of glorious Ganesha.

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OM AH GA HUNG SOHA (x100)

(When you do Lerung retreat do 100,000 mantras, or you could recite until you receive good signs of realization.)

ॐॐगाङ्गुङ्गु

OM GAM GANA SIDDHI SODHA METRI YAZA HUNG SOHA (x 21)

Make Mandala offering, concentrating on the object of offerings.

I offer mind-capturing flowers, ornaments and jewels, Sweet Ladoo made with rice, honey, sugar and turmeric, Fresh carrots and fruit with hundreds of flavours, Cloud-like offerings of the ten directions;

Please accept these offerings with delight.

Mandala-like beautiful food, lamp light, and water offerings, Rice wine, raisin wine and sweet drinks,

Naturally pure or fermented drinks,

Accept these uncontaminated offerings.

Blessed by Samadhi, Mantras and Mudras,

Accept these desirable good quality offerings,

Which I set up with a pure mind and my imagination, O Great Maha Deva Ganesha, enjoy my offerings.

OM GANAPATI, ARGHAM, PADYAM, PUSHPE, DHUPE, ALOKE,

GHANDE, NAIVIDYA, SHABDA OM GANAPATI OM AH HUM

When you wish to make Torma offerings, here is the method

OM HUNG HA HO HRI (x 3)

The front-generated deity drinks the essence of the Torma, drawing it up with his tongue in the form of a Vajra straw. OM GANAPATI SAPARIVARA IDAM

BALINGTA KHA KHA KAH KAH (x3)

OM GANAPATI AKARO MUKAM SARVA DHARMA NAM ADYA

NUPANA NATWATI NAMA SARVA TATHAGATA AVALOKETISHVARA OM

SAMBARA SAMBARA HUM (x3)

OM GANAPATI, ARGHAM, PADYAM, PUSHPE, DHUPE, ALOKE,
GHANDE, NAIVIDYA, SHABDA
OM GANAPATI OM AH HUM

Say the 100 syllable mantra of Vajrasattva

OM VAJRA SATTVA SAMAYA MANU PALAYA

VAJRA SATTVA TENO PATISHTA DRIDHO ME BHAVA

SUTO KAYO ME BHAVA SUPO KAYO ME BHAVA ANURAKTO ME BHAVA

SARVA SIDDHI ME PRAYACCHA SARVA KARMA SUCHA ME

CHITTAM SHRIYAM KURU HUM HA HA HA HA HO

BHAGAVAN SARVA TATHAGATA VAJRA MA ME MUNCHA

VAJRA BHAVA MAHA SAMAYA SATTVA AH HUM PHAT

Dedication

By this merit may I reach the siddhi of prosperity; through this opportunity provided by Ganapati, may I be able to help others, providing food, medicine and whatever they need.

Auspicious prayer

May there be the auspiciousness of the great compassionate Avalokiteshvara,

May there be the auspiciousness of the Six-armed Mahakala and Khetrapala, and so on.

May everything be auspicious for Lord Ganapati and his entourage, and the wealth deities.

May there be goodness increasing like a waxing moon with the bliss and bountiful riches of a Buddha-field.



TORMA OFFERING FOR GANESHA