

“PÉ DÜNMA”: THE SEVEN ‘PÉ’S
Extremely Abbreviated Instructions on the Chö of the Ear-Whispered Lineage
(Tib. snyen brgyud gcod kyi gdams pa shin tu bsdus pa phat bdun ma)
Composed by Kelden Gyatso (sKal Idan rgya mtsho, 1607-1677)

NAMO GURU VAJRA DAKINIYE!
(Homage to you, O Guru Vajradakini)

Refuge and Bodhicitta

Until awakening I go for refuge to the Buddha, Dharma and Sangha.
Through the merit of practicing generosity and the others, may I awaken for the benefit of all beings! (3X)

Four Immeasurables

May all sentient beings have happiness and the causes of happiness!
May [all sentient beings] be free from suffering and the causes of suffering!
May [all sentient beings] never be separated from joy, free of suffering!
May [all sentient beings] dwell in equanimity free from biases of attachment or aversion to those near and far!

Generating Yourself as Vajradâkinî

PÉ!
Instantly, I become Vajradâkinî [Vajrayoginî],
red in color, with one face, two arms.
I have three eyes and four bared canine teeth.
My right-hand holds a curved knife and the left-hand holds a hook.

From my heart appears a subjugating dâkinî,
fearsome, whose lower body is a red three-sided dagger of sky-metal.
Its ringing sound summons and overwhelms all vicious harm-givers, king spirits, male and female demons, devas, nâgas and yakshas.

Visualizing the field of Cultivation of Merit

PÉ!
[I am in my ordinary form.] In the space before me is the Guru Deity
[in the form of Vajrayoginî] together with all great bodhisattvas.

Separating Awareness from Body

PÉ!
My awareness as Vajrayoginî emerges from my heart into space.

Consecrating Offerings

PÉ!

The clean parts of the body, such as brains and juices, become nectar.

OM âH HÛM (3X)

White Feast

PÉ!

Root and lineage gurus, yidams, dâkinîs and protectors, to you I offer.

Please partake!

Variegated Feast

PÉ!

The amassed joints, flesh and blood fill the entire billion worlds.

Red Feast

PÉ!

Gods and demons, who want flesh and blood, come quickly and eat!

Sending Back the Guests and Meditating on Emptiness of the Three Spheres

PÉ!

Take whatever you like and return to your abode!

Everything in samsâra and nirvana is empty of true existence.

Auspicious Prayer

PÉ!

By the power of having given my body, may all beings swiftly attain Awakening!

Composed by the Lord of Practitioners Kelden Gyatso (skal Idan rgya mtsho) expressing the Dakini's instructions comprising the essence of Chö. SAMAYA GYA GYA GYA (highly secret.) May there be virtue! This was printed at the Great Auspicious Place (nya rung kha shor). May all be auspicious!

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