

Chögyam Trungpa Rinpoche on the *Sadhana of Mahamudra*

From the prelude to the *Sadhana of Mahamudra*:

“This is the darkest hour of the dark age. Disease, famine and warfare are raging like the fierce north wind. The Buddha’s teaching has waned in strength. The various schools of the sangha are fighting amongst themselves with sectarian bitterness. and although the Buddha’s teaching was perfectly expounded and there have been many reliable teachings since then from other gurus, yet they pursue intellectual speculations. The sacred mantra has strayed into Bön and the yogis of tantra are losing the insight of meditation. They spend their whole time going through villages and performing little ceremonies for material gain. One the whole, no one acts according to the highest code of discipline, meditation and action. The jewel-like teaching of insight is fading day by day. The Buddha’s teaching is used merely for political purposes and to draw people together socially. As a result, the blessings of spiritual energy are being lost. Even those with great devotion are beginning to lose heart. If the Buddhas of the three times and the great teachers were to comment, they would surely express their disappointment. so to enable individuals to ask for their help and to renew spiritual strength, I have written this sadhana of the embodiment of all the siddhas.”

The Vision of the Sadhana

“The Sadhana of Mahamudra was composed in Tibetan by myself, personally, and has been translated into the English language. The basic vision of the sadhana is based on two main principles: the principle of space and the principle of energy. Space here is related to the teachings of dzogchen or ati, the ninth and highest yana of Buddhist tantra. The energy principle is related to Mahamudra, from the anuttara yoga tantra; it is also a high level of experience. In the practice of the Sadhana of Mahamudra we are trying to bring space and energy together; we are trying to bring about some understanding and realization in the world.”

~ Vidyadhara the Venerable Chögyam Trungpa Rinpoche, *Devotion and Crazy Wisdom: Teachings on the Sadhana of Mahamudra*, Vajradhatu Publications