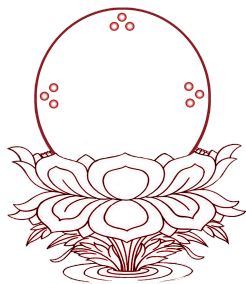


The Laughter of the Dakinis

From the Heart Essence of the Vast Expanse



[INVOCATION TO DANCE] [Sound the Kangling]

Phat I a fearless Yogin of courageous action

know samsara and nirvana as equal

Dance beyond ego clinging gods and demons

Grinding dual samsaric thought to dust

Root and lineage lamas, come to dance

Ocean of yidams and heroes come to dance

Roaming dakini hosts, come to dance

Bless us to take brave action as the path.

Phat

[DANCE OF THE FIVE DIRECTIONS]

Dancing in the white Eastern direction

Heroes, dakinis dance on a round dance court

Dance on anagers head now chem se chem

Blow the Mirror-Wisdom trumpet chu ru ru

Hung hung hung Phat

Dancing in the yellow Southern direction

Heroes, dakinis dance on a splendid triangle

Dance on pride's head now chem se chem. . . .

Beat the equal wisdom skull drum, tro lo lo

Hung hung hung Phat

Dancing in the red Western direction
Heroes, dakinis dance on a half moon court
Dance on grasping's head now chem se chem
Bells of discrimination ring tro lo lo.
Hung hung hung Phat

Dancing in the green Northern direction
Heroes, dakinis dance on a shimmering square
Dance on envy's head now chem se chem
Wisdom in action's banners flutter pu ru ru
Hung hung hung Phat

Dancing in the center on blue Meru
Heroes, dakinis dance on a charming arena
Stomp confusion's head now chem se chem
Hung! Sound of Dharma wisdom chu ru ru.
Hung hung hung Phat
PHAT!

[DANCE OF THE PHURBA]

Eastward a Vajra Dakini drives in the phurba of great love

Southward the Ratna Dakini drives in the phurba of compassion

Westward the Padma Dakini drives in the phurba of great joy

Northward the Karma Dakini drives in the phurba of equanimity

In the Center Buddha Dakini drives in the phurba of bodhichitta

Grabs the demon of clinging to fiction

Pierces its head and its outstretched limbs

Its transfixed and completely still

Its transfixed and completely still

PHAT

. . . . (put down drum)

[GOING FOR REFUGE]

My perception is the luminous space of great bliss,

Free from effort and complexity like the sky,

[Drum resumes] Root lama Buddha Dorje Chang

Masters and yidams of the three lineages

Khandros protectors all gather like clouds

Unobstructed clear in a vast rainbow sphere

Phat

////////

When unfabricated awareness
Is not recognized as the true refuge
beings get trapped in an ocean of suffering
Knowing this we take refuge in the three kayas //
Knowing this we take refuge in the three kayas //
Knowing this we take refuge in the three kayas / /
PHAT

[DEVELOPING BODHICHITTA]

Phat////////

Mind that grasps to appearance as real

Is decidedly finished by this practice

To realize authentic innate nature

I raise bodhichitta beyond hope and fear

I raise bodhichitta beyond hope and fear

I raise bodhichitta beyond hope and fear

PHAT! /..../

[MANDALA OFFERING]

Phat //

Dearly held body of illusions

as a mandala is carefully arranged

Expecting nothing I now offer it up

May the root self-clinging root be severed

//....

[Put down drum]

[GURU YOGA]

**In the boundless sphere of naked awareness
midst a brilliant sphere of rainbow light
Is Padmasambhava knower of all time
as a Heruka taking action
and with a vast host of dakinis his body
is radiant with all auspicious signs
his speech the dharma sound that tames beings his mind
is the luminous vajra nature
This disciple prays with pure devotion, my thoughts arise
as enemies, gods, demons
My clinging arises as hopes and fears and in between**

adversities multiply
May this profound Cho Wisdom practice cut the root
of all gods and demons here right now
So that I may take my seat in dharmakaya, Jetsun Lama
please grant us your blessing
Phat Phat Phat
.////.////.////....





[PHOWA]

Phat

Now I see my karmic body as big and fat and greasy

From the heart of awareness, Vajrayogini rises up - Phat!

One face two arms, knife and cup - she slices through my skull

Setting it on a three skull hearth - expanding through the universe

filled with my body as a feast - Nectar is boiled with these three sounds

Purify, increase, transform - Purify, increase, transform

Om Ah Hum Ha Ho Hri [repeat many times]



**[INVITING THE GUESTS] [Sound the Kangling five times]
Phat. Three roots and the oath bound ones - as well as gods and demons
all to whom we owe a debt - come here to this Cho feast ground
I am a yogin/yogi/yogini without fear - I offer up illusion's corpse
In this skull cup vast as space - I offer up a celebration feast
wisdom nectar it becomes - granting all your wishes then
I offered with self grasping - welcome to your great cho feast
this skull drum dispels the gloom - this human skin is majestic
human thighbone trumpet sounds - Bells are ringing, banners wave
Just like vultures swooping down - instantly come here now
[Sound the Kangling five times]///// ///// ///// ///// /..**

[WHITE FEAST]

**Phat. From Samantabhadra - And on up to my root teacher
masters of the lineage - yidams, dakinis, guardians
I offer up this nectar body - May I with all gods and demons
accumulate the two wisdoms - purify two obscurations
acting for the sake of beings - May appearances be now seen
as the luminous display - May the slightest fear and doubt
In dharmakaya be released - In dharmakaya be released
Bless me as a Heruka - Bless me as a Heruka.
PHAT / /**

[RED FEAST 1]

to the worldly and beyond - to all types of spirit forms

And to hungry demon hosts - To hostile hosts of perversion

On my human skin stretched out - Flesh, blood, bone, I given in heaps

Grasping to self makes me weak - So don't be lazy, eat all this

Eat it raw if you are rushed - Eat it cooked if you have time

Finish every little piece - Don't leave behind any little piece

Phat

//////// //

[RED FEAST 2 - Optional For emergencies and intense obstacles]

Phat

Retribution gods and ghosts - from high realms to lowest hells

formless spirits, demons, ghosts - karmic debtors, elements

Wild dakinis eating flesh - Each and everyone come here

Karma dakinis come in droves - Feast of flesh and blood enjoy

now the upper stomach is - taken by the demon king

abdomen by demon queen - spine taken by barbarians

entrails by eight spirit types - goblin demons grab the guts

inner ones take inner flesh - outer ones take outer flesh

middle ones take middle flesh - joints are for the purest gods

all you earth lords enjoy the food - barbarians you drink the blood

thieving spirits steal the bones - monk-demons eat the radiance
demonesses be content - demons of poverty keep the skin
marrow brains and melted fat - demons ghosts carry off
hungry ghosts come be content - be content with teeth nails hair
with urine grease and puss - May harm makers be content
May harm makers be content - Phat / / / / / / / /

[GIVING THE REMAINDERS]

**For nagas, resentful humans - who carry an eternal grudge
and for those who just arrived - those with no strength of their own
as whatever each one wants - I have endless treasure to give
for all those who've eaten here - may karmic debts be purified
may karmic debts now be cleared / Phat /
[put the drum down]**

Om Mani Padme Hum

{DEDICATION AND ASPIRATION}

**Ah Virtuous and non-virtuous thoughts are liberated just like that
then hope and fear, good and bad cannot be found
yet interdependence is always appearing
I dedicate virtue to dharmadhatu
May giving of my illusory body repay karmic
debts which have been accumulating for aeons
When I realize absolute truth, may
all demons manifest as my first disciples
when in the minds of gods and demons
ultimate truth of reality rises like the sun
may they feel love for all and be free**

from self-clinging and confusion's snare
May I feel joy and sorrow as the same
accomplishing the yogis wisdom path
May I gain victory and offer benefit to all beings
who are connected to me

[DEDICATION 2]

**Like a magician's illusion, the roots of virtue Like an illusion, the endless
numbers of beings**

**Like a magician's illusion, stages and paths, from which
may I swiftly attain illusory buddhahood**

Beyond description and thought, O Prajnaparamita

Unborn, unceasing, original space

Self knowing awareness, the sphere of action

May there be auspiciousness of the lady of the three times!

Without beginning, mother who created

body and mind, without middle, bestows material reality

Without end, unborn mother of emptiness

Bring the blessing of the one who can't be described!

These are the thighbone trumpet melodies:



OM

Long and pleasing like the humming of a bee.



HUM

Powerful and dignified like the neighing of a horse.



TRAM

Wrathful and cruel like the roar of a tigress.



HRIM

Moving and vibrating like the voices of gandharvas.



AH

Moving and vibrating like the last one above, but rising up at the end with what is called "the whistle of the dakinis".

[COLOPHON: This English version of the Laughter of the Dakinis was prepared by Pema Khandro for Saga Dawa Chod Retreat in 2018. This is a restricted text for students of the retreat only. I consulted two previous English versions, one that was by Sarah Harding et al. and the other by Srivandana and Suvajra. I consulted various Tibetan translations and where necessary did my own translations as well. If there are any errors or omissions the fault is entirely my own. May this text bring great benefit and empowerment to all who recite it and all who are connected to them!

Other Sources:

Troma Nagmo courtesy of Ngak'chang Rinpoche, Kangling Blows from Tony Duff's translation, hearth of human skulls from the Encyclopedia of Tibetan Motifs and Symbols]