



IMPORTANT:

This Sadhana can be read only by those who have received the Kalachakra Initiation and can be practiced only by those who have received the Innate Kalachakra Jenang

The Sadhana of Innate Kalachakra

Composed by Pen chen Tempee Nyima

[Begin with Refuge, Bodhicitta, and meditate on the Four Immeasurables]

OM SVABHĀVA SHUDDHAḤ SARVA DHARMAḤ SVABHĀVA SHUDDHO HAḤ
[Meditate on emptiness, which is shunyata]

Everything becomes emptiness. From the sphere of emptiness I arise instantaneously as the Innate Kalachakra. Standing on stacked mandalas of wind, fire, water and earth, on Mount Meru, lotus, moon, sun and Kalagni, stamping on the heads of Rudra and Mara. The mother of Samsara is at the feet.

To You, to whom the most powerful deity prostrates, I bow down.

With body blue in color, one face and two arms, holding vajra and bell, embracing the mother. The left leg is white and bent, stamping on white Rudra. The right leg is red and outstretched, treading on the heart of red Mara. The hair is matted, with a topknot, adorned with wish-fulfilling jewel and half moon. The body is decorated with vajra ornaments and girded with a tiger-skin loincloth. The thumb is yellow, forefinger white, middle finger red, ring finger black, and the little finger green. The first segment of each finger is black, the second is red and the third is white. Crowned by Vajrasattva, and standing amid a five-colored mountain of fire.

Embracing the Mother Vishvamata, who is yellow, with one face and two arms. She has three eyes and is holding a curved knife and skull-cup, embracing the father. Her right leg is bent, left outstretched, in union with the father. She is naked and adorned with the five mudras. Her hair is half flowing. At their foreheads are an OM, at their throats an ĀḤ, at their hearts a HŪM and at their navels a yellow HO, on their ushnishas is a green HAM and at their secret places a blue KṢHA.

OM ĀḤ HŪM HO HAḤ KṢHA

At the heart visualize the possessor of the 10 powerful aspects (Kalachakra symbol).

OM HAḤKṢHAMALAVARAYA SVĀHĀ
[Recite as many times as possible]

[Dedicate at the end of the session].