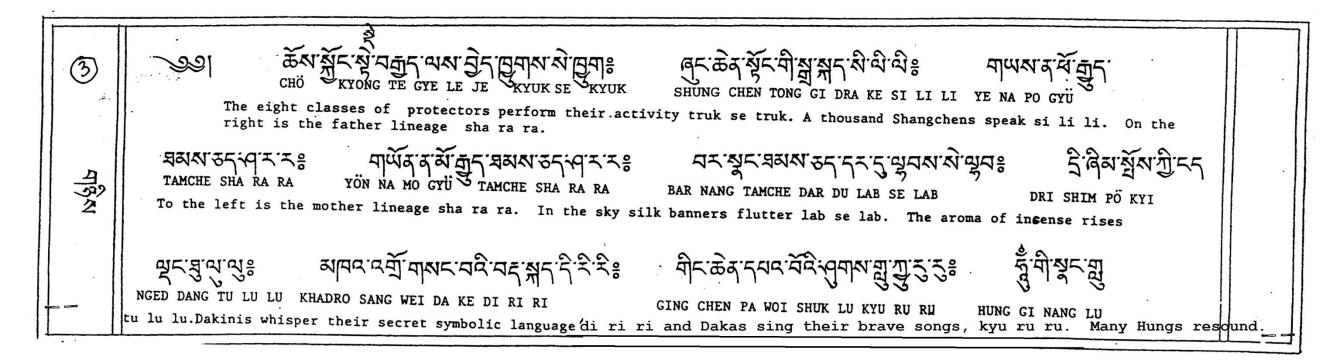
## $\left|\hat{\zeta}^{n}\right| = \left|\hat{\zeta}^{n}\right| = \left|\hat$

## Waking Yoga

Text arranged and translated by Lama Lodu Rinpoche

<u>ક્રાંપ્ટરજાપી</u> સુવચાસી ૹૢઽૻઽૻૻૹ૱ૹૻૻૻ૱ઽૻૡ૽ૻ૾ઌૢૺૺૹૡૄૻૡૣ૱૽૾ૢૢૺ૿ૹ૽૾ઌૢૻૡ૽ૻૻઽઽૻૡ૾ૼૼૼૼૻૡૣૡૣઌૹૻૡૡ૿ઽૼૣૡૢૹૻ૱ૹ <u>ૢ</u>ૣૢૢૢૢૺૼ૾ૡૻૡૻૻૡૻૢઽ૽ૻૡ૽૾૾ૺ૱ૡ૽૽ૼ૱૱ 221 NANG WA TAMCHE YESHE NGA DEN KYI TIGLE RANG ÖD TRUKPEI Ü NE Yoga upon first awakening. In the morning: D All appearances are the bindu endowed with the five wisdoms and from its turbulent spontaneously luminous center  $P \gg 1$ 5: 795 395 यश्चिय PA WO KHA DRO NAM KYI DA RU DANG YERKA DANG YIDAM KYI NGAK DRA DROK PE NYI LE SE PAR GYUR HUNG SHENG SHIK PEMA Dakas and Dakinis rouse us from sleep, their drums, bangles and the mantras of the Yidams sounding. Hung Arise Pema Jungne "দনুদ-নার্মাঝানব-দর্নুদি-র্ক্রনাম"ঃ ই নিঠুর চ্রির র শন্ম গ্রন JUNG NE KHA DROI TSOK GONG SHIK CHOK CHUI DU SUM DE SHEK NAM JE TSUN CHENPO PEMA TO And your assembly of Dakinis. Consider us, Tathagatas of the ten directions and three times. Great Lord, Pema Totreng

नृतुः भ्रायदे अपने विन्र रहेनाय नेनाय येनेनाः रेग वहेंद्र यावव वर्गेवे गढरा दुरा मुविवास स् वासेविश 45.20%  $(\mathcal{F})$ RIK DZIN KHA DROI NE NE SHEK SU SÖL UTRA DZE PEI TOR TSUK SHIK SE SHIK RINCHEN TRENG TSEL Tsel, knowledge holder, please arise from the land of the Dakinis. Your hair in a beautiful topknot sways to and fro, your DRA DANG RÖL MO MANG PO U RU RU YIDAM LA TSOK HUNG DRA DI GYEN CHA MANG PO SI LI LI DUR TRO RU PEI GYEN CHA TRO LO LO many jewels and ornaments tinkle si li li, the bone ornaments of the charnel ground rattle tro lo lo. Much sound and music resound u ru ru. The assembly of Yidam deities sounds Hung di ri ri. ૹૹૻૺૹૡૡૡ૽ૼૼૻૹ૾ૣ૾ૺ૱ૡૣઽ૽ૹ૽૾૱ૹૹ૽ૹ૽૱૾ अवियायमां रहे हा या मार मुने र भी या रा रहे भी या ह MA MO KHADRO TRIN TAR TIB SE TIB RI RI/KHADRO DE NGA KAR JE SHIK SE SHIK GING CHEN PA WOI DRO DUNG TRAB SE TRAB The five classes of Dakinis dance shik se shik while the gingchen Dakas leap about trab se trab. The mother Dakinis gather like clouds tib se tib.



ૡ૮ૻઌ૽ૢૻ૱૬ૹૢઽઽૼૼૼૼૼૡૻૻૻૼૼૼૼૼૼૡૻૻૼૼૼૼૼૼૡૻૻૼૼૼૼૡૻૻ૾ૼૡ बर'**ये**'नै'रै'रै<sub>ह</sub> ารุการราวที่รูกางโมงางสาร์มงางราวเจะ র্বাঝ:ইথ MANG PO DI RI RI PHE KYI DA KE DRA PO SANG SE SANG DA DANG DRO DRUK SEM CHEN TAM CHE LA TUK JE Œ A The wrathful spoken symbol Phe clears and purifies. Gazing upon us and all sentient beings with compassion please Di ri ri नन्ना मेरान्तकनः क्षेत ZIK LA NE DIR SHEK SU SÖL DAK KI JANG CHUB arise in this very place. Having come here and regarded us with compassion, until I achieve the heart of Enlightenment, นั้าสารีสาสระ GEK DANG LOK DREN BAR CHE DÜL WA DANG CHOK DANG TÜN MONG NGÖ DRUB TSEL DU SÖL NYING PO MA TOB PAR please subdue blockages, obstructions and those things which lead us astray. Please grant supreme and ordinary siddhis

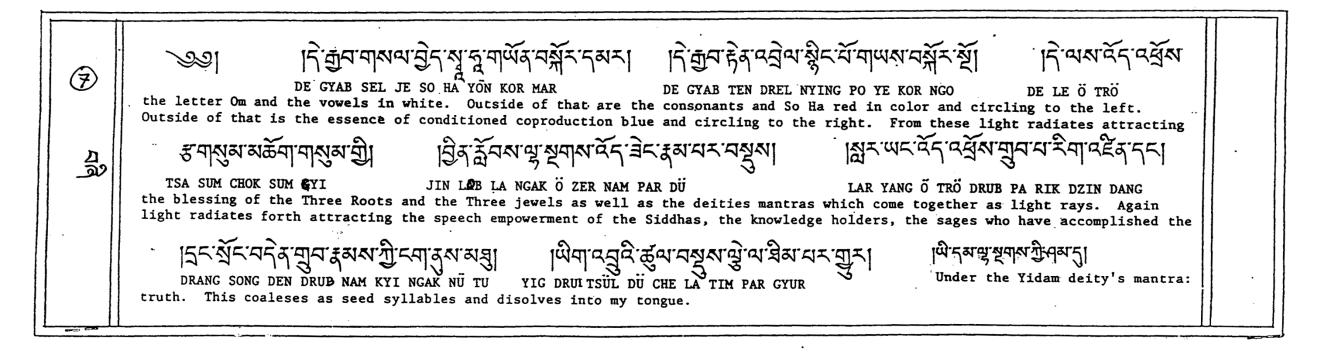
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বাথ্যুম –	and liberate us from the ocean of samsara. कुट्रें पदायायायायायायायायायायायायायायायायायायाय	

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Naw Bar San Bar San Chen Tamche KHOR WAI MEL NE DANG PAR GYUR CHIK ঀৣ৾য়ঀয়য়ঀঀঀয়৾ৼৼ৾য়ৢৼ৾য়য়য়য়ড়ঀড়৾ঀ৾ৼ৾য়য়৾ঀয়ঀয়য়ঀ and seeing all things in the deities nature proceed: 6 All sentient beings will arise from the pit of samsara नेराम्युयासूर भूर पळर पर्व हेर प्रवेश्व मेनामा । आपरा मुन मिर सुव प्राय भाषा प्राय के भी से भाषा प्राय के भी ने मेरे के मारे के मेरे के मेरे के मेरे के मेरे के मारे के मारे के मेरे के मारे के मेरे के मेरे के मेरे के मेरे के मार के मेरे के मार के मेरे के 13A1-7251 Thus it is said. And so through the operation of corresponding tendrel confused appearances arise as the RANG NYI YIDAM LAR Yidams body. And one should proceed according to these instructions by the scholar saint Kyungpo. On the tongue of myself as the ୲୶ୄୠ୶୶୶୴୶୶୶ୖୢୢ୷ଽୖଊ୕୵ୄଽଽୄୠୢଽ୶ୖ୴୶୲ଽ୵୲ଽ୲ ฬาลุ**๙.ส.**ชี้ะ.ณ.ว่าโร.ชุว.ชอร.อยู่ไ ୩ବ୍ୟ କ୍ରି ଅନ୍ୟୁ ମ AH LE DA TENG AH KAR Ö BAR WEI SEL CHE YI TENG DUN NE YE KOR OM DANG YANG YIK KAR Yidam clearly from Ah comes a moon disk on which an Ah blazes with white light. In front of that and circling to the right is



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	ਰੋੱ ਛੋਂ ਵੱੱ ਤੁੱਝੀ ਰੱੱ ਸਟੂਰਾ ਸੁੱਚ ਸੁੱਚ ਸੁੱਚ ਸੰਬਾਰ ਤੁੰਘੀ ਘੱਟ ਘੱਢ ਰਾਣ ਸਾਰ ਨੂੰ ਸੂੱਚ ਨੂੰ ਪਾਤ ਸੂਹ ਨੂੰ ਸੂਰਾ ਸਾਰੇ ਸੂਰੇ Pa Pha Ba Bha Ma Va Ra La Wa Sha Ka Sa ha Katcha so ha. OM YE DHARMA HETU TRA BA WA HETUN TAYKEN TATHA GATO
	Pag अपा में 5 5 प 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5

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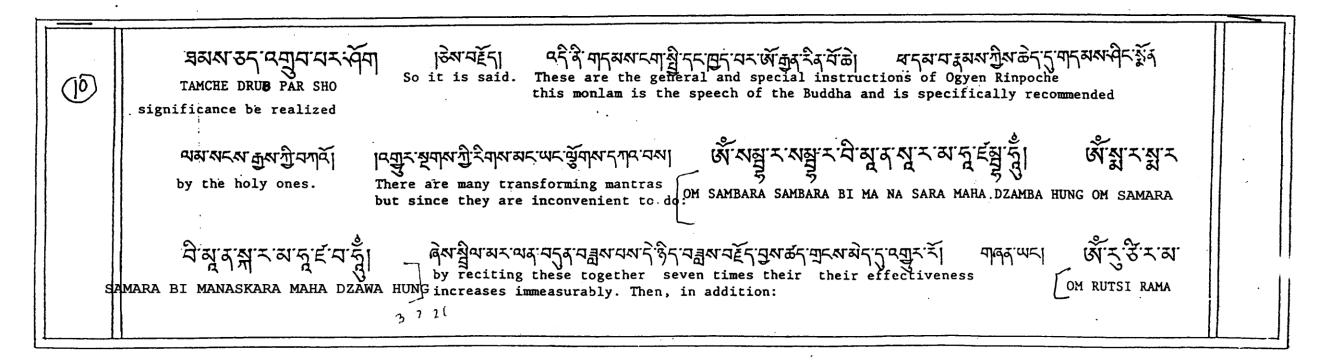
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 وَبْتَاتَةُ عَالَي الله الله المَعْلَى الله المُعْلَى المُعْلَى الله المُعْلَى المُعْلَى الله المُعْلَى المُعْلَى المُعْلَى المُعْلَى الله المُعْلَى الله المُعْلَى الله المُعْلَى المُعْلَى المُعْلَى المُعْلَى الله المُعْلَى الله المُعْلَى الله المُعْلَى المُعْلُي مُعْ المُعْلَى ال 22 5.35.47.985.41 27 recitation the power of the mantra is increased one hundred thousand times. These mantras together with the yangsel and the tendrel at the beginning of a yidam practice bless the mala. If recited at mealtime it is said that enableing नननःमुनन् रुषायदेः मधुः सुन् न्यः नस्त राष् power is generated.