



TROMA NAGMO
FROM THE CONCISE JEWELLED GARLAND

REFUGE

དཀོན་མཆོག་གསུམ་དངོས་བདེ་གཤེགས་ཙ་བ་གསུམ། ཙ་ལྷུང་ཐིག་ལའི་རང་བཞིན་བྱང་ལྷུབ་སེམས།

KÖNCHOK SUM NGÖ DESHEK TSAWA SUM / TSA LUNG THIGLE RANGSHYIN CHANGCHUB SEM

I take refuge in the Buddha, the Dharma and Sangha
I take refuge in the Lama, Yidam and Khandro

ངོ་བོ་རང་བཞིན་ཐུགས་རྗེའི་དགྲིལ་འཁོར་ལ། བྱང་ལྷུབ་སྣོད་ཐོའི་བར་དུ་སྐྱབས་སུ་མཆི།

NGOWO RANGSHYIN TUKJE KYILKHOR LA / CHANGCHUB NYINGPO BARDU KYAB SU CHI

I take refuge in the tsa, lung, thigle, and their nature, the bodhicitta,
I take refuge in complete openness, lucid presence and compassion.

BODHICHTTA

ཉོ་སྣ་ཚོགས་སྒང་བ་ཚུ་སྒྲིའི་རྩུན་རིས་ཀྱིས། འཁོར་བ་ལུ་གུ་རྒྱུད་དུ་འབྱམས་སའི་འགོ།

HO NATSOK NANGWA CHUDE DZUN RI KYI/ KHORWA LUGU GYU DU KHYAMPE DRO

Ho! Mesmerized by the sheer variety of appearances, which are like the illusory reflections of the moon in water, beings wander endlessly astray in samsara's vicious cycle.

རང་རིག་འོད་གསལ་དབྱིངས་སུ་ངལ་བསོའི་བྱིར། ཚད་མེད་བཞི་ཡི་ངང་ནས་སེམས་བསྐྱེད་དོ།

RANGRIG OSAL YING SU NGALSO CHIR / TSEME SHYI YI NGANG NE SEMKYE DO

In order that they may find comfort and ease
in the luminosity and all-pervading space of the true nature of their minds, I generate the immeasurable love,
compassion, joy and equanimity of the awakened mind, the heart of bodhicitta.

4 BODHI VOWS

Sentient beings are numberless,
I train in order to free them

Delusions are inexhaustible
I train in order to transform them

Reality is boundless
I train in order to realize it

The awakened way is unsurpassable,
I train in order to embody it

**DHARMA TEACHING
FROM THE CONCISE JEWELLED GARLAND**

DISCLAIMER: This is a restricted text, not for publication or sharing outside the context of the retreat.

PHOTOS:

1. JEWELLED GARLAND CHOD REFUGE FIELD
2. JEWELLED GARLAND TROMA NAGMO





SUPPLICATING TROMA NAGMO

སྣང་སྲིད་ཟིལ་གཞོན་མ་ལ་གསོལ་བ་འདེབས།

NANG SI ZIL NÖN MA LA SÖLWA DEP

I supplicate she who overwhelms all appearance and existence with her splendor

རང་སེམས་སྐྱེ་བ་མེད་པ་ཚོས་ཀྱི་སྐྱེ་ལ་སྐྱབས་སུ་མཆིའོ།

RANG SEM KYEWA MÉ PA CHÖ KYI KU LA KYAP SU CHIO

I take refuge in my mind that is the unborn dharmakaya.

THREE KAYA TROMA MEDITATION

Uncontrived self-reflexive wisdom awareness arises in the form of the one mother, Tröma Nagmo. In my heart, red Vajrayogini in dancing posture with Trigug.

In my heart, white Samantabhadri in meditation posture.

In my heart the blue HUNG syllable radiating light rays out.

All the power, blessings, strength, and ability of the buddhas' wisdom body, speech, mind, qualities, and activity gather in the form of a mass of light and infuse into me.

Then light radiates out and all sentient beings' negativities, obscurations, suffering, habitual patterns are purified. Their impure appearances are suddenly destroyed.

They mingle indivisibly with the three-kaya dakinis' wisdom expanse.

All of samsara and enlightenment merge into the limitless sphere of great bliss and equality. All appearances become the celestial realm and palace of Akanishta, and all of existence becomes the nature of the Black Vajrayogini Tröma Nagmo. All sounds are the mantra's sound, like bees whose nest has been broken. All of appearance and existence moves and vibrates with her wisdom.



**TROMA PRACTICE
FROM THE CONCISE JEWELLED GARLAND**

FEAST OF THE BLACK WRATHFUL DAKINI



སུ་རྒྱ་ཅིག་གིས་བདག་ཉིད་ཡེ་ཤེས་ཀྱི་མཁའ་འགྲོ་མ་རྒྱུ་མདོག་མཐིང་ནག་ཏུ་འདུག་པ། སྐྱེ་གཡས་ཉི་མའི་དགྱིལ་འཁོར་དམར་གྱི་ལི་ལི་འཁོར་བ། ཞོན་ཟླ་
 བའི་དགྱིལ་འཁོར་ངང་རྒྱ་ར་ར་འཁོར་བ། དབྱས་ཉི་ཟླ་སྤེལ་མའི་དགྱིལ་འཁོར་དཀར་དམར་ཏུ་གྲུགས་སུ་འཁྲུག་པ། སྐྱི་གཙུག་ན་ཕག་ཞལ་ནག་
 བོས་ཕག་རྒྱད་འཁྲུག་ལྟར་ཏུར་བ། རྒྱག་གཡས་མི་ལྷགས་ཀྱི་གཡང་གཞི་བདེབས་པ་ གཡོན་མི་རྒྱང་གི་སྤིང་སུ་ཅོར་ཅོར་བྱས་པས་སྤང་ཞིང་སྤིད་པའི་
 ལྟ་འདྲེ་བཀའི་ལྟ་མ་སྤིན་སྤེ་བརྒྱད་ཐམས་ཅད་དབང་ཏུ་འདུས་ཤིང་ཟེལ་གྱིས་ལོན་པ།

PHAT KAY CHIG GI DAG NYID YE SHAY KYI KHA DRO MA KU DOG THING NAG TU DUG PA/ PAN YAY NYI MA'I
 KYIL 'KHOR MAR KYI LI LI KHOR WA GYON DA BA'I KYI KHOR NANG RG RA RA KHOR WA/U NYI DA PEL MA'I
 KYIL KHOR KAR MAR DU TRUG SU TRUG PA/CHI TSUG N PHAG ZHAL NAG PO PHAG KAY DRUG TAR NUR

WA/CHAG YAY MI PAG KYI YANG ZHI DEB PA YON MI KANG GI LING BU TSER TSER BU PAY/NAG SHING SI PAI
LHA 'DRAS KA'I LHA MA SIN DE GYAY THAM CHAD WANG DU DU SHING ZIL GI NON PA

PHAT Instantly I become a wisdom Dakini /Blue-black, with one face, two arms, three eyes and four fangs/ My
right eye red sun, rolling and rolling/ My left eye, a crystal moon, rolling, rolling/ My center eye sun and moon,
rolling, rolling/ At my crown a black boars head, roaring and roaring /My right hand holds a human skin /My left
hand holds a thighbone trumpet /By its wailing sound, gods and demons are called/

Apparitional beings of every class arrive/

ར་ལུག་མེར་བས་དེད་པ་བཞིན་དུ་བསྐྱུལ། ལྷག་པ་རླུང་གིས་དེད་པ་བཞིན་དུ་བརྒྱས་ནས་རྒྱུད་ཅིག་
ད་ལྷ་ཉིད་དུ་འདིར་འདུས་ཤིག། ལྷག་ཅིག་ རླུ་རླུ་རླུ་ཕའ་ཕའ་ཕའ་རླུ།

RA LUG SER BE DAY PA ZHIN DU DU/MAG PA RANG GI DAY PA ZHIN DU DAS NAY KAY CHIG DA TA
NYI DU DIR DU SHIG/KUG CHIG/HUNG HUNG HUNG/PHAT PHAT PHAT

They gather like goats and sheep driven by hail / Like mist that is driven by wind/ they instantly all gather/ They
are overwhelmed now with brilliance/ Now they are overwhelmed with brilliance

HUNG HUNG HUNG/PHAT PHAT PHAT (repeat 4x)

ང་ནི་ཁྲོས་མ་ང་མོ་སྟེ། སུ་ལྷོ་ལྷོ་ རང་ཉིད་ཁྲོས་མ་ནག་མོ་གཟི་བརྗིད་ཀྱི་ཟིལ་གྱིས་ལོན་ དཀར་པོ་དགེ་བ་ལ་གནས་པའི་ཚོས་ཐམས་ཅད་སྐྱེ་འགག་མེད་པའི་
 དབྱིངས་སུ་ཟིལ་གྱིས་གལོན་པར་བགྱིའོ། ལྷོ་པོ་སྟེག་པ་ལ་གནས་པའི་ཚོས་ཐམས་ཅད་སྐྱེ་འགག་མེད་པའི་དབྱིང་སུ་ཟིལ་གྱིས་གལོན་པར་བགྱིའོ། ལྷོང་
 གསུམ་གྱི་སྟོང་ཆེན་པོའི་འཇིག་རྟེན་གྱི་ཁམས་ཐམས་ཅད་བདག་གི་སྣང་བ་ཆེན་པོས་བྱུང་པར་གྱུར། སུ་ལྷོ་ལྷོ་ལྷོ།

HUNG NGA NI TROMA NGA MO TE /PHAT PHAT / RANG NYI TRO MA NAG MO ZI JID KYI ZI GI NON /KARPO GE
 WA NAY PAY CHO THAM CHAY KYE GAG ME PAI YING SU ZIL GI NON PAR GI /NAG PO DIG P LA NAY PAY CHO
 THAM CHAY KAY GAG ME PAY YING SU ZIL GI NON PAR GYIO /TONG SUM GI SONG CHEN POI JIG TEN GI KHAM
 SUM THAM CHAY DAG GI NANG WA CHEN PO KYAB PAR GYUR PHAT PHAT PHAT

HUNG I am Troma Nagmo, with overwhelming brilliance/ Commanding all beings with PHAT PHAT PHAT
(firm)/ All virtue all evil doing overwhelmed/ in unceasing sphere/ All the realms of the universe are pervaded/
By my great illumination HUNG HUNG HUNG (firm) PHAT PHAT PHAT (firm) (repeat 4x)

HUNG HUNG HUNG Those who like flesh, now come eat flesh/ Those who like blood, now come drink blood/
Those who like bones, now chew the bones/ Those who like skins, now put on skins/ HUNG x3 PHAT x3 Come
like clouds gathering in space/ Come like rain falling out of the sky/ Come like a swirling dust storm over the ear/
the meat to eat here is vast PHAT x3 [firm] All that is needed by gods and demons/ whatever you want or need, I
now provide/ Sounds of tongues on raw meat di ri ri /Slurping sounds of drinking blood ho ro ro /Sounds of teeth
chewing bones tra la la /Cartilage slapping marrow jib se jib /Delighted laughter ringing sha ra ra / Singing songs
of jubilation kyu ru ru /Fierce clucking sound tag se tag /Like a vulture enjoys a fresh juicy meal /May you each
feast and be satisfied/ Become endowed with ecstatic rejoicing/ PHAT PHAT

བཟ། རླུ་མ་འདིར་ཚོགས་སྐྱོད་སྲིད་ལྟ་མ་སྲིད། རླུ་འགྲོའི་ཚོ་སྲོག་ཉལ་མའི་ཚོགས། རླུ་མ་གཟུགས་ཀྱི་སྲུང་པོ་འདི། མི་རྟག་འདིག་པའི་ཚོས་ཅན་ཡིན། བྱིང་
 དགའ་མགུ་ཡི་རང་ཚིམ་གྱུར་ཅིག རློན་ཆད་འཁོར་བ་ཐོག་མེད་ཀྱི་བྱ་ལོན་ལྡོ་ཆགས་བྱང་གྱུར་ཅིག།གཞོན་སེམས་གདུག་སེམས་ཞི་གྱུར་ཅིག ལྷང་སེམས་
 འཇུག་སེམས་ཞི་གྱུར་ཅིག བྱང་རྒྱལ་སེམས་དང་ལྷན་གྱུར་ཅིག བྱང་རྒྱལ་སེམས་དང་ལྷན་ནས་ཀྱང་སྲ་མེད་བྱང་རྒྱལ་ཐོབ་པར་ཤོག བཟ་བཟ།
 འམས་གསུམ་སེམས་ཅན་ཐམས་ཅད་ཀྱང་། ཀུན་གྱུང་སངས་རྒྱ་ཐོབ་པར་ཤོག བཟ་བཟ་བཟ།

PHAT KAY MA DIR TSOG NANG SID LHA MA SIN /KAY DRO'I TSHE SROG NYUL MA TSOG/GYU MA ZUG KYI PUNG
 PO DI/MI TAG JIG PA'I CHO CHEN YIN /KYED GA GU YI RANG CHIM GYUR CHIG/NGON CHAY KHOR WA TOG
 MAY KYI/BU LON NA CHAG JANG GYANG CHIG /NOD SEM DUG SEM ZHI GYUR CHIG / DANG SEM TRUG SEM
 ZHI GUR CHIG / JANG CHUB SEM DANG NGAN GYUR CHIG / CHANG CHUB SEM DANG DEN NAY KYANG /LA
 MAY CHANG CHUG THOB PAR SHOG PHAT PHAT PHAT

PHAT (firm) Alas. Here, hosts of wanderers/ This illusory body of form is something impermanent /and
disintegrating. Ghosts if you need it take it/ With it I now redeem the karma of all beings/ May all previous karmic
debts be cleared/ May resentment and pollution be purified/ May hatred and antagonism be pacified/ May you
become endowed with Bodhichitta/ Having become endowed with Bodhichitta/ May you realize unexcelled
awakening/ May the wishes of all beings be satisfied / May sentient beings all now awaken as Buddhas! /

PHAT PHAT PHAT (firm) PHAT PHAT PHAT (sharp)

MOST CONDENSED SUMMARY OF THE PRACTICE

1. Yum Chenmo arises. From her heart the light of the blessings of all the buddhas fills into the White Dakini's Heart. Visualize the White Dakini filled with light and dripping nectar from her toe to my crown, I and all beings are purified completely. "Phat, Phat, Phat" [Gently] Followed by Gate Mantra 108 times:

TEYATA OM GATE GATE PARAGATE PARASAMGATE BODHI SVAHA

2. Machig Song & Phowa practice, transfer consciousness into the White Dakini. PHAT x 7

3. From the White Dakini's heart, a Hri syllable comes out and I becomes the Red Dakini. I dissolve my body into

nectar and prepare it as a white feast made of all desirable objects. This offering multiples and feeds all the Buddhas and Bodhisattvas.

4. I instantaneously arise as the Black Dakini and prepare the red feast made of my flesh and bones. All the gods, demons, obstacle makers and harm doers feast to satisfaction. All karmic debts are paid including mine, my parents. All obstacles are subdued for me and my Lama. “Hung Hung Hung Phat Phat Phat” {firmly}

5. Finish with Silent Meditation. All the beings take refuge together, reciting refuge with me, entering the state of complete realization, I see all beings as Buddhas.

COLOPHON

This is a condensed version of the Rinchen Trengwa Chod by Ranjung Dorje was translated by Pema Khandro for the Chod Retreat with Gyaldak Rinpoche and Pema Khandro that took place on Guru Rinpoche Day in the eight solar month of the water snake year, 2013. The text was composed by Pema Khandro by relying on the Tibetan text of the Rinchen Trengwa Chod as well as an English translation from Tashi T. Jamyangling. When Gyaldak Rinpoche offered to give this practice to the North American Ngakpa community, I, Pema Khandro, considered how my students could practice such an extensive collection. So, after an auspicious dream of finding this text inside a small box inside a rock, this condensed form of the text was composed for my students whose longing to practice the Rinchen Trengwa Chod is great, but whose time in life is too short to practice the extensive version. So that such sincere Buddhists may learn the essential heart meaning of the Rinchen Trengwa, so that they have a gateway to train in its extensive practices over time, this condensed liturgy was composed. If there are any errors, they are entirely mine. May they be purified by the power of the lineage. May any errors be corrected by the unceasing rays of ceaselessly communicative wisdom luminosity. May there be many yogis who carry the precious garland lineage into the future. Like a rising sun may it illuminate the darkness and unleash the vivid luminosity of being. May the suffering of beings be eliminated and may the intrinsic beauty of Buddhahood be disinhibited to shine out from us as we rest in ease, love with courage. May attend to presence with acute clarity. This text was printed again with photos as a textbook for the Vajrayogini Retreat in May 2020, upon the consecration of Dakini Mountain. The text was corrected for typos and typesetting errors every year thereafter.

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www.PemaKhandro.org - www.Ngakpa.org - www.BuddhistStudiesInstitute.org

Sources of the Drawings:

Troma Nagmo by Lyudmila Klasanova <https://teahouse.buddhistdoor.net/homage-to-the-primordial-wisdom-dakini/>

TROMA MANTRA

'ah: Ah: A'a'a: Bendzra Khroda Jnana Kali Bam Ha Ri Ni Sa Hung Phat Ah:

BODHICHITTA PRAYER

བྱང་ཚུབ་སེམས་མཚོག་རིན་པོ་ཆེ། མ་སྐྱེས་པ་ནམས་སྐྱེ་གུར་ཅིག།

སྐྱེས་པ་ཉམས་པ་མེད་པ་དང་། གོང་ནས་གོང་དུ་འཕེལ་བར་ཤོག།

CHANG CHUB SEM CHOG RIN PO CHE / MA KAY PA NAM KAY GYUR CHIG
KAY PA NYAM PA MAY PA DANG / GONG NAY GONG DU PAL WAR SHOG

Precious and Sublime Bodhichitta / Where it is unborn, may it arise!

Where it has been born, may it not decline / But go on increasing further and further!

LONG LIFE PRAYERS FOR LAMA PEMA KHANDRO RINPOCHE

འཆི་མེད་ཆེ་ཡི་ཨར་ཡ་ཏཱ་རེ་མ། རིག་འཛིན་རྣམ་རྒྱལ་པད་མ་ མཁའ་འགོ་ཡི།

སྟོན་བསགས་ལས་ཀྱི་འབྲས་བུ་སློན་པ་ཡི། པད་མ་མཁའ་འགོ་ཞབས་པད་བརྟན་གྱུར་ཅིག།

CHIMETSEYI ARYA TAREMA / RIGDZIN NAMGYAL PEMA KHANDRO YI
NGON SAG LEH KYI DREHBU MIN PA YI / PEMA KHANDRO SHAB PE TEN GYUR CHIG

To deathless, precious Tara Victorious Awareness Holder's Pema Khandro
After having accomplished benefit to many beings in her previous life,
Pema Khandro has returned,
Pema Khandro, may your lotus feet ever remain,
May there be long life for you and may all your teachings flourish.

Written by Gyaldak Rinpoche at the time of Pema Khandro Rinpoche's enthronement as the reincarnation of Pema Khandro.

རིག་སྣོང་ཡེ་ཤེས་ཀ་དག་དབྱེངས་ཀྱི་སྣོང་། མཁྱེན་བརྗེ་རུས་བའི་འོད་སྣང་ཕྱོགས་ཐར་བྱལ།
ཟབ་གསལ་མི་ཤགས་དོ་རྗེ་ལྷ་བུའི་ངང་། འྲོ་མ་རིག་ཚལ་མི་འགྱུར་ཏྟག་རེན་ཤོག

RIGTONG YESHE KADAG YING KYI LONG / KHYENTSE NUWAI O NANG CHOG TAR KYAB
ZABSEL MI SHIG DORJE TABUI NGANG / TROMA RIGTSAL MINGYUR TAGTEN SHOG

Nondual awareness is the beginningless wisdom which is a primordially pure dimension.
The light of wisdom and appreciative empathy radiate pervasively
Profound manifestation – you are an indestructible vajra
Tröma Rigtsal may the signs of your sojourn endure

This long-life wish-path was written at Aro sTag Tshang in Penarth, Wales, by the inconsequential eccentric yogi and yogini—sNgags 'chang Chos dBying rGya mTsho O rGyan lTogs ldan and mKha' 'gro bDe chen tshe grub rol pa'i yes shes—at the request of the devoted disciple Navina Roberts for Lama Pema Khandro Rinpoche in 2008.