

OCEAN OF AMRITA – The Ngakso Puja

A Vajrayana Tantric Mending and Purification practice

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[Visualize yourself as Hayagriva (Padma Heruka) red, wrathful]		B) Giving the Torma	9	52:35
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		1) Taking Refuge	12	1:11:00
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[Dissolve the field of merit]				(1) 1:35:25
(Extraordinary Preliminaries)				
[Visualize yourself as Hayagriva (Padma Heruka) red, wrathful]	II. Drawing the Boundary for the Horde of Obstructors	A) Giving the Torma B) Issuing the Command C) Visualizing the Protection Circle	14 15 16	(2) 6:05 20:30 27:27
	III. The Apology			32:22
	IV. Taking the Vajra Pledge	(this ends the clearing away of the negativity)	17	36:00
[As Hayagriva, we emanate a form that goes to Amitabha's dharmadhatu palace and invites the deities to come.]	V. Showering Down the Great Resplendence		17	37:44
	VI. Consecrating the Offerings		18	43:00
	VII. Conferring the Natural Awareness		20	59:20
B. The Main Practice			20	1:01:26
[Visualize self as Guru Rin.]	I. Creation of the Mudras through Visualization	A) Pitching the Framework with the Three Samadhis 1) The Samadhi of Suchness to purify the bardo of dying, the formless realm & eternalism (Dharmakaya) 2) The All-Illuminating Samadhi to purify the bardo between lives, the form realm & the view of nihilism (Sambhogakaya) 3) The Samadhi of the Seed Syllable – White <i>Hrih</i> to purify the bardo of being reborn, the desire realm & the belief in a self (Nirmanakaya) B) Visualizing the Base, the Celestial Palace C) Visualizing the Based, the Deities D) Consecration and Empowerment	21 21 21 24	1:03:06 1:06:20 1:18:45 1:25:40 (2) 1:30:25
	II. Invoking & Dissolving the Wisdom Beings		25	(3) 2:41

	III. Requesting Them to Take Seat		25	(3) 9:25
	IV. The Offerings	A) Homage	26	12:50
[As Guru Rin., we emanate offering goddesses who make offerings to us, then dissolve back – 2 times]		B) Offerings	26	14:48
		1) The Outer Offerings		16:29
		2) The Inner Offerings		
		A) Amrita & Rakta Offerings	27	
		B) Torma Offering	30	17:45
		3) The Secret Offering		
[the goddesses offer praises then dissolve back into us]	V. Rendering Praises	Clarity, Vajra Pride, Recollection of the Purity	31	19:20
[Wisdom Being in the sky in front of us as in a mirror]	VI. The Mantra Recitation	A) Opening the Recitation Mansion	33	27:23
		B) Recitation Invocation	33	36:50
		C) Meditating on the Samadhis and Reciting the Mantras	33	39:35
I) [In Amitabha's heart a red <i>Hrih</i> with the mantra around it radiates light, etc. Result: long life for ourselves]		1) The Approach of the Three Kayas	34	43:08
II) [In Avalokiteshvara's heart lotus is a white <i>Hrih</i> , surrounded by his mantra, radiating light to 6 realms]		I) Gathering the Blessings for the Benefit of Oneself by Means of Dharmakaya	34	
III) [In Guru Rin's heart is a 5-spoked golden vajra containing a <i>Hrih</i> with his mantra circling it, also circling the wisdom being, etc. Twofold benefit]		II) Filling Space for the Benefit of Others by Means of Sambhogakaya	35	49:32
		III) Recitation of the Unity of Development and Completion as the Non-Dual Benefit of Self & Others by means of Nirmanakaya	35	54:45
		2) The Accomplishment of Their Combination, the Recitation of Great Bliss	36	1:00:57
		3) Application of the Activities	36	1:06:15
[Emanate a flesh & blood form of ourselves which offers apology back to ourselves as Guru Rinpoche]		D. Rendering the Recitation Praises	37	1:08:57
		1) Offerings		(3) 1:10:10
		2) Praising and Requesting the Desired Aims		
		3) Apologizing	38	

	VII. Entering the Wisdom Mandala in Order to Receive Empowerment	(This occurs in Section Three – see below)	39	
Section Two: The Special Mandala of Peaceful & Wrathful Ones		[Visualize self as Guru Rin. Within his heart is the celestial palace of the 42 Peaceful Deities]	40	(3) 1:12:06
	I) Practicing the Development Stage	A) Visualizing the Development Stage [Within his skull is the celestial palace of the 58 Wrathful Deities] B) Conferring Empowerment C) Consecrating	40 45 52 53	1:14:47 1:24:43
[Samantabhadra as a blue <i>Hung</i> radiates into space, summoning the Wis. Beings]	II) Summoning & Dissolving the Wisdom Beings	A) Sending the Request B) The Invitation C) Dissolving	53 54 54	1:25:50
	III) Requesting Them to Take Seat		55	
[As Guru Rin., we emanate offering goddesses who make offerings & praises to us, then dissolve back]	IV) Homage & Offering	A) Homage B) Offerings 1) Outer Offerings 2) Inner Offerings A) The Amrita-Medicine Offering B) The Rakta Offering C) The Torma Offering D) The Secret Offering	55 56 58 58 60 60 61	1:30:00
[same visualization as above]	V) The Praises	A) Praising the Peaceful Ones B) Praising the Wrathful Ones	61 63	1:32:30
A)[Samantabhadra as the samaya being in the fully ornamented Sambhogakaya	VI) The Recitation	A) The Recitation for the Peaceful Ones 1) Invocation for the Recitation 2) Cultivating Samadhi & Engaging in Recitation	65	(3) 1:34:00

form. Within him is another Samantabhadra without implements as the wisdom form. Inside of that is a five-pointed vajra as the Samadhi being. At the vajra's center is <i>AH</i> , with the mantra circling it emanating light up & down] B) <i>HUNG</i> vs <i>AH</i> C) [Vajrasattva] E) [We emanate offering goddesses who make offerings & praises to us, then dissolve back]		3) Recitation B) The Recitation for the Wrathful Ones 1) The Invocation 2) Engaging in Recitation C) Purification of Breaches & Conceptual Obscurations D) The Application of the Activities 1) Stirring the Depths of Narak 2) Stirring the Depths of Samsara E) The Recitation of Praises 1) The Offering 2) The Praises 3) The Apology 4) Beseeching One's Wishes	66 66 66 67 67 68 69 69 70 70 70	(3) 1:36:16 1:37:53 1:41:28 1:43:04
	VII. Receiving Empowerment		71	
Section Three: Performing the Vase Recitation and Torma Ritual		[The Vase is a vast celestial palace with all the Peaceful & Wrathful Deities in it. Light rays emanate from our hearts, striking the deities in the vase. Through all the mantras we have recited, the deities dissolve into light and then into the vase's water]	72	
	I) The Vase Recitation	A) Consecration of the Chief Vase B) Consecration of the Action Vase	72 73	1:48:40 1:51:37
Entering the Wisdom Mandala	II) The Torma Ritual	A) The Consecration	74	2:00:00
		B) The General Offering to the Three Roots and the Dharma Protectors	75	(3) 2:03:03
		C) The Individual Offerings 1) The Dakini Offerings 2) The Wealth Gods Offerings 3) The Dharma Protector Offerings A) The General Invitation	79 79 80 81	N/A N/A

		1) The Invitation	82	
		2) The Request to Take Seat		
		3) Pledging the Samaya	83	
		4) The Offerings		
		B) The Individual Torma Offerings and Enjoining the Activities	84	
		1) The Gonkar		
		2) The Leyshin (Action Yamas)	86	
		3) The Kado	89	
		4) The Depon Sumchu		
		5) The Three Kunkyl Brothers	91	
		6) The Five Tseringma Sisters		
		7) The Tenma Goddesses	93	
		8) The Kharak Khyungtsunma	95	
PART TWO		PERFORMING THE ACTUAL MENDING AND PURIFICATION OF BREACHES		
Section One: The Preliminaries		[We emanate a flesh & blood form of ourselves in front of ourselves, to make apologies back to ourselves as Guru Rinpoche as well as to the entire mandala of deities.]	97	(4) 1:56
	I) Visualizing the Objects of Apology		97	4:03
	II) Offering a Mandala and Making Supplication		102	7:52
	III) Apologizing for Downfalls	A) Apology for General Infractions Against the Three Vows	102	(4) 10:37
		B) Apology for Specific Root Downfalls of Mantra	104	
	IV) Pledging the Vows	A) Pledging the Vows of Individual Liberation	107	16:55
		B) Taking the Bodhisattva Vow	108	(4) 18:13

		C) Pledging the Secret Mantra Vows		(4) 18:39
	V) Abiding by the Samayas		110	19:36
Section Two: The Main Practice			111	22:19
	I) Purifying Breaches	A) Visualizing the Six Seed-Syllables B) Purifying the Individual Abodes of the Six Classes of Beings	111	24:14
	DU on the sole of the left foot. Anger is purified.	1) Purifying the Hell Beings' (Abode) A) Purifying by means of Wisdom Fire B) Purifying by means of Wisdom Wind C) Purifying by means of Wisdom Water	111 111 113 113	26:20 27:35 29:06
	PRE at the secret place. Stinginess is purified.	1) Apologizing for with Pure Remorse 2) Guiding to the Platform of Empowerment 3) Cleansing	114 114	30:55 (4) 32:28
	TRI at the navel. Ignorance is purified.	2) Purifying the Hungry Ghosts' (Abode) A) Purifying by means of Wisdom Fire B) Purifying by means of Wisdom Wind C) Purifying by means of Wisdom Water 1) Apologizing for with Pure Remorse 2) Guiding to the Platform of Empowerment 3) Cleansing	117	
	NRI at the heart center. Desire is purified.	3) Purifying the Animals' (Abode) A) Purifying by means of Wisdom Fire B) Purifying by means of Wisdom Wind C) Purifying by means of Wisdom Water 1) Apologizing for with Pure Remorse 2) Guiding to the Platform of Empowerment 3) Cleansing 4) Purifying the Human Beings' (Abode) A) Purifying by means of Wisdom Fire B) Purifying by means of Wisdom Wind	119	

	<p>SU at the larynx. Jealousy is purified.</p> <p>A at the forehead. Pride is purified.</p>	<p>C) Purifying by means of Wisdom Water 1) Apologizing for with Pure Remorse 2) Guiding to the Platform of Empowerment 3) Cleansing</p> <p>5) Purifying the Demigods' (Abode) A) Purifying by means of Wisdom Fire B) Purifying by means of Wisdom Wind C) Purifying by means of Wisdom Water 1) Apologizing for with Pure Remorse 2) Guiding to the Platform of Empowerment 3) Cleansing</p> <p>6) Purifying the Gods' (Abode) A) Purifying by means of Wisdom Fire B) Purifying by means of Wisdom Wind C) Purifying by means of Wisdom Water 1) Apologizing for with Pure Remorse 2) Guiding to the Platform of Empowerment 3) Cleansing</p>	122	
	II) The General Cleansing for Yogis		128	(4) 33:36
<p>[Emanate a vast field of flesh and blood bodies (all sentient beings) who prostrate and offer this apology] [V'sattva on the head of our flesh & blood body]</p> <p>[Red light radiates from the throats of the deities and enters our throats] [Blue light from their hearts enters our hearts]</p>		<p>A) Purifying the Body 1) Offering Apology 2) Performing the Cleansing of the Body</p> <p>B) Purifying the Speech 1) Visualizing Vajrasattva and Reciting the Hundred Syllable Mantra 2) Chanting the Lamenting Apology 3) Performing the Cleansing of Speech</p> <p>C) Purifying the Breaches of Mind 1) The Apology of the Expanse of the View 2) Performing the Cleansing of Mind</p> <p>D) Purifying the General Violations of the Three</p>	<p>128</p> <p>141</p> <p>142</p> <p>143</p> <p>149</p> <p>150</p> <p>155</p> <p>156</p>	<p>36:40</p> <p>38:30</p> <p>40:30</p> <p>41:58</p> <p>44:20</p> <p>48:30</p> <p>49:36</p> <p>51:53</p> <p>54:05</p> <p>54:58</p> <p>(4) 56:00</p>

[Three lights all together purify our three places] [Dissolve the flesh & blood body back into our hearts as Guru Rinpoche]		Doors 1) The Apology of the Twenty-eight Samayas 2) Cleansing by Means of Completeness	156 162	(4) 57:19 58:38
A) [RAM YAM KHAM emanate, purifying the clinging]	III) Feast Offering and Mending Ritual to Purify the Breaches with No Remainder	A) The Consecration B) The Invitation C) The Offering	163 164 164	1:02:28 1:13:20 1:15:00
	IV) Mending and Apology	A) The Mending of the Vidyadharas B) The Mending of the Peaceful and Wrathful Deities 1) The Mending of the Natural Purity of the Peaceful Ones 2) The Mending of the Natural Transformation of the Wrathful Ones C) Apology	165 169 169 174	1:17:02 1:24:42 1:25:25 1:26:11
[Self as Hayagriva]	V) The Concluding Liberation		181	(4) 1:27:41
	VI) Receiving the Empowerments	A) Entering the Mandala 1) Supplication a) Presenting a Mandala Offering b) Taking a Seat in the Row c) Making Supplication 2) Bringing down Resplendence 3) Tossing the Flower 4) Opening the Eyes 5) Disclosing the Mandala B) Obtaining the Empowerments 1) Making Supplication	182 183 185 186 186 187	(5) 1:04 6:12 8:15 10:39 11:54 15:32 20:14 21:46 (5) 22:55

C) The vajra master raises the chief vase and light rays from his heart strike the heads of the 5 Buddha families who bestow the empowerment.	Nirmanakaya	2) Receiving the Four Empowerments		(5) 23:20
		2.1) <u>The Vase Empowerment</u>	187	
		A) Apology for Violating the Samayas of the Vase Empowerment	187	24:48
		B) Mending by means of the Torma of Sense Pleasures to Rectify the Violations of Body and Nadis	189	26:10
	Sambhogakaya	C) The Actual Empowerment	192	28:38
		2.2) <u>The Secret Empowerment</u>	193	33:50
		A) Apology for Violating the Samayas of the Secret Empowerment	193	
		B) Mending by means of the Rakta of the Great Redness to Rectify the Violations of Prana and Speech	195	35:45
	Dharmakaya	C) The Actual Empowerment	197	36:29
		2.3) <u>The Wisdom Knowledge Empowerment</u>	198	39:23
		A) Apology for Violating the Samayas of the Wisdom Knowledge Empowerment	198	40:35
		B) Mending by means of the Nectar Medicine to Rectify the Violation of Mind and Bindus	200	41:19
	Dzogchen and Mahamudra, Trekchö and Tögal	C) The Actual Empowerment	201	42:32
		2.4) <u>Conferring the Word Empowerment</u>	202	44:41
		A) Apology for Violating the Samayas of the Fourth Empowerment		45:05
		B) Mending by means of the Illuminating Lamp to Rectify the Violations of the All-Ground Wisdom	204	46:25
		C) The Actual Empowerment	209	47:32
		3) The Empowerments of Body, Speech & Mind	209	
		A) Receiving the Empowerment of Body	210	49:45
		B) Receiving the Empowerment of Speech	213	52:52
		C) Receiving the Empowerment of Mind	214	54:17
		D) Receiving the Empowerment of the Mending of the Ultimate View of Emptiness	214	56:21
		4) The Supporting Torma Empowerment	215	57:44
		A) Reminding of the Fourfold Significance	215	(5) 57:55

		B) The Actual Empowerment C) Partaking of the Siddhi	215 216	
Section Three: The Concluding Rituals	I) Taking the Pledge	A) Declaring the Key Points of Samayas as the What to Adopt or Avoid by Expounding the Dharma B) Taking the Pledge to Correctly Adopt or Avoid	216	(5) 59:28 59:44
	II) Offering the Gift and Performing the Thanksgiving	A) Offering the Gift B) Performing the Thanksgiving 1) Enjoying the Feast 2) Making Song and Dance 3) Making Aspirations	221 222 223 225	1:01:17 1:05:18 1:06:18 1:07:54
	III) Making Aspirations	A) The Chanting Dance of Rulu B) The Actual Aspirations	225	1:08:04
PART THREE – THE CONCLUDING ACTIVITIES			227	1:10:07
	I) Perform the Thanksgiving Feast		227	
	II) Invocation and Torma Offerings	A) Consecration of the Torma B) Invocation C) Proclamation of the Covenant	228	1:12:32 1:14:26
	III) Propitiation of the Tenma Goddesses		230	1:15:05
	IV) Concluding the Activities with the Dance		231	1:16:21
	V) Dissolving the Vivid Presence of the Development Stage	A) Making Offerings, Praises and Asking Forgiveness of the Mandala Deities B) Receiving the Siddhis C) The Actual Dissolution Stage	231 232	1:17:46 (5) 1:20:04

	VI) Engaging in Daily Activities, the Illusory Magic of Unity		233	(5) 1:24:40
	VII) Uttering the Aspirations and Verses of Auspiciousness		233	1:31:08