

# The Outer, Inner, & Secret Practice Cycle of Zhepe Dorje

BY LELUNG ZHEPE DORJE

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Translated by Tib Shelf





# THE OUTER, INNER, AND SECRET PRACTICE CYCLE OF ZHEPE DORJE

By Lelung Zhepe Dorje

Namo ḍākinī ye!

I received the outer, inner, and secret practice cycles of Zhepe Dorje from Lhachik Nyima Zhönu in the Iron Male Dog year (1730).

E MA!

For Zhepe Dorje, there are outer, inner, and secret explanations.

For those wishing to accomplish the outer practice,  
Visualise Zhepe Dorje in monastic attire,  
Seated in a lama's teaching posture,  
In a place that is either the sangha's joyous garden  
Or atop the stupa's tiered chambers—  
Before a Dharma wheel with a retinue of renunciants,  
Surrounded by many śrāvakas—  
Make supplications with deep yearning and clear resonance.

For those wishing to accomplish the inner practice,  
Visualise Zhepe Dorje in the form of a master of mantra,  
Appearing in any attire, free from convention.  
His dwelling places are forest groves, riverbanks,  
Solitary abodes, rocky mountains, villages, and so forth.  
Visualise [him] in various forms and surrounded by a diverse retinue,  
Seated in the centre of the gaṇacakra gathering—  
Then make feast offerings,  
Fire offerings, water offerings, and others. [179]

For those wishing to accomplish the secret practice,  
Visualise Zhepe Dorje as a naked ascetic  
Engaged in the conduct of invoking blessings.  
Bearing many implements—thigh bone trumpet, ḍamaru, bell, and conch shell,  
Surrounded by a hundred thousand beautiful young women,  
He binds ḍākinīs, ging, and lang<sup>1</sup> as servants  
Proclaiming HŪṂ PHAṬ BHYO,  
His abodes are haunted places and charnel grounds, where he roams.

Meditate on maintaining the yogic observances,  
Take up the HŪṂ song and raise awareness,  
Dispatch with PHAṬ and mix space and awareness,  
Proclaim fierce cries, longing songs, and whistles.

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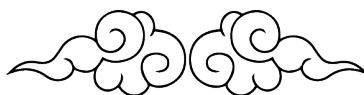
<sup>1</sup> Ging (ging) and lang (glang) are classes of spirits in Tibetan Buddhism—ging often depicted as fierce skeletal figures and lang as messenger spirits.





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