

SAPTAVARA DHARANI PRACTICE

Each day its Dharani

(according to the Newari tradition from the 16th century)

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Preface

The Buddha said to the bodhisattvas:

>>Resolve to attain enlightenment for the benefit of all living beings! In order to realize this wish to be liberated from suffering and its main cause - ignorance - devote yourselves to spiritual practice and recite the Dharanis. If you understand this truth, you will attain great wisdom and will be free from birth and death. When the living beings recite the dharanis, they attain the great liberation through hearing. Their negative karma expires, and they are reborn in the Realm of the Buddha's Pure Land. You should read the Dharanis, memorize them, spread them, and not doubt them. Read them at the bedsides of the sick, read them at the bedsides of the dead, since no one was born who did not die. Remember the impermanence. Buddha-nature is the Nature of this world. Buddha-nature, like this world, has no nature.<<

(Instruction on Dharani practice from the Akashagarbha Sutra)

This Dharani practice booklet is based on the 7-day Dharani practice tradition of the Nepalese Newari Buddhists. The tradition of using a Dharani Compendium dates back to the first century. Furthermore, from the 10th to 12th centuries, many such "spell collections" were widespread and in use throughout Central and East Asia. Often, secular practitioners, called "house fathers," commissioned to make such a collection as a donation to the practicing community or a student would ask his spiritual teacher for such a dharani collection for personal practice. The oldest known collections translated into Tibetan were found by researchers in the caves of Dun Huang, among others.

The order and dharani attribution used here follows the common the Newari tradition from the 16th century, with the assignment to the planets and thus to the days of the week follows the astrological system of ZaRahula Tsi - the calculation of the Eight Planetary Forces, in Myanmar also known as Mahabote. The order of the weekdays follows thereby for practical habitual considerations the calendar system usual in the west and therefore begins with Monday, instead of the Asian system, which begins with Sunday.

May the use of this collection bring much blessing, happiness and ultimate insight!

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Soma - Moon - Monday

Vajravidarana Dharani

namo ratna trayaya | nama tsenda benza panaye | maha yaksha senapataye | teyata | om
truta truta trotaya trotaya | saputa saputa sapotaya sapotaya | ghurna ghurna ghurnapaya
ghurnapaya || sarva satvani bhodhaya bhodhaya sambhodhaya sambhodhaya || bhrama
bhrama sambhramaya sambhramaya sarva bhutani || kutta kutta samkuttaya samkuttaya
| sarva shatrun || ghata ghata samghataya samghataya || sarva vidyam benza benza |
sapotaya benza benza | kata benza benza | mata benza benza | matha benza benza | ata
hasanila benza su benza ya soha || hepullu | nirupullu | grihana kullu | mili tsullu |
kurukullu | benza vijayaya soha || kili kilaya soha | kata kata | mata mata | rata rata |
motana pramotanaya soha | tsarani tsara | hara hara | sara sara maraya | benza
vidaranaya soha | tsindha tsindha | bhindha bhindha | maha kili kilaya soha | bhendha
bhendha | krodha benza kili kilaya soha | tsuru tsuru tsenda kili kilaya soha | trasaya
trasaya | benza kili kilaya soha | hara hara benza dharaya soha | prahara prahara | benza
prabhanjanaya soha | matisthira benza | shutisthira benza | pratisthira benza | maha
benza aprati hata benza | amogha benza | ehay ehi | shri ghram benza dharaya soha |
dhara dhara dhiri dhiri dhuru dhuru sarva benzakula awartaya soha | amuka maraya phé
| nama samenta benzanam | sarva benza kulam mawartaya | mahabale | katapale | tatala |
atsale | mendala maye | ati benza | maha bale | bega rana rana | ajite | dzola dzola | titi
titi | ting gale | daha daha | tezo wati | tili tili | bhendha bhendha | mahabale | benza
angkusha dzolaya soha ||



Mangala - Mars - Tuesday

Ganapati Heart Dharani

TADYATHA: NAMO TUDHE GANAPATI KATA KATA KITI KITI KUTA
KUTA MATRA MATRA DARA DARA DHAHA DHAHA GHRINA GHRINA
DABA DABA JAMBHA JAMBHA SAMAYA MANUSMARANA TUDDE TUDTRA
BACHANAYE SOHA/ABUTE BHIDUKSHABANCHA TANABASAMA
GARACHHA THAMA HABHAYA MAHABAYA MAHETETA KSHINIYA
PRAKOM PAYASI/TADYATHA: OM KURU KURU MURU MURU CHURU
CHURU NAMA NAMA SVAHA//



Budha - Mercury - Wednesday (morning)

Ushnishavijaya Dharani

om̐ namo bhagavate sarvatrailokyaprativiśiṣṭāya buddhāya te namaḥ | teyathā | om̐
bhrūṃ bhrūṃ bhrūṃ | shodhaya shodhaya | bishodhaya bishodhaya | asa masa
mantāvabhāsa sphara ṇaga tigagana sobhāva bishuddhe | abhiṣiñcantu māṃ sarva
tathāgatāḥ sugata vara vacanāmṛtābhiṣekair mahāmudrā mantra padaiḥ | āhara āhara
mama āyuh sandhāraṇi | shodhaya shodhaya | bishodhaya bishodhaya | gagana sobhāva
bishuddhe | uṣhṇīṣha vijāya parishuddhe | sahasra rashmisañcodite | sarva tathāgatā
balokini | ṣaṭpāramitā pari pūraṇi | sarva tathāgata mātē | dasa bhūmi pratiṣṭhite | sarva
tathāgata shṛidayā dhiṣṭhānā dhiṣṭhite | mudre mudre mahāmudre | vajra kāya
saṃhatana parishuddhe | sarva karmā varaṇa bishuddhe | pratini vartaya mamāyur
bishuddhe | sarva tathāgata samayā dhiṣṭhānā dhiṣṭhite | om̐ muni muni mahāmuni |
bimuni bimuni mahā bimuni | mati mati mahā mati | ma mati | su mati | tathatā bhūta
koṭi parishuddhe | visphuṭa buddhi shuddhe | he he | jaya jaya | bijaya bijaya | smara
smara | sphara sphara | sphāraya sphāraya | sarva buddhā dhiṣṭhānā dhiṣṭhite | shuddhe
shuddhe | buddhe buddhe | vajre vajre mahā vajre | su vajre | vajra garbhe | jaya garbhe |
vijaya garbhe | vajra dzwāla garbhe | vajrodbhave | vajra sambhave | vajre | vajrini |
vajram bhavatu mama sharīraṃ sarva satvānāñ ca kāyan parishuddhir bhavatu | sadā me
sarva gati parishuddhish ca | sarva tathāgatāsh ca māṃ samāśhvāsa yantu | budhya
budhya | siddhya siddhya | bodhaya bodhaya | bibodhaya bibodhaya | mocaya mocaya |
bimocaya bimocaya | shodhaya shodhaya | bishodhaya bishodhaya | samanta mocaya
mocaya | samanta rashmi parishuddhe | sarva tathāgata shṛidayā dhiṣṭhānān dhiṣṭhite |
mudre mudre mahāmudre | mahāmudrā mantra padaiḥ soḥā //

OM DRUM SOHA OM AMRITA AYUR DADE SOHA



Rahu - Rahu - Wednesday (afternoon)

Parnashavari Dharani

"Immortal! Immortal! Arisen from the immortal, you are the source of immortality. Giver of consolation! Giver of physical comfort! Let live! Let live! Freedom from [plague]! Freedom!"

**AMRITE AMRITODBHAVE AMRITA SAMBHAVE ASVASTE ASVASTANGE MAMA
RAMA MARA MASA RAMA SARA**

Grant peace! Satisfy every illness! Put an end to every kind of premature death! Satisfy all evil influences from the planets and stars! Pacify all poisons! O Blessed Parṇaśavarī!

**TUNNA TUNNA BITUNNA BITUNNA TUNA TUNA TUMULE SOHA/ OM GAURI
GANDHARI CANDALI MATANGI PUKKASI SOHA/ OM ANKURE MANKURE KURARE
PARNASHAVARI SOHA/ NAMAS SARVA SAVARINAM MAHA SAVARINAM
BHAGAVATI PISACI PARNASHAVARI PISACI SOHA/ OM PISACI PARNASHAVARI
SHRI JAH HUNG PHAT PISACI SOHA//**



Brihaspati - Jupiter - Thursday

The Kangyur Essence of Dharani

chomden dema sherab kyi parol tu chinpé nyingpo düpa la chaktsal lo

Homage to the condensed heart essence of blessed Prajñāpāramitā!

**teyata /om muni muni maha muni dharma sa ka ha /dharmé sha sé ni ri sarva karya saritra mé
dharma /teyata shri su shri miti /dzaya bidzaya /dhi dharani tra dza sare soha//**

chomden dema sherab kyi parol tu chinpa tongtrak nyishu ngapé nyingpo la chaktsal lo

Homage to the heart essence of blessed Prajñāpāramitā in twenty-five thousand verses!

**teyata /om tra dzanyé tra dzanyé maha tra dzanyé sarva bharé /tra dza sarva gyana dün taré tra
dza treta suka ré suka ré su kara siddhi /buddha buddha /kampa kampa /sara sara /dhara dhara
/bara bara /gardza gardza /gardza yati soha //**

chomden dema sherap kyi parol tu chinpa tongtrak trigyé tongpé nyingpo la chaktsal lo

Homage to the heart essence of blessed Prajñāpāramitā in eighteen thousand verses!

om mune mune maha munayé soha /prajna paramita yé soha //

chomden dema sherap kyi parol tu chinpa tongtrak gyé tongpé nyingpo la chaktsal lo

Homage to the heart essence of blessed Prajñāpāramitā in eight thousand verses!

teyata /om shri shru té mi té dza yé bidza yé soha //

chomden dema phakpa sherab kyi parol tu chinpa düpa tsik su chepé nyingpo la chaktsal lo

Homage to the heart essence of the blessed condensed Noble Prajñāpāramitā in one line!

teyata /om gaté gaté para gaté para gaté sam gaté bodhi yé soha //

chomden dema sherab kyi parol tu chin ma la chaktsal lo

Homage to the blessed Prajñāpāramitā!

di ta té

It is as follows:

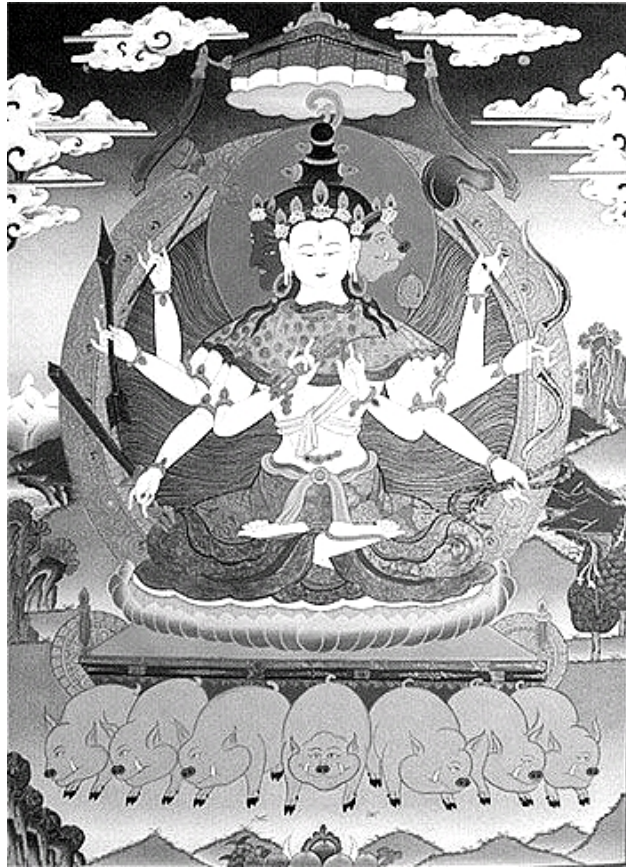
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Sukra - Venus - Friday

Marici Heart Dharani

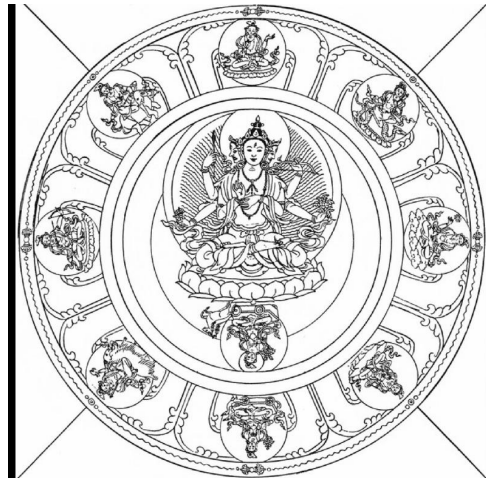
TEYATA OM VATALI VADALI VARALI VARAHA MUKHI SARVA DUSHTA
NAM PRA DUSHTA NAM TSAK SHUR MUKHAM BENDHA BENDHA /
MUKHAM DZAMBAYA TAMBHAYA MOHAYA SOHA / OM MARICIYE
SOHA / OM VARALI VADALI VATTALI VARAHA MUKHI SARVA DUSHTA
NAM PRA DUSHTA NAM TSAK SHUR MUKHAM BENDHA BENDHA
SOHA //



Sani - Saturn - Saturday

Grahamatrika Dharani

Om namo ratnatrayāya / **om** namo buddhāya / **om** namo dharmāya / **om** namaḥ
saṃghāya / **om** namo vajradharāya / **om** namaḥ padmadharāya / **om** namaḥ kumārāya /
om namaḥ sarva grahāṇāṃ sarvāśhāparipūrakāṇāṃ / **om** namaḥ nakṣatrāṇāṃ / **om** namo
dodaśharāśhīnāṃ / **om** namaḥ sarvopadravāṇāṃ / tadyathā **om** buddhe buddhe śhuddhe
shuddhe bense bense pema pema sara sara prasare prasara smara smara krīḍa krida
krīḍaya kridaya mara mara māraya maraya mardaya mardaya stambha stambha
stambhaya stambhaya ghaṭa ghata ghāṭaya ghataya mama sarva sattvānāñ ca vighnān
chinda chinda bhinda bhinda sarva vighnān nāśhanaṃ kuru kuru mama saparivārasya
sarva sattvānāñ ca kāryaṃ kṣepaya ksepaya mama sarva sattvānāñ ca sarva nakṣatra
grahapīḍān nivāraya nivaraya bhagavati śhriyaṃ kuru mahāmāyā prasādhaya sarvaduṣṭān
nāśhaya sarva pāpāni mama saparivārasya sarva sattvānāñ ca rakṣa raksa vajre vaje caṇḍe
cande caṇḍini candini nuru nuru musu musu mumu munu muñca munca havā have ugre
ugratare pūraya bhagavati manorathaṃ mama sarva parivārasya sarva sattvānāñ ca sarva
tathāgatā diṣṭhānā dhiṣṭhite sohā / **om** sohā / hūṅ sohā / shrīḥ sohā / dhūḥ sohā / dhīḥ
sohā / **om** ādityāya sohā / **om** somāya sohā / **om** dharaṇīsutāya sohā / **om** budhāya sohā /
om bṛihaspataye sohā / **om** śukrāya sohā / **om** śhaniśhcarāya sohā / **om** rāhabe sohā / **om**
ketabe sohā / **om** buddhāya sohā / **om** vajrapāṇaye sohā / **om** padmadharāya sohā / **om**
kumārāya sohā / **om** sarva grahāṇāṃ sohā / **om** sarva nakṣatrāṇāṃ sohā /
sarvopadravāṇāṃ sohā / **om** dodaśharāśhīnāṃ sohā / **om** sarva vidye hung hung phaṭ
sohā //



Aditya - Sun - Sunday

Vasudhara Dharani

namo benza dhara sagara nirghoshaya tathagataya |

teyata | om surubé bhadré bhadra bati amgalé mamga é mamgala bati alé atsalé atsala
balé udghatini udbhédini shasya bati dhana bati dhanya bati shri mati trabha bati amalé
bimalé nimalé rorumé surupé surupa bimalé bimalé tsalé atsanasté atanasté bitanaté
bishokeshi bishonishi amkuré mamkuré trabamkuré biramé bidhamé ririmé didimé
dudumé khakhamé tataré tara tara tara tara tara badzré badzré badzropamé také také
thaké thaké ukké bukké thaké tharaké abartani barashani shadani benzadhara sagara
nirghosham tathagatam anusmara smara smara sarva tathagata satyam anusmara dharma
satyam anusmara sangha satyam anusmara data data pura pura puraya puraya purani
bhara bharani amalé sumamgalé shanta mati shubha mati mamgala bhani maha mati
bhadra bati trabha bati sutsandra mati agatsa gatsa samayam anusmara soha | awaranim
anusmara soha | trabhawam anusmara soha | didim anusmara soha tédzom anusmara
soha | bidzayam anusmara soha | hridayam anusmara soha sarva sato binayam anusmara
soha || om basudharé soha | om basushriyé soha | om shribasu soha | om basu soha ||

