



*Short*  
***Hevajra Sadhana***



May all living beings be happy! May all be without imperfections!  
Through the Path by which liberation is won, quickly may they gain Bud-  
dhahood.

*(At the time of entering into the Path of experiential practice — having conjoined the prayer of dedication with (the sadhana) — since oneself and all appearances are known as the Mandala of the Deity, enjoy (food) by thinking that it is offered as the nectar of Transcendental Knowledge to the HUM in one's heart which is the essence of all Deities. At night, purify appearances which appear as Deities into the Realm of Clear Light and sleep. Having arisen in the early dawn with the pride of being the Deity, enter into the practice of the profound Path.)*



## The Recitation of the Realization of the Principal Deity, Shri Hevajra Alone

### Colophon:

*Having gathered from the texts which are authoritative for this system, Chatal Manjughoshha wrote this (sadhana) as a necessary branch. By this merit, may it become the cause for all sentient beings' attaining the stage of Shri Heruka Hevajra.*

*This Hevajra Lam Dus of Chatal Manjugoshha was translated into English by His Holiness Sakya Trizin and Ngawang Sonam Tenzin in 1969.*

*By the merit of this work, our prayer that all living beings attain the supreme Enlightenment.*

SARVA MANGALAM

*(Thus recite each of these an equal number, of times as the Root Mantra. Then recite:*

**OM AH AM HUM PHAT SVAHA**

*(After reciting the last for a while, offer the following prayer with hands clasped:)*

May all living beings and I be blessed with the body, voice, mind, qualities and deeds of all the Sugatas.

May we be blessed to attain quickly Hevajra's stage, the quintessence of Mahamudra's highest perfection.

Light rays issue from the **HUM** in one's heart causing the three realms of existence — both animate and inanimate — to dissolve into light which is absorbed into oneself. The Mother is absorbed into the Father. His extra faces and limbs are absorbed into the principal face and limbs. Oneself takes the form of Heruka with one face and two hands. For the eyes is Mohavajra, for the ears Dveshavajra, for the nose Matsaryavajra, for the mouth Raga vajra, for the body Irshavajra, for the mind Nairatmyayogini, for the top of the head Kayavajra, for the throat Vagvajra, for the heart Cittavajra:

**OM SARVATATHAGATA KAYA VAK CITTA VAJRASVABHAVA  
ATMAKO 'HAM**

By this virtue may, all living beings equal to the bounds of the sky, having quickly obtained the accumulations of merit and transcendental knowledge, in this very life be established on the stage of Vajradhara.

By whatever virtues I gather throughout the three times, may all sentient beings equal to the sky's limit become vessels of the unsurpassable Great Vehicle; may all of them also attain to the stage of Vajradhara.

So long as Buddhahood is not attained, may I, too, have good fortune in birth after birth, to find places of happiness, noble families, wholesome ways, worthy friends, and a Guru.

May I be pure in moral conduct and skilled in learning, well adorned with perfect purity which alone is the cause of the performance of virtuous deeds, and having listened (to the Doctrine) may I teach it to others.

On my head may the Guru be worn as a crown; in my hands may the vajra and bell of method and wisdom be held; for my speech the murmur of the king of secret mantras; and with my mind may I meditate the 'Two-in-One'.

From now until the essence of Enlightenment may I never be parted from the Guru and the Deity; may my performance (of the Path) be free from obstacles, and for the Doctrine may good works be done.

**NAMO GURUVE!**

*(The person who wishes to meditate, in a brief way, according to the actual procedure for the realization of Shri Hevajra as the principal Deity should first be seated upon a comfortable mat, and then he should dwell in the course of this meditation. The objects of refuge<sup>1</sup> should be imagined as if they were manifest.)*

In the most holy Guru who is the quintessence of the qualities and deeds of the body, voice and mind of all the Tathagatas abiding in the ten directions and three times, the source of the eighty-four thousand articles of the Doctrine and Master of the Noble Assemblies — I and all living beings, equal to the bounds of space, from this time forth until the essence of Enlightenment is reached steadfastly take refuge in that venerable Root Guru and in the Holy Masters of the lineage; take refuge in the blessed Accomplished Buddhas; take refuge in the Holy Teachings; take refuge in the Noble Assemblies.

*(After reciting this Refuge prayer as many times as possible, offer the following prayer with one's hands clasped together at the heart.)*

In the Guru and Three Precious Gems I bow down and take refuge; may you bless me in all my lifetimes.

*(Envision that the objects of refuge dissolve into light and this is absorbed 'into oneself'.)*

For the sake of all living beings I must attain to the stage of a Perfectly Enlightened One; for that purpose, I am practicing this profound Path.

*(Recite this three times.)*

May all living beings have happiness and the cause of happiness.  
May all be apart from sorrow and the cause of sorrow.  
May all not be separated from the bliss that is sorrowless.  
May all leave attachment and hatred toward near ones and far by living with equanimity.

**OM SHUNYATA JNANA VAJRASVABHAVA ATMAKO 'HAM**

*(In reciting this Mantra, one's five aggregates become emptiness.)*

 Out of the state of emptiness (arises) a lotus enclosing a sun disc. Upon this the four Maras are laid, one on top of the other. Surmounting them is a **HUM** from which (arises) a skullcup with its three segment lines visible: On the forehead is a visvavajra marked in the center with a **HUM**. On its left, (arising) from an **AM**, appears a curved knife, blue-black in color, and marked on its hilt with an **AM**. 

Arising from a complete transformation of this, oneself appears as Shri Hevajra whose body is blue in color with eight faces, sixteen hands and four legs. The principal face is blue, the right white, the left red, the upper face smoke-colored

