

# ପ୍ରକାଶମା

## (ମୁଖ୍ୟମାର୍ଗିକାଶପରକ୍ଷେତ୍ରାଳ୍ୟ)

# **Eight Protectors of Sherab Chamma Practice**



ଶ୍ରୀମଦ୍ଭଗବତ

# Refuge

gé gyé chen po dak la gong su söl  
dak dang ta yé pé sem chen tam ché kyi  
gé chü gyelwa nam kyi dzé pa ji zhin du  
dü di né zung té dré bu sang gyé kyi bar  
ku nga yé shé nga yi nga dak sang gyé la kyap su chio

Great Flourishing Virtue, please consider me! I and all limitless sentient beings, just like the conquerors of the ten virtues have done, from this moment on till the fruit of enlightenment (is reaped), to the five manifestations of the Unsurpassable Chamma, to the Outer, Inner and Secret deities of the Mother Tantra; we go for refuge!

শ্রীমদ্বচ্ছিদ

## Bodhicitta

Continue to visualize Sherab Chamma

ཡେ ମାତ୍ରେ କେବଳ ମନ୍ଦରାଜା ଅନ୍ତର୍ଗତ ଶୁଣିବା  
ମନ୍ଦରାଜା ଦିନ ଯାଏଥା ପରିବର୍ତ୍ତନ କରି ସମୀକ୍ଷା କରି ଲୁହା

ୟେ ଶେନ ଚେନ ପୋ ଦାକ ଲା ଗଂଗ ସୁ ସୋଲ  
 ସମ୍ଭବ ହୁଏ ଶେନ ପୋ ଦାକ ଲା ଗଂଗ ସୁ ସୋଲ

yé shen chen po dak la gong su söl  
 dak dang ta yé pé sem chen tam ché kyi  
 dzok pé sang nam kyi dzé pa ji zhin du  
 yung drung sem pé chö pa zap mo la lap par jao

Primordial Shen, please consider me!

I, and all limitless sentient beings, just like the Perfected Enlightened Ones have done,  
 Shall train in the Profound Conducts of the Everlasting Heroes!

### Praise for the Benefit given by Kunsal Chamma

ଓମ ନି କୁନ ସେଲ ଜାମ ମା ଚେନ ମୋ  
 ତାପ କ୍ୟି ମୋନ ଲାମ ତୁକ ଜେ ନ୍ୟି ମା  
 ଟୋପ କ୍ୟି ଜାମ ମା କୁ ନ୍ଗା ଚୋକ ଗି  
 ଗ୍ୟେ ପା ବୁମ ଦାକ ଯୁମ ଲା ଚାକ ତେଲ

Om ni kün sel jam ma chen mo  
 tap kyi mön lam tuk jé nyi ma  
 top kyi jam ma kü nga chok gi  
 gyé pa bum dak yum la chak tsel

**OM:** Homage to Kunsal Chamma, the Great all Illuminating, and Loving Mother who is the source of the 5 enlightened manifestations: Kunsal Chamma Chenmo, Tabchen Chamma, Monlam Chamma, Thugje Chamma and Tobgyi Chamma!

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ମହିଷ୍ମାର୍କିଣୀ ଶର୍ମିଳା  
 ଶର୍ମିଳା ପାତ୍ରିକା

गुरुभूत्तदस्त्वंश्चेद्प्रेद्यदस्तिदा  
वस्तुमास्तुदस्त्वंश्चेत्त्वायुमाभ्युमार्क्ष्या

ma ni kyé mé dö dak böñ ku  
dren pé dra yi jik pa kyop ma  
kün khyap sang gyé kyé jé dak nyi  
bum zung do sum yum la chak tsel

**MA:** Homage to the birthless, primordially pure Bön ku! Homage to the all pervasive, enlightened Mother who protects against the fear of enemies! (**Dha**)

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पवीन्नामेद्येष्वन्नदीक्षयक्षेषा  
ष्टुवैत्तुद्दद्देशास्त्रासार्द्दमा  
गुव्यव्युव्यक्षेष्वप्यप्यव्यव्यव्या  
श्वास्त्रव्यव्युव्याभ्युमार्क्ष्या

ba ni gak mé böñ kü tsel chok  
tsewé jé dang rik ngak chö ma  
kün den yum chen tar pé lam dren  
ku sum dön den yum la chak tsel

**WA:** Homage to the supreme, dynamic energy of the unceasing Body of Bön! Homage to the Mother of the 3 bodies who is the guide along the path of release and who protects from curses! (**Chad**)

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वामक्षेषाह्नेद्येष्वास्त्राक्षेष्वार्या  
ष्टुद्दद्देश्वास्त्रास्त्रास्त्रास्त्रामा  
गुव्यव्येष्वास्त्रात्त्वायुव्यव्यव्यव्यव्या  
द्व्यव्यास्त्राव्यव्यव्यव्याभ्युमार्क्ष्या

ma chok tsé mé dzok ku chen mo  
bu dö dro la gyel rik ter ma  
kün kyop sem chen dön la tsé dzé  
dön sum nga dak yum la chak tsel

**MA:** Homage to the Great Mother, the supreme and unbounded Dzog ku! Homage to the Mother who is lord of the 3 meanings, whose mercy for the welfare of sentient beings is all pervasive and who fulfills the wish of continuing the family lineage! (**Rigs**)

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དྲྭକ྽ର୍ତ୍ତସାଶୁର୍ତ୍ତସାପଦିଘିଷେଷା  
ମହାଦ୍ସନ୍ଧ୍ୟାଶୁର୍ତ୍ତସା  
ଗୁର୍ବ୍ରତ୍ତାପଦିଷ୍ଟାପଦିଷ୍ଟା  
କ୍ରମାଶୁର୍ତ୍ତସାପଦିଷ୍ଟାପଦିଷ୍ଟା

dé dön dzok ku tok pé yé shé  
dzé dang sur ya lu dön dül ma  
kün dröl khorwé duk ngel zhi je  
nam sum dön dül yum la chak tsel

**DE:** Homage to the Dzog ku, realization of wisdom! Homage to the all liberating Mother who pacifies the suffering and misery of the world and expels and tames nagas causing skin diseases! (**Lu**)

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ମତୀଶ୍ୱରାଶୁର୍ତ୍ତସାପଦିଷ୍ଟା  
ଶୁର୍ତ୍ତସାପଦିଷ୍ଟାପଦିଷ୍ଟା  
ଗୁର୍ବ୍ରତ୍ତାପଦିଷ୍ଟାପଦିଷ୍ଟା  
କ୍ରମାଶୁର୍ତ୍ତସାପଦିଷ୍ଟାପଦିଷ୍ଟା

ma chik trül ku lam dré nyi ni  
 mu tek pa röl gölwé shé ma  
 kün khyen tam ché yum gyur jo mo  
 tak sum tön dzé yum la chak tsel

**MA:** Homage to the single Mother, the Tulku of the path and result! Homage to the Mother who explains the 3 thoughts, Great Lady all knowing Mother, who protects against wrong views.  
**(Muteg)**

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དි ອි ສු ພ්ඩ ເ ຕී ສා ພ ດ ທ ພ ຖ ດ ດ ດ |  
 ມී ສ ທ ດ ສ ນ් ຕ ຕ ດ ປ ພ ດ ທ ພ ດ ດ ດ ດ |  
 ຜ ດ ປ ພ ດ ປ ດ ດ ດ ດ ດ ດ ດ |  
 ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ

hi ni trül ku rik pé kham nyi  
 mi tsang kyön nam jom par dzé ma  
 kün kyop zi ji chewé lha mo  
 dak pa sum den yum la chak tsel

**HI:** Homage to the Tulku of the realm of awareness! Homage to the Mother who possesses the 3 purities, the brilliant Goddess who cleanses all impure actions! **(Chon)**

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ມ ອ ຕ ດ ດ ດ ດ ດ ດ ດ |  
 ອ ດ ດ ດ ດ ດ ດ ດ ດ ດ |  
 ຜ ດ ດ ດ ດ ດ ດ ດ ດ ດ |  
 ອ ດ ດ ດ ດ ດ ດ ດ ດ ດ

mo ni yo mé ngowo nyi ku  
 chiwé jik lé tsé chok jin ma  
 kün rik tsam jor tuk jé tap khé

**ngön sum nang dzé yum la chak tsel**

**MO:** Homage to the unmoving Body of the essential nature! Homage to the Mother who is the supreme life medicine for the fear of death! (**Tse**)

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ਨ ਵੀਦੁ ਕਹੀਦੁ ਜ੍ਞਾਕੇ ਵਾ  
ਸਤਰ ਨ ਛੈ ਸਤ੍ਰਦ ਵਾ ਪ੍ਰਸਾਦੁ ਥਾ।  
ਗੁਰ ਦੁਆਰੂ ਰਾਖਦ ਸਾਕੁ ਅੰਨ੍ਤੁ ਦੇਵਾ।  
ਸਾਰਾ ਸਾਣਾ ਦਾ ਪਿੰਧੁ ਗਾ ਅੰਨ੍ਤੁ ਰਾਕੁ ਥਾ।

ha ni ngowo nyi ku chewa  
za kar dé gyé ma lü dül ma  
kün dül ma jön sang gyé kyé je  
né sum dak pé yum la chak tsel

**HA:** Homage to the great self nature! Homage to the Mother who has pure Body, Speech and Mind, who tames all the forces of the planets and stars, as well as the 8 classes of beings! (**Zha**)

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### Sherab Chamma Heart Mantra

ॐ ਮਾ ਬਾ ਮਾ ਦੇ ਮਾ ਹਿ ਮੋ ਹਾ ਏ ਮਾ ਹੋ ਮਾ ਯੇ ਰੁ ਪਾ ਯੇ ਦਾ ਦੁ ਦੁ ਸਾ

ਹੈ। ਸਤ੍ਰਦ ਕਾ ਪਦ ਦਾ ਪਿੰਕੀਦ ਗ।  
ਘੁਸ ਕੇ ਕੁ ਸਾ ਸਾ ਹੈ ਪੁਸ਼ਾ ਕੰਿ ਜ੍ਞਾਵ।

හ්‍රි රංග නං පර දක් ජිං නා

ඇ මා සැර් අ පර පර එ මා ।

Hri rang nang nam par dak pé zhing na  
yum chen tuk je jam mé ku la  
chak tsel sölwa tap pa tsam gyi  
jik gyé yül lé gyelwar dzö chik

Hri! In a very pure land of my own vision  
Great Mother, embodiment of compassion-love  
Simply through my prostrating and praying to you  
Please overcome my foes and all eight fears.

#### Translation of Sherab Chamma Heart mantra

OM	Kunsal Chamma Chemo, the great, all knowing, loving mother The 8 Chamma Protectors	HO	Four doorkeepers of the mandala on each level: external, internal, secret, innermost secret
MA	Protection from enemies	MA	Her 108 manifestations that inspire certain sutric and tantric teachings
WA	Protection from curses	YE	Her 360 manifestations that inspire other sutric and tantric teachings
MA	Protection from infertility	RU	5,500 manifestations manifest in four stages: accumulation, preparation, seeing, meditation
DE	Protection from nagas	PA	Her countless external manifestations
MA	Protection from wrong views	YE	the primordial single root of the countless manifestations
HI	Protection from making harmful errors	TA	Chamma who is the tamer of the eight classes of powerful beings and seventy powerful realms
MO	Protection from death	DHU	Chamma of manifestation
HA	Protection from negative planetary forces		
E	Means of enlightened activity: peaceful, increasing, powerful, & wrathful		
MA	Represents the source of the four teachings		

DHU	Chamma of the bodhisattvas of the ten paths	non-existence, externalism or nihilism; appearance & emptiness
SO	The aspect of Chamma beyond the three present and future; existence or	HA The base of manifestation of all the root sutric deities

དྲྱବ୍ଦ གྱା

## Dedication

ଶ୍ରୀଶୁଭଦ୍ରାପଦିଦ୍ଵେଷଶଦ୍ମତ୍ତିଷ୍ଠା  
ମୋହନଶୁଭଶୈଵତକବ୍ରକୁମାରଶ୍ରୀଦ୍ଵାଦୁଷ୍ଟା  
ତୃତୀୟଶୁଭଦରଶଶଦିତନଶ୍ରୀଗୁରୁଶୁଦ୍ଧଦ୍ରଶା  
ଶ୍ରୀଶୁଭଦ୍ରାପଦିଦ୍ଵେଷଶ୍ରୀଗୁରୁଶୁଦ୍ଧଦ୍ରଶା

go sum dak pé gewa gang gyi pa  
kham sum sem chen nam kyi dön du ngo  
dü sum sak pé lé drip kün jang né  
ku sum dzok pé sang gyé nyur top shok

All pure virtue done through the three doors of body, speech and mind, I dedicate for the welfare of all sentient beings throughout the three realms of desire, form and formlessness. After having purified all the karmic obscurations of the three times, may we swiftly achieve complete Buddhahood of the three bodies.

ଶ୍ରୀଶୁଭଦ୍ରାପଦିଦ୍ଵେଷଶ୍ରୀଗୁରୁଶୁଦ୍ଧଦ୍ରଶା



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