

LOMA GYONMA SADHANA
EXTRACTED FROM OPUSCULA TIBETANA
A practice effective against contracting diseases

NOTE: ONLY TO BE DONE BY THOSE WHO HAVE RECEIVED INITIATION

REFUGE AND GENERATING THE MIND OF ENLIGHTENMENT

I take refuge until complete enlightenment
in the Buddhas, the Dharma and the Supreme Assembly,
Through the merit I collect by practicing giving and the other perfections,
May I attain Buddhahood for the sake of all living beings.

At one's heart on a lotus and moon disc is the syllable PAM
from which emanates rays of light,
inviting PITA PARNASAVARI adorned by Guru Akshobya
surrounded by Buddhas and Bodhisattvas.

INVITING THE WISDOM BEING
OM VAJRA SAMADZA

PROSTRATIONS

NAMO GURUBHYA

NAMA PARNASAVARI BUDDHA BODHISATTVA SAPARIVAREBHYA

(thus offering prostrations)

OFFERINGS

OM PARNASAVARI SAPARIVARA ARGHAM PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA PADYAM PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA PUSPE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA DHUPE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA ALOKE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA GANDHE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA NAIVIDYE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA SHABDA AH HUM SVAHA

(thus making offerings)

BODHICITTA VOW

I take refuge in the Three Jewels.
I regret all my unwholesome deeds.
I rejoice in the merit of all beings.
I will hold Bodhicitta until Enlightenment.
(recite 3x)

OM VAJRA MU

(the Wisdom Beings depart)

THE FOUR IMMEASURABLES

May all living beings be endowed with happiness and the causes of happiness.
May all living beings be free from suffering and the causes of suffering.
May all living beings be endowed with the happiness that is free from suffering.
May all living beings remain in a state of equanimity,
not having attachment for those they hold close,
nor aversion for those they keep at a distance
(thus meditate on the Four Immeasurables)

OM SVABHAVA SHUDDA SARVA DHARMA SVABHAVA SHUDDHO HAM

(Dissolving into emptiness)

Out of emptiness arises jeweled Mount Meru, with forests of flowers and fruits, on top of which from the syllable PAM arises a lotus, from AH a moon disc, on which is one's own consciousness in the form of a yellow PAM, which emanates rays of light, making offerings to the Arya beings. This light clears away the illnesses and sufferings of all living beings. The light collects back into the syllable PAM and oneself transforms into the Bhagavati Parnasavari, in golden color, with three faces and six arms.

The main face is yellow, with an expression of wrath and elegance. The right face is white, with a peaceful expression. The left face is red, with an expression of desire. Each face has three eyes. The first right hand holds an upright vajra, the second an ax, the third an arrow. The first left hand holds a vajra lasso wrapped around the fingers in a gesture of threatening, the second holds a branch with flowers, fruits and leaves, and the third holds a bow. The heel of the right foot is held against the secret region. The knee and sole of the right foot are touching the seat, and the sole of the left foot is touching the seat. Thus she is in a posture of half-standing, half-sitting, in an elegant manner.

She is adorned with jewels and flowers, and wears an upper garment of red silk and a lower garment of tree leaves. With a white snake as a chest ornament and half of the hair bound in a

top knot, she is blossoming with youthfulness and beauty, and has an exciting and slightly wrathful expression. Seated amidst blazing light, she is adorned at the forehead with the white syllable OM, at the throat with a red AH and at the heart with a blue HUM. Inside the heart on a sun disc the yellow syllable PAM emanates rays of light inviting from her natural abode the actual goddess Parnasavari along with her entourage.

**VAJRA SAMADZA
DZA HUM BAM HO**

Again rays of light emanate, inviting all Tathagata initiating deities.

VAJRA SAMADZA

OFFERINGS

**OM PARNASAVARI SAPARIVARA ARGHAM PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA PADYAM PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA PUSPE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA DHUPE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA ALOKE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA GANDHE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA NAIVIDYE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA SHABDA AH HUM SVAHA**

Oh all Tathagatas, please grant me the initiation.

(thus requesting)

Just as all Tathagatas received initiation at the moment of their birth, likewise we now grant initiation with the pure water of the gods.

OM SARVA TATHAGATA ABHISEKATA SAMAYA SRIYE HUM

(Saying this, the initiation with the water of the vase is bestowed)

The entire body is filled with the nectar from the initiation, purifying all stains. The excess water comes out of the crown and transforms into Buddha Akshobya.

(Then, bless the offerings according to the Kriya Tantra tradition)

**OM VAJRA AMRTA KUNDALI HANA HANA HUM PHAT
OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM**

Everything is emptiness. Out of emptiness in front of oneself appears the syllable OM which transforms into eight spacious jewelled vessels. In each of those vessels appears the syllable

OM, which transform into godly substances: water for the mouth, water for the feet, flowers, incense, and so forth, clear, unobstructed and as extensive as space.

OM ARGHAM AH HUM

OM PADYAM AH HUM

OM PUSPE AH HUM

OM DHUPE AH HUM

OM ALOKE AH HUM

OM GANDHE AH HUM

OM NAIVIDYE AH HUM

OM SHABDA AH HUM

(Then, make offerings as before at the time of visualising the assembly)

OFFERINGS

OM PARNASAVARI SAPARIVARA ARGHAM PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA PADYAM PRATITISA SVAHA

OM PARNASAVARI SAPARIVARA PUSPE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA DHUPE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA ALOKE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA GANDHE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA NAIVIDYE PRATITSA SVAHA

OM PARNASAVARI SAPARIVARA SHABDA AH HUM SVAHA

PRAISES

I prostrate to You, the illusion-like Wisdom
Which arises out of the miracle of all Buddhas.
Whoever does the practice of this Goddess
Pacifies forever all illness, evils and obstacles.

MANTRA RECITATION

ESSENCE MANTRA

OM PISHATSI PARNASAVARI HRI HA: HUM PHAT SOHA

ACTION MANTRA

(recite any number of times)

OM PISHATSI PARNASAVARI SARVA DZARA PRASHAMANAYE SOHA (7x)

LONG MANTRA

(If you wish to recite the long mantra of Parnasavari)

**TADYATHA / OM AMRTE / ASHVASTANGE /
MAMARA / MAMARA / SHAMAVARA /
SHAMA UPASHAMA TUNUPI /
NUTUTUTUTU MULE SVAHA /
NAMA SHAVARNANNA /
OM PISHATSI PARNA SHAVARI VISHATSI SVAHA /
OM PARNA SHAVARI HUM PHAT
OM ANGURE / MANGURE PARNA SHAVARIYE SVAHA /
OM PISHATSI PARNA SHAVARI SVAHA /
SARVA MARI PASHAMANI /
SARVA DUSTANANI VANDHA MUGANA HUM PHAT SVAHA /
*(recite thus)***

(The white torma should be blessed according to the Kriya Tantra tradition)

**OM VAJRA AMRTA KUNDALI HANA HANA HUM PHAT
OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM**

Out of emptiness from the syllable YAM comes a wind mandala, on top of which from RAM comes a fire mandala. From the syllable AH comes a skullcup, white on the outside and red inside, huge and spacious, containing the five meats and five nectars, which are purified, transformed and multiplied by the recitation of the three syllables [OM AH HUM]. The substances become an undefiled ocean of wisdom nectar.

OM AH HUM

(recite three times)

TORMA OFFERING

From one's heart centre emanates rays of light, inviting the goddess Pita Parnasavari and Her entourage.

VAJRA SAMADZA

(thus inviting)

**OM PISHATSI PARNASAVARI SAPARIVARA IDAM BALIM GRHANA PAYA GRHANA PAYA SARVA
DZVARA PRASHAMANAYE SVAHA**

(Recite 3x)

(Then make offerings and offer praises like before)

OFFERINGS

**OM PARNASAVARI SAPARIVARA ARGHAM PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA PADYAM PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA PUSPE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA DHUPE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA ALOKE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA GANDHE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA NAIVIDYE PRATITSA SVAHA
OM PARNASAVARI SAPARIVARA SHABDA AH HUM SVAHA**

PRAISE

I prostrate to You, the illusion-like Wisdom,
Which arises out of the miracle of all the Buddhas,
Whoever does the practice of this Goddess,
Pacifies forever all illness, evils and obstacles.

REQUESTS

Please take this offering,
and may the yogi myself and all others be free from illness.
May we be endowed with long life, power,
fame and fortune, dignity and great wealth.
Grant us the attainments of all actions of pacification, increase, etc.
May the pledgeholders always protect
and assist us in achieving all attainments.
May they pacify untimely death, illness, evils, disturbances, obstacles,
bad dreams, bad signs and omens and bad activities.
May the world have peace, good crops and increase of grains.
May the Dharma flourish, causing all goodness to arise.
May all that I have in my mind be fulfilled.

(Thus making requests for the desired purposes)

OM VAJRA MU

(Thus requesting the wisdom beings to depart)

DEDICATION

By the virtues collected through this practice
May I quickly attain the state of Pita Parnasavari
and lead all beings, without exception,
to the state of Enlightenment.