

༄༅། །ཟབ་ཚུལ་རིག་འཛིན་ཐུགས་ཐིག་ལས་ཅུ་  
བྱིན་འབེབས་དངོས་གྲུབ་ཆར་འབེབས།

## **A Downpour of Siddhis: The Descent of Blessings**

Rigdzin Tugtik

The Heart Essence of the Vidyādhara

Terdak Lingpa Gyurme Dorje



KHYENTSE VISION  
PROJECT

This text is intended to be read and practiced by those who have received the requisite Vajrayāna authorizations, transmissions, and instructions. If you are unsure whether you have received the appropriate permissions, please consult a qualified Dharma teacher of the relevant tradition.

*zab chos rig 'dzin thugs thig las: byin 'bebs dngos grub char 'bebs*

D14

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Translated by Cinthia Font with permission and guidance from Minling Jetsün Khandro Rinpoche and Jetsün Dechen Paldron. Thanks to Ngawang Choegyal for clarifying some terms. The translation was completed under the patronage of Khyentse Foundation and the supervision of Khyentse Vision Project.

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Jamyang Khyentse Wangpo

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# TRANSLATOR'S INTRODUCTION

This ritual text is part of the treasure cycle known as the Heart Essence of the Vidyādhara revealed by Minling Terchen Rigdzin Gyurme Dorje—also known as Terdak Lingpa (1646–1714)—the founder of the Mindröling lineage and a prominent visionary and treasure revealer. This cycle is one of Terdak Lingpa's primary treasures and serves as a key practice within the Mindröling tradition. *A Downpour of Siddhis* is a text dedicated to Padmasambhava, who is here regarded as inseparable from Amitābha and Avalokiteśvara. The secret dharmakāya represents Amitābha, the inner saṃbhogakāya symbolizes Avalokiteśvara, and Padmasambhava embodies the outer nirmāṇakāya. This auxiliary practice, intended as a support to empowerment, invokes blessings and signs of spiritual accomplishment from Padmasambhava, the Three Roots, and the Dharma protectors from Terdak Lingpa's treasure cycle.

Khyentse Wangpo received the transmission of the entire treasure cycle at the age of twenty-one at Mindröling Monastery in Tibet. This version of the practice comes from the first volume of his *Seven Transmissions* compendium.



གྱིན་འབེབས་དངོས་གྲུབ་ཆར་འབེབས།

## A Downpour of Siddhis

*Homage to the deities of the Three Roots!*

*From the profound Dharma that is the Heart Essence of the Vidyādhara, the teaching on the stage of the descent of blessings is as follows. Of all the sādhana activities you perform, this one is most crucial. Samaya! མཆོག་མཆོག་མཆོག་།*

*To invoke the blessings, attach a crown of fluttering ribbons with colored silks and vulture feathers at the neck of a bamboo shaft with three joints, burn incense mixed with myrrh resin, hair, and fingernails, roll cymbals, and wave the silk-ribboned arrow. Then, with a sweet-sounding, yearning melody, utter the following: མཆོག་མཆོག་མཆོག་།*

ཧྲིཿ

hri

HRIḤ མཆོག་མཆོག་མཆོག་།

ཆོས་དབྱིངས་ཁྱེད་པུ་ཡང་པ་རྒྱལ་བའི་ཞིང་།

chöying khyabdal yangpa gyalwé zhing

In the infinitely pervasive and expansive dharmadātu, the field of the victorious ones, མཆོག་མཆོག་མཆོག་།

འཇམ་འོད་ཟེར་མདངས་འབྲིགས་པའི་གྲུ་ཁང་ནས་།

ja özer dang trigpé gurkhang né

From the radiant canopy of dense rainbow light rays, མཆོག་མཆོག་མཆོག་།

དགོངས་བད་སྟན་བརྒྱན་ཙ་བ་བརྒྱན་བཙས་ཀྱི།  
gong da nyen gyü tsawa gyü ché kyī  
Root, lineage, and vidyādhara gurus བ

རིག་འཛིན་སྤྲ་མ་རྣམས་ཀྱིས་བྱིན་པོ་བཅུ།  
rigdzin lama nam kyī jin pob chik  
Of the mind, sign, and aural lineages, rain down your blessings! བྱིན་པོ་བཅུ།

འོག་མིན་རྫོང་ཤིང་གི་ཞིང་ཁམས་ནས།  
ogmin dorjé ying ki zhing kham né  
From the pure realm of the indestructible basic space of Akaniṣṭha, ॐ

བདེ་གཤེགས་རིགས་ལྔ་ཁྱིན་ནི་ཁྲོ་དང་།  
 deshek rik nga chi nang zhitro dang  
 Assemblies of the five sugata families, outer and inner peaceful and wrathful ones, ཁྲོ་དང་།

ཐེག་དགའི་ཡི་དམ་ལྷ་ཡི་ཚོགས་རྣམས་ཀྱིས།  
tek gü yidam lha yi tsok nam kyi  
And yidam deities of the nine yānas, ३

མཆོག་དང་ཐུན་མོང་དངོས་ཟུབ་བྱིན་པོ་བཅིག་།  
chok dang tunmong ngödrub jin pob chik  
Rain down your blessings of the supreme and ordinary siddhis! །

ཉི་ཤུ་ཅུ་བཞི་གནས་ཡུལ་དུར་ཁྲོད་ནས།  
nyishu tsazhi neyül durtrö né  
From the twenty-four sacred sites, countries, and charnel grounds, ॥

པའོ་ཁམ་དང་ལྷ་དང་།  
pawo khandro ging dang langka dang  
Dākas, dākinīs, ging warriors, laṅkāś, ॥

ཚས་སྤུང་བསྟན་སྐྱོང་དཔ་ཅན་གྱ་མཚོ་ཡིས།  
chösung tenkyong damchen gyatso yi  
And ocean of oath-bound dharmapālas who protect the teachings, སྤུང་བསྟན་སྐྱོང་དཔ་ཅན་གྱ་མཚོ་ཡིས།

Rain down your blessings so that the four activities may be accomplished! ☸

Root and lineage gurus, buddhas, bodhisattvas, ॐ

Yidams, ḍākinīs, and dharmapālas, along with your retinues, ॐ

Arise from the infinite buddha fields of the ten directions. ॐ

Look upon me with compassion and love, confer empowerment, and rain down your blessings! ☸

I make outer, inner, and secret offerings of all that appears and exists; ॐ

I pay homage to the ineffable expanse of infinite purity. ∞

Assembled deities of utterly pure innate awareness, ॐ

Do not wander! Approach! Bestow empowerment and rain down blessings! ☸

གནས་ཁང་འདི་ལ་བྱིན་པོ་བ་གཟི་བརྒྱལ་མེད་ཀྱི་ལྷ་མོ་༥

nekhang di la jin pob ziji tsöl

Descend to this abode and bestow magnificent splendor! ॥

ཚོགས་གཏོར་ལོངས་སྤྱོད་འདི་ལ་བཟུང་ཅིག་པོ་མོ་༥

tsok tor longchö di la chü chik pob

Shower vital essence on these tormas and feast offerings! ॥

སྲིད་ཞིའི་ཡོན་ཏན་ཀུན་སྤངས་རྒྱས་འདི་ལ་༥

si zhi yönten kün pung dzé di la

Rain down the siddhis that increase life, power, and vital essence

ཚོ་བཟུང་ལུས་སྒྲུབ་དངོས་གྲུབ་ཆར་ཆེན་པོ་མོ་༥

tse chü nü par ngödrub char chen pob

Upon this heap of all the qualities of existence and peace! ॥

འདི་ཉིད་རེག་བྱང་མཐོང་བ་ཙམ་གྱིས་ཀྱང་༥

di nyi rek nyang tongwa tsam gyi kyang

Merely by touching, tasting, or seeing these substances, ॥

འགོ་ཀུན་ཟག་མེད་དྲངས་མ་འོད་སྒྲུབ་ཡལ་༥

dro kün zagmé dangma ökur yal

All beings dissolve into the body of pristine light. ॥

ས་ཕྱོགས་ཀུན་ཏུ་བཀྲ་ཤིས་བདེ་ལེགས་ལྷན་༥

sa chok kün tu tashi delek den

May all places and directions be endowed with auspicious happiness and goodness! ॥

མཆོག་ཐུན་དངོས་གྲུབ་མ་ལུས་གྲུབ་པ་ཡི་༥

chok tün ngödrub ma lü drubpa yi

In this very instant, I implore you to grant power and blessings ॥

བྱིན་རྒྱལ་ལུས་པ་ད་ལྟ་སྤྱོད་དུ་གསོལ་༥

jinlab nüpa da ta tsal du söl

To actualize all supreme and ordinary siddhis without exception! ॥

ཨོྭ་ཨུཾ་ཧཱིྃ་བཙུ་བྱ་བུ་པདྨ་ཐོང་ཐོང་ཕྱལ་དེ་ཨ་རྩ་ཀུན་སྤྱོད་པ་ལ་ཧཱིྃ་ཨུཾ་༥

om ah hung benza guru pema tötreng tsal dewa dakini sarwa siddhi pala hung ah

OM ĀḤ HUṂ VAJRA GURU PADMA TÖTRENG TSAL DEVA ḌĀKINĪ SARVA SIDDHI

PHALA HUṂ ĀḤ OM ĀḤ HUṂ VAJRA GURU PADMA TÖTRENG TSAL ॥

*Recite the mantra to cause the blessings to descend. Signs of their arrival are bliss, clarity, the dawning of realization, burgeoning meditative experiences and expressions, singing of songs, stamping, spinning, and uttering secret symbolic language. These blessings suffuse the three doors and your natural abode with a joyful, blazing splendor. ॐ*

*Syi Myi Lyi. ॐ*

*Pema Tötreng composed this ritual of the descent of blessings as a supportive auxiliary practice for the Heart Essence of the Vidyādhara. May it guide beings in the future! Samaya. ॐ*

*In accord with the words of the ācārya, the translator,<sup>1</sup> I wrote this down and hid it as a treasure, entrusting it to the five fierce samaya-bound ones. Guard it as you are able! Samaya. Sealed. Sealed. Sealed.*

*This was revealed at Dragmar Yamalung by the vidyādhara Gyurme Dorje.*



## NOTES

1. This refers to Vairotsana (bai ro tsa na), the revered translator who Terdak Lingpa, among other great masters and bodhisattvas, is said to be an emanation.



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# GLOSSARY

## activity

ཐུན་ལས། • *phrin las*

Enlightened activity that involves carrying out beneficial actions for others. These activities include empowerments, feasts, fire offerings, and death rites.

## Akaniṣṭha

འག་མིན། • *'og min* • Akaniṣṭha

Literally, “not located below anything.” This term refers to the highest celestial abodes. In this context, it refers to the Akaniṣṭha of absolute reality, saṃbhogakāya, and nirmāṇakāya pure abodes.

## blessings

བྱིན་རྒྱུབས། • *byin rlabs* • adhiṣṭhāna

A Vajrayāna term to designate the blessings that descend from the wisdom deity (*jñānasattva*), the gurus, buddhas, and bodhisattvas in the context of a sādhana practice.

## dharmadātu

ཆོས་དབྱིངས། • *chos dbyings* • dharmadātu

The basic space of phenomena or the sphere of reality, encompassing everything that appears and exists on the absolute level.

## Dragmar Yamalung

བྲག་དམར་གཡའ་མ་ལུང། • *brag dmar g.ya' ma lung*

A place where the great translator Vairotsana attained realization. A sacred site, one of eight, blessed by Padmasambhava for the practice of the eight herukas.

## existence and peace

སྤྱི་ཞི། • *srid zhi*

Saṃsāra and nirvāṇa.

### feast offering

ཚོགས། • *tsbogs* • gaṇacakra

The offering of a tantric feast, a key activity in sādhana practice. It is a potent method for gathering the two accumulations of merit and wisdom on the Vajrayāna path.

### five families of sugatas

བདེ་གཤེགས་རིགས་ལྔ། • *bde gshogs rigs lnga*

The five buddha families comprising Vairocana, Akṣobhya, Ratnasambhava, Amitābha, and Amoghasiddhi.

### four activities

ཐིན་ལས་རྩམ་བཞི། • *phrin las rnam bzhi* • caturkarman

These comprise the activities of pacifying (*zhi ba*), enriching (*rgyas pa*), magnetizing (*dbang ba*), and subjugating (*drag po*).

### ging warriors

གིང་། • *ging* • kimkara

The emissaries attending to the primary heruka deities in wrathful maṇḍalas; they are often depicted as skeletons beating a drum.

### Heart Essence of the Vidyādhara

རིག་འཛིན་ཐུགས་ཐིག། • *rig 'dzin thugs thig*

A cycle of treasure teachings revealed by Minling Terdak Lingpa in 1663, at Yamalung (g.ya' ma lung).

### laṅkā

ལླ་ • *lang+ka* • laṅka, laṅkā

In Padmasambhava's biographical accounts, laṅkā are associated with the land of the powerful beings known as the rākṣasa, whom he subdued. They are included in the eight classes of gods and demons.

### mind, sign, and aural lineages

དགོངས་བདེ་སྟོན་བརྒྱུད། • *dgongs brda snyan brgyud*

According to the Nyingma tradition, these refer to three modes of transmission of the inner tantras also known as the direct mind lineage of the victorious ones, the sign or symbolic lineage of the vidyādhara, and the aural lineage of individuals.

### nine yānas

ཐེག་དགུ། • *theg dgu*

According to the Nyingma classification, there are nine successive vehicles representing the different stages of practice and views that constitute the gradual path to enlightenment. These comprise the three sūtra vehicles of śrāvakas, pratyekabuddhas, and bodhisattvas, as well as the three outer and three inner tantras, respectively, of the Kriyā, Caryā, and Yoga tantras, Mahā, Anu, and Ati yogas.

### peaceful and wrathful deities

ཞི་ཁྲོ། • *zhi khro*

The forty-two peaceful and the fifty-eight wrathful deities that appear to a deceased person following the dissolution of the body and consciousness while they are in the intermediate state.

### Pema Tötreng Tsal

པདྨ་ཐོན་ཐེང་། • *pad+ma thod phreng*

“The Lotus Skull Garland” is the secret name of Padmasambhava, who was given this name when the people of Oḍḍiyāna tried to burn him alive with his consort, Mandāravā. He transformed the fire into a lake and emerged unharmed on a lotus flower wearing a garland of skulls.

### Rigdzin Gyurme Dorje

རིག་པ་འཛིན་འགྱུར་མེད་རྡོ་རྗེ། • *rigs 'dzin 'gyur med rdo rje*

Rigdzin (Terdak Lingpa) Gyurme Dorje (1646–1714) was a great visionary and treasure revealer and the founder of the Mindröling Nyingma tradition.

### supreme and ordinary siddhis

མཆོག་དང་བླན་མོང་དངོས་གྲུབ། • *mchog dang thun mong dngos grub*

The term siddhi designates spiritual attainments ensued from mastery of Dharma practices. The supreme siddhi refers to enlightenment, and the ordinary siddhis, include supernatural powers.

### torma

གཏོར་མ། • *gtor ma* • *bali*

Ritual offerings made from roasted barley flour and butter, painted and ornamented, symbolizing a deity on the shrine, or used as a specific offering in Vajrayāna ritual practices.

### twenty-four sacred sites, countries, and charnel grounds

ཉི་ཤུ་རྩ་བཞི་གནས་ཡུལ་དུར་ཁྲོད། • *nyi shu rtsa bzhi gnas yul dur khrod*

These refer to power places correlated to inner sacred places within the subtle body maṇḍala, as taught in some esoteric traditions. They comprise the sixty-four sacred places (the twenty-four sacred sites, the thirty-two major countries and the eight great charnel grounds). There are different enumerations of the twenty-four outer places according to the source, with alternate spellings.

### vidyādhara

རིག་འཛིན། • *rig 'dzin* • *vidyādhara*

Literally, “awareness holder;” a practitioner with a high level of spiritual attainment gained through accomplishment.

### vital essence

བརྩུད། • *bcud*

The ability to extract the essence, potency, and vitality of the environment for sustenance; one of the eight ordinary siddhis.