

Zhitro

Guiding Loved Ones Through the Bardo
The Short Yoga of the Peaceful and Wrathful Deities
From the Treasures of Mingyur Dorje & Karma Chagme

ན་མོ་གུ་རུ་རྩེ་མ་རྩུ་གི་ཡེ་སྤྱལ་སྤྱི་མི་འགྲུང་དོ་རྩེ་ཡི།གནམ་ཚོས་ཞི་ཞིའི་ཉམས་ལེན་ནི་རྣུང་རོད་གུ་སྤྱལ་བསལ་བས་བསང་།འགྲུང་
ད་ལྷའི་སྤྱལས་དང་དམིགས་བས་སྤྱང་།ཨ་པས་ཅ་གསུམ་ཚོགས་ཞིང་མདུན་།སྤྱབས་སེམས་བསྐྱེད་ཅིང་དང་རྣུད་སྤྱང་།རྩྱི་གི་སྤྱ་
ལས་སྐད་ཅིག་གིས།དང་ཉིད་དོར་སེམས་སྤྱ་མདོག་དཀར།ཞལ་གིཅག་ཤུག་གཉིས་གཡས་དོ་རྩེ་སྤྱལས་ཀར་འཛིན་ཅིང་གོན་པ་ཡི
ས་ཤིལ་ཤུ་དཀར་བཞེན་ཞབས་སེམས་སྤྱིལ་སྤྱ་ལ་དང་དཀར་ན་བཟའ་གསོལ།རིན་པོ་ཆེ་ཡི་རྒྱན་གྱིས་སྤྱས།ཟེར་ལས་ཞིང་བཞོད་
རྩོགས་པར་ཤར་སྐར་ཡང་རྩྱི་རྒྱ་སྤྱིར་བཞེན་བས།སྤྱིར་ཁ་ཚོས་ཀྱི་འཁོར་ལོ་རུ།ཞི་བ་བཞི་བརྩུ་ཅ་གཉིས་ནི་རྒྱན་དང་ཆ་སྤྱལས་རྩོ
གས་པར་བསྐྱེད།རིམ་བཞེན་རྩྱི་གི་གདངས་འབྲེལ་བས།མ་གྱིན་པར་རིག་འཛིན་སྤྱ་ཚོགས་གསལ།ཀལ་

PRELIMINARIES

Perform the 9 Purification Breaths & the Purification of the 5 Elements (Optional)

Ah (*See white Ah in Heart surrounded by deep lapis lazuli sphere*)

Om E Ho Shuddhe Shuddhe (*Visualize Space Element and Blue light*)

Yam Ho Shuddhe Shuddhe (*Visualize Air Element and Green Light*)

Bam Ho Shuddhe Shuddhe (*Visualize Water Element and White Light*)

Ram Ho Shuddhe Shuddhe (*Visualize Fire Element and Red Light*)

Lam Ho Shuddhe Shuddhe (*Visualize Earth Element and Yellow Light*)

E Yam Bam Ram Lam Shuddhe Shodhanaye Svaha (*Visualize Five Rainbow Lights*)

CONCISE REFUGE AND GENERATE BODHICITTA

Ah

Namo GuruBhya

Namo DevaBhya

Namo DakiniBhya

(I take refuge in the Lama, Yidam and Dakini)



MAIN PRACTICE

GENERATE AS VAJRASATTVA

Hung (*Manifest as Vajrasattva, white as snow on sunlit mountains*)

Hung (*feel the peaceful deities at the heart*)

Hung (*feel the assembly of realized wisdom beings at the throat*)

Hung (*feel the wrathful deities in the head as the senses*)

Om Ah Hum Bodhichitta Maha Sukha Jnana Dhatu A

(Chant this mantra of the peaceful deities 5 times)

Om Rulu Rulu Hum Bhyo Hum (*Chant this mantra of the wrathful deities 5 times*)

Om Ah Hum Sva Ha (*Chant this mantra of the realized beings 5 times*)

Om VajraSattva Hum (*Chant this VajraSattva mantra 5 times*)

(Optional Chant the 100 Syllable Mantra Chanting while Ringing Bell 3 times)

**Om VajraSattva Samaya Manupalaya - VajraSattva Tvenopa Tishta Didho Mebhava
Sutoshyo Mebhava Supokayo Mebhava Anurakto Mebhava - SarvaSiddhime
Prayacca Sarva Karma Sucame - Cittam Shriyam Kuru Hum
Ha Ha Ha Ha Ho Bhagavan
Sarva Tathagata VajraMaMe Muncha VajriBhava MahaSamaya Sattva Ah**

LIBERATION OF THE DECEASED

Om Ah Hum Bodhichitta MahaSukha Jnana Dhatu A

(Chant 5 times, visualize the deceased person in front of you.)

Om VajraSattva Hum

Tadyatha Hane Hane Anoli

Mitaye Guruye VajraSattva Svaha

(Chant 3, 5, 7, 21 times or as many times as needed. Sending them luminosity, washing them with the many colored light that streams from VajraSattva's heart, it clears their karmic residue and transforms them into realizing the nature of mind.)

a ah sha sa ma ha

DEDICATION OF MERIT

May all beings be free from suffering and the cause of suffering.

May all beings experience joy and its true cause.

May the fruit of this practice be to accomplish the highest benefit for all beings and all things everywhere.

May all beings and all things everywhere experience the joy, clarity, dignity and fearlessness of peace. May all beings and all things everywhere have peace.

Colophon

This text was compiled by Pema Khandro for the Buddhist Studies Institute program, *In the Presence of Dying* during the Pandemic of 2020 with the wish for the relief from suffering for all beings. Any errors or omissions in the text are mine entirely. May innate luminosity shine out to liberate ourselves and others.

References I. Images

1. Vajrasattva from Namcho Shitro Painting

References II. Textual Sources

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Norbu, Namkhai. *Teachings on Shitro and Yangti*. (Associazione, Culturale Comunita Dzogchen: Italy, 2003).