

Garuda Sadhana

**With great clarity I go for refuge to the Buddha,
To the Master from whom I received supreme empowerment,
To the Dharma of inseparable method and wisdom taught by them,
And to both types of Sangha who live by this Dharma.
From now until enlightenment, I will generate the very pure thought,
Generate Bodhicitta, and abandon concepts of "I" and "mine". (3X)**

**OM SVABHAVA SHUDDHAH SARVA DHARMAH SVABHAVA
SHUDDHO HAM**

Self-generation

Within emptiness, from PAM arises a lotus, from AH a moon, from RAM a sun, upon which are the eight great Nagas upon which my mind arises as blue-green KSHIM.

From that, light goes out completely overcoming all evil forces, then the light dissolves back.



Thus I arise as the wrathful essence of Kalachakra,
The heroic Vajra Garuda with one face and two arms,
The thigh upward yellow - of the nature of earth,
The belly white - of the nature of water.
From there to the neck I am red in colour - of the nature of fire,
My face is blue - of the nature of space.
My arms are green - of the nature of wind,
My two hands grey-blue,
The right one making the mudra of giving protection,
The left adorned with a jewel rosary and making a terrifying mudra.
I have thunderbolt pointed horns and vajra beak.
My claws are made from refined copper.
My mouth is consuming various snakeheads.
I have three red round eyes, with wrathfully frowning brows.
Between the horns I am adorned with a jewel,
And my body is adorned with snake bracelets and precious jewels.
On my back, my wings are black behind, white on the inside,
And surrounded by a red colour.
My blue tail is in the nature of wisdom, and my extremely wrathful
clawed feet are pressing down on the eight great Nagas.
I am standing with one leg bent, and the other stretched out.

In the east sits the Vajra lineage Garuda, dark blue in colour;
In the south sits the Jewel lineage Garuda, red in colour;
In the west, Lotus lineage Garuda, white in colour;
In the north, action lineage Garuda, yellow in colour.
All are standing with bulging arms and legs,
Having an OM at the forehead, AH at the neck and HUM at the chest,
Overpowering the three realms, and surpassing the three existences.

Invitation of the Wisdom beings

From the HUM lights go out, inviting the glorious Kalachakra
surrounded by Lamas, Yidams, Buddhas and Bodhisattvas.

JA HUM BAM HO - the commitment and wisdom beings dissolve and
become non-dual.

Again from the HUM lights go out inviting the five Dhyani Buddhas and
their entourage. They bestow the Initiation, my Garuda's body is filled,
all negativities are purified and the remaining water overflows and
becomes Akshobya-emanation as a crown ornament.

Meditate on the deity's body with divine pride and pure appearance,
which combines appearance and emptiness.

Offering

**OM PA KSHIM GARUDA SAPARIWARE... ARGHAM...
PADYAM... PUSHPE... DHUPE... ALOKE... GHANDE...
NAIVEDYE... SHABDA... PRATICCHA HUM SOHA**

Homage

**You, Garuda, beyond attachment, who arises from KSHIM!
With the colour of the elements,
You have power over the great elements.
Your vajra wings subdue the four sicknesses.
You blaze with thunder and have a vajra beak.
Your claws suppress the disease from the landowner.
With your vajra wings you are able to go everywhere.
You surpass the brilliance of nagas and excel both gods and men.
I prostrate to Vajra Garuda!**

Mantra recitation

At my heart, in the middle of a four-petalled lotus is a four-spoked wheel upon which are dark blue Garuda in the east, red Garuda in the south, white Garuda in the west, and yellow Garuda in the north. In the middle of the wheel is a multicoloured Garuda similar to me. These five have, in the east an OM, the south a PA, west a white SVA, north a yellow HA, in the centre a green-blue KSHIM.

On the eastern spoke of this wheel stands Vajra Garuda HUM, on the southern Ratna Garuda TAM, on the western Padma Garuda HRI, on the northern Karma Garuda AH.

From these mantras lights go out and then dissolve back.

OM PA KSHIM SVAHA

O, Glorious Wrathful Vajra Garuda, please completely bestow all uncommon and common attainments on myself and all sentient beings.

**OM VAJRASATTVA SAMAYA/ MANUPALYA VAJRASATTVA
TVENOPATISHTHA/ DRDHO ME BHAVA/ SUTOSHYO ME
BHAVA/ SUPOSHYO ME BHAVA/ ANURAKTO ME BHAVA/
SARVA SIDDHIM ME PRAYACCHA/ SARVA KARMASU CHA**

**ME/ CHITTAM SHRIYAM KURU HUM/ HA HA HA HA HOH
BHAGAVAN/ SARVA TATHAGATA VAJRA MA ME MUNCHA/
VAJRI BHAVA/ MAHA SAMAYA SATTVA AH HUM PHAT/**

Reabsorption of the mandala

All directions of the wheel dissolve into me, my crown becomes adorned with an OM, at my neck an AH and at my heart a HUM.

Dedication of merits

**Just as the brave Manjushri and Samantabhadra
Realised things just as they are,
So do I dedicate all these merits in the best way,
That I may follow their perfect example.**

Translated by Tenzin W Tsepag for Jhado Rinpoche; slightly re-edited by Andy Wistreich