Transference of Consciousness
According to the Great Perfection Longchen Nyingtik

E MA HO! RANG NANG LHUN DRUB DAG PA RAB JAM ZHING
EMAHO! In the naturally manifest, spontaneously present realm of infinite purity,

KOD PA RAB DZOG DE WA CHEN GYI ZHING
the display of the perfect realm of Sukhavati,

RANG NYID JE TSUN DOR JE NAL JOR MA
oneself becomes that of the Exalted Vajra Yogini

ZHAB NYI DOR TAB CHEN SUM NAM KHAR ZIG
with two feet in the advancing posture and three eyes gazing into space.

DE YI KONG WU TSA WU MA
In the centre of her body runs the central channel
BOM TRA DA NYUG TSAM PA LA
which is the size of a narrow bamboo arrow,

TONG SANG OD KYI BU GU CHEN
a transparent empty tube of light.

YAL NE TSANG UG NEY SU HAR
The upper end opens at the crown of the head (the Brahma aperture);

MAR NE TE OG ZUG PA YI
the lower end is sealed off below the navel.

NYING KAR TSIG KYI CHED PA'I TENG
Upon the conjoining place at the level of the heart

LUNG GI THIG LE JANG KYAI WU
is a light green luminous-sphere of wind,

RIG PA HRI YIG MAR PO SAL
in the center of which is one's awareness as a clear red HRI.

CHI WOR DRU GANG TSAM GYI TENG
One cubit distance above one's head
SANG GYE NANG WA TA YE NI is the Buddha of Boundless Light (Amitabha).

His form is shining with all the marks and characteristics of perfection.

CHOM DEN DE. DE ZHIN SHEG PA. DRA CHOM PA. YANG DAG PAR DZOG PA'I. SANG GYE GON PO. OD PAG TU. MED PA LA. CHAG TSAL LO. CHOD DO KYAB SU CH'I'O {Recite seven times or as many times as possible. Then pray:} To the Bhagavan, the Tathagata, the Arhat, the Perfectly Pure Buddha, the Protector of Boundless Light (Amitabha), to you I pay homage, make offerings, and take refuge!

EMAHO! In the realm of self-illuminated Akanishta

filled with rainbows of 100-fold devotion,

is the root lama, embodiment of all refuges.
His form is not ordinary but luminous.

He resides as the essence of the glorious Buddha of Boundless Light.

With a mind of overwhelming devotion, I pray:

Bless me that I may accomplish the path of Transference-of-Consciousness (phowa)!

Bless me that I may pass to the realm of Akanishta.

and recognize the victorious state of the Great-Space & Dharmakaya!

Repeat three times. (HIK  HIK  HIK).

此时念诵七遍或更多圣号，然后念诵下列。

【顶礼供养皈依出有坏善逝应供正等觉怙主阿弥陀佛】
Recite seven times or as many times as possible. Then pray:

To the Bhagavan, the Tathagata, the Arhat, the Perfectly Pure Buddha, the Protector of Boundless Light (Amitabha), to you I pay homage, offering and take refuge!

To the Buddha of Boundless Light, I prostrate.

To Padmasambhava of Oddiyana, I pray:

supremely kind root lama, kindly accept me!

May the lamas of the root lineage guide my way!

Bless me that I may accomplish the profound path of phowa,

and through the swift path of phowa, may I reach the celestial realm.

Bless us that as soon as we pass from this life
爹瓦見度切哇進急落（三遍）吼吼吼（加持速生極樂剎）

DE WA CHEN DU KYE WAR JIN GYI LOB Repeat three times. （HIK
HIK）

we may be reborn in the pureland of Great Bliss.

瓊燈地 得仁剎巴 扎瓊巴 央達巴座比 桑吉恭波 握巴的 彌巴拉强擦
落 却朵加斯起哦 此時念誦七遍或更多聖號，然后念誦下列。

〔頂禮供養皈依出有壞善逝應供正等覺怙主阿彌陀佛〕

To the Bhagavan, the Tathagata, the Arhat, the Perfectly Pure Buddha, the Protector Boundless Light (Amitabha), to you I pay homage, offering and take refuge!

誔瑪伙 新讀窩擦我把美滾當〔極其稀有無量光怙主〕

E MA HO!  SHIN TU NGO TSAR OD PAG MED GON DANG

EMAHO!  To the most marvelous protector Amitabha,

圖節千波恰朵土千脱〔大悲觀音大力金剛手〕

TUG JE CHEN PO CHAG DOR TU CHEN TOB
to the Great Compassionate One (Avalokiteshvara) and powerful Vajrapani:

達所則急以幾所瓦爹〔我等專心致志而祈禱〕

DAG SOG TSE CHIG YID KYI SOL WA DEB
we pray with single-pointed concentration.

洒浪破瓦炯哇進急落〔修成往生深道祈加持〕

ZAB LAM PO WA JUNG WAR JIN GYI LOB
Bless us that we may accomplish the profound path of phowa!
Bless us that as soon as we pass from this life our consciousnesses may be transferred to the pureland of Great Bliss.

Recite verses many times.

May all be auspicious! May virtuous goodness increase!

Long Life Mantra:

OM A MA RA NI DZI BAN TI YE SO HA

Life Essence Mantra:
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