

**The Extremely Abbreviated Sadhana
of the Transcendent Destroyer
“Solitary Hero Vajra-Terrifier”**

O Pervading Lord Manjushri-vajra,
the Opponent of Yama,
O Lama Je Tsong Kha Pa, the Father
who embodied all Conquerors,
and your Sons together with the Lamas
of the lineage,
please bestow the two kinds of siddhi.

To the Three Gems I go for refuge,
all beings I shall liberate
and place in the state of Awakenedness,
the Bodhicitta I shall fully generate.

Do this refuge and Bodhicitta verse 3x

In one instant I arise in the form
of the glorious Vajra-terrifier
with one face and two arms
which hold a curved knife and a skull-cup.

Consecrating the Inner Offering:

OM HRE TE WITI TA NANA HUNG PHAT
OM SVABHAVA SHUDDAH
SARVA DHARMA SVABHAVA
SHUDDOH HAM

All is empty. From the sphere of emptiness
appears YAM, from which arises AIR; from RAM,
fire; from three letters of AH, a tripod of three
human heads and, above these, from AH, a white
skull-cup containing the five meats and the five
nectars. Above these are OM AH HUNG.

From the HUNG at my heart light rays radiate
and strike the air; air moves; fire flares; all the
substances in the skull-cup melt and boil.

Light-rays radiate successively from the three
letters; they draw forth and absorb the three
vajras. The letters descend into the skull-cup
and all melt.

HUNG purifies all faults of color, smell and
Potentiality,
AH transforms it into nectar,
OM multiplies and increases it.
OM AH HUNG OM AH HUNG OM AH HUNG

Consecrating the Offering for Vision of Self as Deity:

OM HRE TE WITI TA NANA HUNG PHAT
OM SVABHAVA SHUDDAH
SARVA DHARMA SVABHAVA
SHUDDOH HAM

All is empty. From the sphere of emptiness
appears eight letters of AH and from these, huge
and vast skull-cups; inside of each is a HUNG.
From the melting of these letters of HUNG,
offerings with the nature of possessing the three
specialities arise.

OM ARGHAM AH HUNG
OM PADYAM AH HUNG
OM GHANDE AH HUNG
OM PUSHPE AH HUNG
OM DHUPE AH HUNG
OM ALOKE AH HUNG
OM NEWIDE AH HUNG
OM SHABDA AH HUNG

Following is the actual sadhana:

OM SVABHAVA SHUDDAH
SARVA DHARMA SVABHAVA
SHUDDOH HAM

All is empty. From the sphere of emptiness
appears the Vajra-earth, fence, tent, ceiling
and mountains of flames, inside of which is the
inconceivable mansion with four corners and four
doors. At the center of this is the causal Vajra-
holder in the form of Manjushri, on a seat of a
variegated lotus and sun and moon discs.
Visualizing oneself as this Hero Manjushri,
lights emanate from the heart, inviting all the
Tathagatas in the form of the Vajra-terrifier; they
dissolve into me. From this complete
transformation I arise as the resultant Vajra-
holder, the glorious and mighty Vajra-terrifier,
with a body of deep azure color, nine faces,

thirty-four arms and sixteen legs of which the right are drawn in and the left extended. At my heart is the wisdom being, the youthful Manjushri, whose heart is marked with HUNG, the absorption being. At my crown is OM, throat AH, and heart HUNG.

From the HUNG at my heart lights radiate forth, inviting the wisdom beings and empowering deities from their natural abodes.

The wisdom beings are absorbed into me.
The empowering deities grant me empowerment.
Akshobhya adorns the crown of my head.

OM YAMANTAKA ARGHAM / PADYAM /
GANDHE / PUSHPE / DHUPE / ALOKE /
NEWEDIYE / SHABDA PRATITZA HUNG
SOHA

OM YAMANTAKA HUNG PHAT OM AH
HUNG

Supreme form, extremely great fury,
intrepid one, enjoyer of supreme objects,
who acts in order to tame the hard to tame –
to the Vajra-terrifier I bow down.

On the sun mandala at my heart is a letter HUNG,
and around the circumference of the sun is the
mantra rosary.

Having contemplated thus one should recite:

OM ARA PA TZA NA DHIH (*Manjushri*)

OM YAMA RAZA SATO MEYA
YA MAN DU RU NAYO DAYA
YADA YONI RAYAK CHIYA
YAKCHI YANTSA NERA MAYA
HUNG HUNG PHAT PHAT SOHA (*Root Mantra*)

OM HRE TE WITI TA NANA HUNG PHAT (*The Action Mantra*)

OM HRE TE WITI TA NANA HUNG PHAT HUNG AH ANZE
(*Wisdom Shower Mantra, only for retreats*)

OM YAMANTAKA HUNG PHAT (*The Essence Mantra*)

OM VAMANTAKA SAMAYA MANUPALAYA
YAMANTAKA TENO PATITA DRIDHO ME BHAVA
SUTOKAYO ME BHAVA SUPOKAYO ME BHAVA
ANURAKTO ME BHAVA SARVASIDDHI ME
PRAYATZA SARVAKARMA SUTZAME TZITTAM
SHRIYAM KURU HUM HA HA HA HA HO,
BHAGAVAN YAMANTAKA MA ME MUNTZA YAMANTAKA
BHAVA MAHASAMAYASATTVA AH HUM PHAT.

OM YAMANTAKA ARGHAM / PADYAM /
GANDHE / PUSHPE / DHUPE / ALOKE /
NEWEDIYE / SHABDA PRATITZA HUNG
SOHA

OM YAMANTAKA HUM PHAT OM AH HUM

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intrepid one, enjoyer of supreme objects,
who acts in order to tame the hard to tame –
to the Vajra-terrifier I bow down.

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and all melt.

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potentiality,
AH transforms it into nectar,
OM multiplies and increases it.
OM AH HUNG OM AH HUNG OM AH HUNG

The complete supporting and supported mandala

of the solitary hero glorious vajra-terrifier
appears before me in a single instant. Light-rays
from the HUNG at my heart shine forth, inviting
the mandala of the wisdom beings of the
glorious vajra-terrifier together with its direction
protectors: ZAH HUNG BAM HOH, the wisdom
beings merge with the commitment beings.

The tongue of each guest becomes a HUNG,
which transforms into a single-point vajra having a
hollow reed of light by which the essence of the
ritual cake is extracted and enjoyed.

OM HRE TE WITI TA NANA HUNG PHAT
VAJRA BHAIKAVA ATIPHADHI IDAM BALIMTA
KHA KHA KHAHI KHAHI

OM YAMANTAKA ARGHAM / PAMYAM /
GANDHE / PUSHPE / DHUPE / ALOKE /
NEWEDIYE / SHABDA PRATITZA HUNG
SOHA

OM YAMANTAKA HUNG PHAT
OM AH HUNG.

O Manjushri, whose being is non-dual,
exclusive and all pervading,
by acting equally with everything you are the
father of all conquerors,
as the Dharmadhatu you are the mother of all
conquerors,
as a wisdom-being you are the child of all
conquerors.
I prostrate myself to Manjushri
who is complete in glory.
Though Dharmakaya neither loves nor hates, by
the enactment of your compassion
the presence of the king of fury is revealed in
order to control all evils in the triple world.
I prostrate myself to Bhairava Yamantaka, the
terrifying opponent of the lord of death.

(Offering to the Direction Protectors :)

OM YAMA RAZA SATO MEYA
YA MAN DU RU NAYO DAYA
YADA YONI RAYAK CHIYA
YAKCHI YANTSA NERA MAYA
HUNG HUNG PHAT PHAT SOHA

OM BUTSA RANAM YAPA TALA TSARAYA

MENKEN TSARAYA TABURWANAM GANAM
KADAGHI NADE GAYA HUNG
PANCIMANAM PHAT UTARA TENGAYA OM
E HRE YA TIWA WITI TE KOTA E NA ANADE HUNG BAYO PHAT SARWA BU DE BAY (3x)

OM DASHA DIKA LOKA PALA SAPARIVARA
ARGHAM / PADYAM / GANDHE / PUSHPE /
DHUPE / ALOKE / NEWENDE / SHABDA
PRATITZA HUNG SVAHA

OM DASHA DIKA LOKA PALA SAPARIVARA
OM AH HUNG

O Karmayama, ogresses, dakinis, and zombies;
all of whom are sworn as outer and inner
protectors, who in the presence of Manjushri,
pledged to tame all demons and to protect the doctrine:
with a wishful mind I bow and turn to you.
O directional protectors with your entourages,
help me to complete my virtuous actions
and clear all interferences.

The guests of the ritual cake, together with their
entourages, return to their own abodes.
The cemeteries are absorbed into the
inconceivable mansion,
the inconceivable mansion is absorbed into me.
I am absorbed into the wisdom being.
This is absorbed into HUNG, the absorption
being, this is absorbed into clear light emptiness.

In one instant I arise from the sphere of
emptiness as the Vajra-terrifier with one face and two
hands and with the three seeds marking the radiant
places.

(Dedication :)

By the virtue which has arisen from the effort
made with pure thought in this practice,
may the limitless beings in life after life
not become separated from, but be cared for
by the peaceful and wrathful aspects of Manjughosa.
May I, having actualized the state of the seven kisses,
which has the nature of the five bodies eternal as space,
easily lead all beings to that very state in a single moment.

(Verses of Auspiciousness :)

May there be the good fortune of the root and lineage gurus.
May there be the good fortune of the yidams and host of deities.

May there be the good fortune of the nymphs and dakinis.

May there be the good fortune of the protectors and guardians of the dharma.