# Brief daily practice of Hayagriva

हःसमीतःकृतः विरासर्भरः मधुषः दी।

Condensed daily practice of Hayagriva:

मुः अन्तरक्ते वत्र त्र स्भुत्र शुः अकै। वर्षे गुत्र देव दुः द्वा वर्षे अध्य स्

### LAMA WANG CHEN BAR WAR KYAB SU CHI DRO KUN DON DU NAL JOR GOM PAR JA

ZHAB ZUNG DOR TAB LU DEN PHO MO DZI

I come to Refuge in the blazing, powerful lord, teacher-guru Hayagriva! For the sake of the purposes of all beings, I will meditate on the yoga [of the deity]!

অর'মাঝুমা

Repeat this three times. Further:

भूत हैना इत हैं नाथ रह हैत है अर्टेना द्वारा प्राप्त हैं नाह अर्टेना द्वारा हैं नाह अर्टेना हैं नाह के स्था है नाह है नह है नह है नह है नाह है नह है नह है नाह है नह है न

Instantly, by the power of remembrance, I myself [transform] into the glorious supreme Hayagriva. Dark red, unbearably angry and furious with a terrifying body. Two hands hold a staff adorned with a skull and a fiery rope. Both legs are in a warlike stance, overpowering the female and male demon naga.

ध्यायान्त्र्याक्ष्याक्ष्याच्यात्र्याच्यात्रात्त्रेयायात्र्यात्त्र्यात्र्यात्त्र्यायात्र्यात्त्र्यायात्त्र्यात्त्र त्रायायात्र्यायात्र्यायात्र्यायात्र्यायात्र्यात्त्रेयायात्र्यात्त्रेयायात्र्यात्र्यायात्र्यायात्र्यायात्र्याय

DUR THRO CHE DZOG KAL ME THRUG PEI LONG KHAM SUM ZIL NON KU RU SAL WA YI THUG YU NYI TENG HRĪḤ YIG MAR POI THAR NGAG THRENG CHAG SEG DOG CHEN RANG DRAR CHE

Completely [decorated] with cemetery attributes. I manifest in a body that overwhelms the three spheres with greatness, being in the sphere of strong flame of the end of an era. In the middle of the heart - [is] a red syllable hrih over the sun. Around the edge [it is surrounded by] a hot iron mantra necklace, which sounds natural in itself.

अन्य अन्य अन्य क्ष्य क्

## RANK LU NE DON DIG DRIB LHAG ME JANG DON NYI JE DU WANG JIN NGYO DRUB THOB NO CHU LHA NGAG YESHE KHOR LOR GYUR

From the chakra wheel, which is like a fiery brand, light radiates. They are cleansed without a trace of the veil, harmful, demonic influences and diseases of their own body. Two goals are gathered and realized, initiation, blessings and real achievements-siddhis are obtained. Sodsu and contents are transformed into the wheel-chakra of the deity, mantra and primordial wisdom.

om padmanta kṛita vajra krodha hayagrīva hulu hulu hūm phaṭ om thim thara tisa sunte jvalarampaye svāhā

OM PADMANTHA KRITA VAJRA KRODHA HAYAGRIVA HULU HULU HUM PHAT

#### OM THIM THARA TISA SUNTE JWALA RAMPAYE SWĀHĀ

<u>अरञ्चर भे नभेगमार्थ देन गम्य पर र न्</u>रेडिया

#### LHAR NANG MI MIG O SAL NGANG DU THIM

Everything manifested as a deity becomes invisible and dissolves in the nature of clear light.

श्चर.लट.बंट.यहैया.ब्री.शयु.सिया.क्चर.स्री

### LhAR YANG ZUNG JUG GYU MEI CHAG GYAR SE

Again [everything] is realized as an illusory seal-mudra of unity [manifestation as a deity].

च्यात्रस्यासःश्चिरः व्यास्तरः स्ट्रस्यः स्ट्रास्त्रस्याः स्ट्रस्यः स्ट्रस्यः स्ट्रस्यः स्ट्रस्यः स्ट्रस्यः स्ट

## GE DI DRO KUN SUNG CHOG HERUKA GO PHANG NYUR THOB DU LE NAM GYAL SHOG

May all beings quickly reach the level of Heruka of the highest speech, Hayagriva, through this virtue! Let the Demon Maru be defeated!

डेकायवर वर्ड्न अन्या वहेंन क्रेंबा अवे र्टेम वहेवाका चुवा के विकार्ट् हेका की।।।

It was compiled by Jigdral Yeshe Dorje at the request of the nun Rigdzin Drolma.