

# Ngondro the Preliminary Practices



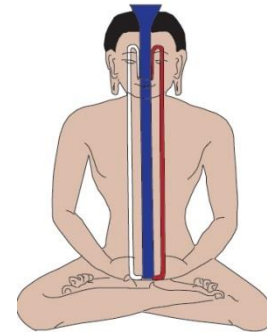
Shenlha Odkar

**Olmo Ling Bon Center & Institute**

## Nine Breath of Purification

Visualize the three main energy channels in your body. The central channel rises straight through the center of the body to its opening at the crown of your head. The central channel is blue. The two side channels join the central channel at its base, four finger widths below the navel. In men, the channel to the right is white and represents the masculine lunar energy, while the channel on the left is red and represents the feminine solar energy. In women the channel to the right is red, representing the feminine energy, and the channel on the left is white and represents the masculine energy. These two channels rise straight through the inside of the body, curve around under the skull, pass down behind the eyes and open at the nostrils. The nine breaths of purification are done in three rounds of breathing.

Breathing set	Inhalation	Exhalation
First set	Red channel	White channel
Second set	White channel	Red channel
Third set	Central channel both nostril	Central channel



### *First round of breathing*

- Men raise the right hand with the thumb touching the base of the ring finger. Closing the right nostril with the ring finger of the right hand, inhale through the left nostril. Then close the left nostril with the ring finger of the right hand and exhale through the right nostril. Repeat this sequence of breathing three times.
- Women raise the left hand with the thumb touching the base of the ring finger. Closing the left nostril with the ring finger of the left hand, inhale through the right nostril. Then close the right nostril with the ring finger of the left hand and exhale through the left nostril.
- Repeat this sequence of breathing three times. While you inhale, imagine that you inhale the antidote to the affliction of desire-attachment, which is generosity. While you exhale, visualize that all obstacles and illnesses associated with the wind element, and any unwholesome or haunting memories of the past are expelled from the white channel.

### *Second round of breathing*

For the second round of breathing, both men and women change the hand and nostril and repeat the breathing for three inhalations and exhalations. While you inhale, imagine that you inhale the antidote to the affliction of anger and hatred, which is love. For each exhalation, visualize that all the obstacles and illnesses associated with bile, and obstacles associated with the future are expelled from the red channel.

### *Third round of breathing*

For the third round of breathing, both men and women use both nostrils while resting in the meditation posture. Three inhalations and exhalations are performed. While you inhale, imagine that you inhale the antidote to the affliction of ignorance, which is openness, acceptance and wisdom. For each exhalation, visualize that all the obstacles and illnesses associated with phlegm, as well as obstacles associated with the present are expelled through the central channel.

## **GURU YOGA**

CHI TSUK DE WA CHEN POI PHO DRANG NA  
In the palace of great bliss above the crown of my head

DRIN CHEN TSA WE LAMA LA SOL WA DEP  
I pray to you benevolent root teacher

SANGYE SEM SU TON PA RINPOCHE  
Precious one who is the embodiment of Buddhanature

RANG NGO RANG GI SHE PAR JIN GYI LOP  
Bless me that I may recognize my own true nature.

## **REFUGE**

SHEN RAB LA MA KU SUM JUNG NE PAL  
Root lama magnificent source of the three bodies

DU SUM DER SHEK DRO WA YONG KYI GÖN  
Buddhas of the three times, the principle saviors of sentient beings

KU ZUG SHAL KYIN KU DUNG SUNG RAB TEN  
The statues, stupas and scriptures are the Buddhas and their teachings

CHOG CHU SHEN RAB THAR LAM TON PE DRON  
Compassionate beings of the ten directions are the lamps on the path of liberation

NE SHIR CHAG TSEL DRO KUN KYAP SU CHI  
We bow and take refuge in these four supreme sources of refuge.

## **GENERATING THE MIND OF COMPASSION**

CHI TAR GYAL WA PHAG PA JI ZHIN DU  
As the Buddhas and compassionate beings have done

DI SOG DU SUM GE WI THU PEL GYI  
By the power of the virtues that I have accumulated during the three times

SEM CHEN SANGYE THOB PAR JA WE CHHIR  
To help all beings to recognize their own Buddha nature.

DAG NI JANG CHHUP CHHOG TU SEM KYE DO  
May I cultivate the heart and mind of compassionate beings.

## **MANDALA OFFERING**

OM NA MA A KAR SHA YA NI SHAG SA LE SANG NGE YE SO HA

We prostrate and purify our mind, wiping our defilements away and becoming clear and clean

DRUM RI TI KARMA LA HO

Making it as great and delightful as the king mountain

A YANG RAM MANG KHAM DRUM SHA SA LE SANG NGE SO HA

Sky, air, fire water and earth wipe our mind clear and clean like a castle of heaven destroying obscurations

CHO PHUR SA LE HO LO SENG

And our mind is clear and as clean as a flower.

## **OFFERING PRAYER**

EMA JUNG NGE TENG DU RI RAP RI DHUN DANG

On the foundation of the five elements Mount Meru and the seven golden Mountains

LING ZHI LING TREN CHI NANG DOE YON CHE

Including the external and internal precious objects of the four worlds and eight continents

NYI DE GYEN PA JE WA TRAG GYA DHI

And millions of universes, decorated with the sun and moon

DAG GI LOE LANG BUL LO ZHE SU SOL

Please accept and bless as I offer these from the core of my heart:

OM A HA HA HE HE CHO PHUR SA LE HA LO SENG

## **CONFESSION - SHAG PA (100 syllable Mantra)**



SO MU YE TRO KYUNG LE LAM TRI THRI TAR DAR

Ten seeds of everlasting victorious: Nampar Gyalwa, Bonku , Dzogku, Tulku, Chyung Se, Drug Se, Seg Se, Zowo, Zerma, Rucho and Tumpo

SAL BAR OD PAG RAM SO HA

May we receive the illumination of their wisdom

SO MU RA TA HEN WER NI DRUM HRUN

I supplicate to the nature of the victorious one, the place of the Shenrab with the three bodies, Nampar Gyalwa Khangsang

MU TRE MU TRE MU RA MU TRE

Bon ku , Bon ku, Bon ku of space

MU YE MU YE HA RA MU YE

Dzogku, Dzogku, Dzogku of wisdom

MU TRO MU TRO WE RO MU TRO

Tulku, Tulku, Tulku of victory

MU NI GYER TO YE KHYAB KHAR RO

May the Bon teacher grant the illumination of the view to the disciples

TROE DAL HRI HRO WER NI WER LO

May the disciples attain the complete victory of knowledge.

SHU LA WER RO NA HU TA KA

May we achieve victory over all sin, hindrance, and obscuration.

SHU DHO SHU DHO DU SHUD DHO YA

Purify and purify, may we be purified of anger.

SA LE SA LE TRI SA LE YA

Clear and clear, may we be cleared of attachment,

SANG NGE SANG NGE SU SNAG NGE YA

Clean and clean, may we be cleaned of ignorance.

MU RA TA HEN THRI TSE DRUNG MU HA HA DRUM DRUM HO HO LAM LAM

By the grace of the wisdom of the One Thousand Shenrabs, may we attain the indestructible result of being born into the palace of purity for the benefit of all beings.

HUNG HUNG PHE PHE

Wrathful, wrathful.

## **THE THREE HEART MANTRAS OF BON**

A OM HUNG AH A KAR SA LE ÖD A YANG OM DU

OM MA TRI MU YE SA LE DU

A KAR A ME DU TRI SU NAG PO ZHI ZHI MAL MAL SO HA

## **DEDICATION**

GO SUM DAG PI GE WA GANG GYI PA

All the pure virtues that I have performed with my body, speech and mind

KHAM SUM SEM CHEN NAM GYI DON DU NGO

I dedicate to the welfare of all beings of the three realms

DU SUM SAG PI LE DRIP KUN JANG NE

Having purified all karmic obscurations of the three times

KU SUM DZOG PI SANGYE NYUR THOP SHOG

May we swiftly achieve the complete Buddhahood of the three bodies



## Hand Gesture of five elements and the wish fulfilling Jewel



1. A (space)



2. Yam (wind)



3. Ram (fire)



4. Mam (water)



5. Kham (earth)

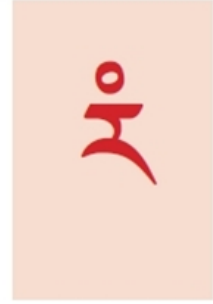


6. Drum (jewel)

A



Ram



Om



Yam



Hung



Mam



So वसु