

One-travel-protection-Sadhana

PRACTICAL TEXT FOR THE TRAVEL RITUAL

"Dispelling the darkness for each direction" -

based on the Mahayana Sutra "Dispelling the Darkness of the 10 Directions"

plus commentary instructions by Arya Nagarjuna

First, for grounding, recite the verse of the NADIR:

"I will cut off the 'doubts and shake off the defilements' -

thus I remember the Buddha here,

By every activity, day and night,

maintaining the 'mind of awakening' (bodhicitta)!

Let all fear be banished!"

Then, before setting out for something, for centering, next recite the verse of ZENIT:

"Exalted King of Meditative Concentration - Fearless and Free from Darkness,

by remembering you now my mind is centered,

I instantly unfold the mind of loving-kindness (metta)!

Thus all fear is banished!"

After these two verses, recite the verse for the respective direction of travel:

The main directions

NORTH

"Overwhelmed by the light of a series of reflections of jewels'

I make my mind equal [- I develop equanimity -]

toward all sentient beings.

If I thereby treat each sentient being with respect, and [thus travel northward],
by scattering some earth in that direction, all fear is banished!

EAST

By counting myself among the followers of the Buddha,

I can count on the Buddha always following me.

Thus I worship the Lord thoroughly, remain in the awareness
of the Perfectly Consummate Buddha, the great sage,
always keep him clearly with me and when I travel east now,
by striking some metal in that direction, all fear is banished!

SOUTH

Superior King of freedom from fear and timidity in every activity,
by remembering you now,

I remain centered and am freed

from binding thoughts of home -

Thus strengthened, I set off south,
by sprinkling some water in this direction, all fear is banished!

WEST

The "ruler of resentment and imagination" clearly in view,

I too am pure and recognize in this mindfulness

that there are no phenomena that arise,

nor that there are any that pass away -

because I see through the phenomena in this way,
I now go to the west -
by shining a light in that direction, all fear is banished!

The secondary directions

NORTH EAST

I make myself conscious,
that only through your very first thought under the Bodhi tree,
Maras and doubts are defeated and subdued,
I remain one-pointed and then set out to the northeast -
by resonate wood, all apprehension is gone!

SOUTHEAST

I make myself aware
that Your glory is the permanent practice of the six liberating actions,
I too am heroic in my efforts, prostrating myself once -
and then immediately set out for the southeast,
by resonate wood, regrets, fears and robbers have vanished!

SOUTHWEST

Mindful of the perfect Buddha,
a jeweled sky immediately lights up, scattering a few petals,
I stay centered and then set off to the southwest,
by resonate wood, all anxiety is gone!

NORTHWEST

I observe pure behavior,
I am purified, unshakeable and sublime,
as the tamer of the Bodhisattvas,
I set out steeled to the northwest,
By resonate wood, fears and robbers are gone!

After the direction verse, recite this dedication verse before the actual departure:

Holding the sublime ones of every direction in my awareness,
I am always blessed by the Buddhas,
even the Lord of the Gods Shakra is now at my side!
Thus protected and guarded,
may all those who are with me on the one journey
to the infinitely sublime plane,
the final destination,
where there is neither arrival nor departure.

Then set out boldly on your journey.

This was spontaneously composed in the transition to the Wood Dragon year, by the untalented Shenpen Dong Druk, when it was critical to set out on important matters due to the weather and many concerns arose - may it always unfold its uplifting effect in order to cross the river of suffering relaxed on the wings of care. Sarva Mangalam. ©2024