



Yellow Dzambala Sadhana



This Book Belongs To



OM AH HUNG (3x)

(Recite three times, to bless our body, speech and mind)

Blessing The Mala (7x)

OM RUCIRA MANI PRAVARTAYA HUNG

Multiplying Virtues Mantra (7x)

OM SAMBHARA SAMBHARA VIMANA SARA MAHA JAVA HUNG

OM SMARA SMARA VIMANA SARA MAHA JAVA HUNG

Refuge Prayer (3x)

NAMO GURUBHYA

NAMO BUDDHAYA

NAMO DHARMAYA

NAMO SANGHAYA

I take refuge in the Gurus

I take refuge in the Buddhas

I take refuge in the Dharma

I take refuge in the Sangha

Taking Refuge And Generating Bodhicitta (3x)

To the Buddha, Dharma and Aryan Sangha,

I go for refuge until I am enlightened.

By the merit of accumulation from practising the six perfections,

May I attain Buddhahood for the sake of benefiting all mother sentient beings.



The Four Immeasurable Thoughts

May all sentient beings be endowed with bliss.

May all sentient beings be parted from suffering.

May all sentient beings never be parted from the bliss.

May all sentient beings be placed in a state of equanimity unperturbed by superstition conceptions about grasping consciousness and the objects it grasps or by the eight worldly feelings.

Aspirational Bodhicitta Prayer

To free all sentient beings from the fears of samsara and nirvana, from now on, until I achieve Buddhahood, I shall maintain the aspiration of Bodhicitta. I shall never forsake it even at the cost of my life.

The Seven Limbs Prayer

Reverently I prostrate with my body, speech and mind,

And present clouds of every type of offering, actually offered and mentally transformed. I confess all my negative actions accumulated since

beginningless time, and rejoice in the virtues of all holy and ordinary beings.

Please remain until samsara ends, and turn the wheel of Dharma for sentient beings. I dedicate all the virtues of others and myself to the great enlightenment.

OM AH HUNG (3x)

Everywhere may the ground be pure

Free of the roughness of pebbles and so forth

May it be the nature of lapis lazuli

And as smooth as the palm of one's hand



Offering Prayer

May offering substances human and divine,
Those actually presented here and those,
Emanated and visualized, clouds of offerings of unsurpassed Samantabhadra
qualities fill the entire space of the ten directions.

Blessing, Purification and Actual Offering Dharani of the Offerings

OM AH HUNG (3x)

Om Namó Bhagawate

Bendzay Sarwa Parma Dana

Tathagataya Arhate Samyaksam Buddhaya

Tayatha Om Bendzay Bendzay

Maha Bendzay Maha Tadzya Bendzay

Maha Bidya Bendzay

Maha Bodhicitta Bendzay

Maha Bodhi Mendo Pasam Kramana Bendzay

Sarva Karma Avarana Bisho Dana Bendzay Svaha (3x)

Power of the Truth

HUNG!

Through the power of the truth of the Three Jewels, the power of the
inspiration of all Buddhas and Bodhisattvas, the power of the unlimited energy
of the completed two collections, and the power of the intrinsically pure and
inconceivable sphere of reality, which is the nature of emptiness.

May these offerings become suchness.





Mandala Offering

Refuge Protectors, essences of wisdom and compassion,
Eminent, Supreme field of merit, with faith and devotion,
I present, billion times over,
Mt. Meru and the four continents,
The Sun and the Moon,
The seven precious royal emblems,
The eight medicinal substances,
The eight auspicious emblems,
Perfectly delightful environments and their beings,
And great treasures of all that gods and humans use and desire together with
My body, speech and mind.
May all beings enjoy this pure land.

Oh Precious Guru, I offer this jewelled mandala to you.

Om Idam Guru Ratna Mandalakam Nirya Tayami



Emptiness Meditation and Self Generation

Om Svabhava Shuddah Sarva Dharma Svabhava Shuddho Ham

(All phenomena are pure of inherent existence; likewise I am pure of inherent existence.)

From the sphere of emptiness appears the syllable **PAM**, it transforms into a lotus with a white **AH** above it, white **AH** transforms into a white and full moon mandala.

On that appears my own mind in the form of a yellow syllable **DZA**.

The golden syllable **DZA** then radiates rays of rainbows, at the tips of which are oceans of offerings to the Buddhas and Bodhisattvas.

Through the grace and kindness of the Buddhas and Bodhisattvas, the offerings rain down upon all sentient beings, pacifying them of their suffering of poverty.

The rainbow lights rays then reabsorb back into the golden syllable **DZA** and transforms into Golden Lord Arya Dzambala, with one face and two arms, with the right hand in the gesture of supreme giving, holding the Bijapura (Pomegranate) fruit and the left hand holding a mongoose from whose mouth a great treasure of jewels and money is constantly being emitted.

Oneself appears as being slightly corpulent and have a gentle, elegant, graceful and peaceful nature. Being in a completely happy and pleasant state of mind, one's appearance pacifies and subdues anyone who sees and thinks of oneself. One's eyes are wide open and hair is tied up in a crowning top knot.



One is adorned with a jewelled crown with right foot slightly outstretched in the royal posture and both feet placed on treasures such as the eye of conchshell and head of the lotus.

Am wearing multi-coloured panchalika heavenly robes, a garland of blue utpala flowers and various jewelled ornaments such as earrings, necklaces, armbands, bracelets, rings, waistbands and anklets. All these jewellery are made of the most precious substances beyond human comprehension.

Having a luminous body, one's divine body radiates rainbows and benefit to all sentient beings just like the sun and the moon.

From the centre of one's heart, light rays emanate to the Pure Lands, inviting the actual wisdom being, Lord Arya Dzambala together with his entire entourage.

I pray, O Tathagatas, please empower me!

They come forth holding the ritual vases filled with empowering nectar, chanting and playing with multitudes of musical instruments:

Om Sarwa Tathagata Abishekata Samaya Shriye Hung

Om Vajra Sama Dza

Dza Hung Bam Ho!

We merge to become one!

The divine nectars flow through the crown of my head, filling my body and purifying all dullness, stains and faults.

The excess nectars swirl upwards to the Ushnisha.



White **OM** marks the crown of my head; red **AH** at my throat; and a blue **HUNG** at my heart. Lord Ratnasambhava adorns one's crown.

Generating and Offering

Om Varja Amrita Kundali Hana Hana Hung Phet

Om Svabhava Shuddah Sarva Dharma Svabhava Shuddho Ham

(All phenomena are pure of inherent existence; likewise I am pure of inherent existence.)

Everything becomes (seen as) emptiness. From the sphere of emptiness appear eight **OM** syllables, which transforms into huge, vast, jewelled containers, inside of each is an **OM**.

The letters **OM** melt into light and reappear in the form of the offering substances having the three distinctions.

(The three distinctions are nature, aspect and function. By nature they are bliss and emptiness; in aspect they are the offering substances. Their function is to confer distinguished, uncontaminated bliss as objects to be enjoyed by the six cognitive powers which is the mind and the five senses)

Drinks, cooling water for the feet, flowers, incense, light, perfume, food and music. These are all pure and equal to the limits of the sky.

(Consecrate the offerings by reciting)

Om Argham Ah Hung

Om Padyam Ah Hung

Om Pushpe Ah Hung

Om Dhupe Ah Hung.

Om Aloke Ah Hung.

Om Gandhe Ah Hung.



Om Neude Ah Hung.

Om Shabda Ah Hung.

(Thus purified of common appearances and consecrating the 8 offerings)

(Now make the offerings)

Om Arya Dzambala Sapariwara Argham Pratitsa Svaha

Om Arya Dzambala Sapariwara Padyam Pratitsa Svaha

Om Arya Dzambala Sapariwara Pushpe Pratitsa Svaha

Om Arya Dzambala Sapariwara Dhupe Pratitsa Svaha

Om Arya Dzambala Sapariwara Alope Pratitsa Svaha

Om Arya Dzambala Sapariwara Gandhe Pratitsa Svaha

Om Arya Dzambala Sapariwara Neude Pratitsa Svaha

Om Arya Dzambala Sapariwara Shabda Pratitsa Svaha

Praises

Lord of Wealth, Holder of the Treasury of All Jewels

And the Lord of the numerous wealth-holding yakshas,

Great Lord and Protector of all beings

To you, the bestower of supreme attainments, I prostrate to you.

Mantra Recitation

(Then, with visualization, do the recitation any number of times)

Om Dzambala Dzalen Draye Svaha

(While reciting mantras, avoid mistakes of faults in mantra recitation such as

- 1. Reciting too quickly*
- 2. Reciting too slowly*
- 3. Reciting each syllable (over articulation)*
- 4. Reciting too loudly, so that others hear*



5. *Reciting too softly, so that one does not hear one's voice*
6. *Breaking the continuity of the mantra by talking*
7. *Mental wandering*
8. *Pronouncing short syllable as long and long ones as short.)*

Blessing The Torma

Om Varja Amrita Kundali Hana Hana Hung Phet

Om Svabhava Shuddah Sarva Dharma Svabhava Shuddho Ham

(All phenomena are pure of inherent existence; likewise I am pure of inherent existence.)

From within the state of emptiness, arises the syllable **DHRUM**.

From **DHRUM** arises a broad and expansive jewelled vessel.

Inside it, **OM** melts into light,

And from that arises a torma with the three sweets and three whites,

Transforming into a great ocean of uncontaminated ocean of wisdom nectar.

OM AH HUNG (3x)

Invocation of the Guests for the Torma Offering

Instantaneously, there appears before me the complete supporting mandala of Arya Dzambala together with his entourage.

From the **HUNG** at my heart, light ray emanate bringing forth the mandala of the wisdom beings together with his entourage.

Dza Hung Bam Ho!

The wisdom beings become oneness with the front-generated mandala.

From the **HUNG** on the tongue of (each of) these guests comes a white singlespoked vajra through which each partakes of the offering torma, drawing up its essences through a straw of light.



Om Arya Dzambala Sapariwara Idam Balimta Kha Kha Khahi Khahi

(3x or 7x)

Making Offerings

Om Arya Dzambala Sapariwara Argham Pratitsa Svaha

Om Arya Dzambala Sapariwara Padyam Pratitsa Svaha

Om Arya Dzambala Sapariwara Pushpe Pratitsa Svaha

Om Arya Dzambala Sapariwara Dhupe Pratitsa Svaha

Om Arya Dzambala Sapariwara Alope Pratitsa Svaha

Om Arya Dzambala Sapariwara Gandhe Pratitsa Svaha

Om Arya Dzambala Sapariwara Neude Pratitsa Svaha

Om Arya Dzambala Sapariwara Shabda Pratitsa Svaha

Praises

Lord of Wealth, Holder of the Treasury of All Jewels

And the Lord of the numerous wealth-holding yakshas,

Great Lord and Protector of all beings

To you, the bestower of supreme attainments, I prostrate to you.

Prayer and Request

All living beings including myself, who are suffering

In the fire of actions motivated by stinginess,

In all our future rebirths, we take refuge in you.

With your treasure of jewels and your stream of nectar,

Please pacify the sufferings of poverty and the lack of material wealth for all beings. *(3x)*



Purification Mantra

Om Ratna Sattva Samaya Manu Palaya
Ratna Sattva Tenopa Tita
Dridho Me Bhawa
Sutto Kayo Me Bhawa
Supo Kayo Me Bhawa
Anurakto Me Bhawa
Sarwa Siddhi Me Prayatza
Sarwa Karma Sutza Me
Tzitam Shriyam Kuru Hung
Ha Ha Ha Ha Ho Bhagawan
Sarwa Tathagata Ratna Ma Me Muntza
Ratna Bhawa Maha Samaya Satto Ah Hung Phet

Requesting the Guests for the Torma offering to Depart

Om Ah Hung Muh

The Wisdom beings, who are the transcendental guests, depart to their own pure land. The front-generated mandala dissolves into myself. Self generation dissolves into the inconceivable sphere of emptiness. From within the state of emptiness, I arise in the aspect of Dzambala, marked at the crown of my head with an **OM**, at my throat with an **AH** and at my heart with a **Hung**.



Long Life Prayer For His Holiness Dalai Lama

In this land walled round by snowy mountains
You are the source of all happiness and good
All powerful Chenrezig, Tenzin Gyatso
Please remain until samsara ends!

Long Life Prayer for Singha Thekchen Namdrol Rinpoche

Om Svasti!

Like the countless light rays that radiate from the ruby mountain;
Exquisite Amitayus, Lord of Everlasting Life,
Who captivates and one does not tire of seeing;
Whose essence is of infinite life,
The nectar of immortality; Please instantly grant our Guru,
The Siddhi of Stable and Everlasting Life.

You are intelligent and skilful in upholding the traditions Of Buddha;
Spreading the Holy Dharma through explanations and practices;
In order to lead disciples onto the path to liberation;
You are the one who is an Unequaled Guide,
Please live a long and stable life.

I request respectfully, my Precious and Holy Guru,
To enjoy excellent health;

I request respectfully, my Precious and Holy Guru,
To live a long life;

I request respectfully, my Precious and Holy Guru,
That your Dharma activities spread and flourish far and wide;

I request respectfully, my Precious and Holy Guru,
To bless me to be never separated from you.



In all my future rebirths,
May I never be separated from my Perfect Guru,
May I enjoy the magnificent Dharma,
And by completing the qualities of the stages and path;
May I quickly attain the state of Vajradhara.

Mantra of Singha Thekchen Namdrol Rinpoche

Om Guru Vajra Muni Sasana Vimukti Svaha (21x)

General Long-Life Prayer For One's Guru

May my venerable Lama's life be firm,
His white divine actions spread in the ten directions,
And the torch of Losang's Teachings,
Dispelling the three worlds' beings' darkness, always remain!

Auspicious Verses

By the auspiciousness of whatever signs of virtue that exist in the
Celestial mandala as vast as the expanse of the sky,
Beautiful with countless jewelled ornaments, emanating lights equal to the
Brilliance of the sun and the moon,
May everything be auspicious wherever we may live and
May there always be uninterrupted goodness,
Bliss and bountiful riches as of a Buddha field.

If abbreviated, say

May there be the auspiciousness of the root and lineage Gurus.
May there be the auspiciousness of the Yidams and hosts of Deities.
May there be auspiciousness of the Mothers and Dakinis; and
May there be auspiciousness of the Dharma protectors and
Guardians of the Dharma.



Dedication

By this merit, may I quickly attain the state of Guru Buddha,
And lead every being without exception to that very state!

May the Precious and Supreme Bodhicitta, not been generated arise and grow.
And may that born never decline, but increase forevermore!



*"For anyone who has read, heard, contemplate,
touch, practiced or remember this prayer,
we rejoice in your merits and may all your heartfelt prayers be fulfilled!
May all be Auspicious!
Sarwa Mangalam!"*

This Yellow Dzambala Sadhana is edited, compiled and composed by Namdrol Rinpoche on
the auspicious day of the 15th Day of the 7th Month of the Tibetan Calendar of the
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Colophon:

This sandhana is edited and prepared for publication by Sangyum Namdrol Lhamo
& Namdrol Donyue,
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Dharma Education.

All errors are solely the fault of the editor.