

# How to Practice the Instructions of the Fire Sword of Black Garuda

*This practice should be done by someone who has previously received a highest yoga tantric initiation. If you do not have a highest yoga tantra initiation (even if you have a lower tantric initiation such as Great Chenrezig), you can still do this practice, but you do not visualize yourself as the deity. Instead, keep your ordinary form and visualize the deity outside of yourself – in the space in front of you, or at the crown of your head. If you are doing the practice with the deity outside of yourself, you will need to modify your visualization as indicated by the instructions in brackets, “[ ]”.*

## Namo Guru Vajrapaniye

### Refuge

I go for refuge to the gurus.  
I go for refuge to the buddhas.  
I go for refuge to the Dharma.  
I go for refuge to the Sangha. (3x)

### Bodhichitta

*The bodhichitta motivation for the recitation of Black Garuda should be to have a long and healthy life, to be able to serve other sentient beings, and to actualize the path. One should not be doing the practice just for one's own protection.*

I must achieve full enlightenment for the sake of all sentient beings; therefore, I am going to do the practice and recitation of the mantra of Black Garuda. (3x)

*Purify in emptiness with:*

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Everything is empty.

In the very center of a great ocean of poison is a square Mt. Meru of poison, the essence of which contains the poisons of seeing, touch, feeling, i.e., all the different types of poison.

(On top of this) there is a lotus, sun disc, and spirit possession. On the seat of a three-piled throne I appear as Black Garuda. [On the seat of a three-piled throne is Black Garuda.]

*[Look at Black Garuda with the understanding and devotion that this is actually Buddha, who cherishes you billions of times more than you cherish yourself. Buddha manifests into Black Garuda to protect you and numberless sentient beings from harm and to bring all of you to enlightenment.]*

[For the description of the deity, replace “I”, and “my” with “he” and “his”.]

I have a sky iron (meteorite) beak and two horns. At the root of the horns are three-pronged vajras, and at each tip of the horns is a single-pronged vajra. I am in the nature of blazing fire. My head is adorned with jewels, which lie between the two horns. I have golden eyes, swirling and blazing like the sun. My holy mouth is filled with many conch shell teeth. From my wings, which are designed with vajras, 100,000 fire sparks are emitted. My two hands hold vicious types of nagas that are being eaten in my holy mouth. From my neck down to my knees, it (my body) is in human form, but my feet are the claws of a bird.

From my holy body, many fire sparks fly out in the aspect of Black Garudas and sky iron (meteorites), radiating to the ten directions.

All the dangerous landlords and nagas fall unconsciousness with fright.

At my [his] crown is a white OM.

At my [his] throat is a red AH.

At my [his] heart is a blue HUM.

From the syllable HUM at my [his] heart beams radiate out and invoke the wisdom beings in an aspect similar to that visualized, along with the initiating deities.

JAH HUM BAM HOH

We [they] become non-dual.

*Make the offerings*

OM VAJRA GARUDA ARGHAM PRATICCHA HUM SVAHA  
OM VAJRA GARUDA PADYAM PRATICCHA HUM SVAHA  
OM VAJRA GARUDA PUSHPE PRATICCHA HUM SVAHA  
OM VAJRA GARUDA DHUPE PRATICCHA HUM SVAHA  
OM VAJRA GARUDA ALOKE PRATICCHA HUM SVAHA  
OM VAJRA GARUDA GANDHE PRATICCHA HUM SVAHA  
OM VAJRA GARUDA NAIVIDYA PRATICCHA HUM SVAHA  
OM VAJRA GARUDA SHAPTA PRATICCHA HUM SVAHA

*Praise*

You, whose wing feathers shake the 3,000 galaxies,  
Dancing with a blazing beak,  
By merely flapping your wings, you instantly destroy the three types of spirit possession,<sup>1</sup>  
I praise the controller, Garuda.

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<sup>1</sup> Spirit possession abiding above (*de*), abiding in the middle (spirit kings and *tse*), and abiding below (nagas and landlords)

## *Visualization*

From your [his] heart, garlands of mantras blaze like the fire at the end of time, becoming a great host of fire. All the animate and inanimate<sup>2</sup> become in the nature of fire, blazing and burning all the interferers of the upper, middle, and below. All are purified.

## *Mantra recitation*

*Recite this pacifying mantra a few times:*

OM MANI KYUNG KYUNG THUM THUM BÄ BÄ SVAHA

*Recite the wrathful mantra as much as possible.*

*One can recite this mantra to purify those who have a specific disease and those who do not, including yourself. Think that now it is impossible to be harmed by others.*

*[Nectar beams like sunbeams emit from Black Garuda into you and totally illuminate you, dispelling all the sicknesses, spirit harm, negative karma, and obstacles.]*

NAGPO KALA RAKYA BÄ BÄ / SÖ SÖ / CHHUNG CHHUNG / PUTRI ZANG ZANG /  
CHAG KYI TERMÖ NYING CHHUNG / NÖ JE DUG PÄ SHA LA ZO / OM HLANG  
HLANG / TSER TSER / ÜB ÜB SO

*[Imagine that you receive all the qualities of Black Garuda – omniscient mind, all the realizations, perfect power, infinite compassion etc. Finally, think, “I have received perfect power so that no other beings can harm me and no sickness can be received.”]*

*At the end complete with dedication.*

## *Dedication*

Due to these merits may I quickly achieve the enlightened state of Black Garuda and lead every transmigratory being without exception to that enlightenment.

However many sick sentient beings there are, may they be immediately liberated from all sicknesses. May all sentient beings never experience sickness.

*Dedicate in this way and seal with emptiness.*

## *Advice regarding this practice from Lama Zoya Rinpoche*

This practice can be done before you get the SARS virus as well as after you get the virus. This practice can also be done if one has cancer, leprosy, ulcers, and other epidemic diseases that are related to harmful beings.

Even if one doesn't have the actual sickness (SARS), you can visualize that the causes to

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<sup>2</sup> “animate and inanimate” refers to creatures, land, and planets.

contract the sickness (delusions and karma) are completely purified. Think, “There is not the slightest karma left in my mental continuum.”



*Colophon:*

This was translated by Lama Zopa Rinpoche at Kachoe Dechen Ling, 29 March 2003, for the outbreak of SARS virus (pneumonia) in Asia. It was scribed by Ven. Holly Ansett and reformatted and lightly edited by Kendall Magnussen, FPMT Education Services, April 2003.