

འཇམ་དབྱེར་འཇམ་དབྱེར་འཇམ་དབྱེར་

Lama Zabdon

Nyingthig

འཇམ་དབྱེར་

LAMA ZABDON SHORT PRACTICE



After breathing purification, meditate on the primordial white A



Purifying with the mantra of 5 elements

om e ho shuddhe shuddhe: yam ho shuddhe shuddhe:
 bam ho shuddhe shuddhe: ram ho shuddhe shuddhe:
 lam ho shuddhe shuddhe:
 e yam bam ram lam:
 shuddhe shodha na ye svāhā:



Preliminary things

A

namo guru bhyā: namo dheva bhyā: namo dhākkini bhyā:



Visualization of Guru Padma Vajra

A



Visualization of Inner Mandala

om ā hūṃ svā hā a haṃ



Receiving Empowerments

om ā hūṃ:



Visualization for Mantras

hūṃ



Essential Mantra

om padma vajra hūṃ



Mantras for Inner Mandala

om ā hūṃ bhodhi citta mahā sukha Jñānadhatu ā:

om rulu rulu hūṃ bhyo hūṃ



Yoga for Breathing

A



Song of Vajra

ema kiri kīrī: masta vali vālī: samita suru sūrū: kuṭali masu māsū:
 ekara suli bhaṭaye: cikira bhuli bhaṭayai:
 samunta carya sughaya: bheta sanabhya kulaye:
 sakari: dhukana: matari: vaitana: parali: hidzana: makarta: khelanam:
 sambha ratha mekha cantapa: sūrya bhata raipa shanapa:
 rana bidhi sa ghu ralapa: masmin saghu liī tayapa:
 gura gūrā sa gha kharna lam: nara nārā ita pata lam:
 sirṇa sīrṇā bhe sa raspa lam: bhundha bhūndhā ciṣa sake lam:
 sa sā: ri rī: li lī: i ī: mi mī:
 ra ra ra:



Empowering the Dedications

om dhare dhare bhandhare svāhā:

jaya jaya: siddhi siddhi: phala phala:

hā a ha sha sa ma: mama koling samanta:

