There are two ways of practicing these profound instructions for the transference of consciousness through which even one with great negativities can attain enlightenment without meditation. The two ways are by applying them in training and applying them when one's karmic time has come.

First, having already gone for refuge and generated bodhicitta, while sitting in the seven point posture of Vairocana:

From within the state of emptiness I arise in a single instant as Vajrayogini with two faces and a body the color of rubies.

My main face has a passionate expression with three eyes and slightly bared fangs.

Half of my hair is bound in a top knot and the rest hangs freely down my back.

I wear a diadem of five dried skulls and above my right ear is the black face of a grunting sow.

In my right hand I hold aloft towards the sky a hooked knife made of copper.
With my left I hold at my heart level a skull cup filled with blood and a katvanga resting against the crook of my arm. My left leg is bent up with the foot resting against my right thigh.

A necklace of fifty freshly severed heads is draped [around my neck].

I am adorned with red silks and bone ornaments. My body appears yet is without substantial nature.

Along the central meridian of its interior is the central channel which is blue on the outside, red on the inside, and endowed with the four characteristics. It is about the diameter of a medium sized arrow.

The upper part extends to the aperture of Brahma and the lower end reaches to the secret place.

On its bed is the essence of my own awareness as a red sphere about the size of a single pea.

It is light and vibrating and on the verge of flying up.
At the crown, the upper part of the central channel at the aperture of Brahma is like an open skylight.

Above that is the essence of my own root lama, in the form of Buddha Amitabha.

He is red in color, appearing in nirmanakaya aspect with the three dharma robes and ornamented by the major and minor marks.

Surrounded by all the lineage lamas, he sits on a jeweled throne in the posture of Buddha Maitreya with his big toe blocking the aperture of Brahma at my crown.
To Orgyen Pema Jungne I pray

Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Terton Nyida Sangye I pray

Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Tsungme Namka Gyaltsen I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Togden Samgha Bhadra I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
Phago Drime Lodro

To Phago Drime Lodro I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

Chöje Sangye Gyaltsen

To Chöje Sangye Gyaltsen I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
མིངས་མེད་མ་ཏིའི་མཚན་ཅན་ལ་གསོལ་བ་འདེབས།།ཟབ་ལམ་འཕོ་བ་འཕོང་བར་བིན་རོབས།

myuར་ལམ་འཕོ་བས་མཁའ་བོད་པར་བིན་རོབས།།བདག་སོགས་འདི་ནས་ཚོས་འཕོས་རུར་མ་ཐག

To Tsungme Mati Tsenchen I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

yong dzin phun tsog nam gyal la sol wa deb / zab lam po wa jong war jin gyi lob
nyur lam po we ka cho dro war jin gyi lob / dag sog di ne tse po gyur ma tag
de wa chen du kye war jin gyi lob / san gye སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ སོ་

To Yongdzin Phuntsog Namgyal I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Khenchen Namjom Phuntsog I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Jetsun Konchog Ratna I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Rigdzin Chökyi Dragpa I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Konchog Trinle Namgyal I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Konchog Trinle Zangpo I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Trinle Dondrup Chögyal I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Konchog Tendzin Drodul I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Yongdzin Chökyi Gyaltsen I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Tendzin Chökyi Nyima I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Kyabdag Pemay Gyaltser I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Jetsun Dharma Dwadza I pray  
Bless me to train in the profound phowa path  
Bless me to reach pure realms through phowa’s swift path  
In the exact moment that myself and all-others  
Pass from this life, please grant your blessings  
That we all may be reborn in Dewachen  
To the Buddha Amitabha I prostrate

To Garchen Jangchub Wangpo I pray  
Bless me to train in the profound phowa path  
Bless me to reach pure realms through phowa’s swift path  
In the exact moment that myself and all-others  
Pass from this life, please grant your blessings  
That we all may be reborn in Dewachen  
To the Buddha Amitabha I prostrate
To Trichen Lodro Gyaltsen I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Rinchen Tenpay Dzegyen I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To Konchog Tukje Nyima I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Orgyen Nuden Dorje I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
je tsun kon chö kyab la sol wa deb / zab lam po wa jong war jin gyi lob
nyur lam po we ka cho dro war jin gyi lob / dag sog di ne tse po gyur ma tag
de wa chen du kye war jin gyi lob / san gye ö pag me la chag tsal lo

To Jetsun Konchog Chökyab I pray
  Bless me to train in the profound phowa path
  Bless me to reach pure realms through phowa’s swift path
  In the exact moment that myself and all-others
  Pass from this life, please grant your blessings
  That we all may be reborn in Dewachen
  To the Buddha Amitabha I prostrate

dren chö kyö lo dro la sol wa deb / zab lam po wa jong war jin gyi lob
nyur lam po we ka cho dro war jin gyi lob / dag sog di ne tse po gyur ma tag
de wa chen du kye war jin gyi lob / san gye ö pag me la chag tsal lo

To Drenchog Chökyi Lodro I pray
  Bless me to train in the profound phowa path
  Bless me to reach pure realms through phowa’s swift path
  In the exact moment that myself and all-others
  Pass from this life, please grant your blessings
  That we all may be reborn in Dewachen
  To the Buddha Amitabha I prostrate
To Thubten Zhiwe Lodro I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Tsungme Chökyi Jungne I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
To my own kind root lama I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

Following the supplication, belt out a series of hiks and just before the sphere is about to exit from the crown, imagine that it bounces off the toe of Buddha Amitabha. Abiding within the state of clear meditative visualization recite the following with a melody of heartfelt devotion.
To Orgyen Pema Jungne I pray
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate

To Terton Nyida Sangye I pray / To Tsungme Namka Gyaltser I pray
To Togden Samgha Bhadra I pray / To Phago Drime Lodro I pray
To Chöje Sangye Gyaltser I pray / To Tsungme Mati Tsenchen I pray
To Yongdzin Phuntsog Namgyal I pray / To Khenchen Namjom Phuntsog I pray
To Jetsun Konchog Ratna I pray / To Rigdzin Chökyi Dragpa I pray
To Konchog Trinle Namgyal I pray / To Konchog Trinle Zangpo I pray

To Trinle Dondrup Chögyal I pray / To Konchog Tendzin Drodul I pray
To Yongdzin Chökyi Gyaltsen I pray / To Tendzin Chökyi Nyima I pray
To Kyabdag Pemay Gyaltsen I pray / To Jetsun Dharma Dwadza I pray
To Garchen Jangchub Wangpo I pray / To Trichen Lodro Gyaltsen I pray
To Rinchen Tenpay Dzegyen I pray / To Konchog Tukje Nyima I pray
To Orgyen Nuden Dorje I pray / To Jetsun Konchog Chökyab I pray

To Drenchog Chökyi Lodro I pray
To Thubten Zhiwe Lodro I pray
To Tsungme Chökyi Jungne I pray

To my own kind root lama I pray (recite this line twice here)
Bless me to train in the profound phowa path
Bless me to reach pure realms through phowa’s swift path
In the exact moment that myself and all-others
Pass from this life, please grant your blessings
That we all may be reborn in Dewachen
To the Buddha Amitabha I prostrate
Having thus supplicated, if through the propelling force of the hik sounds, there is an itching or swelling of the crown, the appearance of a pustule, or the feeling of loosing consciousness, etc... You should preform the activities like inserting the stem of a wild grass and so forth. At the end of the session with the sound of ka, bring the sphere back down to its original place. After that seal with dedications. Such are the stages of the practice.

**Dissolution**

chi pō la ma mar jyōn nying ü kyi / nam she yer me tse lhe ngo wor shug

The guru [Amitabha] at my crown descends to my heart center and becomes the nature of Amitayus, indivisible from my own consciousness.

ö zer tro du kor de tse chu du / chi wor pho me gya dram gye tab wo

Light radiates out and returns, gathering the life essence of all samsara and nirvana.

The crown is sealed with an unalterable double vajra.

**Dedication**

gē wa di yi dag shen dro / me tsang lu pō ma tag / de wa chen gyi shing kham su / ka tseg me par kye war shog

By this virtue may others and myself be transferred to the pure realm of Dewachen immediately upon departing from this unclean body.

* Dissolution and dedication have been excerpted from “The Condensed Drikung Phowa Practice” composed by Orgyen Tendzin.

Translated by Virginia Blum for the 2014 Winter Teachings at Drong Ngur Jangchubling in Wesley Chapel, Fl. © 2014