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Mahamudra – The Ultimate Nature of Mind

TEACHINGS BY HIS HOLINESS

KYAPGON NGAWANG TENZIN RINPOCHE



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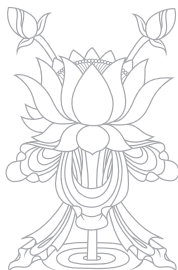
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2. BACKGROUND

His Holiness Kyapgon Ngawang Tenzin Rinpoche

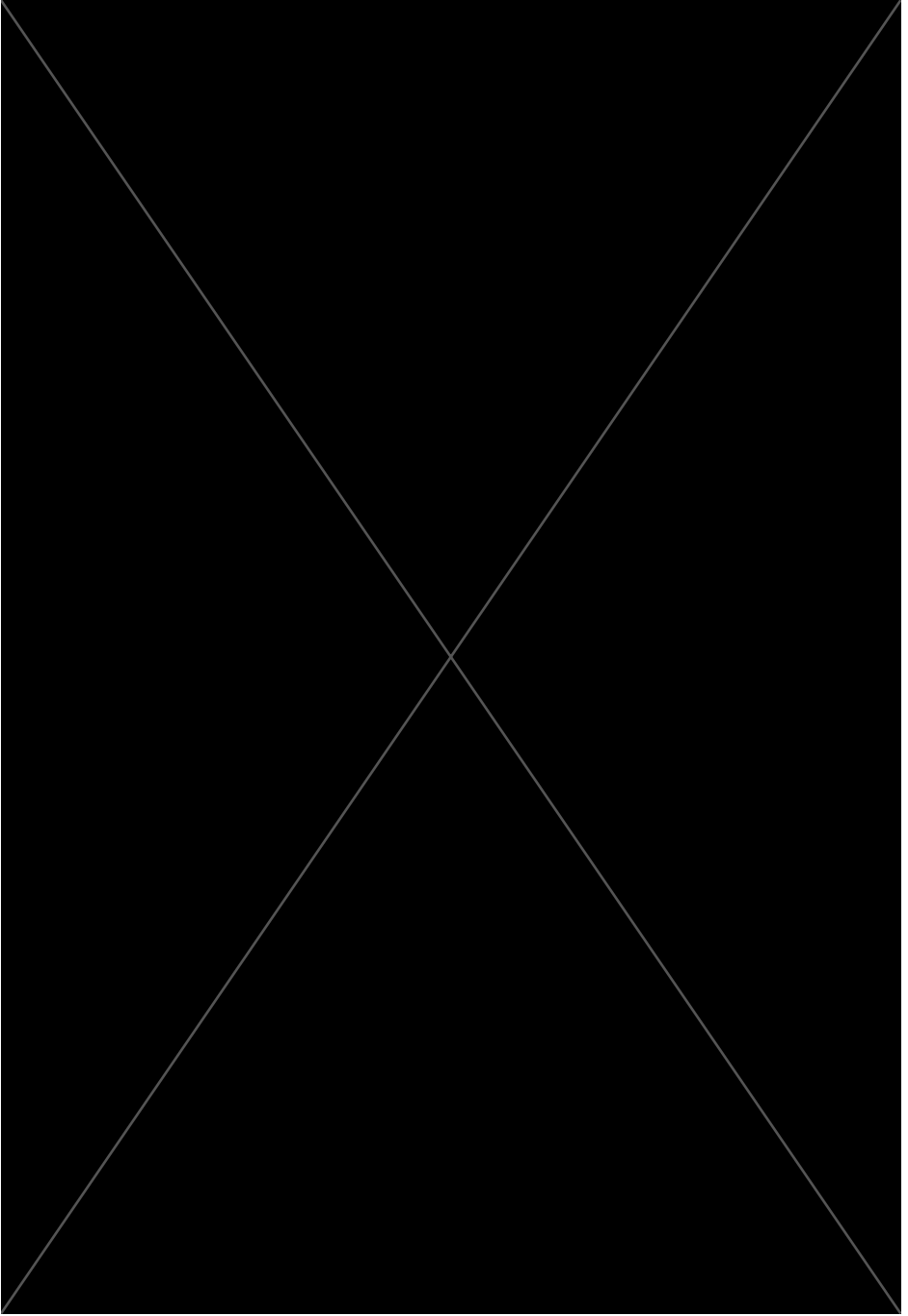
Tulku Lobsang Rinpoche

Nangten Menlang International





Dharmakāya Vajradhara



I. Chanting for Mahamudra Teachings



The Fourfold Supplication

First, having visualized the Refuge Tree, recite:

(I and) all mother sentient beings, as vast as space, take refuge in the guru,
the Buddha's truth body.

(I and) all mother sentient beings, as vast as space, take refuge in the guru,
the Buddha's enjoyment body.

(I and) all mother sentient beings, as vast as space, take refuge in the guru,
the Buddha's emanation body.

(I and) all mother sentient beings, as vast as space, take refuge in the guru,
the precious Buddha.

[Recite three times.]

MA NAMKHA DANG NYAMPAI SEMCHEN THAMCHED

LAMA SANGYE CHOEGI KU LA KYABSU CHIO

MA NAMKHA DANG NYAMPAI SEMCHEN THAMCHED

LAMA LONGCHOD ZOKPAI KU LA KYABSU CHIO

MA NAMKHA DANG NYAMPAI SEMCHEN THAMCHED

LAMA THUGJE TRULPAI KU LA KYABSU CHIO

MA NAMKHA DANG NYAMPAI SEMCHEN THAMCHED

LAMA SANGYE RINPOCHE LA KYABSU CHIO

Supplication to the Gurus in the Lineage

I pray to Great Vajradhara, Tilopa, Naropa,
To Marpa, Milarepa, Gompopa, Thatsapa,
To Naphupa, the Glorious Drukpa,
And to all masters of the Kagyu lineage.

DODJE CHANGCHEN, TILI, NARO DANG
MARPA, MILA, GAMPO, THATSAPA,
NAPHUPA DANG PALDEN DRUKPA SOK
KAGUYD LAMA NAMLA SOLWA DEB

In the dharmadhātu palace in Akaniṣṭha,
You are the epitome of all buddhas of three times.
You directly point out my mind as dharmakaya.
To the root guru, I pray at your feet.

OGMIN CHOEGI YING GI PHODRANG DU
DUSUM SANGYE KUNGI NGOWO NYID
RANGSEM CHOEKUR NGONSUM TON ZEPAI
TSAWAI LAMAI ZHABLA SOLWA DEB

I pray that the guru remain in good health.
I pray that his life be remarkably long.
I pray that his activities spread and flourish.
May I be blessed to be never separated from the guru.

LAMA KUKHAM ZANGWAR SOLWA DEB
CHOGTU KUTSHE RINGWAR SOLWA DEB
THRINLE DAR ZHING GYEPAR SOLWA DEB
LAMA DANG DRALWA MEDPAR JINGI LOB



Taking Refuge and Cultivating Bodhicitta

In the Buddha, Dharma and the supreme Sangha,
I take refuge until I reach the state of enlightenment.
In order to achieve the purpose of oneself and others,
I generate the altruistic spirit of Bodhicitta.

[Recite three times.]

SANGYE CHOE DANG TSHOG CHOG LA

JANGCHUB BARDU DAG KYABCHI

RANGZHAN DON NYI RABDRUB CHIR

JANGCHUB SEM NI KYEDPAR GYI



The Four Immeasurable Thoughts

May all sentient beings attain wellbeing.
May they be freed from all suffering.
May they never be separated from wellbeing.
May they realize the equality of all things.

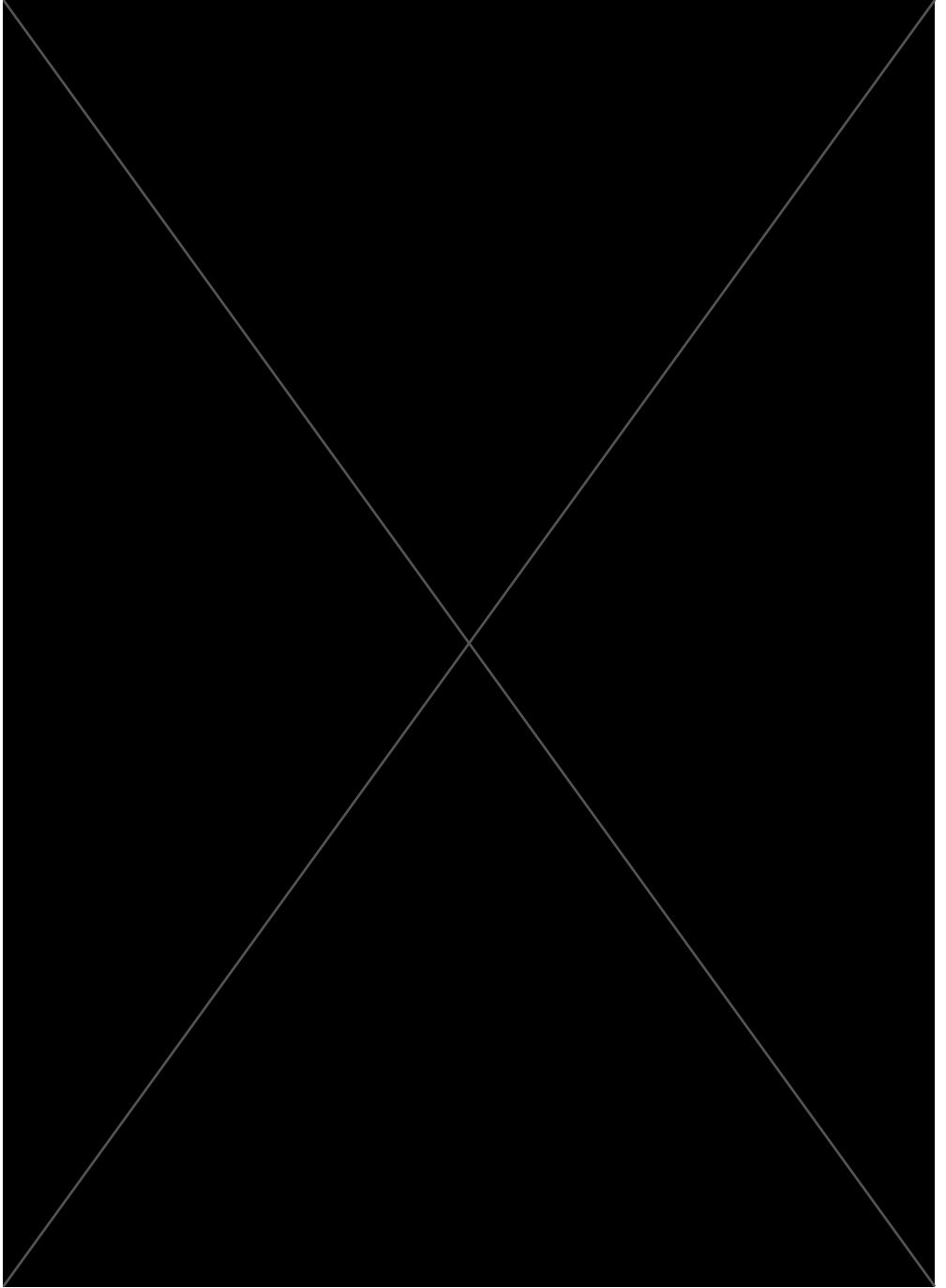
[Recite three times.]

SEMCHEN DEDANG DEN GYUR CHIG

DUGNGEL KUNDANG DRALWAR SHOG

DEDANG TAGTU MIDRAL ZHING

CHOEKUN NYAM NYID TOGPAR SHOG





In an instant, from the state of emptiness, I visualize myself as the enlightened body of Vajravarahi, appearing yet empty like a rainbow in the sky.



THUGJE DRIGANG MEDPA DANG
GONGPA THOMA MEDPA YI
SANGYE NYAG CHIG ZHUGPAR GYUR

Supplication

I pray to the root guru, the embodiment of all buddhas, with fervent devotion and faith. Grant your blessings so that I may recognize the true face of the nature of my mind. Grant your blessings so that whatever arises may be liberated in the state of dharmakāya. Grant your blessings so that I may achieve the supreme attainments.

SANGYE KUNDU TSAWAI LAMA LA

MOEGU DUNGWA DRAGPOE SOLWA DEB

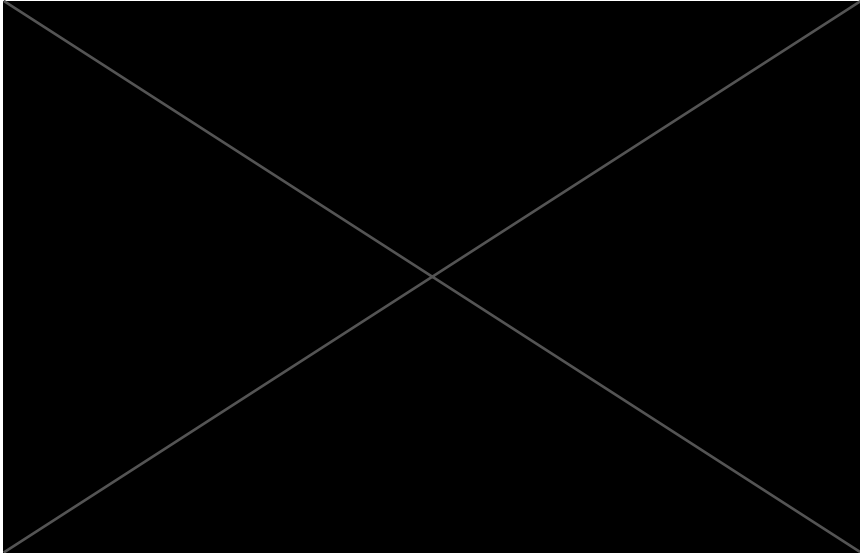
SEMNYID RANG NGOSHEPAR JINGI LOB

GANGSHAR CHOEGUR DROLWAR JINGI LOB

CHOGI NGOEDRUB THOPAR JINGI LOB

OM VAJRA GURU ḌĀKINĪ SIDDHI HUḤ

[Recite as many times as possible without distraction.]



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Dissolution Stage Practice

Finally, the guru is pleased and smilingly dissolves and merges into me. The enlightened mind of the guru and my own mind becomes one, and rests in the uncontrived state of non-duality.

THARNI LAMA GYEZUM CHE

OEDU ZHUNE RANGLA THIM

LAMAI THUG DANG RANG GI SEM

NYIMED MACHOE NGANG LA ZHAG

Dedication of Merit

By this virtue, may I swiftly accomplish
the glorious guru and place all sentient beings
without exception in the state of the master.

GEWA DIYI NYURDU DAG

PALDEN LAMA DRUBGYUR NE

DROWA CHIGYANG MALUPA

DEYI SALA GODPAR SHOG

In all lifetimes, may I not be separated from the sublime guru.

May I enjoy the excellence of dharma,
Perfect the qualities of the paths and grounds,
And swiftly reach the state of Vajradhara.

KYEWAKUNTU YANGDAG LAMA DANG

DRALMED CHOEGI PAL LA LONGCHOD NE

SADANG LAMGI YONTEN RABZOG NE

DODJE CHANG GI GOPHANG NYUR THOB SHOG



Offering Mandala and Requesting Teaching

(We may do the longer version of mandala offering which is given at the end.)

The ground is purified with scented water and strewn with flowers.

It is adorned with Sumeru, the four continents, and the sun and the moon;

Thinking of it as the blessed buddha-fields, I offer it.

By virtue of this offering, may all beings have the experience of a pure land!

SAZHI POECHU JUG SHING METOG TRAM

RIRAB LINGZHI NYIDA GYANPA DI

SANGYE ZHINGDU MIGTE PHULWA YI

DROKUN NAMDAG ZHINGLA CHODPAR SHOG

TRAM GURU-RATNA-MANḌALA-PŪJĀ-MEGHA-SAMUDRA-SPHARAṆA-SAMAYE
ĀḤ HŪM

In accordance with the interests

And the types of calibre of sentient beings,

I beseech you to turn the wheel of dharma

Of the great, lesser and common vehicles.

SEMCHEN NAMGI SAMPA DANG

LOYI JEDRAG JITAWAR

CHECHUNG THUNMONG THEGPA YI

CHOEGI KHORLO KORDU SOL

When breaking for interval, chant the prayer “In all lifetimes, ...”



Dedication and Aspiration in Conclusion

By this merit may all attain omniscience.

May it defeat the enemy, wrongdoing.

From the stormy waves of birth, old age, sickness and death

From the ocean of samsara, may I free all beings!

SODNAM DIYI THAMCHED ZIGPA NYID

THOBNE NYEPAI DRANAM PHAM JE TE

KYE GA NA CHI BALAB TRHUGPA YI

SIDPAI TSHOLE DROKUN DROLWAR SHOG

Starting with Great Vajradhara

Through to my root guru.

Whatever aspirational prayers have been made,

May I be able to accomplish them all.

CHOEKU DODJE CHANGCHEN MENCHED NE

DRINCHEN TSAWAI LAMA YENCHED GI

DROWAI DONDU MONLAM GANGTAB PA

DEDAG THAMCHED DAGI DRUPAR SHOG



Reciting Verses for Auspiciousness

May there be auspiciousness of the infallible Three Jewels

May there be auspiciousness of the deities of the Three Roots

May there be auspiciousness of the enlightened body, speech and
mind of the Buddhas,

May there be auspiciousness of the Buddha's teachings remaining forever.

LUMED KONCHO G SUMGI TRASHI SHOG

TSASUM LHATSHOG NAMGI TRASHI SHOG

GYALWAI KUSUNG THUGI TRASHI SHOG

TENPA YUNRING NEPAI TRASHI SHOG

May the sublime and precious bodhicitta

Arise in those in whom it has not arisen.

Where it has arisen, may it never decline

But grow and flourish more and more.

JANGCHUB SEMCHO G RINPOCHE

MAKYEPA NAM KYEGYUR CHIG

KYEPA NYAMPA MEDPAR YANG

GONG NE GONG DU PHELWAR SHOG



(Long Mandala Offering)

Offering the mandala:

Om Vajrabhumi Ah Hung! The foundation is the pure and vast golden earth. Om Vajrarekhe Ah Hung! A circle of iron range borders around the edge. At the centre, Hung! is Meru, the king of mountains. In the east is Videha, in the south Jambudvipa, west Godaniya, north Uttarakuru. [Flanking them are] Deha and Videha, Chamarah and Avarachamarah, Shatha and Uttaramatrinah, Kuruvah and Kauravah. The Jewel Mountain, the Wishfulfilling Tree, the Wish-giving Cow, the Unploughed Harvest, Precious Wheel, Precious Gem, Precious Queen, Precious Minister, Precious Elephant, Precious Horse, Precious General, the Treasure Vase, Lasya, Malini, Gita, Nritya, Pushpa, Dhupa, Aloka, Gandha, the sun, the moon, the Precious Parasol, the Victory Banner, and all the marvellous wealth and excellence of the celestial and human world without shortage.

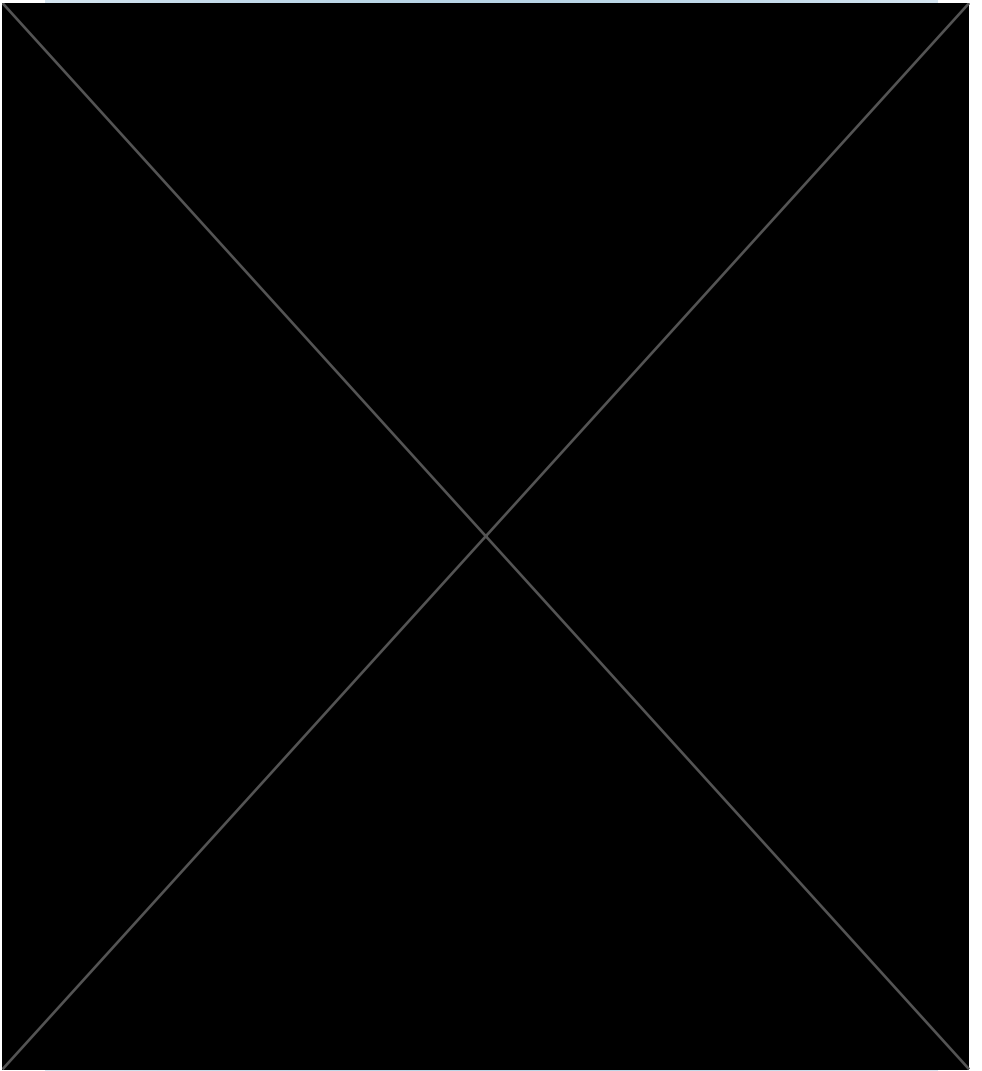
I offer all these to the excellent guru who is one with the chief of the maṇḍala in order to request for the profound teachings. Please accept this with compassion for the sake of the beings. Having accepted, bestow blessings upon me.

OM VAJRABHUMI AH HUNG, ZHI YONGSU DAGPA WANGCHEN SERGI SAZHI,
OM VAJRAREKHE AH HUNG, CHI CHARI KHOR YUGI KORWAI UESU, HUNG! RIYI
GYALPO RIRAB, SHAR LUPHAG PO, LHO ZAMBU LING, NUB BALANG CHOD,
JANG DRAMI NYAN, LUDANG LUPHAG, NGAYAB DANG NGAYAB ZHAN, YODEN
DANG LAMCHO G DRO, DRAMI NYAN DANG DRAMI NYAN GI DA, RINPO
CHEI RIWO, PAGESAM GI SHING, DODJOI BA, MAMOE PAI LOTOG, KHORLO
RINPOCHE, NORBU RINPOCHE, TSUNMO RINPOCHE, LANGPO RINPOCHE,
TACHOG RINPOCHE, MAGPON RINPOCHE, TERCHEN POI BUMPA, GEGPAMA,
THRENGWAMA, LUMA, GARMA, METOGMA, DUGPOEMA, NANGSELMA,
DRICHABMA, NIMA, DAWA, RINPOCHEI DUG, CHOGLE NAMPARGYALWAI

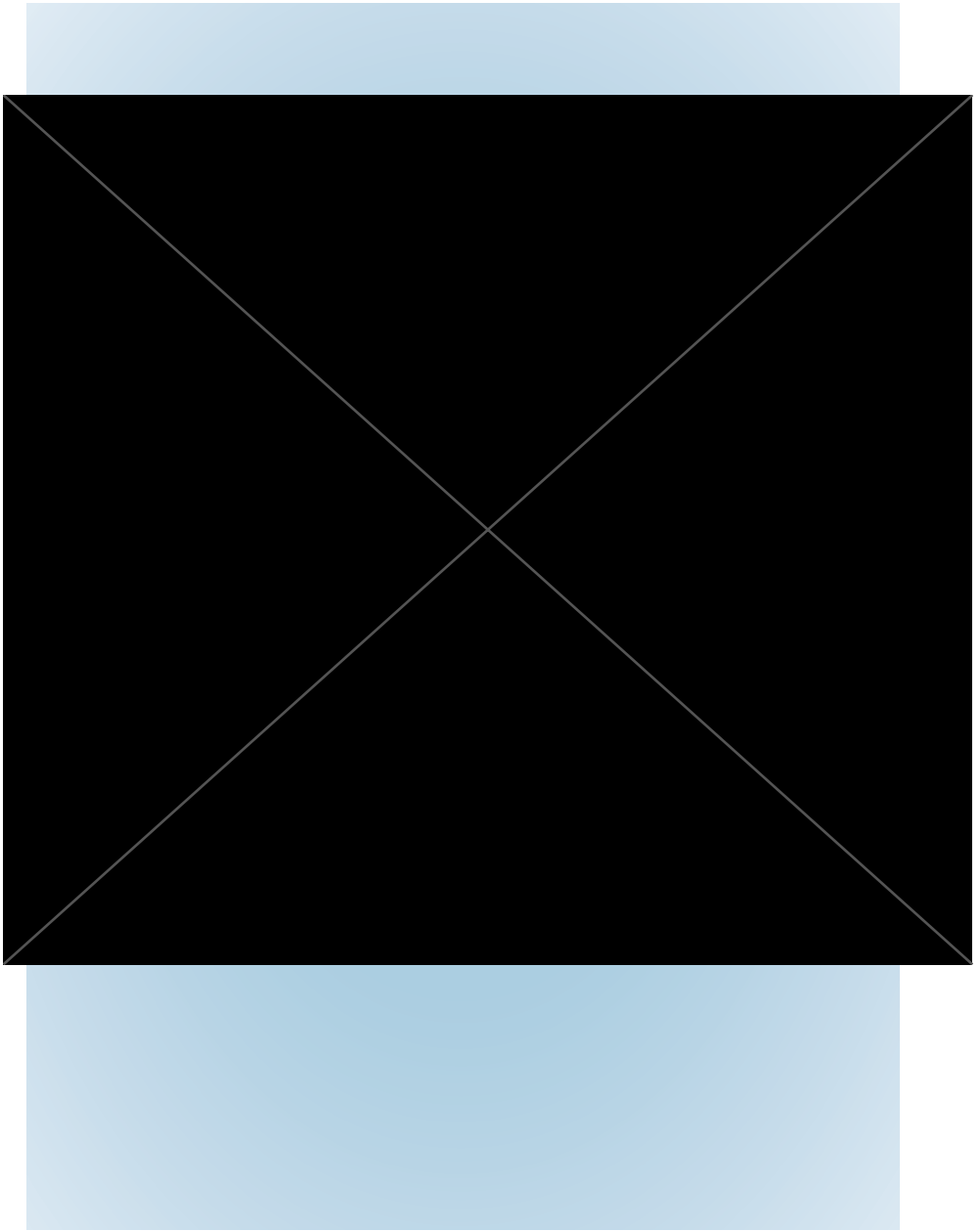
GYALTSEN, LHADANG MIYI PALJOR PHUNSUM TSHOGPA MA TSHANG WA
MEDPA DI NYID LAMA DANG KYILKHOR GI TSO WO THA MI DE PI DRUN DU
KACHOE ZABMO ZHU WI DHON DU BULWAR GIWO. THUGJE DROWAI DONDU
ZHESU SOL, ZHENY JINGI LABTU SOL.



Buddha Shakyamuni: Representing the Body of all Buddhas



Mantra Hung: Representing the Speech of all Buddhas



Bindu: Representing the Mind of all Buddhas

2. Background



His Holiness Kyapgon Ngawang Tenzin Rinpoche

His Holiness is the reincarnation of the great Yogi Rigzin Jinpa Gyaltzen — the holder of the secret doctrines. Rinpoche had been the master of Philosophy and Logic of the Punakha Monastic Body since he was forty-five years old. For ten years, His Holiness also held the highly esteemed position of Dorji Lupon, or “Vajra Master”, heading the Vajracarya division of the Central Monastic Body. Later Rinpoche chose to live a life of simple renunciation in a small hut to meditate and practice in seclusion.

As a result of unwavering practice, His Holiness' level of understanding and experience have thrived and his insights and realizations have expanded immeasurably. Rinpoche has brought great benefit to the Bhutanese community and has given many masters and teachers direct instructions in empowerment, transmission and teaching of Mahamudra, the Six Doctrines of Naropa and Dzogchen.



Tulku Lobsang Rinpoche

Tulku Lobsang Rinpoche is a man that bridges worlds. Deeply rooted in Buddhist Tantrayana, Bön and Tibetan Medicine, he travels the world sharing this ancient wisdom and methods to improve our modern lives. As the spiritual leader of Nangten Menlang International, Rinpoche's aim is to awaken each of us to our own inner wisdom and inner medicine.

Born in Amdo, Tibet in 1976, Tulku Lobsang began his religious studies at the age of six when he entered a Bön monastery. At 13, he was recognized as a tulku, a reincarnated Lama, in the Gelug lineage of Tibetan Buddhism, and received an intensive education in the major Buddhist philosophies. He especially focused on Tibetan Medicine & Astrology due to his innate healing abilities.

However, Tulku Lobsang's specialty is the Tantrayana methods that use the refinement of the body's energetic system to develop on the spiritual path. Tibetan Buddhism contains many movement practices that work directly with the subtle body, releasing blockages and restoring the flow of inner energies. These methods not only improve physical health, but also enable the mind to achieve great realizations. And for those that simply seek greater health and happiness in this modern world, Tulku Lobsang's teachings on Lu Jong – Tibetan Healing Yoga, the power of love, and mindfulness are invaluable. Tulku Lobsang skillfully brings the ancient teachings into modern application, making them accessible for people of all backgrounds. His traditional background and charismatic, straightforward style make him a phenomenal teacher and transmitter of great wisdom.

Nangten Menlang International

Nangten Menlang is an international organization dedicated to the preservation and teaching of Buddhist knowledge, Tibetan medical science and the healing arts of Tantrayana. Founded in 2002 with Tulku Lobsang Rinpoche as its spiritual leader, it is now based in Vienna, Austria, and has partner organizations in various countries around the world.

Nangten Menlang organizes worldwide lectures, retreats, educations, private consultations and certification programs. Nangten Menlang also has charitable projects, such as Nying Drod–Warm Heart, which provides funds for children in Tibet to receive an education, elderly Tibetans to receive health care, and monks to acquire needed books and supplies. Nying Drod creates a bridge between those who want to help and those who need help.

To see the teaching schedule of Tulku Lobsang Rinpoche and to learn more about the Nying Drod-Warm Heart Project, please visit www.tulkulobsang.org.

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