

# Bodhicharya Prayer Book

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# DAILY PRACTICE

### শ্বনমার্থমমার

#### Refuge and Bodhicitta

### यदमायाञ्चर यस येदाया मर्वेद यस येदायमेगमा

dak la dang war che pay dra nö par che pay gek

All my mothers, all beings throughout space, especially the enemies who hate me,

### बरायान्दाब्रम्माउन्साब्रेमायदेग्नरा नुमार्छेनायरानुनायाब्रम्माउन्गुमामार्छानुमायदे।

tar pa dang tam che khyen pay bar du chö par che pa tam che kyi tso che pay obstructors who harm me, and all those who obstruct my liberation and omniscience,

### 

ma nam kha dang nyam pay sem chen tam che de wa dang den must have happiness, be free from suffering, and quickly attain precious,

# 

unsurpassable, complete and perfect awakening.

## <u>देवे:ळेद:दु:स्रह्यास:सुय:कु:चर:दु:खुय:ह्या:धेद:म्युस:द्यो:च:प्राचर्गापा</u>

deyi che du sang ma gye kyi bar du lü ngak yi sum ge wa la köl

For that purpose, until buddhahood, I will employ my body, speech, and mind in virtue.

### अविदे नर-५-तुबादमा: धेर्म्मुख्य-६मो नावानमीया

ma shiyi bar du lü ngak yi sum ge wa la köl

Until death, I will employ my body, speech, and mind in virtue.

### ५४१२े देट क्या च बुट क्षे के अप्यट ५ र्ड्य ५ खुय हमा धीर मासुस ५ मी च वा चर्मेवा ची चर

dü de ring ne sung te nyi ma sang da tsam gyi bar du lü ngak yi sum ge wa la köl From today until this time tomorrow, I will employ my body, speech, and mind in virtue.

### क्रांचित्रं सम्वतः ५८ : स्रुसः स्वतः स्रोस्याः उतः मस्याः उत्।

nam khay ta dang nyam pay sem chen tam che

All beings throughout the reaches of space take refuge

### मट महिषाहरा में अर्थे मा अटबा मुका पर्देश स्वत प्रदेश स्वराय स्वराय स्वराय स्वराय स्वराय स्वराय स्वराय स्वराय

kang nyi nam kyi chok sang gye chom den de nam la kyab sum chi o in the bhagavan buddhas, supreme among human beings.

### વર્ને નુ: 'ક્રુગુષા'ન: 'કુવા'ન: 'કુશુષા'નું: 'શ્રુઈના'નું અર્જના'નો 'ક્રુંગુષા'નો 'કુશુષા'નો 'કુશુષા'નો 'કુશુષ

dö chak dang dral wa nam kyi chok dam pay chö nam la kyab sum chi o

We take refuge in the genuine Dharmas, supreme among all freedoms from attachment.

### क्रियायाः इसयाः ग्रीः सर्वेना 'यस्यायाः सर्वेः दमो 'यद्व स्वस्यायाः श्रम्ययाः स्वास्यवेदी

tsok nam kyi chok pak pay gen dün nam la kyab sum chi o

We take refuge in the arya Sanghas, supreme among assemblies.

Kagyu Monlam Prayer Book

#### **Bodhisattva Vow**

### नुदःक्नःश्वेदःर्येरःसकैशःग्रैःनरा

jang chup nying por chi kyi bar Until I reach enlightenment's essence,

## |बटबाम्बेबास्थबातासिचबासी.शक्री

sang gye nam la kyab su chi I go for refuge to the buddhas.

## केंबर्द्रन्युद्रक्तांबेबबर्द्रम्या

**chö dang jang chub sem pa yi**To the dharma and the assembly

## किंग्रायप्टरें निवतः सुन्यासुः सकी

**tsok la'ang de shin kyab su chi** Of bodhisattvas, too, I go for refuge.

### हे सूर र्सेन गुै नदे मानेगम गुैरा

**ji tar ngön gyi de shek kyi** Just as the sugatas of the past

### [तृपःक्वाःश्वम्याक्षेत्रायःक्षेत्रायः ५८। [

jang chup tuk ni kye pa dang Aroused the mind of bodhichitta;

### नुदःक्तांशेशशः द्यते पश्चनायाया

jang chup sem pay lap pa la
Just as they followed step-by-step

### 15'रमा'रेअ'यलेक'माक्ष'या'सूरा ।

**de dak rim shin ne pa tar**The training of the bodhisattvas,

### ने'मलेक'यमें'या'सक'र्नेक'ता

**de shin dro la pen dön du**So, too, shall I, to benefit wanderers,

### ]चु८ःढ्नाःबेधबःदेःचक्<u>ष</u>ेदःचण्चैःबेटः। ।

jang chup sem ni kye gyi shing Arouse the mind of bodhicitta.

# ने'मिष्रम'र्'के'मञ्जूम'य'या

de shin du ni lap pa la So, too, shall I follow step-by-step,

# 「元の」では、これでは、これでは、「一元」には、 pa shin du lap par gyi

The bodhisattva's training.

त्रव.चाश्रिका

Repeat three times.

(from Bodhicharyavatara)

Do not disregard small misdeeds, Thinking they are harmless, Because even tiny sparks of flame, Can set fire to a mountain of hay.

Buddha Shakyamuni, Sutra of the Wise and Foolish

### র্ক্র্রামান্য নি

#### The Four Limitless Aspirations

# 

semchen tamché dewa dang dewé gyu dang denpar gyur chik May all sentient beings enjoy happiness and the causes of happiness!

# भूग'नम्भ'न्ट'सूग'नम्भ'न्ट्र्य'चे gyu dang dralwar gyur chik

May they be free from suffering and the causes of suffering!

# ध्ना'नष्टवा'सेन्'स्ते'नन्'न्ट'से'व्रव्या'नरः शुरुवेन

dukngal mepé dewa dang mindralwar gyur chik May they never be separated from the sacred happiness devoid of suffering!

## <u>के 'रैट'क्रम्बर्ध्यः महैबर्द्यायायदे यहट क्रेंबर्क्र, बेट्यायाम्बर्धयम् व</u>ुरुदेग

nyering chakdang nyi dang dralwé tang nyom tsemepa la nepar gyur chik And may they dwell in boundless equanimity that is free from attachment and aversion!

Lotsawa House.

Do not disregard small positive acts, Thinking they are without benefit, Because even tiny drops of water, Will eventually fill a large container.

Buddha Shakyamuni, Sutra of the Wise and Foolish.

### |मार्श्वायदेनशर्सेहेख्टरम्

#### Invoking the Blessings of the Kagyü Lineage - 'Dorje Chang Thungma'

by Bengar Jampal Zangpo

## र्हे हे 'वळट' केव' है 'वें 'वू 'रें 'त्टा ।

#### Dorjé chang chen telo naro dang

Great Vajradhara, Tilopa and Nāropa,

### यम्यार्थायार्क्याहे स्रमार्याया

#### marpa mila chöjé gampopa

Marpa, Milarepa, and Gampopa, lord of Dharma,

### दुबामासुबानेबानुःगुदाबाद्वेदागामःया ।

#### dü sum sheja künkhyen karmapa

You who know all past, present and future—the Karmapa,

# के निले कुट निमुद्द निमुद्द निम्न प्रमानिक के निले कुट निमुद्द निम्न प्रमानिक के निम्न के नि

Holders of the four earlier and eight later lineages,

# त्त्री स्रेमा क्या मासुस द्वाया एक त्रा स्रिमा स

#### dri tak tsal sum palden drukpa sok

Drikung, Taklung, Tsalpa, the glorious Drukpa and the rest,

# वन'यस'सुग'मु'के'य'सद्य'नहेस'यदी ।

#### zablam chakgya ché la nganyepé

Masters of the profound path of Mahāmudrā,

# अध्यासेन्'त्र्म्'अर्मेन्'न्याय'र्याचाप्'चक्तुन्'वा ।

#### nyammé dro gön dakpo kagyü la

Unequalled protectors of beings, the Dakpo Kagyü,

### मर्थियः चः परे चर्या र्थः चर्गापः चर्कु रः त्रुः सः इसमा ।

#### solwa deb so kagyü lama nam

To all of you, the Kagyü lamas, I pray: inspire me

# नकुर्यादिकार्वे समाध्याचिकाचीकार्त्वे नमा

#### gyüpa dzin no namtar jingyi lob

With your blessing to uphold this lineage, and follow you to liberation.

### लेक र्यामा र्झेश ग्री माट यम मासूट सप्यापलिका ।

#### shyenlok gom gyi kangpar sungpa shyin

Revulsion for samsāra is the feet of meditation; so it is taught.

### बर्शार्वेरागुवायाकग्रावेदासेरायाद्रा ।

#### zé nor kün la chak shyen mepa dang

Free of craving and attachment to things like food and wealth,

### ळें वदेवे मद्राचमाळें दायवे क्षें आके दाया।

#### tsé di dö takchöpé gomchen la

Having severed the ties to this life, inspire this meditator

# क्रेन्नग्रास्त्रेत्रयासेन्यस्त्रीत्रः ग्रीका ग्रीका क्रिया ।

#### nyekur shyenpa mepar jingyi lob

With your blessing, to be rid of addiction to possessions and fame.

### र्थेयःगुयःर्सेयःग्रैःअर्मे र्चेरःगसुट्यःयःपविता ।

#### mögü gom gyi gowor sungpa shyin

Devotion is the head of meditation; so it is taught.

## अतः त्मामिते रः क्षे प्रते दः स्व ता ।

#### mengak tergo jepé lama la

The lama opens the door to the treasure of the pith instructions;

### मुन'नु'गर्शेवाचायनेचयायवे'र्भ्भेशकेन'वा।

#### gyündu solwa debpé gomchen la

Praying constantly to him, inspire this meditator

# चर्डेम'भेन'र्सेम'गुम'भ्रु'चर'चुन'ग्रुम'र्सेचमा।

#### chömin mögü kyewar jingyi lob

With your blessing, so that uncontrived devotion is born within me.

### येट्यासेटार्स्स्याचीर्ट्स्याम्बिरामस्ट्यायायविता ।

#### yengmé gom gyi ngöshyir sungpa shyin

Non-distraction is the main body of meditation; so it is taught.

### गटानराईगायदे टें चें श्रें शरी।

#### gangshar tokpé ngowo soma dé

Whatever arises, in that very essence of thought, fresh, natural,

### अ'चर्डेब'दे'ग्गर'वर्हेग्'यवै'र्झेअ'के**द**'वा ।

#### machö dekar jokpé gomchen la

Unaltered—leaving it just there, inspire this meditator

# नर्झेब'नु'र्न्ने'न्ट'नुव'नर'नुैब'नुैब'र्नेनबा।

#### gomja lo dangdral bar jingyi lob

With your blessing, so my meditation is free from conceptual mind.

# इसार्हेगार्टे में केंबा सुरागशुर्या या निका

#### namtok ngowo chökur sungpa shyin

The nature of thoughts is dharmakāya; so it is taught.

### र्डे'याद'या'योत्र'र्डेर'याद'य्कर'या'या ।

#### chiyang mayin chiryang charwa la

They are nothing whatsoever, yet appear as anything at all,

### श्रातमामार्थ्यायात्वर प्रति क्षेत्राकेताया ।

#### magak rolpa charwé gomchen la

Arising as an unceasing display; inspire this meditator

### वर्षिरःवन्यान्त्रेरःसेन्दर्भगयायरःचैत्रःचैयःर्ह्नेयया।

#### khordé yermé tokpar jingyi lob

With your blessing, to realize that samsāra and nirvāṇa are not separate.

# श्चे'न'गुन'नु'ष्पट'न्य्यानु'स्र'न्ट'। | kyewa küntu yangdak lama dang

In all my lives, may I never be separate

### વન્નવાએન ર્જેય જૈ: નવવાવા વેદય ર્શેન રેટા 📗

#### dralmé chö kyi pal la longchö ching

From the perfect lama, and so enjoy the splendour of Dharma;

### य'८८'यभ'ग्रै'र्भेत'५त'र्रय'र्हेगय'तथा ।

#### sa dang lam gyi yönten rabdzok né

Mastering completely the qualities of the path and stages,

# र्र. ह. तकट. मी. म्. तसट. शैर. स्याप्ता

#### dorjé chang gi gopang nyur tob shok

May I swiftly attain the sublime state of Vajradhara.

#### डेश'यवट'यह'सूर'य'वहश'द्यवा'यवट'र्येश'सहंद्'यवें।।

Composed by Bengar Jampal Zangpo

Rigpa Translations, 2011. Lotsawa House. Version 1.1-20210805

I was afraid of death and ran away to the mountains, I meditated on the uncertainty of death so much so That I attained the certainty of deathlessness. I have no fear now, even if the Lord of Death arrives.

Milarepa

#### The Seven-Line Prayer of Guru Rinpoche

## รู<del>ँ</del>

#### hūm

ΗŪΜ

# ल्लामुन'स्यामी'नुम'नुप्रस्थाः

or gyen yul gyi nup jang tsam

In the northwest of Uddiyana

### यज्ञ मे अर र्बेट र्ये यः

pe ma ge sar dong po la

On the center of a lotus stem

### षासळ्य. अळ्या.ची. ८ ट्राची य. य हे यः

yam tsen chok gi ngö drup nye

You achieved the wondrous supreme siddhi

## **पञ्च प्रमुद्राम्य विष्य सुरम्**याम्य इ

pe ma jung ne she su drak

And are renowned as Lotus Born

### त्रिंर-र्'शावत्त्र्म्,श्राट-र्म्श्र-

khor du khan dro mang poy kor

Surrounded by many hosts of dakinis.

## ष्ट्रेन्'ग्रुं'हेश'सु'यन्ग'यक्षूय'ग्रुंशह

khye kyi je su dak drup kyi

We practice following your example

### नुन्न नुस्तुं नस्युर्ग न्याने मास्युः मार्स्यः

jin gyi lap chir shek su söl

And ask you come and grant your blessings

### चुैन चुैन र्त्ते नन सुर माने मन सुर माने प

jin gyi lop chir shek su sol

So come now, bless us with your grace!

## गु'रु'यज्ञ'श्रेङ्के'हुँः

guru padma siddhi hūm

GURU PADMA SIDDHI HŪM

Lotsawa House: The Shower of Blessing

His pure body is the colour of gold, Beautiful is the Protector of the World. Whoever visualizes him like this, Practises the meditation of the bodhisattvas.

Buddha Shakyamuni, King of Samadhi Sutra

### | <del>दें</del> 'हे दे 'केंग' मट ' हुग' मी 'गर्शे वा 'दे नश

#### The Prayer in Six Vajra Lines

revealed by Chokgyur Dechen Lingpa

### <u>र्याम्बुसायास्यामुयाम्। रु. रेतार्या के</u>श

dü sum sangye guru rinpoche

Embodiment of buddhas of past, present and future, Guru Rinpoche;

# <u> ५६ स.मीयापीय प्राप्त प्राप्त</u>

ngödrub kün dak dewa chenpö shyab

Master of all siddhis, Guru of Great Bliss;

### चर<sup>-</sup>कर्गान् बेयाचर्र्यत्यार्गार्थे क्यः

barché kün sel düdul drakpo tsal

Dispeller of all obstacles, Wrathful Subjugator of Māras;

### मार्सेवाना परेन्य संस्तित मुक्तान्त्र नार्मेवा

solwa deb so jingyi lab tu sol

To you I pray: inspire me with your blessing,

### भुै'त्रर'ग्राह्मर'प्रदे'प्रर'क्रन्'वे'प्र'न्रः

chi nang sangwé barché shyiwa dang

So that outer, inner and secret obstacles are dispelled

### নমম'ন'ঞ্জর'শ্রীম'বেশুন'নম'নীর'শ্রীমার্ন্রনমঃ

sampa lhün gyi drubpar jingyi lob

And all my aspirations are spontaneously fulfilled.

Discovered by the great terma-revealer Chokgyur Dechen Lingpa, from the right-hand side of the Sengchen Namdrak rock on Mount Rinchen Tsekpa, 'The Pile of Jewels'. Because the blessing of this prayer, one intended for this present time, is so immense, it should be treasured by all as their daily practice.

Rigpa Translations, 2015

If the merit of bodhicitta
Were to take physical form,
Even the whole of space itself
Would not contain its vastness.

Buddha Shakyamuni, Sutra Requested by Viradatta

Here, you can replace the Chenresig Prayers with White or Green Tara, or any other sadhana you want to do.

#### **Chenresig Prayers**

# वियान इ.कुर तुरू तसूरा तम्बर्ग तस्तु द्वा भावत वियास प्रधी ।

Far-Reaching Benefit of Beings, Extensive as the Sky Visualization and Mantra Recitation of the Great Compassionate One

by Thangtong Gyalpo

#### मुवःस्थाम्बिम्यामञ्जेषाः प्रवृत्याची प्राप्तिम्यायेषा

For the visualization and recitation of Avalokiteśvara, begin by taking refuge and arousing bodhicitta:

### 

sangye chö dang tsok kyi chok nam la

In the Buddha, the Dharma and the Supreme Assembly

# चिरक्तानररिनर्गविश्वमणश्चामळी।

changchub bardu dak ni kyab su chi

I take refuge until I attain enlightenment.

## नर्याम् भ्रिवः सूर्यायः पञ्चित्रः तत्र प्रस्टः व्यवसः क्षेत्र। ।

dak gi jin sok gyipé sönam kyi

Through the merit of practising generosity and so on,

# उर्चे जत्त्रव क्षेत्र अदश क्षेत्र उर्चे पात्र पूर्व ।

dro la pen chir sangye drubpar shok

May I attain buddhahood for the benefit of all beings.

#### तव मधिया इन में द्री

Repeat three times. Then, for the deity visualization:

### नर्मा.शूर्माश्रामर विनःश्रेमशः श्रवः हो। ।

dak sok khakhyab semchen gyi

For me and all sentient beings throughout the whole of space

### शुःबार्ड्बायर्र्नायर्त्वायर्रेहरा।

chitsuk pekar dawé teng

On the crowns of our heads, seated upon white lotus and moon

## द्रैश्नमः दलमानः मक्नाः भ्रमः मन्नाने ना ।

hrih lé pakchok chenrezik

Is a Hrīḥ, Is a Hrīḥ, out of which noble Avalokiteśvara appears—

## द्यारःबाक्यःर्द्रः बेरःसृस्वः दर्से ।

#### karsal özer ngaden tro

Brilliantly white and radiating five-coloured rays of light.

# अह्रा-८र्द्द्रशःधियायः हुतुः सेव.क्रीयः मीत्रुयाया ।

#### dzé dzum tukjé chen gyi zi

He has a captivating smile and gazes with eyes of compassion.

# तियात्वपुर्द्धाः त्राचितः मैतः अह्र्य।

#### chak shyi dangpo taljar dze

The first two of his four hands are clasped together,

# र्जुबामिश्वरत्रेयासेरामराम्बर्धा ।

#### ok nyi shel treng pekar nam

The lower two hold a crystal rosary and white lotus.

# ८४.८८.५व.क्व.भ्रव.भ्रुवा ग्रुवा ।

#### dar dang rinchen gyen gyi tré

He is adorned with silken garments and jewels,

# इ.र्याम संयोग राष्ट्र क्रेंट् योल्याम योग्जा ।

#### ridak pakpé töyok sol

And an antelope pelt is draped over his shoulder.

# र्देर-द्यमा सेर-परि-द्यु:क्वुव-ठवा।

#### öpakmé pé ugyen chen

Amitābha, 'Boundless Light', is his crown adornment.

# विवयः मृत्रेयः हें हिते श्चियः गुरः मवुम्या ।

#### shyab nyi dorjé kyiltrung shyuk

His two legs are in the seated, vajra posture,

# ट्रेबेट्रज्ञानरःकुनानहेवा।।

#### drimé dawar gyab tenpa

And a stainless moon supports him at his back.

# श्चैत्रश्नावयः गीवः ५रियः दृस्यः श्चैत्र। ।

#### kyabné kündü ngowor gyur

He is the essence and embodiment of all sources of refuge.

#### पर्याद्रम्थेयथः उद्यवस्य उद्युक्षास्त्रीव्यार्थिया विष्याः वर्षेपयः वर्षेपयः पर्यायस्य

Consider that you recite the following prayer together with all sentient beings, as if with a single voice:

# ह्म्भुव्जीशयम्बर्भायर्मार्गरा

#### jowo kyön gyi ma gö kudok kar

Precious lord, your body white and unblemished,

# ह्मानानरमास्यास्यास्यास्या

#### dzok sangyé kyi u la gyen

Your crown adorned with the perfect buddhas,

# धिमाश्राह्रु सुव क्रिश दम् जमाञ्चमाशा ।

#### tukjé chen gyi dro la zik

Your eyes of compassion gazing on all beings—

# मैव.रथ.चीत्रचीश.ज.तेचा.ठक्ज्जू।

#### chenrezik la chaktsal lo

Avalokiteśvara, to you I pay homage!

### लेश हैं तुश प्रथम्। शा

Repeat this many times as possible.

#### यव यमा महुब मारी।

Then recite the seven branches:

#### 1. Prostration

# उत्तर्याश्वासःश्रेष्ठाःस्थाःमञ्जयाश्वासः

#### pakpa chenrezik wang dang

To the noble lord Avalokiteśvara and

# क्रियायायरु: दुर्यायाश्चरायलुयायायायी ।

#### chok chu dü sum shyukpa yi

And all the victors and their heirs,

### मिजानः येथान्य स्थान्य स्थानाः स्टाया ।

#### gyalwa sé ché tamché la

Dwelling in all directions of the universe, through past, present and future,

## गीव वंश र्रा निया तक्ता हो।

#### künné dangwé chaktsal lo

Sincerely and enthusiastically I pay homage!

#### 2. Offering

# ये हेना पर्मा स्थायर ये दी।

#### metok dukpö marmé dri

I make offerings of flowers, incense, lamps, fragrant scents,

### वयः वयः र्ययम् यास्याना ।

#### shyalzé rolmo lasokpa

And food, and music, and the like —

# ट्र्य.उट्ट्रिंस्लूट्.क्रुथ.ब्रैंक.वंब.उटीका ।

#### ngöjor yi kyi trul né bul

Both physical and imaginary, created by the mind.

# उत्तयायान्तरः क्रूयायाः क्रीयानावेयाः साम्यूना ।

#### pakpé tsok kyi shyé su sol

Assembly of Noble Ones, please accept them all!

#### 3. Confession

### र्वेनायाये ५ व्या ५ स्थित या ।

#### tokma mé né danté bar

All my negative deeds throughout beginningless time until today,

# श्रीन्त्रीयरुप्तायर्क्यश्रीन्त्रा

#### mi gé chu dang tsammé nga

The ten non-virtues and the five with immediate reckoning —

# श्रेमश्रदे:वेवःमूर्यर्थः देवरःक्षेत्रः पदी।

#### sem ni nyönmong wang gyurpé

Sprung from this mind that is driven by destructive emotions,

### क्रुया.त.घष्टा.२८.च-वयाय.तर.चक्की ।

#### dikpa tamché shakpar gyi

I confess them all, each and every one.

#### 4. Rejoicing

## ४व.वृथ.४८.मैज.विट.कैच.मुन्नमा ।

#### nyentö ranggyal changchub sem

With a heart full of delight, I rejoice in all the merits

### र्शे श्रेष्ट्रे में या श्रेम्बर प्रथा।

#### soso kyewo lasokpé

Of śrāvakas, pratyekabuddhas, bodhisattvas,

# तुषामाश्चरादमो पार्च प्रथमाषापदी ।

#### dü sum gewa chi sakpé

And every living being,

# नर्भेर्वस्थायवीत्तरमायीत्ररा।

#### sönam la ni dak yi rang

Throughout the three times.

#### 5. Imploring the Buddhas to Turn the Wheel of Dharma

# श्रमशास्त्रव्यस्मशास्त्रीः प्रथमः प्रदर्ग।

#### semchen nam kyi sampa dang

I implore you: according to the temperament

# मुँलानु न्याहिन्द्राचर।।

#### lo yi jedrak jitawar

And mental capacity of sentient beings,

## के कुर अध्वत सेर धेमा याणी।

#### chung tün mong tekpa yi

Please turn the wheel of Dharmaché

# क्र्य.की.ठात्र्य.ज्ञाचक्र्य.यी.चार्यजा।

#### chö kyi khorlo kor du sol

Of all the vehicles — lesser, greater, and general.

#### 6. Requesting the Buddhas Not to Enter Nirvāṇa

### वित्राच हे श्रीत्य केंद्र चरा।

#### khorwa jisi matong bar

Until samsāra has been completely emptied,

# म्राप्त्रस्य स्थाप्तरम्य स्थापा

#### nya ngen mi da tukjé yi

I beseech you: do not pass into nirvāṇa,

# र्वेचा पर्वज्ञम् अकू प्रीट प्राण्ठी।

#### dukngal gyatso jingwa yi

But look upon us with your boundless compassion,

### बेसवार्व इसवायानी विषया सुमार्वेया ।

#### semchen nam la zik su sol

As we flounder in this ocean of suffering.

#### 7. Dedication

## परमामीशामर्शर्वस्थान्त्रः चर्मानाया ।

#### dak gi sönam chi sakpa

May whatever virtue I have amassed

### वश्रश्चर्निरःकुनःकुरःचुश्र।

#### tamché changchub gyur gyur né

Become the cause of enlightenment for all;

### देर पेंद्र शेर्वेम् ४ २में प्राची

#### ringpor mi tok drowa yi

May I quickly, without delay or deferment,

# उर्देवःगरुःद्गायःदुःचद्गाःश्चरःश्चन ।

#### drenpé pal du dak gyur chik

Become an excellent guide to all beings.

#### र्श्वा दमे र्श्वेद पद्ग दगर पेंदि धुमाश दश सुब रश महिमाश की मार्शेय वदेनशही।

Should you wish, you may recite here the prayer to Avalokitesvara that was the personal practice of the bhikşu Padma Karpo:

# मार्क्राच उद्देवमार्के चार्क्य मार्चेमाया ।

#### solwa deb so lama chenrezik

To you I pray, guru Avalokiteśvara.

# चीमूजनः उर्देनमञ्जूलः दमः श्रीवः रमः चीत्रमान। ।

#### solwa deb so yidam chenrezik

To you I pray, yidam Avalokiteśvara.

### म्रोकुरानः उद्देनमः मृत्यमाना सकूषाः स्रवः म्यानीया ।

#### solwa deb so pakchok chenrezik

To you I pray, sublime noble Avalokiteśvara.

## मार्थुरानः उद्देनशः श्रुः भ्रुनशः सर्मोत् ः भ्रुवः रशः माञ्चेनाशा ।

#### solwa deb so kyab gön chenrezik

To you I pray, lord of refuge Avalokiteśvara.

# मामुज्ञत्व.उर्देचम.मू.चीमम.ममूर्य.सैव.रम.मामुमामा।

#### solwa deb so jam gön chenrezik

To you I pray, loving protector Avalokiteśvara.

### वियोगः हुं भः बैट्यः पुर्याः मैजः चः वियोगः हैं उद्यो।

#### tukjé zung shik gyalwa tukjé chen

Hold me in your compassion, caring and victorious one.

## मघ८. अर्र. ८ क्र्यान म् चार्या अर् १ २ विस्था क्षुर १ वि

#### tamé khorwar drangmé khyam gyur ching

For us beings who wander endlessly throughout samsara

# वर्बर्जर इंग्निया वर्षेया खेरा खेरा चरे र वर्षे वाया ।

#### zömé dukngal nyongwé drowa la

And are subjected to intolerable pain and suffering,

# मर्मेव म्युष्टिन तमा श्वीनमा मानव सामक्री ।

#### gönpo khyé lé kyab shyen ma chi so

Protector, we have no other refuge but you.

# र्यायावियं सर्या मैयावृत्तर विवासीया द्वीया स्वापा

#### namkhyen sangye tobpar jingyi lob

Inspire us to attain omniscience and awakening.

# वेनाः सेन्द्रभावमायायम् स्वाप्यमायायिः सञ्चला ।

#### tokmé dü né lé ngen sakpé tü

Through the force of negative karma, accumulated throughout beginningless time,

# ले इर द्वर मीय द्युय वर क्रेय सुर है।

#### shyedang wang gi nyalwar kyé gyur té

Beings who are overcome with hatred take birth in the hells,

# क्.चीट.र्ज्ञचा.चर्ज्ञच.र्ज्ञच.र्ज्ञच.र्ज्ञच.र्ज्ञच.र्ज्ञच.

#### tsadrang dukngal nyongwé semchen nam

Where they suffer the torments of intense heat and cold:

## अयक्ताक्ति की दूर दु के नरमें न

#### lha chok khyé kyi drung du kyewar shok

May they all be reborn in your presence, O supreme of deities!

# कें या है यहें हैं।

#### om mani padmé hung

Om mani padme hūm

# वेंना मेर्-र्नुष वया यथा रव राययाया रादे सञ्चया ।

#### tokmé dü né lé ngen sakpé tü

Through the force of negative karma, accumulated throughout beginningless time,

# शेरःब्रेटिः द्वदः मीशाधः द्वाशः मावशःशः भ्रेश।

#### serné wang gi yidak né su kyé

Beings who are overcome with miserliness take birth in the preta realm,

# त्रम्यः सूर्यः वित्रानव्यः सुर्दे त्रवेश्वरा स्वर्धाः वित्रान्त्रा

#### trekom dukngal nyongwé semchen nam

Where they suffer the torments of intense hunger and thirst:

# विद्याकेना भे कु त्या सुक्के प्रमानिक

#### shying chok potala ru kyewar shok

May they all be reborn in your supreme Potala pureland!

# केंचा है पद्गे हूँ।

#### om mani padmé hung

Om mani padme hūm

# ब्र्माज्रेट.टैंग.वंग.जंग.टवं.चनवोग.तंत्रु.मधेगो ।

#### tokmé dü né lé ngen sakpé tü

Through the force of negative karma, accumulated throughout beginningless time,

# बोठुःश्रेबाद्यरःबीलःदैरःउर्बोरःश्लेलःबैरःहो।।

#### timuk wang gi düdror kyé gyur té

Beings who are overcome with folly take birth as animals,

# मुंब सिवाश र्रेचा पर्रंज र्रोट्र पद्र मुन्न र उद्य स्वम् ।

#### lenkuk dukngal nyongwé semchen nam

And experience the misery of verbal incapacity and confusion:

# समेवि से छिर छै दुर दु क्षे नर लेन।

#### gönpo khyé kyi drung du kyewar shok

May they all be reborn in your presence, O protector!

# कें बाकियां है।

#### om mani padmé hung

Om mani padme hūm

# वेंना मेर्-र्नुष वया यथा रव राययाया रादे सञ्चया ।

#### tokmé dü né lé ngen sakpé tü

Through the force of negative karma, accumulated throughout beginningless time,

# २६५ कमाय दगद मीय खे यी मात्रय सुन्त्रीय।

#### döchak wang gi mi yi né su kyé

Beings who are overcome with passionate desire take birth in the human realm,

# चुंजातूर्यः कैचा चर्कजा शुर्याचुः शुत्रायाः कवः द्वाया।

#### drel pong dukngal nyongwé semchen nam

Where they suffer the torments of intense deprivation:

# बिरायळेंना परे पारवर्तु भ्रेपर वेना

#### shying chok dewachen du kyewar shok

May they all be reborn in the supreme pureland, Sukhāvatī!

# कें या है यहें हूं।

#### om mani padmé hung

Om mani padme hūm

# वेना से दः दुवा व्यवः वया दवः वयम् वा पदे सञ्चया ।

#### tokmé dü né lé ngen sakpé tü

Through the force of negative karma, accumulated throughout beginningless time,

## स्मार्नेमान्तरमीशः भुषेवः मावशः भुषा।

#### trakdok wang gi lhamin né su kyé

Beings who are overcome with jealousy take birth in the asura realm,

# उधयः क्रेट्-क्रिया यक्ता क्रेट्-यठु अत्रमा उव स्था।

#### tabtsö dukngal nyongwé semchen nam

Where they suffer the torments of conflict and dispute:

# र्धेः कृष्यभिनिदः दुः क्षेष्टियः विन्ता

#### po ta la yi shying du kyewar shok

May they all be reborn in the Potala pureland!

# केंच है पर्ने हुँ।

#### om mani padmé hung

Om mani padme hūm

# ह्माज्येर्द्रवात्वयायमार्यात्वयायायायाया

#### tokmé dü né lé ngen sakpé tü

Through the force of negative karma, accumulated throughout beginningless time,

# र.मेजर्यर.चीय.झे.लुय.चार्यय.श्र.भेया ।

#### ngagyal wang gi lha yi né su kyé

Beings who are overcome with pride take birth in the deva realm,

# bo trud drkudal uhoudme semchen uam

Where they suffer the torments of transmigration and fall:

# र्घे मृत्यभिन्निर तु श्री नर विन

#### po ta la yi shying du kyewar shok

May they all be reborn in the Potala pureland!

#### om mani padmé hung

Om mani padme hūm

# नन्नाविःश्चे लेनःश्चे नः वस्रारु रुन्।।

#### dak ni kyé shying kyewa tamché du

May I, in this and all my future lives,

# मुवःरगःमञ्जिषागःदरःसर्दर्यः सस्त्रस्तरमः प्रेया।

#### chenrezik dang dzepa tsungpa yi

Through activity like that of Avalokiteśvara,

## श्रान्याविरायी तर्यो द्वयश द्वेया पार्टा ।

#### ma dak shying gi dro nam drolwa dang

Liberate the beings of impure realms,

# माश्चर अक्ता ध्या द्वा द्वा स्त्रीय वा पर्दे र मिन तर स्त्रीय ।

#### sung chok yik druk chok chur gyepar shok

And transmit the supreme speech of the six syllables throughout the ten directions!

# तत्तर्याश्रास्त्रम् । वित्रायान्त्रम् वित्रायान्त्रम् ।

#### pakchok khyé la solwa tabpé tü

Through the force of invoking you, the supremely noble,

# नर्याम्। यरिजनिरः श्रीरः तर्तुः दर्मो नः दश्या ।

#### dak gi duljar gyurpé drowa nam

May all those whom I must discipline and guide,

# जयात्रचयाः क्षेत्रः ज्रवः दयो प्यतुः जयाः या क्रुवा ।

#### lé dré lhurlen gewé lé la tsön

Take interest in cause and effect, strive to act virtuously,

# वर्षे नवे देव दुः केश दर स्वाय वेता।

#### drowé döndu chö dang denpa shok

And come to possess the qualities that may benefit all.

#### डेबर्ट्रा

Continue with:

# ने सुर हे महिमाम्बियाम्बर्गा ।

#### detar tsechik soltab pé

Through praying single-pointedly in this way,

# उत्तचीयात्तरुःश्चे जयात्र्री वे र उत्त्या ।

#### pakpé ku lé özer trö

Rays of light stream forth from the Noble One's form,

# न्नार्याःजन्नःश्रेरःअविनःवेशःश्रुराश्रुरम्।

#### ma dak lenang trulshé jang

And purify impure karmic perception and delusion.

## धुः श्रेद्याचे पाउवः श्रेलिया।

#### chinö dewachen gyi shying

The outer environment becomes the blissful paradise, Sukhāvatī,

## बरामरुराञ्चे तम्दिः सुरासमा रोगया ।

#### nangchü kyendrö lü ngak sem

And beings within it transform physically, vocally and mentally

# श्रिवःरगःचञ्चिषायःर्ययः श्रुःचिश्वरः श्रिवाया ।

#### chenrezik wang ku sung tuk

To take on Avalokiteśvara's enlightened body, speech and mind,

# बुदःस्वामार्थःदेवाःबुदःद्विरःबोदःसुर।।

#### nang drak riktong yermé gyur

And appearance, sound and awareness become inseparable from emptiness.

### रेषापवैद्वापञ्चेषापविवर्

While meditating on this, recite the mantra:

# জঁম ঠ দার্ন হুঁ।

#### om mani padmé hung

Om mani padme hūm

#### **इ.**८चीच.चर्डेश

Recite this as many times as possible.

#### यवर तर्पर माध्यम् भी हेर्मायापदी रहा हर साम्यापर पत्ना।

Finally, settle evenly in your own essential nature, beyond any thought of the three conceptual spheres (subject, object and activity).

# नर्याम्बर्धिः स्थाः स्थान्त्रे स्था

#### dakshyen lü nang pakpé ku

I and others appear as the Noble One's enlightened form.

# 

#### dra drak yigé drukpé yang

All sounds take on the melody of the six-syllable mantra,

# द्वःहेवायाय-वेयाकेवायविःग्रोटः।।

#### dren tok yeshe chenpö long

And all thoughts are the expanse of great primordial wisdom.

# रम्। च.उर्न. लुश श्रुम: र्ने.चरम्।

#### gewa di yi nyurdu dak

Through the positivity and merit of this, may I swiftly

### म्रैव.रश.चोत्रुचीश.र्चर.ठचीच.क्चेर.वंशा ।

#### chenrezik wang drub gyur né

Attain the realization of Avalokiteśvara, and thereby

# वर्मे नम्बरम् यूर्यायुष्या ।

#### drowa chik kyang malüpa

Every single sentient being

# देखेरायायमेंद्रायसर्वेम्।

#### dé yi sa la göpar shok

Reach his state of perfection too.

### विमाना हे कुष नातु है हैं मान अस तहीं दूर साम र विमान र दे ही मान हे बात हैं मान र है मान र हैं मान र है मान र है

This visualization and recitation of the Great Compassionate One, The Far-Reaching Benefit of All, Extensive as the Sky, is the blessed speech of the great adept Thangtong Gyalpo. Sarva Mangalam.

# ८६.केर.सून्यत्वयानद्विग्रानुः नमूरं व्यन्तः द्वीमा ।

#### ditar gomdé gyipé sönam kyi

Through the merit of practising this visualization and recitation of mantra,

# नर्माद्रम्म वार्षे व्यविष्यं विष्यं विष्यं

#### dak dang dak la drel tok drowa kün

May I and all those with whom I am connected,

# श्रीमार्यद्रात्युषा २दी चित्राच्या सुन्रा ।

#### mi tsang lü di borwar gyur ma tak

Be reborn miraculously in the blissful paradise of Sukhāvatī

# नदेनः उत्रुद्धान्द्रशाहे क्षेप्तर विना

#### dewachen du dzü té kyewar shok

The very moment we leave these impure bodies behind.

# भ्रेमाधनाः हारान्युर्वे स्वार्थे

#### kyé ma tak tu sa chu rab drö né

And as soon as we are born there may we fully traverse the ten stages,

# मैंगानमा मुर्यामा पर्देर मार्थिय हुव मुरानर पूर्या।

#### trulpé chok chur shyendön jepar shok

And send out emanations to act for others' welfare throughout the ten directions.

Translated by Adam Pearcey, 2020. (Seven-branch offering adapted from a translation by Stefan Mang).

# *७*३। । धूर्य जन्म प्रदेश मा प्रविधीय।

#### Brief Sukhāvatī Aspiration

from the terma of Mingyur Dorje

# खे.त्र.दुः ट्र.जक्र्य.यट्य.मैय.त्रेट.टा.जघ८.तय.ट्ट.ः

#### emaho, ngotsar sangye nangwa tayé dang

Emaho! Amitābha, magnificent Buddha of Boundless Light,

## मायकाशुः हेर्ने विमाका हे केवारी दरः

#### yé su jowo tukjé chenpo dang

With the great compassionate lord Avalokiteśvara to his right,

# मार्जेव'र्', श्रेमश्र'र्'तर्' स्विच स्वेच स्वेच स्वार रा

#### yöndu sempa tuchen tob nam la

And Vajrapāṇi-Mahāsthāmaprāpta on his left,

# ब्रह्म स्तितः क्षेत्रकार स्तिना खेर् । अत्र स्क्री का स्त्री में इ

#### sangye changsem pakmé khor gyi kor

Surrounded by an assembly of countless buddhas and bodhisattvas

# नदे श्चिद्दे सर्कर द्यमा हु सेद्य थि

#### dekyi ngotsar paktu mepa yi

In the place of wonder and boundless joy and happiness

# नदेन्य ख्रानुनिदे बिद्याम्य शादे रह

#### dewachen shyejawé shyingkham der

That is the heavenly realm of Sukhāvatī, the Blissful Paradise.

## नन्नावी वित्रे व्या के विषेश सुराया धनाः

#### dak ni di né tsé pö gyur ma tak

When the time comes for me to leave this present life,

## भ्रेनम्बिकः श्रीभानस्या केन्यानः

#### kyewa shyen gyi bar ma chöpa ru

May I go there directly, without any other birth upon the way,

## र्-रुक्नेशव्याः स्टायाविः लियायार्वेदः लेनाः

#### dé ru kyé né nang té shyal tong shok

And being reborn there, may I see Amitabha face to face!

## दे:भ्रद्गत्मामीशः भ्रेवः यथः यहपः पः वदेः

#### deké dak gi mönlam tabpa di

May this, my fervent prayer of aspiration,

# त्र्रेम्। या सुरी: या त्या सुर्या सुर्या सुर्या स्थाय । स्वर्या सुर्या स

#### chok chü sangye changsem tamché kyi

Be blessed by all the buddhas and bodhisattvas of the ten directions

# म्रोमाश्चर त्यापायर द्वीव क्वीश प्रस्ता है म्रोस्य

#### gekmé drubpar jingyi lab tu sol

So that it is accomplished, without the slightest hindrance!

# ५५.वृः पञ्च च्रे.प.ख्र.सचे इ.वृ.प.वृ.वृः teyatha | pentsadriya awabodhanayé soha

tadyathā pañcendriyāvabodhanīye svāhā

# शर्थःभैथःबैर-पःमघरत्त्वःक्षिशःदेत्वःस्योत्त्राचित्रःमशिष्यःतात्।।।। खेत्रातःतित्वः वित्रःभैभःतित्रः कृतिः कृतिः कृतिः वित्रः वित्रः वित्रः वित्रः वित्रः वित्रः वित्रः वित्रः वित्र

When Tulku Mingyur Dorje was thirteen years old, on the 7th day of the month of Saga Dawa, Fire Bird year (1657), he had a vision of the deities of the maṇḍala, and Buddha Amitābha spoke these words directly.

Rigpa Translations, 2016

O Bhagavan, a bodhisattva should not train in many practices.

O Bhagavan, if a bodhisattva keeps to one practice and learns it perfectly, he has all the Buddha's teachings in the palm of his hand.

What is that one practice? It is great compassion.

Buddha Shakyamuni. Compendium of Dharma Sutra

### <u>|देशःर्देशःसुमाःमुःकेशःर्यतेःर्श्लेशःयशःमालुमाशःश्री</u>

#### Aspiration of the Mahāmudrā of Definitive Meaning

by the Third Karmapa, Rangjung Dorje

## न'र्भे'गु'ठा

namo guru

Namo guru!

### त्तुः सः इससः ५८ रथे १५ सः ५ ग्रीयः पर्वेरः स्त्रा

lama nam dang yidam kyilkhor lha

All you masters and yidam deities of the various mandalas,

### र्सुनाबानस्य दुः दुषानासुषानुषानाः सुबाद्दानस्य। ।

chok chu dü sum gyalwa sé dangché

Buddhas and your heirs throughout the ten directions and three times:

### नन्नायान्त्रेरान्में ह्यानन्नानी क्षेत्रायमा सम्मा

dak la tser gong dak gi mönlam nam

Turn your loving attention towards me and grant your blessings,

## हे निवेत त्यून भरे अधुक त्यु म चुक क्ष निवास मार्थित ।

jishyin drubpé tün gyur jinlab dzö

So that all may be conducive to the fulfilment of my aspirations.

### चन्न'न्ट'अद्यतःत्रअः सेस्यः हक्:वस्यः हन्:ची।

dak dang tayé semchen tamché kyi

May streams of virtue, unsullied by the three conceptual spheres,

### नश्रमार्श्वर द्रमार्गात्मार से स्वरा होता ।

samjor namdak gangri lé kyepé

Sprung forth from snowy peaks—my own pure intentions and actions,

# त्रावृत्रः माश्रुशः हूँ माः श्रेनः नमोः हूमाश्राकः क्रीयः स्था ।

khor sum nyokmé gé tsok chugyün nam

And those of all other sentient beings, who are infinite in number—

# मैजानाभ्रानिवेदामुः अर्केनावहमा सुराउहेम ।

gyalwa ku shyi gyatsor juk gyur chik

All merge into the vast ocean of the buddhas' four kāyas.

### है श्वेर रे अर्थेन य रे श्वेर रा

#### jisi dé matobpa desi du

Meanwhile, for as long as I have not yet reached that level of attainment,

# श्चे'त्रः श्चे'ताळे'र्ययशागुक्'तृ'ष्परा ।

#### kyé dang kyewa tserab küntu yang

Throughout the course of my many lives in one rebirth after another,

# <u> इता.रट.र्जया.यर्जला.सी.लट.शु.चीया.कुट.</u>। ।

#### dik dang dukngal dra yang mi drak ching

May I never so much as hear the words 'wrongdoing' or 'suffering',

## यदे दमो मु अर्ळेचे दसयाया र्श्वेद सम्बंग ।

#### dé gé gyatsö pal la chöpar shok

And may I enjoy the splendour of oceanic happiness and virtue.

## <u> ५०१.५व्यून्यक्तात्र्यात्र्यम्य</u>

#### daljor chok tob dé tsön sherab den

Having found supreme freedom and advantage, with faith, diligence, and wisdom,

## यनेशमानेन प्रवास्त्र महेन मान्यस्य पर्यः पर्यः पर्यः प्रवास्

#### shenyen zang ten dampé chü tob né

May I rely upon excellent spiritual friends, receive the elixir of instruction,

## र्द्यायिक्रप्यञ्जयायायम् कर्षां अकेश्रायम् ।

#### tsulshyin drub la barché machipar

And accomplish it in the proper way without any impediment,

# कें र्ययागुन मृत्यार्केय हुँ र यर र्नेग ।

#### tserab küntu damchö chöpar shok

Putting the genuine Dharma into practice throughout all my lives.

### तीर रूपा र्वेश तथा शुः वेश हीय तथा ग्रेता

#### lung rik töpé mi shedrib lé drol

Study of scripture and reasoning liberates from the veils of unknowing;

### **अत्र** : द्रमा : न्या : न्या : न्या : व्या : न्या : न्या

#### mengak sampé tetsom münnak chom

Contemplating instructions overcomes the dense darkness of doubt;

### र्झेम:बुट:पॅर्-'ग्रैम:मार्मा,यामम:है:पलिराममया।

#### gom jung ö kyi neluk jishyin sal

And the light arisen from meditation illuminates reality just as it is—

## नेबार्यामधुकान्त्री सूटायानुबायर र्वेग ।

#### sherab sum gyi nangwa gyepar shok

May the radiance of these three forms of wisdom expand and increase.

## ह्रमाः कदः सद्रयः च्रायः चरेतः मृत्रेशः मृत्रिः धः रेता ।

#### takché tadral den nyi shyi yi dön

The ground is the two truths, free from eternalist and nihilistic extremes;

#### . ह्ये.भेर.भवत.चेता.क्र्याया.योधेया.ताम.मक्र्या.याचा ।

#### drokur tadral tsok nyi lam chok gi

The supreme path, twofold accumulation, unlimited by projection and denial,

### श्चेर लेवे अवव च्या र्रेक गड़ेश वच्च र्चेन यदी।

#### sishyi tadral dön nyi dré tobpé

Brings the fruition, twofold benefit, free from the extremes of existence and quiescence—

## मॅंवायक्मासेन्यवेर्क्सन्यस्य विमा

#### gol chuk mepé chö dang trepar shok

May I encounter this Dharma that is without error or confusion.

### ह्यट मिले सेसर हेट माराय सेंट वट पहनाया।

#### jang shyi semnyi saltong zungjuk la

Upon the basis of purification, mind's nature of clarity and emptiness in union,

### ब्रैंट नुन् सुग केन से हित सवा वर्चे र केना।

#### jongjé chakchen dorjé naljor ché

May that which purifies, the great adamantine yoga of Mahāmudrā,

### ब्रिट्नु में नुरत्युवायि यदे दे अ इसमा ।

#### jangja lobur trulpé drima nam

Purify its objects, the stains of adventitious delusion,

## बैटश.पचेश.ट्रे.चेज.क्र्श.भे.शर्ट्थ.पर्वैर:पूर्व ।

#### jang dré dridral chöku ngön gyur shok

And, as a result, may I realize the immaculate dharmakāya.

## म्बित्यः र्से तर्रम्बार स्ट्रिस्य देशम्

#### shyi la drondok chöpa tawé deng

Eliminating misconceptions of the ground brings assurance in the view;

## ने'या'अ'येटश'र्सेट'न'र्सेअ'यदे'ग्वन्।।

#### dé la ma yeng kyongwa gompé né

To sustain that view without distraction is the key point of meditation;

## भूषार्ट्याप्यायाः स्याः भूटः भूटः मद्रायदेश

#### gom dön kün la tsal jong chöpé chok

And to train in all of meditation's facets is the supreme form of action—

## क्षःभ्रमार्थेन्यदेगानेटःन्टः व्यनःसर्वेगा

#### ta gom chöpé deng dang denpar shok

May I possess the confident assurance of view, meditation and conduct.

## क्र्यान्यस्य विषयः स्थानित्रस्य विषयः हो।

#### chö nam tamché sem kyi namtrul té

All phenomena are but apparitions of the mind;

### येथय. थे. यंथय. शुर्ने प्राप्त के स्थान स्

#### sem ni semmé sem kyi ngowö tong

Mind itself is without mind, empty of mind's essence—

## र्बेट लिट सं त्यायाया है र प्यट ब्रूट न है।

#### tong shying magak chiryang nangwa té

Empty yet unrestricted, appearing in any way at all.

### येग्रबायमायम्यात्रवायात्रिः सः केंद्रायमार्थेग्।

#### lekpar tak né shyi tsa chöpar shok

Having examined it well, may I eradicate the base.

## ल्र्याश्चीत्रम्पत्रस्य स्वतः खुवानु विवा

#### yö manyongwé rangnang yul du trul

I mistake my own perceptions, which have never been real, for objects,

## थ. रुव. रचट. बुब. रच. रुव. यर्व. ये. यिया ।

#### marik wang gi rangrig dak tu trul

And through ignorance's power, confuse my own awareness for a self.

## महेशवह्य-रमटम्बाराज्येर-पद्मीट-र-वाष्ट्रभया ।

#### nyidzin wang gi sipé long du khyam

Through duality's force, I roam the arena of saṃsāric existence.

## अ'र्रम्'त्मुय'यदे' इत्'चह्रूरं केत्'यर र्वेम् ।

#### marik trulpé tsé dar chöpar shok

May I thoroughly eradicate ignorance and delusion.

## र्थेर्'य'अ'थेर्'मुथ'नश'णुट'अ'ग्रेनेग्शा

#### yöpa mayin gyalwé kyang ma zik

It is not existent, for even the buddhas have not seen it.

## भेर्'य'भ'षेत्र'पोर्वर'पर्वर्षर'गुत्र'ग्री'ग्वि।।

#### mepa mayin khordé kün gyi shyi

It is not nonexistent, for it's the basis of all samsāra and nirvāṇa.

## त्यायात्रनुःभाषीम् ज्ञान्त्रम् नतुःभवैःयभा ।

#### galdu mayin zungjuk umé lam

This is not a contradiction; it's the middle way of unity.

### शवतःचेताःश्रेशशःग्रीःक्ष्यःश्रेटःस्वाशःतरःत्वेव ।

#### tadral sem kyi chönyi tokpar shok

May I realize mind's nature, free from limiting extremes.

## यदी:पीतः लेखायामाटामीया अर्केत्या सेदा ।

#### di yin shyepa gang gi tsönpamé

There is nothing to point to, saying, "It is this.

### प्रीक्षेत्रं लेश मुःग्ना मौश मागामा संसे । ।

#### di min shyeja gang gi kakpamé

Nor can there be denial as in, "This it is not."

## मुँ त्यय त्य स्य स्व क्रिय क्षेत्र त्य स्य स्व स्व

#### lo lé depé chönyi dümajé

Dharmatā, beyond the mind, is uncompounded.

## यदःदगःर्देवःग्रुःअद्ययःवेःदेशःयरःर्वेग्।

#### yangdak dön gyi ta ni ngepar shok

May I determine the bounds of genuine reality.

## वदे है दास में नामा वर्षिय वर्षे मुन्स केंद्र वर्षिया।

#### di nyi ma tok khorwé gyatsor khor

Not realizing this, I drift about in samsāra's ocean.

## परि<sup>-</sup>केर में ग्राय व सम्यामुय ग्राय व से रा

#### di nyi tok na sangye shyen namé

When I do realize it, buddhahood lies nowhere else.

### वसमा उर परि प्योत परि सेता मार प्यार सेता ।

#### tamché di yin di min gangyang mé

Everything is this; there is nothing else besides.

## र्केशः १८ गानु मिलिये अर्काट के स्माप्यसम्बन्धा

#### chönyi künshyi tsang ni rigpar shok

May I know the hidden point of the all-ground, dharmatā.

## यूट यट बेसबाया र्बेट यट बेसबा येत है।

#### nang yang sem la tong yang sem yin té

Appearances are mind; emptiness is also the mind.

### र्हेन्याणुटायेसयायायात्रायायायाया

#### tok kyang sem la trul yang rang gi sem

Realization is mind; delusion too is one's own mind.

## भ्रेंबाचिट स्रुशस्य तात्वीचीयाचिट स्रुशस त्रुथ स्वा ।

#### kyé kyang sem la gak kyang sem yinpé

What's arisen is mind; what's ceased is also mind.

### र्झे पर्देग्या प्रसम्बन्धा उद्ग्येसम् पार्केद् प्राप्तः र्भेग्।

#### drondok tamché sem la chöpar shok

May I eliminate all misconceptions within the mind.

## र्त्तुबानुबार्स्रवानवेर्स्स्यानुबार्यानसून् उद्या ।

#### löjé tsolwé gom gyi ma lé ching

Unspoilt by deliberate, mind-fabricated meditation,

## यः अत्यः त्रुः त्रहेते द्वृदः मीशः अः नर्भेुदः यम्।

#### tamal dudzi lung gi makyöpar

And unswayed by the winds of ordinary preoccupation,

## अ'नर्डेब'म्<sub>रुम्</sub>अ'रूट'नन'५्टेम्'नेब'यदी ।

#### machö nyukma rangbab jok shepé

May I learn how to settle naturally without contrivance,

## येसयार्देव ११ समाये विष्या में दान में मा

#### sem dön nyamlen khé shing kyongwar shok

And skilfully sustain the practice of mind's ultimate point.

## स्राम्याः मृत्यायि द्वादा सुन्या स्टायमः विष्

#### tra rak tokpé walab rang sar shyi

With waves of coarse and subtle thought naturally calmed,

## गर्थि से दःसेसस्य चु कु चे प्टर मीस्य महस्य ।

#### yomé sem kyi chuwo ngang gi né

And the river of mind unmoving, spontaneously stilled;

## वीट सुनाब र्केन परि दे सान्दर नाय परि ।

#### jing muk nyokpé drima dang dralwé

Uncontaminated by the taints of lethargy and dullness,

### बि'मान्यामु'अर्के'भ्री'मार्थि'यम्न प्रस्तेमा ।

#### shyiné gyatso mi yo tenpar shok

May the ocean of samatha remain steadfastly inert.

### नवर्मात्रेन्यंभमायापाटापाटानव्यापते के।

#### tarmé sem la yangyang tepé tsé

When looking repeatedly at unobservable mind,

## अर्वेट भेर र्देन ने हैं प्रतित ख़िया मेर अर्वेट ।

#### tongmé dön ni jishyin lhak ger tong

The point of non-seeing is vividly seen, just as it is.

### धैव भैव र्नेव पा शे र्कें भ र्के द पा है दा

#### yin min dön la tetsom chöpa nyi

And indecision—is it? or is it not?—is cut right through.

## त्विताशेर रटार्ट रटा मैशानेश धरार्नेम ।

#### trulmé rang ngo rang gi shepar shok

May I recognize my very own nature, without delusion.

### लेक.क्ष्य.चंत्रस्त्रात्तेय.क्षेट्रमुष्ट्रम्

#### vul la tepé vulmé sem su tong

Looking at objects, I see them as objectless mind;

### येसयायानव्रयामयायेसयासेन्द्रीटा ।

#### sem la tepé semmé ngowö tong

Looking at mind, mind is absent, empty of essence;

## महेशपानस्यापयामहेशपहेंत्रस्य यस्मिता।

#### nyi la tepé nyidzin rang sar drol

Looking at both, duality is liberated there and then—

### त्र-मार्या मेशया ग्री मार्या स्वापा में मार्या में मार्या में

#### ösal sem kyi neluk tokpar shok

May I realize mind's true nature, which is clear light.

## थर-वेर-वयान-परिने सुगाकुको।

#### yi jé dralwa di ni chakgya ché

This absence of mental engagement is Mahāmudrā.

### अवतः नृहः <u>च</u>्याः नः नृतुः अः केतः चें प्येता ।

#### ta dang dralwa uma chenpo yin

The freedom from extremes is the great Middle Way.

## यद्गे.बु.पाय.पर्या.क्र्याय.क्ष्य.वी ।

#### di ni kündü dzogchen shyé kyangja

Since all is here included, it is also Great Perfection.

### म्बेमानेयागुरु र्नेतर्मेग्यायदी मनेट र्चेयर्नेग्।

#### chik shé kün dön tokpé deng tob shok

May I acquire the confidence of knowing one and realizing all.

## लेव या भेर यदी यरे केव क्रुव कर भेरा।

#### shyenpa mepé dechen gyünché mé

Great bliss without attachment continues uninterruptedly;

### शक्य तह्र भेर नद्र त्र्रेर नामाय श्चेत नाल्या राज्या ।

#### tsen dzin mepé ösal drib yokdral

Clear light without conceptual identification is unobscured;

## र्त्ते प्रयापन्यापिकी में ना श्रुव चीया गुना ।

#### lo lé depé mi tok lhün gyi drub

Non-conceptuality beyond the mind is spontaneously present—

## र्डेता:बेद्राश्रममार्श्वेद्राः क्षुत्रः कद्राः सेद्राः सम्प्रात्वेग ।

#### tsolmé nyamnyong gyünché mepar shok

May effortless experience emerge in a never-ending flow.

## पवट लेव १३ अया की पहेंच पार्र रायर में या ।

#### zang shyen nyam kyi dzinpa rang sar drol

Attachment to positive experience is liberated of its own accord;

## 

#### ngen tok trulpa rangshyin ying su dak

Negative thinking and delusion are purified within the natural expanse;

## यःभवःवेशःयःश्वदःत्रुदःत्रवःर्शेना ।

#### tamal shepa panglang dral tobmé

And ordinary awareness is neither shunned nor sought, neither lost nor gained—

## र्धेशान्यवार्केशाहिताचनेताचार्मेग्राचरार्नेग्रा

#### trödral chönyi denpa tokpar shok

May I realize the truth of dharmatā that is beyond conceptual elaboration.

## वर्में नवे रूट नवित हमा हु स्या सुका गुटा ।

#### drowé rangshyin taktu sangye kyang

Although beings' true nature has always been awakened,

## भः मेंग्राय-प्राप्त स्वाय स

#### ma tok wang gi tamé khorwar khyam

In their non-recognition, they wander in samsāra without end.

## र्ह्नेचा.चर्ह्या.भी.भावत.भुटे.चतु.मुश्रया.१५५.जो ।

#### dukngal muta mepé semchen la

For these sentient beings whose misery knows no bounds,

## नर्वेद्रसेद्रक्षेद्रहे क्वृद्रया क्वे नर्द्यम् ।

#### zömé nyingjé gyü la kyewar shok

May I develop a compassion that is unbearably intense.

## नर्वेर्'सेर्'हेरे'स्य'णर'स'यमग्रापदी।

#### zömé nyingjé tsal yang magakpé

The strength of unbearable compassion is unrestricted,

## यक्षेर्वशर्टे में क्षेट देव हेव यम प्रमा

#### tsé dü ngowo tong dön jenpar shar

And in this love, the reality of the empty essence laid bare.

## ब्रट तहना नेवा साम्या मदी तमा सकेना देता ।

#### zungjuk golsa dralwé lam chok di

May I constantly cultivate this supreme, unerring path of unity

## <u>त्रच्यासे ५ 'हेर् सर्क्र' गुरु 'हुं से सम्स्रेंग</u>

#### dralmé nyintsen küntu gompar shok

And may I never be apart from it, by day or by night.

## र्झेशः क्षेत्रयायया चुटा शुक्रान्टा सर्देवः वेयान्टा ।

#### gom tob lé jung chen dang ngönshé dang

With sight and heightened perception born of meditation,

## ब्रेसब रुष भ्रुव पुरायदय मुख विट रूप सुदया ।

#### semchen min jé sangye shying rab jang

May I bring beings to maturity, fully purify buddha realms,

### ब्राट्यास्य क्रियास्य स्वायायायाः भूतायाः हिनाया ।

#### sangye chö nam drubpé mönlam dzok

And fulfil the aspirations to accomplish a buddha's qualities—

## <u> </u> ह्चायाञ्चेष श्वीत्यामाशुक्षात्रयमः स्वीतः स्वातास्या ।

#### dzok min jang sum tarchin sangye shok

Thus may I awaken, with perfecting, maturing and purifying all complete.

## र्सुनायान्यङ्के सुवानास्यानस्य स्वानास्य स्वानास्य स्वानास्य स्वानास्य स्वानास्य स्वानास्य स्वानास्य स्वानास्य

#### chok chü gyalwa sé ché tukjé dang

Through the compassion of the buddhas and their heirs in every direction,

### इस्रान्गरान्ने पाद्या हे होना र्योन प्रविष्ठ हुस्य ।

#### namkar gewa jinyé vöpé tü

And the power of whatever wholesome virtue there might be,

## <u> २.७५४. यर्वा.२८. जुला १</u>

detar dak dang semchen tamché kyi

May my own and all other beings' purest aspirations

# र्बेर् प्रथा द्रथा ५ मा है। प्रतिद प्रमुप्त सुर हिम | mönlam namdak jishyin drub gyur chik

Be fulfilled, exactly in accordance with our wishes.

### डेस'टेस'र्न्द्र'सुना'सु'केन् र्येते र्र्ध्वन'यस'नेय'दे 'ग्रास'य'रट' चुट'र्न्ट् हेस'सहन् पर्वा। ॥

This Aspiration of the Mahāmudrā of Definitive Meaning was composed by Lord Karmapa Rangjung Dorje.

Translated by Adam Pearcey, 2020. Lotsawa House.

Existence and non-existence are extremes, Purity and impurity are extremes as well, Thus, having relinquished both extremes, The wise do not dwell even in the middle.

Buddha Shakyamuni, King of Samādhi Sūtra

#### Prayer for the Long Life of His Holiness the Dalai Lama

## माट्य.मुट्र.म्.म्या.मुर्यम्.मुट्र.चतु.खुट्र.प्रथन्न.जी ।

#### gang ri ra we kor we zhing kham dir

In the pure realm surrounded by an enclosure of snow mountains

## सब्दर्यन्यने यासासुकात् वृत्यते मानका ।

#### pen dang de wa ma lü jung we ne

Resides the source of all benefit and happiness.

## धुन:रमानेगमान्याः प्राचित्रं सुन्ति सुन्ति सुन्ति ।

#### chen re zik wang ten dzin gya tso yi

Tenzin Gyatso, mighty Avalokiteśhvara,

## <u> ल्यमः यदः श्रे</u>दः भव्रदे यमः दुः यम् मः स्वा

#### zhap pe si te bar du ten gyur chik

May your lotus feet stand firm until the end of existence!

#### Long Life Prayer for the Gyalwang Karmapa

## मुवाग्त्र श्रेट हेवे रट मानुग्रामा ।

#### gyal kün nying jey rang suk karma pa

Karmapa, embodiment of the compassion of all buddhas;

## मुयागुरु सेरायया रेगा पश्याम्य ।

#### gyal kün trin le chik dü karma pa

Karmapa, union of the activity of all buddhas,

## मुवागानाम् निवास्य स्वाद्यात्राम् ।

#### gyal kün dung tsop wang kur karma pa

Karmapa, empowered as regent of all buddhas;

## र्छो मुत्र तर्मे तर्या देत यस व्यय यहत मर्थेया।

#### orgyen dro dül trin le shap ten söl

Ogyen Drodul Trinlay, may your life be long!

Bokhar Rinpoche. Trans. Khenpo David Karma Choephel,

#### Concise Long Life Prayer for the Karmapas and Kagyu Tulkus

#### de chen tso chi korlor ta rolpa

I pray that the Karmapa, the Great Treasury of the Buddhas of the three times,

#### tu sum jalwe ter chen Karmapa

The One who continuously enjoys the Ganachakra of Great Bliss,

#### yap se ju par che pa su tso dir

Together with the Father and Son Lineage, will remain

#### kal pa kap pe par tu shap ten sol

From Kalpa to Kalpa, in the ocean of existence.

#### Palden lame shabpey tenpa dang

May the presence of the glorious gurus remain in this world.

#### Ka-nyam yongla dechi jungwa dang

May happiness and bliss appear throughout all infinity.

#### Dakshen malu tsok-sak dribjang ney

May I and every other single being gather the accumulations, purify the obstructions,

#### Nyurdu sangjey sala gopara sho.

And be swiftly established on the level of Buddhahood.

Through study we come to understand phenomena. Through study we turn away from negative actions. Through study we give up what is meaningless. Through study we reach the state beyond sorrow.

Buddha Shakyamuni. Collection of the Bodhisattvas (Bodhisattva Pitaka)

## नर्से न दूर र्शेन यस है।

#### **Dedication Prayers**

### यर्केन्'त्रुस्यायन्त्रे'प्रसायस्य उत्पानिम्यायः भेता

#### sönam di yi tamché zikpa nyi

Through this merit, may all beings attain the omniscient state of enlightenment,

### वित्रात्रका हेका यदि 'द्या' इसका यस 'युका दुवा।

#### top né nyepé dra nam pamjé ne

Defeat the enemy, wrongdoing

## मुं म न पकेंदे म तुम्ब प्राप्ता मारा थी

#### kyé ga na chi barlong trukpa yi

And so free all beings from this ocean of samsara,

### | बीद्रायदे अर्के वाबादमी ना ब्रीवान रार्वेग |

#### si pay tso le dro wa drol war shok

With its pounding waves of birth, old age, sickness and death.

#### .

## नुदःक्नाशेशशास्त्रीं के।

#### jang chup sem chok rin po che

May precious and sublime bodhichitta,

## श.भ्रेबातास्थ्याभ्रे.वीर.श्च

#### ma kye pa nam kye gyur chik

Arise in those for whom it has not yet arisen,

### भ्रेषायाक्षयायाचेरायाद्या

#### kye pa nyam pa me pa dang

Wherever it has arisen may it never diminish

## र्मेट दशमेंट रु प्रयेव पर र्वेग

#### gong ne gong du pel war shok

But increase ever more and more.

#### From The Way of the Bodhisattva.

May I be a guard for those without protection, A guide for those who journey on the road, For those who wish to cross the water, May I be a boat, a raft, a bridge.

May I be an isle for those who yearn for land, A lamp for those who long for light; For all who need a resting place, a bed; For those who need a servant may I be their slave.

May I be the wishing jewel, the vase of wealth, A word of power and the supreme healing, May I be the tree of miracles, For every being the abundant cow.

Just like the earth and space itself
And all the other mighty elements,
For boundless multitudes of beings
May I always be the ground of life, the source of varied sustenance.

Thus for everything that lives, As far as are the limits of the sky, May I constantly be their source of livelihood Until they pass beyond all sorrow.

The Way of the Bodhisattva. Chapter 3. Stanzas 18-24 (Padmakara Translation Group.)

#### **Food Offering**

## क्रेंब्रप्रस्याची कर्ता की व्याप्त की।

#### tonpa lamay sangye rinpoche

To the precious Buddha, the unsurpassable Teacher.

# क्रेनिश्चान्त्राचेत्र्यक्शान्त्रवार्यक्रि। khyoba lamay damcho rinpoche

To the precious Dharma, the unsurpassable Protection,

# तर्वापान्चाचेर् प्रमोत्रुव देव पेकि।। drenpa lamay gedun rinpoche

To the precious Sangha, the unsurpassable Guides-

## श्चित्रयाम्बर्यान्त्रीत् सर्केना माश्चरायसर्केन्या ५५५०॥।

#### khab nay koncho sum la chopa bu

To you, the rare and supreme sources of Refuge, I offer.

Rigpa.

## **SADHANAS**

Commit not a single unwholesome action,
Cultivate a wealth of virtue,
Tame completely this mind of ours—
This is the teaching of the buddhas.

Buddha Shakyamuni, Sutra of Individual Liberation

### HH 17th Karmapa's Short Ngondro

THE FOUR ORDINARY FOUNDATIONS

## क्षे त्युबान्यायर्चेन क्षेत्रायम नगाय नवे खेन खेन वर्षे हो।

1. The Precious Human Body

### ५८ में नर्झे अप्युप्तयात्र्युम्मे अप्युप्ति । ।

dang po gom ja dal jor rin chen di

First meditate on this precious human body, so hard to get and easy to lose.

## र्वेच'न्गाव'वहिग'क्षु'न्'नेश'र्नेक'र्थेन'चु। ।

top ka jik la da re dön yö ja

I shall make this life meaningful!

### क् वके या भे हमाया दी

2. Death and Impermanence

### गहैस'स'र्सूर'नडुर'घसस'ठर'से'हमा'उँ८'।।

nyi pa nö chü tam che mi tak ching

Second, the world and living beings are impermanent.

## भूश शं. पंत्र्या. चंत्र कु. सूचा कि. ची र तरी ।

gö su dro way tse sok chu bur dra

Our lives in particular are like water bubbles—

### ब्रमायकेकाभेदायकेकेंद्रेंद्रायणुरा ।

nam chi cha me shi tse ro ru gyur

Who knows when we will die and become corpses?

## देःवार्केषाण्चित्रस्व स्वीतः यहितः यषा यह्यया ।

de la chö kyi pen chir tsön pay drup

Since Dharma will help then, I'll practice diligently.

## <sup>क्र</sup> प्रश्नु प्रमुख्ने क्ष

#### 3. Karma, Cause, and Effect

## माशुक्ष यभी के रूट द्वट के वर् चरा

#### sum pa shi tse rang wang mi du war

Third, there is no freedom at the time of death.

## 

#### le ni dak gir ja chir dik pa pang

In order to take control over karma,

## ५मो नदे नु नम हमा ह दरद नम नु।

#### ge way ja way tak tu da war ja

I give up misdeeds and always do virtuous acts.

## वेषायष्ठाक्षेत्राचे स्टाकुर केरायायहण्।

#### she sam nyin re rang gyü nyi la tak

Thinking thus, I examine myself every day.

### क् वर्षिर प्रवे केश द्रीमाश है।

#### 4. The Defects of Samsara

### नवि'न'वर्षेर'नवै'ग्वस'र्मेग्स'नरे'वर्नेर सँग्सा।

#### shi pa khor way ne drok de jor sok

Fourth, the places, friends, pleasures, and riches of samsara,

## र्ष्या प्रमृत्य मुर्ग मु

#### duk ngel sum gyi tak tu nar way chir

Are always stricken with the three sufferings;

## मार्श्र-अराष्ट्रीन्यदेग्नानेन्यदेग्नादार्झ्रेन्स्या

#### sö sar tri pay she may ga tön tar

They're like a feast before being led to execution.

## बेन'प्रतिमानठन्नमानईन'ममानुदाक्तानभूना।

#### shen tri chen ne tsön pay jang chup drup

Cutting the ties of attachment, I'll strive and reach enlightenment.

#### लेयाययात्र्तर्धेटामी र्हेत्रपर्मी पले ५८।।।

Thus, the Four Preliminaries.

## |र्ह्सिरवर्मे पतिः र्ह्हीर मुःदमायर्देन अर्देर प्रस्यापत्रमार्था ।

#### **Brief Recitations for the Four Preliminary Practices**

### 

Glorious, powerful, omnipresent Lord Vajradhara, principal of all Buddha families- Guru Karmapa,

## <u>२ मुलात्प्रम्भात्रम्भात्रम्भात्रम्भात्रम्भात्रम्भात्रम्भात्रम्भा</u>

Origin of all maṇḍalas, glory of saṃsāra and nirvāṇa- Yidam Vajrayoginī,

## <u> સુષ્રાત્માત્મી કે, વુરાત્રાત્માત્માત્ર ત્યારા વર્ષે સામાત્રા કે સામાત્રાના કે સામાત્રાના કે સામાત્રા કે સામાત્</u>

Those who have power over enlightened activity- dharma protectors Bernakchen and consort,

## इयायर्चेर हे गडेना मुबायबायर् र रें यच्या बेर घुनाबाहेबा क्वेंट पर अर्हेरा ।

This yogi bows to you with one-pointed respect—please protect me forever with your noble compassion.

पदेनःमादः चनामादः लेगायसः शुक्रार्सेदः प्रसास्त्रे सुद्धाद्यासः स्वितः दुः सिदः प्रसासः स्वितः स्वतः श्रीतः स्व स्वतः स्व

Once individuals have purified their mindstreams with the common preliminary practice, they should excellently request empowerment and instruction from a qualified guru and then train in the recitation meditation of Mahāmudrā's extraordinary preliminary practice as follows:

## १ श्वेत्रायम् र्मेश्रम् पश्चेत्

#### I. Going for Refuge and Giving Rise to Bodhicitta

र्चेनाःसरः के.चुेन् क्रिंगसुः तर्में माञ्चनसः वर्मे सेससः मञ्जेन त्या । बुनः ५८ : बुनः सळस्यानिहसः वया । ५८ : ये के. विष्णे हेन् ५८ : चुः मालनः चुः हें सामायकर देः यदेः विष्णे स्वाप्ति स्वापति स्वाप्ति स्वाप्ति स्वाप्ति स्वाप्ति स्वाप्ति स्वाप्ति स्वाप्ति स्वाप्ति स्वाप्ति स्वापति स्वापति स्वाप्ति स्वाप्ति स्वापति स्

First, so that everything you do will accord with the dharma, go for refuge and give rise to bodhichitta in two ways: during meditation sessions and in between meditation sessions. During meditation sessions, leave worldly concerns and other activities aside, sit in a proper meditation posture on a comfortable seat, and recite:

### र्रास्त्रज्ञात्रमायराञ्चात्रार्थाहे हे तकटा ।

rang dün nam khar la ma dor je chang

Before me in the sky is the Guru Vajradhara,

## ने<sup>-</sup>त्यार्नेन्-नकुन्-चुन-कुन-स्वन्यानकुन्-यान्ना।

de la dön gyü jin lap gyü pa dang

Surrounded by the gurus of the lineage of meaning and blessings

### र्क्रमायनेयान्नाम्बर्धमानुस्य विकासम्बर्धमा

chö drel de top la may tsok kyi kor

And gurus with whom I have dharmic connections of faith.

### <u> अर्तु, त्राची प्राची अर्थः सुर्थः तृश्वः दृहः । ।</u>

dün du yi dam ye su sang gye dang

In front are the yidams, to the right are the buddhas.

## कुयः हुः द्रशः केंशः गार्थेदः दुः द्रमे १० दुवः यठशा ।

gyap tu dam chö yön du gen dün che

Behind is the sacred dharma; to the left, the sangha.

### रट.रट.रुपाबाशर्वेष.ठात्र्र.क्र्याबामि.शक्र्यायासूरा ।

rang rang rik tun khor tsok gya tsoy kor

All are surrounded by ocean-like retinues of their own kind.

### भ्रम्यार्थताम्बर्गीः श्वरायमार्यमार्भेग्यास्। ।

kyap yul kün gyi chen lam ok chok su

My mothers, sentient beings, and I stand together

### श.बीर.शुश्रश.२४.पीय.वीट.तपूर्व.बीर.तश्री

ma gyur sem chen kün kyang khö gyur pay

As the sources of refuge gaze down upon us.

### क्रे'म्डिम्'भिर्'गुरु'सुन्यः तर्मे 'सेसयः नसेर'गुरा ।

tse chik yi kyi kyap dro sem kye gyur

One-pointedly, we go for refuge and arouse bodhichitta.

### यदग'द्र-'येसय' ठठ' घसय' ठट्'त्रु'स'य' सुपय' सुपये केंद्री

### dak dang sem chen tam che la ma la kyap su chi o

All sentient beings and I go for refuge to the gurus.

### थे न्यः भ्राया भ्रुन्यः शुः यकेर्दे।

#### yi dam lha la kyap su chi o

We go for refuge to the yidams.

### ब्राट्यास्यायास्यास्यास्यास्य

#### sang gye la la kyap su chi o

We go for refuge to the buddhas.

### र्क्रमायाञ्चनयास्यास्र सकेरी

#### chö la kyap su chi o

We go for refuge to the dharma.

## न्गे'यन्त'यासुनमासु'सकेर्ये।

#### gen dün la kyap su chi o

We go for refuge to the sangha.

#### दर्गोतः अर्ळेना देनायायुरः भ्रुत्यायुर्वा चार्चे ज्ञादा द्रिनायायादे केत् ग्री सुरायुर्वे स्थाययुर्वे स्थाययुर्

Go to these five jewels for refuge as many times as possible. Maintaining the same visualization, arouse bodhichitta:

### नुदःक्नःश्रेदःर्येरःस्रकेशःग्रेःनरा।

#### jang chup nying por chi kyi bar

Until I reach enlightenment's essence,

### <u>शर्थाःमेशः देशद्यःतः सैत्रधः श्रेः शक्री।</u>

#### sang gye nam la kyab su chi

I go for refuge to the buddhas.

### र्केश'८८'नु८'क्न'शेशश'८्यव'थी।

#### chö dang jang chub sem pa yi

To the dharma and the assembly

### र्देग्यायायदाने प्रविदासुपयासुप्रकी।

#### tsok la'ang de shin kyab su chi

Of bodhisattvas, too, I go for refuge.

### है द्वर र्हेन गुरने मनेगमणीया ।

#### ji tar ngön gyi de shek kyi

Just as the sugatas of the past

## [तृदःक्तःशुग्रायःके पश्चेतःयः ५८ः।

jang chup tuk ni kye pa dang Aroused the mind of bodhichitta;

## चिटःक्चःबेबबःद्यदेःचब्लूचःयःवा।

jang chup sem pay lap pa la Just as they followed step-by-step

## दे'द्या'रेक'चलेक'ग्वक्ष'य'स्र्रा

de dak rim shin ne pa tar The training of the bodhisattvas,

## ने'मिलेक'वर्गे'वा'सक'र्नेक'रु॥

**de shin dro la pen dön du**So, too, shall I, to benefit wanderers

## नुष्टां क्यायेशया के प्रामेश्वेत्राय मेश्वेता ।

jang chup sem ni kye gyi shing Arouse the mind of bodhicitta.

## रे'नबिन'र्'ने'नश्चन'य'या

**de shin du ni lap pa la** So, too, shall I follow step-by-step,

## |रूभारायध्रेष्ट्रियःस्याम् ।

rim pa shin du lap par gyi The bodhisattva's training.

#### अव.चाश्रुका

Repeat three times.

Then recite the following:

## नुदः कुनः शेशशः शर्केमः देतः यें के।

**jang chup sem chok rin po che**May precious and supreme bodhichitta

### श.भ्रेश.त.६शश.भ्रे.वीर.श्रुम

ma kye pa nam kye gyur chik Arise where it has not arisen,

## श्चेषायात्रमयायायाचीत्रायात्र

#### kye pa nyam pa me pa dang

Not diminish where it has arisen,

## र्मोट दशमें ट पुरसेय पर सेंग

#### gong ne gong du pel war shok

And continually increase and increase.

#### अवतः अरः श्रुत्र शंपुताः वेदः लुः तद्माः दृषः वदेशा

Finally, the sources of refuge melt into light and then become one with me.

Second, between sessions, do not be indifferent. Take up the antidotes: Strive to increase devotion to the guru, to develop much faith in the rare and supreme jewels possible, and to have greater and great compassion for sentient beings.

## उ र्र्राशेशशार्सुशानत्रश

#### II. Vajrasattva Meditation and Recitation

#### 

The Vajrasattva meditation and recitation practice, which purifies negativity and obscurations, has two parts. First, during meditation sessions, recite:

## र्मा श्रुप्तेर यम ज्ञुदे मान्त श्रुप्ते ।

#### rang gi chi wor pe day den gyi teng

Above the crown of my head, on a lotus-moon seat,

### युःभःर्रे हे सेसमान्यतः मुक्तः स्वाना

#### la ma dor je sem pa gyen den kar

Is Guru Vajrasattva, white in color, adorned with ornaments,

## <u>ल्याम्डिमासुमामञ्जेशम्ययायशस्यिः हे दिः ।</u>

shal chik chak nyi ye pay dor je dang

With one face and two arms,

## मार्थेन प्रमानुषानुष्टिन केट क्षेषामा प्रमान

#### yön pay dril bu dzin ching kyil trung shuk

Holding a vajra with his right hand and a bell with his left, and seated in vajra posture.

‡ श्रुमाश्रामाराञ्च प्रीचेतायाः कुँ प्राप्ता प्राप्ता स्वाराणां स्व

Clearly visualize at Vajrasattva's heart center a moon disc, upon which sits  $a^*H\bar{U}M$ , encircled by the mantra garland. Due to your supplicating him, a stream of amṛita fills his body and descends from his right big toe, entering the Brahma aperture at the top of your head. All your obscurations and past negative actions, embodied in a substance that looks like ink or dark smoke, leave your body all of your body's parts are filled with amṛita. While doing th visualization, recite Vajrasattva's mantra as many times you can:

## 

OM VAJRASATTVA SAMAYA MANUPĀLAYA
VAJRASATTVA TVENOPATIŞHŢHA DŖIDHO ME BHAVA
SUTOŞHYO ME BHAVA SUPOŞHYO ME BHAVA ANURAKTO ME BHAVA
SARVASIDDHI ME PRAYACCHA SARVAKARMASU CHA ME
CHITTAM SHREYAH KURU HŪM HA HA HA HOH BHAGAVAN
SARVATATHĀGATA VAJRA MĀ ME MUÑCHA
VAJRĪ BHAVA MAHĀSAMAYASATTVA ĀḤ

OM VAJRASATTVA HŪM

#### <u>लेबार्बेगबानमगबानध्यानु। र्देहिःबोधयान्पवाः स्टान्स्यायरान्यां मिलेबानुग्रेयायरायहर्न् हेटार्वेन नुःल्यारटाया पश्चियवार्याः अध्यायरामलग</u>

Then, confess your past negative actions and vow not to perform them again by reciting the following:

### वसमारु नस्मित्र मानिमाना स्थापन सम्मित्र स्थापन स्यापन स्थापन स्यापन स्थापन स्य

#### tam che khyen sik lha nam gong su söl

Noble ones who know and see everything, think of us.

### र्वेमा'स'सेर'यदे'रुस'स्स'यरमा'रुमामीसा ।

#### tok ma me pay dü ne dak chak gi

Since beginningless time, under the power of the three poisons,

### <u> ५मा'माशुक्ष'५च८'मीबा'सुबा'८मा'फी५'माशुक्ष'मीबा ।</u>

#### duk sum wang gi lü ngak yi sum gyi

We have transgressed the three vows and the victors' commands

### <u> र्</u>ह्भःमश्रुभःमुत्यःचदःचगादःत्यशःदद्यःसुरःया ।

#### dom sum gyal way ka le de gyur pa

In body, speech, and mind.

## हेब.किट.कृष.नदु.जब.चक्कि.शक्त.ज्.चचेबा।

#### nye tung dik pay le gyi tol lo shak

We admit and confess these downfalls and misdeeds

## शुक्रकर्'भै'नचुर्'र्भेट'नर'भ'चुर'ठेग।

#### len che mi gyi nyong war ma gyur chik

And promise not to do them again—may we not experience their results.

#### े विकार्केम्बान्यनम्बान्यस्कान्। र्हे हे केसबाद्यकाणुटा इसायरादमार्गे विकादगुरु।यरास्नाहेद्दु हेट र्वेदातुन्नाराय

Saying this, confess and resolve not to repeat your misdeeds. Vajrasattva says, "Your misdeeds are purified," and is pleased. He melts into light and dissolves into you. Rest in equipoise.

#### माहेशायाची। हेंद्राक्षेट्याद्दाःह्याहेंद्राचे प्रतायाद्दाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्य सेस्राच्छाम्पादाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह्याहाःह

between sessions: whatever afflictions or thoughts arise, be mindful of them soon they arise. Completely cut through them and rest in freedom from fixation. Whatever sentient beings you see, hear, or think of—especially those who have done terrible misdeeds—visualize Vajrasattva above their heads and recite the hundred-syllable mantra.

### ३ केंग्रामार्शेगासङ्गा

#### III. The Mandala Offering, Which Gathers The Two Accumulations

The mandala ritual, which completes the two accumulations, has two parts. First, during meditation sessions, there are two types of mandala: the mandala of accomplishment, the field of focus for one's gathering of the two accumulations, and the offering mandala, which contains the substances offered. For the rest of these, the mandala's physical base may be made of any suitable material. Visualize that in its center and each of its four directions there are lotus flowers, upon each of which stand eight lions supporting a throne made of precious jewels, upon which a lotus, sun, and moon seat. On these central thrones sit the gurus, in front sit the yidams, to the right the buddhas, behind the dharma, and to the left the sangha—so are the rare and supreme jewels arrayed. The dharma protectors guard the mandala's perimeter. While remembering its meaning, offer the seven branches:

## 

**ok min chö kyi ying kyi po drang du**In the dharma expanse palace of Akanistha

### 

dü sum sang gye kün gyi ngo wo nyi
Is the essence of all buddhas of the three times,

## रट सेसय केंग सुर सर्दे सुरा सूर्व सहित स्वी |

rang sem chö kur ngön sum tön dze pay Who directly shows my mind as dharmakāya:

### र्ययाः स्वानुसार्याः याः स्वाप्त व्या

pal den la ma dam pa la chak tsal I prostrate to the genuine, glorious guru.

### **৻ঀয়৽৴ঢ়৾৻য়য়৾য়ৢ৾৾৾ঀৼড়ঢ়৽ঢ়ৢয়৽য়ৄয়৽য়ৼড়৾ৢৢৢ৸**

lü dang long chö yi kyi trul pa yi

My body, possessions, and all the pleasing things I can imagine,

### अर्केन्'य'ग्नुक्'च्चै'अर्केन्'ठेट'नर्केन्'यर'नच्चै। ।

**chö pa kün gyi chö ching tö par gyi** I offer you; I praise you.

### हर येश हुं व.त.श.जैंश यचवाश तर यी।

#### ngar che dik pa ma lü shak par ja

I confess all the misdeeds I have performed

## भ्रेग'रा'म्बर'यद'क्षुर'कर'क्षे'राणुर'र्रे।।

#### dik pa shen yang le che mi gyi do

And will never do such things again.

## वर्मे गुरु दमे न गुरु वाहेश थे रहा ।

#### dro kün ge wa kün la je yi rang

I rejoice in all sentient beings' virtuous actions.

## चिट क्वा अर्केग मी मुराव नार्शे नर नहीं ।

#### jang chup chok gi gyur ni ngo war gyi

I dedicate all this as a cause of supreme enlightenment.

## शुःदन्त्रभः यद्यः चलुमाषाः सम्भार्भयाः चायदेवाषा ।

#### nya nge mi da shuk par sol wa dep

I supplicate you to remain and not pass into nirvāṇa.

## वेगा अर्केग मु अर केंब पर्वेर पर्वेर पर्वेर पर प्रमुवा।

#### tek chok la me chö khor kor war kul

Please turn the dharma wheel of the unsurpassably supreme vehicle.

## चिश्रवाद्माः श्रेटा हे 'सुनावा योदा तर्मुटा याद्मा ।

#### jam dang nying je chok me jong pa dang

Just as the victors and their heirs mastered

## र्नेतर्मः भ्रमः देनाः भ्रेमः यदेः योः नेमः ने।

#### dön dam lhen chik kye pay ye she de

Universal love and compassion, and realized

### मुल-पःस्यापठयाद्गयाः गुवार्द्गायायाः भूमा

#### gyal wa se che nam kyi tok pa tar

The ultimate co-emergent wisdom,

## चन्नामीयायदेवासुयार्हेनायाचराचीवाचीयार्हेनया।

#### dak gi ngön sum tok par jin gyi lop

Bless me that I may directly realize that.

#### मक्टि.मद्रमङ्गाचरम्यस्य

Next, pick up the offering mandala and recite:

## यानिःर्स्यात्या चुनायानियासे मिनायाया ।

#### sa shi pö chü juk shing me tok tram

The earth is perfumed with scented water and strewn with flowers,

## रे र्यामी ८ यह के मुख्य यमुक्य या परी।

#### ri rap ling shi nyi day gyen pa di

Adorned with Mount Meru, the four continents, sun, and moon.

### **यट्यामुयाबेटा**नु द्वीम्याने सुवानाधिया ।

#### sang gye shing du mik te pul wa yi

Visualizing this as the buddha realm, I offer it

## वर्गे'ग्व,इस,दम,बुट,वा,धुट,तर्ज्य।

#### dro kün nam dak shing la chö par shok

So that all beings may enjoy this perfectly pure realm.

## क्षेद्रं मुरु र इ अड्डवा मं क्रेस्य ह्या की

#### IDAM GURU RATNA MANDALA KHAM NĪRYATAYA MI

#### े लेका अङ्गापर्देत र्झेश स्थानका पार्ची पाइका पानामा विकास सम्बन्ध । स्थान प्राप्त प्राप्त प्राप्त प्राप्त प्राप्त

Combine the mandala recitation and meditation and offer the mandala until your visualization of it is vivid. Finally, rest in equipoise, free of thoughts of the offering's three spheres.

### माँकेश या दी। यह पर्ने दिन में प्रति मार्थ यह मार्थ स्थान स्

Second, in between meditation sessions, abandon self-centered attachment and offer your three gat to the guru and the rare and supreme jewels. Especially, offer respect, service, and veneration to these sources of refuge and their symbolic representations.

## ~ यामदास्यापर्मेरा

#### IV. Guru Yoga

# चुन क्षत्रमान्नी क्षर में प्रत्याप्त के प्रत्याप के प

Guru yoga, which quickly brings blessings, has two parts. First, during meditation sessions, there are the common and the extraordinary ways to do this practice. Here, do the former by visualizing yourself your yidam and then reciting:

## शुं चेंरप्र म्र है न्तु वे मान्त भेट ना

#### chi wor pe ma nyi day den teng du

Above the crown of my head, on a lotus, sun, and moon seat, '

## इ'नदे'त्रु'अ'र्दे'हे'पकट'दनट'र्ये।

#### tsa way la ma dor je chang wang po

Is my root guru, the mighty Vajradhara,

### र्श्रे नगटमार्चे मार्चे पार्वे का प्रति स्वाप्त स्वाप्त

#### ngo sang dor dril dzin pay chak gya nöl

Sky-blue, holding vajra and bell in his crossed arms,

### रैव केव मुव अहँ य अर्ळव द्ये रय पृ वयर ।

#### rin chen gyen dze tsen pe rap tu bar

Beautified by precious ornaments, blazing with major and minor marks,

### र्सुनाबार्वा मुखानाबार प्रवासिक देश में मानाबा ।

#### chok dü gyal kün dü pay ngo wor sal

The vivid embodiment of all ten directions and three times' victorious ones.

*Recite the seven-branch prayer above and then the supplication of the four kāyas:* 

#### अ'क्अ'आयत'त्र'अश्व्रायते'श्रेअबारुत्वाव्यास्य द्वात्याः अर्थः स्वात्याः स्वत्याः स्वात्याः स् त्यात्याः स्वात्याः स्वत्याः स्वात्याः स्वात्याः स्वात्याः स्वात्याः स्वात्याः स्वात्याः

ma nam kha dang nyam pay sem chen tam che la ma sang gye rin po che la sol wa dep so I and all my mother sentient beings, as great in number as space is vast, supplicate the guru, the precious buddha.

## **୶**ॱक़ॺॱॴॺय़ॱॸ॔ॣॱॳॶॴय़ढ़ऀॱॺ॓ॴॺॱॶढ़ॱॿॴॺॱॶॸ॔ॱक़ॣॱॴॱग़ऻॖक़ॱॿॖॻॱक़॓॔ॺॱॻॖऀॱक़ॣॱॴॱग़ऻ॔ॺ॔ॴॱॻॱढ़ॸ॓ॻॺॱॺ॔ॎऻ

ma nam kha dang nyam pay sem chen tam che la ma kün khyap chö kyi ku la sol wa dep so I and all my mother sentient beings, as great in number as space is vast, supplicate the guru, all-pervading dharmakāya.

## ॺॱॺॺॱॴॺख़ॱॸ॔॔॔ॸॱॺॶॺॱय़ख़ऀॱॺ॓ॺॺॱॾॺॱॿॺॺॱॾॸ॔ॱक़ॗॖॱॺॱॻॸ॓ॱक़॓ॺॱॺ॔॔ॸॺॱक़ॗ॔॔ॸॱॾ॓॔॔ॻॺॱय़ख़ऀॱॶॣॱख़ॱॻऻॺ॔ख़ॱॻॱख़ॸ॓ॻॺॱॺ॔ऻॎ

ma nam kha dang nyam pay sem chen tam che la ma de chen long chö dzok pay ku la sol wa dep so

I and all my mother sentient beings, as great in number as space is vast, supplicate the guru, great bliss sambhogakāya.

## भः क्रमः भागवः नृष्टः भाग्नाः स्वेशसः उक्षः व्यवसः उन् म्यासः सुनायः हेः स्वायः पवेः सुः वः नार्यवः पवे नयः सी ।

ma nam kha dang nyam pay sem chen tam che la ma tuk je trul pay ku la sol wa dep so I and all my mother sentient beings, as great in number as space is vast supplicate the guru, great compassionate Nirmanakāya.

#### श्चायलेखान्या

Then, recite:

### तुः अ<sup>.</sup>रेक र्योके।।

la ma rin po che

Precious guru

## र्देबःग्रेःचग्रुदःसःठबा।

dön gyi gyü pa chen

Who holds the lineage of meaning,

## चुैन'तूनमाणु'वर्से'न'भाषन्।।

jin lap kyi po wa khen

Who gives us blessings,

### र्मेगशयविषानेटाळ्टाउता।

tok pay deng tse chen

Who has the confidence of realization,

## अर्देन:वेशःश्वेन:दरःस्नःया ।

ngon she chen dang den pa

Who has the clairvoyances and eyes,

### ह्रप्रध्यायर्गेर्ययस्य हे।।

dzu trul kö pa ten te

Who shows arrays of miracles,

### नर्बेद्रासेद्रानगायाद्दैनार्श्चेयाना ।

sö me ka drin tsol wa

Who gives unbearable kindness,

### बर्बा मुबायमा पठरबा शुमिर्दे रापा

sang gye lak chang su tö pa

Who places buddhahood in our palms,

## ब.भज.कॅट.च.चक्रैंच.५।।

#### ta mal nang wa gyur te

Who transforms ordinary appearances

## न्गायास्यात्युस्रसार्भेत्या।

#### dak pa rap jam tön pa

And shows infinite purity,

## तसम्बारायहिमा हेत्र न्यट धुम् ।

#### pak pa jik ten wang chuk

You are the noble Lokeshvara.

### क्षेटार्वेटारुकायदेगानेटान्या।

#### nying khong rü pay ting ne

From the depths of my heart,

### ग्रेग्'युप'ग्रेंव'प'दिनय'र्थे।

#### chik tup sol wa dep so

I supplicate you, the all-capable.

## त्रुग्रास्थात्र्यस्य स्थात्र्यस्य

#### tuk je dzin par shu dang

Please hold me with your compassion.

## न्टेंशम्युनःग्रुःळॅन्।यःउन्।।

#### ngö dup kyi tsen kha chen

The undisputed Kagyü lineage

## नगायःचक्कुरःर्स्डेर्-यःसेर्-या ।

#### ka drin tsö pa me pa

Holds the power of the siddhis,

## न्सुर्मेद्रयन्यायदेख्याया।

#### mu gö dul way nü pa

And can tame wild sentient beings—

## तस्रुवःजन्नात्यावः त्रुः च्याः चा ।

#### trin le dren da dral wa

Your enlightened activity is peerless.

### ह्मायायद्भायत्याम्यान्यान्या

#### dzog pay sang gye dam pa

You are the genuine and perfect Buddha.

### र्झे गरुरा दगे र इ. २८ यर राजा ।

#### go sum ge tsa dang che pa

For the benefit of all the limitless sentient beings,

## सम्यासेनासेसमारुवार्नेवानु।

#### ta me sem chen dön du

This very moment, I offer you

### रःक्षःक्षेरःर्ःवस्वायो ।

#### da ta nyi du bül lo

My body, speech, and mind, and all my roots of virtue.

### न हे 'न' के त' से बा न विषानिया

#### tse wa chen poy she shik

Please accept them with your great love.

### मलेबानबारम्भामागुनःश्ची ।

#### she ne dro wa kün gyi

Having accepted them,

## गहरुसुनशः श्रुनः यदे 'तुः आ।

#### ten kyap tuk pay la ma

O lord and guru, ultimate protector

### हे नर्ड्न खेन मा भूमा

#### je tsün khye rang ta bur

Of all wandering beings,

### श्रीट तया निता निया है नया निया।

#### nying ne jin gyi lop shik

Please bless me that I might become like you.

मान्याचेत्र, चीन्य, तालाक्ष्राचान्य, विकाद्त्र, त्रियां सीन्यां सीन्यां सीन्यां सीन्यां सीन्यां सीन्यां सीन्या सीन्यां सीन्या सीन्यां सीन्या

Recite "Karmapa, think of me" (Karmapa Khyenno) and other supplications at length. Visualize that the Guru Vajradhara is utterly pleased, and that from the three places on his enlightened form emanate white, red, and blue light respectively. These purify the stains of your own three gates, you receive the four empowerments, and you manifest the four kāyas. Finally, the guru melts into light and dissolves into you. Rest in the equipoise of the guru's enlightened body, speech, and mind and your own body, speech, and mind being undifferentiable.

Second, in between meditation sessions, in all paths of conduct, never be apart from the appearance of the guru. View all happiness and suffering the guru's kindness. Do not let your lord's intentions and your own desires contradict each other, but rather, pray again and again that the enlightened mind and your own mind will mix

and become one. In short, whatever of the activities of pacifying and so forth you seek to accomplish, you need only to adjust your conduct's focus and the way you think of it and to supplicate the guru—that will suffice.

% मालप्तर् स्टामी तस्या आर्ष्य हे. ७, ८४४ म. ५, तस्ति १ । । १, मालप्तर् स्टामी तस्या आर्ष्य हे. ७, ८४४ म. ५, तस्ति स्वाप्त स्वाप्त स्वाप्त स्वाप्त स्वाप्त स्वाप्त स्वाप्त

As it was needed quickly, the one called Karmapa, Orgyen Trinley, composed this according to the Fifth Shamar's pith instructions on the preliminaries on the ninth day of the waxing phase of the sixth Tibetan month at the temple of Gyutö,

August 3, 2006. English translation compiled and revised by Tyler Dewar based upon previous translations by Ari Goldfield and Karma Choephel, April, 2000.

Just as a drop of water that falls into the great ocean Will never disappear until the ocean itself runs dry, Merit totally dedicated to enlightenment Will never disappear until enlightenment is reached.

Buddha Shakyamuni, Sutra Requested by Sagaramati

### Green Tara Prayers: Zaptik Drolchok (1)

### The Essence of the Two Accumulations: The Ritual for the Condensed Outer Practice

From the mind treasure cycle The Profound Essence of Tara

Arranged by Jamgön Kongtrül Rinpoche

### नर्भेंग्गुःरुःष्रुरुः दृःसूणै।

Namo Gurvyā Āryatārāyai!

#### **The Condensed Practice Instructions**

कृत्यानम्बर्धाराकृतः विराज्यानेनायाम्बर्धाः श्रीत्रा क्षात्रात्त्रा अत्तर्भा अत्तर्भा क्षात्रात्त्रा विराज्यस् प्राच्यान्यस्य स्वर्धाः विराज्यस्य स्वर्धः स्वर्धः स्वर्धः स्वर्धः स्वर्

Second, when performing the daily practice (2), it is excellent if you can arrange a shrine for the Noble Lady. If you cannot, it will suffice to visualize it. Lay out the mandala and the offerings as mentioned before, and perform the refuge, bodhicitta, gathering the accumulations and consecration of offerings, beginning with 'In the sky before me...' and so forth. Since it is not necessary in this case to make the general offering to the Three Jewels, continue the chant from 'Instantaneously perfected through mere recollection, I appear vividly as the Noble Lady Tārā' and so forth. Perform thrice the set of reciting the offering, mandala and the Praise; after the seventh recitation of the Twenty-One Verses of Homage conclude by reciting the Praise's excellent benefits. If you wish, you can perform the request for the accomplishment of your wishes, beginning with 'Noble Exalted Lady, together with your retinue' and so forth. If not, this is also alright. Then chant "The front visualization melts into light" and so forth. Make apologies for mistakes, as before. The request to depart is not necessary, in this case. Complete the practice with the dedication of merit and the prayer of auspiciousness, chanting 'The deity is inseparable from my own mind' and so forth.

#### Refuge and bodhicitta

### **अर्**कःक्वैःक्षःभाषमः हेः मर्जुक् अः अर्देक् सुअः मलुग्नायः मम् अंशाया

dün gyi namkhar jetsünma ngönsum zhukpar gyur

In the sky before me, Noble Tārā is present in actuality.

### वःश्री दर्गोवः अर्केमाः गुवः दर्देशः हेः चर्द्धवः अरा।

namo, könchok kün ngö jetsünmar

Namo! In the Noble Lady, embodiment of all the Precious Ones,

### यदमाः स्मायायम्। गावास्य स्मायाः स्मायः स्मायाः स्मायाः स्मायाः स्मायाः स्मायाः स्मायः स्

dak sok dro kün kyap su chi

I and all beings take refuge.

### नुप्रक्तार्भेन्यपरियोगम्भेप्रम्

### jangchup mönpé semkyé né

I arouse bodhicitta in aspiration

### चयःश्रुद्धःतमात्रात्यः वह्षाः सरः नश्ची ।

#### zapmö lam la jukpar gyi

and I will enter the profound path!

#### Gelongma Palmo's Seven-Branch Offering (4)

### क्रिमायाययम्यायासी

To gather the accumulations, recite:

#### 1. Prostration

### हे. पर्वेय. तसवाबा आ. सूचा बार सा

#### jetsün pakma drolma dang

To the noble Lady Tārā

## र्युग्नरायसुर्याम्बुर्यायसुर्यायस्याची ।

#### chok chu dü sum zhukpa yi

and to all the conquerors and their offspring

### मुयानाञ्चानरुयात्रस्य वस्य उर्पा

#### gyalwa sé ché tamché la

who reside in the ten directions and three times

### गुन'न्य'न्द्र'न्य'स्या'नचीर्दे।।

### küné dangwé chak gyi o

sincerely and delightedly, I pay homage.

#### 2. Offering

## भे 'र्नेग' पर्गार्शेश अर भे 'र्ने।

#### metok dukpö marmé dri

With flowers and incense, lamps and perfume,

### लयः बरार्स्यार्से यार्से महासा

#### zhalzé rolmo lasokpa

with food, music and the like,

## र्ट्यतर्वेर.लूर.कुशःश्चेताययतया।

#### ngöjor yi kyi trül né bül

materially present and mentally created, I make offerings;

### तसमायासदी स्माया समया मलेया सुगमार्थे या ।

#### pakmé tsok nam zhé su sol

may they be accepted by the Noble Lady's assembly.

#### 3. Confession

### र्वेगामाभेदात्रमादाष्ट्रीयमा।

#### tokma mé né danté bar

From beginningless time until today,

### भै'नगे'नठु'नट'मळ्मम'भेन'था।

#### mi gé chu dang tsamé nga

for the ten non-virtues and the five without interval,

### बेसबादी हें के केंद्र क

#### sem ni nyönmong wang gyurpé

I apologize for each and every evil deed committed

### ইনা'ন'রপ্রথা হ'নবিনাধা'ন'ন নী।।

#### dikpa tamché shakpar gyi

while influenced by disturbed states of mind.

#### 4. REJOICING

## १४.र्स्य.४८.मैज.वै८.क्य.मुश्या ।

#### nyentö rangyal jangchup sem

I rejoice in all the merit and goodness

### श्रीश्रीम्यास्या

#### soso kyewo lasokpé

created throughout the three times

### तुषामासुसादमो पार्ची ।

#### dü sum gewa chi sakpé

by the śrāvakas, pratyekabuddhas and bodhisattvas,

### नर्भेर क्षयाया के नर्मा धीरमा।

#### sönam la ni dak yi rang

by ordinary beings and all others.

#### 5. Imploring the Buddhas to Turn the Wheel of Dharma

### येवया उत्र इवया ग्री नयया मार्टी ।

#### semchen nam kyi sampa dang

In accordance with the capabilities

### र्त्तुं भे नु नुग है क्ष नरा।

### lo yi jedrak jitawar

and individual aspirations of sentient beings,

### के'कुट'घुक'र्भेट'घेग'य'थी।

### chechung tünmong tekpa yi

I ask you to turn the Wheel of Dharma

### केंबाणी'वार्वरायीं नर्भेरानुमार्थवा।

#### chö kyi khorlo kor du sol

of the general, greater and lesser vehicles.

#### 6. Requesting the Buddhas Not to Enter Nirvana

### त्रिंर नहें श्रीत संस्थानमा

### khorwa jisi matong bar

Until samsara has been emptied,

### शुःद्रवःशःयद्यः श्रुम्बाहे 'धिया ।

### nya ngen mi da tukjé yi

do not pass into nirvana, but out of compassion,

## र्म्गानस्यामु अर्केरानुदानाथी ।

### dukngal gyatsor jingwa yi

please consider every being

### सेसरा उत्र इसरायान्य निम्हासार्या ।

#### semchen nam la zik su sol

sinking into the ocean of suffering.

#### 7. DEDICATION

### यरमामीबायर्बेरात्रस्या है'यसम्बाधाया ।

#### dak gi sönam chi sakpa

May whatever merit I have gathered

### व्यथ्य.१८८.चिट.क्य.मैर.बीर.प्रा

### tamché jangchup gyur gyur né

become a cause for enlightenment,

### र्रेट में र हो हिंग वर्गे न हो |

### ringpor mi tok drowa yi

and may I, in the near future,

### वर्तेन यदै द्याय दु यद्या शुरु हिम्

### drenpé pal du dak gyur chik

be a splendid guide for sentient beings.

### <u> न्नो र्ब्वेट अन्ययार्थे बास ह्ना या माना बाहित</u>

This is said to have been composed by Gelongma Palmo.

#### Blessing the Offerings

### मर्केर'य'चुन'यत्वय'नी

To bless the offerings:

## **ॐ**ॱनइ॔ॱॹॱॷऀॱॸॱग़ॖॾॱऄॣॱॸॱॸॱॸॱॸॗ॔ॱॺग़

#### om benza amrita kundali hana hana hung pé

om vajrāmṛtakuṇḍali hana hana hūm phat

## **क्षॅ**ॱयुः हुः सः मुर्हे यसः इसः युः हुः सः मुर्हे १५ ौ

#### om sobhava shuddho sarva dharma sobhava shuddho hang

om svabhāva śuddhaḥ sarvadharmāḥ svabhāva śuddho 'ham

#### लेग्रामग्रहाश्वरा

Thereby cleanse and purify.

### ग्रम्भाष्यायर्ज्जे पर्गित्यपे बिटा ।

#### neyül pemo köpé zhing

Here, in the Lotus-Arrayed Realm,<sup>5</sup>

### <u> ५व्वेचश्र'५८'मुक्'चर्गो५'ळ५'शे५'यम्।</u>

### yip dang gyen kö tsemepar

with perfect shapes and boundless decorations,

### क्षःह्रमः मेट प्रहें म्यमः गुपः पदी ।

#### lhadzé tingdzin lé drupé

there are offerings, surpassing thought,

### भक्ट्राह्रमानमभाभाष्ट्रमा ।

#### chödzé sam mi khyabpar gyur

divine articles created from samadhi.

## **ॐ** नह्र अक्रुं सुट्टें सुक्षे हुर से अप्येगोग बङ्के हैं भेर दुः नस ् खू ३ हुँ।

#### om benza argham padam pupé dhupé aloké gendhé nevidé shapta ah hung

om vajra-argham pādyam puṣpe dhūpe āloke gandhe naivedye śabda āḥ hūm

### क्षेँग्नइंश्वर्गां

#### om benza saparana kham

om vajra-spharana-kham

#### Invocation

### रट हैर सूर ठेग दुव हैंग्या शुः

#### rangnyi kechik dren dzok su:

Perfected in an instant of recollection,

### हे न दुवातसम्बाधासते सुराम्बाधान विश

#### jetsün pakmé kur salwé

I am vividly present in the form of the Noble Lady.

### ष्रुग्रायाराञ्चासेटा है 'सूटागुः

#### tukar da teng tam jangu:

Upon the moon in my heart center,

### ने'यम'र्पेन'बेर'न्यम्'यम'य्येषः

#### dé lé özer pakyé trö

boundless rays of light from the green 'tām' radiate;

### त्यग्रास्यात्र्याः हेराग्ठेगाद्रः

#### pakma namtrül nyerchik dang:

inviting the twenty-one emanations of the Noble Lady:

### र्गोत्रासर्क्रमाम्।सर्क्राश्चेत्रातर्स्रापः

#### könchok gyamtso trin trowas

and billowing clouds of an ocean of Precious Ones;

### **अनुत्रः ग्रीःत्रश्रायमः श्रुतः नृत्रः ग्रु**मः

#### dün gyi namkhar chendrang gyur:

to appear in the sky before me.;

### र्दुः क्षेष्ठेरादेराम्बयाक्ष्यासुति द्वीद्यः

#### tam, kyemé ösal chökü ying:

Tām! From the nonarising space of luminous dharmakāya,

### त्याचार्राक्षर,तत्त्रचार्रा,श्रद्ध,त्रु,सुर्रा,श्रुर

#### gakmé pakmé yeshe kur:

§in the unobstructed wisdom form of the Noble Lady:

### चार.पर्ययाञ्ची.पर्सेजा.र्ये.चरःचरः

#### gang dül gyutrül drawar shar:

manifest as the Magical Net<sup>6</sup> to influence whoever may need,

### र्द्रम्यानेगशास्त्रुतुः दृःमेः ईः

#### tsur shek arya taré dza:

please approach, Ārya Tāre Jaḥ!

### नन्ग'न्द'त्र्में'व्य'बुग्राया हेते'धुरः

#### dak dang dro la tuk tsé chir:

Because you have love for me and all sentient beings:

### <u> કૈર'ઌ૽૿</u>'ૄૻૡૻૡૹ૱ૹ૱૱૱

#### nyi kyi dzutrül tu yi ni:

and possess such miraculous powers,

### है'श्रेर'अर्केर'य'यरग'यग्रीर'यः

#### jisi chöpa dak gyipa:

for as long as I may honor you,

### <u> दे'श्चेद'मर्डेब'स्व, मल्मबास्य मर्बेयः</u>

#### desi chomden zhuk su sol:

Blessed One please remain seated!

### **ॻॾॖॱॻॱॺॱय़ॗॱ**ॺॱॺॖ॑ঃ

#### pema kamala ya stam:

padma-kamalāya stvam:

#### **General Offerings**

### क्षें इर्देश वर्ते र जेद जारा चुर न जे ह

#### om, ngöjor yi lé jungwa yi:

Om! Actually present and mentally created :

### गुत्र-पु:पवट:र्येदे:सर्केद:ध्वेत:ग्रुंश:

### küntuzangpö chötrin gyi;

offering clouds of Samantabhadra,

### केंबर्नुट्बरमुबर्धरान्यम्टर्नुबरहेः

#### chöying gyepar kang jé té:

lavishly filling the expanse of dharmadhātu— :

### त्यग्रासार्भेयासात्रिं प्राप्तरासर्वेदः

#### pakma drolma khor ché chös

I make offerings to Noble Tārā and her retinue!

## क्षेष्प्रक्षातृ ने या या में भू मा मही सुद्वी सुद्वी सुद्वी हु यो क्षा विष्णी मही है भिष्ठी नय है या दे हैं युद्वी

### om arya taré sapariwara benza argham padam pupé dhupé aloké gendhé nevidé shapta pratitsa soha

om ārya-tāre saparivāre vajra-argham pādyam puṣpe dhūpe āloke gandhe naivedye śabde pratīccha svāhā

#### वेशः शुक्र पुट्या मेटा अर्के प्राया शुक्र प्रमुखा

With this, invite the deities and make offerings.

#### Specific Mandala Offering

### खॅं खू १ हुँ । प्रथम ग्रास कें न्य दें न्य दें न्य कें न्य कें न्य कें कें

### om ah hung, kham sum nöchü paljor dang

Om āḥ hūms The three realms, environment and inhabitants, all richness and splendor,

### यदमा'तुब'र्येटब'र्धेद'दमे'र्ळेगब'गुद्रः

#### dak lü longchö gé tsok kün

my body, possessions, and each and every virtue,

### त्रुग्राहेते नद्गाकृद स्रायाय प्रुयः

#### tukjé daknyi nam la bul

I offer to the lords of compassion.

### निष्यान्य मुन्य मु

#### zhé né jingyi lap tu sol

Accept them all and bestow your blessings, I pray. \*\*

## क्षें यस मृज्यामा मृज्य इत्यासु संदेश

#### om sarva tathagata ratna mandala pudza ho

om sarva-tathāgata-ratna-maṇḍala-pūjā hoḥŝ

चि.इ.च.टुच चरःक्रम्चेष्ठमःचर्ह्र्या वर्ष्ट्रस्यत् क्वैयः मृत्र्वेरः क्षेत्रः वर्ष्यः वर्ष्यः वर्ष्यः वर्ष्यः व विषयः मृत्या चरः क्ष्यः वर्ष्यः वर्ष्यः

With that, make the specific mandala offering and recite the King of Praises Tantra, the Twenty-One Verses of Homage twice, and once again make offerings and present a mandala as before.

### युगायाप्यासळेंगा श्वेतायुगातुः हेरः

#### chak yé chok jin chakgya nyi:

Her right hand, in the mudrā of supreme generosity,

### श्चित्रशः श्चेत्रः सुना सुनः सुनः स्तेरः स्तेरः स्तेरः स्ताः

#### kyap jin chakgyar gyurpé ok:

turns into the gesture of giving refuge,

### नन्ग'न्द'नशुद'नु'गुन'र्द्धन्'न्यः

### dak dang sungja kün tsü né

shielding me and all those to be protected,

### <u>८६मास.त.पीय.लस.८२ीमास.८वीट.वीरः</u>

#### jikpa kün lé uk yung gyur:

relieving us of every fear.;

### डेश'र्सेश'वा'सुना'वर्कवा'हेर'नाडेना'र्कर'नासुस'नाईना अट'सर्केन्'रा'न्ट'सङ्वा'सुवा'वा

While imagining this, chant the Homage in Twenty-One Verses three more times. Once more, make the offerings and present the mandala.

### শ্ল্'অম'ন5্5'ইঐ'ক্ত'র্চুক'ননমঃ

#### ku lé dütsi chugyün bap:

A stream of nectar flows from her body,

### रट'र्ट'मश्रुट'मुदे'श्चे'में'क्षः

#### rang dang sungjé chiwo né:

enters me and those to be protected through the crown of the head

### <u> लुग्रय मे 'तुर्य गाुन माट 'च 'धेय</u>ह

### zhuk té lü kün gangwa yiş

and completely fills our bodies,

### <u> च</u>ुैन'तून्रयायायुषा'बुग्रयायम्'ग्युमः

#### jinlap malü zhukpar gyur:

so that we receive all of her blessings without exception.

#### डेबार्बेबायायुनायर्क्याकेमान्डेनार्क्यायुन्यस्त्रार्थेकाय्यस्यार्थेकाय्यस्य

While imagining this, chant the Homage in Twenty-One Verses seven times followed by the benefits,

#### The Benefits of the Homage in Twenty-One Verses

### क्षेत्रं तामुबायदा दमा ख्रासदी ।

#### lhamo la gü yangdak denpé

With true devotion for this goddess,

### र्त्वे : ध्व : माद्र : मीरा : स्या : दर : माद्र : दे।

#### loden gang gi rap dang jö dé

whichever wise person chants this,

### ब्रॅन्'न्ट'र्च'रूट्य'यट्य'यर्य'न्य्या

#### Jsö dang torang langpar jé né

at dusk, or rising at dawn,

### 5क'यब'बी'यहेगब'वसब'ठ5'रूप'ब्रेरा [§

#### drenpé mi jik tamché rap ter

bringing it to mind, is granted total courage.

### क्षेग्'यावस्याउट्'र्यानु'वि'वेद्रा

#### dikpa tamché raptu zhijé

It pacifies every misdeed,

### ८व.तर्ग्.वशब.२८.तह्शब.न.धे.८.ट्री।

### ngendro tamché jompa nyi do

overcomes every road to the lower realms,

### मुवानानु नास्यान्तर्वः इस्रयाणुरा ।

#### gyelwa jewa trak dün nam kyi

and one soon receives empowerment

## शैर.रे.रेयर.धु.यभ्रेर.यर.पज्ञैर.यो ।

#### nyurdu wang ni kurwar gyur la

from seven million conquerers.

### वर्रायमाके नाहिराने र्चेना हिरा।

#### di lé chewa nyi ni top ching

In this life, one achieves superior qualities,

### यत्यामुयार्गे तयत्यायमः त्रुगारे सः वर्गे ।

#### sangyé gopang tartuk der dro

and ultimately arrives at the state of the buddhas.

### दे'धे'द्रमादी'द्रमार्थे'केद'र्था।

#### dé yi duk ni drakpo chenpo

By remembering this, even dreadful poisons,

### नम्बन्गवयाययसम्बद्धाः पर्मे ना

#### ten nepa am zhenyang drowa

locally found or from elsewhere,

### र्वेषायाद्दाके प्रमुद्द्रषाया केदाणुद्दा ।

#### zöpa dang ni tungpa nyi kyang

which are ingested or imbibed,

### द्वायमान्यानुः मेयायान्ते दार्चिता ।

#### drenpé raptu selwa nyi top

are completely expelled.

## गर्नेत्र'न्ट'रेअअ'न्ट'नुग'गीअ'ग्रीर्रेर'न्दी।

#### dön dang rim dang duk gi zirwé

Harm from evil, affliction from plague or venom,

### र्थना नर्थता क्रूनिया है। विश्वास्तर सिर्या है।

#### dukngal tsok ni nampar pang té

it fully eliminates all such miseries,

### शेशश्चरत्रमालवःमास्स्राश्चर्यात्रम्

### semchen zhenpa nam la yang ngo

for other sentient beings too.

### गिष्ठेशमासुस्रायन्त्र पुरस्ति स्याया विद्या

#### nyi sum dün du ngönpar jö na

When chanting it twice, thrice or seven times,

### नु'वर्नेन्'सबाबे'नु'र्श्वेन'वशुरु'बेटा।

#### bu döpé ni bu top gyur zhing

those who want offspring will get children.

### र्वेर पर्रे र प्यम के वेर इसमा है र विया

#### nor döpé ni nor nam nyi top

Those who want wealth will be prosperous.

### वर्रेन्'य'ष्रस्रसं'ठन्'र्घेन'यर'वणुर'वा ।

#### döpa tamché topar gyur la

One's every wish will be fulfilled,

### यगेग्राद्वस्यासेट्र केट्र संस्थित प्रदेशसायग्रीमा

#### gek nam mé ching sosor jom gyur

obstacles will vanish and every problem will be overcome.

#### Prayer for the Accomplishment of Wishes<sup>2</sup>

#### বলাপ্ন দ্বানা

Then joining your palms, recite:

### हे न दुन (यमम्बासाय विमान मान्य मान

#### jetsün pakma khor dangché

Sublime and noble Lady, with your retinue,

### र्श्वेग्रासेर्'युग्राहेर्राम्झेर'र्ग्ट्राया।

#### mikmé tukjé tser gong la

lovingly regard me with compassion, free of thought.

### यन्गामीबाहि सूरामार्बेयायदे र्नेता ।

#### dak gi jitar solwé dön

Bless me so the aims of all my prayers

### मोमाबाबेदातमुचायर चुनि चुबार्से प्रधा।

#### gekmé drupar jingyi lop

will be fulfilled without obstacles.

### यट्यामुयान्यसून्याद्रम्बेटामुया ।

### sangyé tenpa dar zhing gyé

May the Buddha's teachings spread and flourish!

### नभूत (१६त प्रुग्गरा सत्रुत (९नर्गा पर्ने ५) ।

#### tendzin tuktün zhap pé ten

May its holders live in harmony and good health!

### हेरवितेयरकर्गुन्वित्या

#### nyertsé barché kün zhi zhing

May obstacles that threaten them subside!

## नन् भ्रुन स्रेन यम प्रमेया नम सर्हिता

#### shedrup trinlé pelwar dzö

May their activities of teaching and practice prosper!

### बर्ध्यायस्य र्हेर्ले यर्रा

#### né muk truktsö zhiwa dang

May sickness and famine, fighting and strife, all recede!

### केंग्राष्ट्रम्पयायर्चेरामेंटानुयसेया।

### chöden paljor gong du pel

May spiritual richness increase even further!

### क्र्यःश्चेटःमैजःनुतुःशटवःघटःमैशा ।

#### chökyong gyalpö ngatang gyé

May the spiritual rulers' kingdoms expand!

### मुलावसमासवत्र्त्युमानदे न्यमासहित्।।

#### gyalkham ta ü dewar dzö

May every country near and far have harmony!

### पहेनाबायाय सुरु चुना दुबा बीबा पकी ।

#### jikpa chudruk dümin chi

Protect us from the sixteen threats and untimely death,

### भ्रे प्रमासक्त प्रमादन पाद्रा

#### milam tsen té ngenpa dang

from menacing dreams and sinister omens,

## त्रिंर प्राप्त सेंग प्रम्या सेंग ।

#### khorwa ngensong dukngal sok

from the miseries of samsara's lower realms;

### म्पर्याः स्वयः अवरः व्याप्ति स्वयः यसः स्वीत्या ।

#### nekab tartuk jik lé kyop

from every peril, now and always!

### कें नर्से ५ ' ५ न ८ ' इस ' इस अस है न स प्रेम ।

#### tsesö wangtang nyamtok pel

Increase our life, merit, capacity, experience and realization!

### शेरिनेदेर्हेग्यायाशेष्ट्रिट्वेटा।

#### mi gé tokpa mi jung zhing

May harmful notions not intrude!

### नुदः क्या येयया महिया ईत्या येदा सुया ।

### jangchup sem nyi tsolmé kyé

May the twofold awakened mind arise, free of effort!

### यश्रभःर्देव केंश यह्नेव त्या या यम अर्हेत्।

#### samdön chö zhin drupar dzö

May our aims be fulfilled in accordance with the Dharma!

### वर्रे'ते'नुदःक्याक्षेदःयेवै'नम्।

#### di ni jangchup nyingpö bar

From now until supreme enlightenment,

### तुःमारुमाः संप्यायायन्त्रितः दु।

#### bu chikpo la ma zhindu

like a mother protects her only child,

### त्यताश्रेन् त्रुग्राहिते हुत गुरु माञ्चेग्रा ।

#### dralmé tukjé chen gyi zik

always guard us with your kindness!

### क्षेत्रप्रदानुस्योत्राम्बर्गा

#### nyi dang yermé dzé du sol

Let us be indivisible from you!

### डेब'वर्देर'यवे'र्देब'व'गर्बेव'च'छ्रर'यर'र्'चन्च'डेट'। बुग्ब'र्ब'चक्षुव'चबा

With this extraordinary supplication for your desired aims, invoke the oath.

#### Invocation of the Oath

### **अनुत्र मञ्जेदार्वेदालु महाया श्रीश**ह

#### dünkyé ö zhu rang la tim

The front visualization melts into light and dissolves into me.

### <u> ५व</u>्चे र से ५ 'हे ५ '५ 'व्रे व क्षु स्मार स्मार

#### vermé nyi du jinlapé

With the blessings to be indivisible,

### रट.धेर.तसबोबाश.ब्र्जियाशतु.भेंः

#### rangnyi pakma drolmé ku

I turn into the form of Noble Tārā,

### बूट'य'र्र्ट'निवेत'सेर'सर'ग्रुरः

#### nang la rangzhin mepar gyur

visible and yet insubstantial.

### डेब'र्रा केन्द्रिन्द्रयम्बाबासदीम्बाबवासूरान्द्राच्चायायासेसबायनुरासूरीयोगायस्यम्बाद्रायदीयन्नुसायाङीद्रम्यायास

While you keep in mind the vivid presence and pride of being the Noble Lady yourself, recite the ten syllable mantra as many times as you can.

## **ॐ**ॱॸॗॱॸ॓ॱॸॖॾॗॱॸ॓ॱॸॖॱॸ॓ॱॷॱॸॗऻ

#### om taré tuttaré turé soha

om tāre tuttāre ture svāhā

#### Confession of Mistakes

#### धेग'यमु'५८॥

Recite the hundred-syllable mantra:

### 

om benza sato samaya manupalaya benza sato tenopa tishta dridho mé bhava sutokhayo mé bhava supokhayo mé bhava anurakto mé bhava sarva siddhi mé prayaccha sarva karma su tsa mé tsittam shreyang kuru hung ha ha ha ha bhabayan sarva tatagata benza ma mé muntsa benzi bhava maha samaya sato ah

om vajrasattva samayam anupālaya vajrasattva-tvenopa-tiṣṭha dṛḍho me bhava sutoṣyo me bhava supoṣyo me bhava anurakto me bhava sarva-siddhim me prayaccha sarva-karma śuca me cittaṃ śreyaṃ-kuru hūṃ ha ha ha ha ha ha ha ha sarva-tathāgata-vajra mā me muñca vajrī-bhava mahā-samaya-sattva āh

### भाक्नेदार्थोदशासुग्धाः कदाः ददा। ।

#### ma nyé yongsu ma tsang dang

For incompleteness and failure to provide,

### माट प्यट कुष य य अपकेष या ।

#### gangyang nüpa machipa

for whatever I could not do,

### वर्देरके'चन्नै'चन्निरकेंद्रशया।

### dir ni gyiwa gang nongpa

and for whatever mistakes I have made,

### <u>दे'गुद्र'र्ष्ट्रेद'ण्</u>चैश'नर्जेद'सहंद'र्रेग्या ।

#### dé kün khyö kyi zö dzé rik

I must ask your forgiveness.

### लेश महें ५ 'या र्वे ६ श' या मन्त्राश

Thus, confess mistakes and faults.

#### Dissolution

### ञ्च प्राप्त स्थान स्थान

#### lha dang rangsem yermé pa

As the deity is indivisible from my own mind,

### केंग्र'न्चित्र'माशुमा'म्ये 'त्रा'न्य्रमा

### chöying nyukmé ngang du zhak

I settle within the original state of dharmadhātu.

#### ठेबाम्बबाख्याबाराणीः श्राचानञ्चरा

Thus, foster the view of the true nature.

#### **Dedication and Aspiration**

## दमो न तदे थिय शुर दु नदम ।

#### gewa di yi nyurdu dak

Through this virtue may I quickly

## तत्तवात्रात्रार्झ्यासायवीयाचीराथया ।

#### pakma drolma drup gyur né

accomplish the state of Noble Tārā.

### वर्में नमहिमाणु मारा सुराया

#### drowa chik kyang malüpa

Each and every being, no exception,

### देखेखायायर्गेदायम्भेवा ।

### dé yi sa la göpar shok

may I bring to that same state.

### ठेग'मर्थे'र्झेन'मा

Dedicate the merit and make noble aspirations.

#### Prayer of Auspiciousness

### थेर्प्तिक्तर्वेर्प्त्रप्त्र्यायायवरार्याष्ट्रम्।

#### yizhin nor dang bumpa zangpo tar

Like the wish-fulfilling jewel and the vase of bounty,

### चन्नमः भद्रः र्नेन गुनः र्चेन्यः भेनः र्स्रूभः महनः या ।

#### sampé dön kün tokmé tsol dzepa

unimpeded, every wish you do fulfill.

### 

### jetsün drolma gyelwa sé ché kyi

Noble Tārā, conquerors and offspring,

### भु.पचेता.बीबाना.हुना.सुँट.चतु.चप्रा.चुना.चूना ।

#### mindrel tukjé kyongwé tashi shok

bestow the auspiciousness of being forever nurtured by your compassion.

#### डेबार्बेम्बानेबायायाईन्याबोर्नेमायुर्वेस्सी।

With that, utter verses of auspiciousness and toss flowers.

#### तहश्रासम्बर्गान्यः क्यां कृताः विवायः यवायः स्त्री।

This ritual liturgy was arranged by Jamgön Guṇa.8

### |र्झेवासावायुनावळवाके:न्। सःगडेनानीसानर्सेन्। यायतार्थेतान्। यास्त्राया

### The Praise to Tārā with Twenty-One Verses of Homage

and the Excellent Benefits of Reciting the Praises

From the Words of the Buddha

### ख्र्मह्रिम्बर्ध्वस्थात्यम्बर्धाः स्थ्रीयः सायायुगात्वक्यायी ।

### Om jetsünma pag ma drolma la chaktsal lo

Om, obeisance to Tara, revered and exalted.

# धुनापळवानू ने सुरासान्यपार्से । Chagtsal taré nyurma pamo

Homage to the saviouress, swift and courageous,

# ॸॖॖॾॣॱॸॱऄॺॱय़॒ॾॆऀॺऻॺॱय़ॱॺ॓य़ॱॴ Tutara yi jikpa selma

Who dispels all fears with the mantra "Tutara"

# मु:रेश:र्देन'गुन:ह्वेन'यशःर्झ्य'आ । Turé dön kün jinpé drolma

Who liberates by giving all benefit by "Ture"

## ब्रु'कृति'धै'में हिंद'य'यदुद'र्दे। | Soe'i yigé khyöla dü do

With the syllable "Svāhā" I bow to you.

#### 1. Nyurma Pamo

### सिवातक्ताः भूतासासीमाना सार्वातासी ।

#### Chagtsal drölma nyurma pamo

#### Chagtsal drölma nyurma pamo

Homage to Tārā, swift and courageous,

### धुन ने स्न र हैना मूर्ना रा रा रा रा

#### Chenni kechig logdang dra ma

Whose gaze is as quick as a flash of lightning;

### <u>८६मा हेन मासुस समें न कु हो स लग हो ।</u>

### Jigten sumgön chukyé shyelkyi

Who on a tear from the face of Chenrezig

### मोग्बरानुःचायबान्ने चुटाबा।

#### gesar chewa leni jungma

Sprang forth a billion-fold lotus pistil

#### 2. Loter Yangchenma

# युना प्रक्या ब्रेंन गाँदे ज्ञु न गाँन है। । Chagtsal tönké dawa küntu

Homage to you whose face is like

### गट न न मु ने न हे ग्राय पे लिया या ।

#### Gangwa gyani tsegpé shyelma

The accumulation of a hundred full moons of autumn,

### भ्रम्भः भ्रंदास्याः क्र्यायाः स्थयः हो ।

### Karma tongtrag tsogpa namkyi

Who like a cluster of a thousand stars

# ત્ત્રાનું સું ત્રવે લેંદ્ર ત્રન લન્દ્ર આ | Rabtu chewé örab barma

Radiates light that clarifies everything.

#### 3. Sonam Chogter

### युगापळवासेरार्से.क्.यसम्भेगाण्णी।

### Chagtsal ser ngo chuné kyé kyi

Homage to her who is golden in colour,

# पञ्चरा सुना के 'क्रा प्रस्ता प्रकार प्रकार

With a blue lotus adorning her hand.

# ह्येन'य'चर्डेन'यमुब्र'न्गय'त्रुच'ले'चा । Jinpa tsöndrü katub shiwa

Charity, endeavour, austerity and peace,

### नर्वेद्रायान्यस्याम् हरार्धेद्राखुवाहेद्रास्या

#### Zöpa samten chöyul nyi ma

Patience and samadhi are the field of her action.

#### 4. Tsugtor Namgyalma

### सुमाप्तक्रयाने मिलेकामाने मार्था महिमा हिमा ।

### Chaktsal deshin shegpé tsugtor

Homage to her, the crown jewel of Tataghatas

### श्वत.त्त्रा. प्रमान स्थान स

#### Tayé nampar gyalwa chöma

She who also enjoys the most infinite victory,

### अ'तुब'स'र्रेव'धुक'य'र्षेव'यदी <u>।</u>

#### Malü parol chinpa tobpé

Whoever obtains all the transcendent virtues,

# 

Those heirs of the Conqueror take her support.

#### 5. Rigje Lhamo

# धुना तर्द्धा राष्ट्रहू र र हुँ धो ने । Chagtsal tutara hung yigé

Homage to her who by "Hung" and the "Tutara" mantra

# पर्नेन्द्रः र्स्थेन्यः न्द्रः त्रथः यायपः न्द्रः या । Dödang chogdang namkha gangma

Fills all space, directions and realms of desire.

## यद्देग'हेव'यर्व'र्य'ल्यय'ग्रैय'अव्वर'हे। **।**

#### Jikten dünpo shabkyi nenté

Pressing the seven worlds under her feet

# युषायाकोदायमायाम्याम्यात्रवासा | Lüpa mepar gugpar nüma

She brings all and everything into her power.

#### 6. Jigjé Chenmo

### युगापळ्याममु मुन्ना भे त्राळ्टबामा ।

#### Chagtsal gyajin mélha tsangpa

Homage to her whom Indra, Agni and Brahma,

### क्रुंट 'क्षे' श्रुं केंग्रान्यट 'धुवा' अर्केन आ

### Lung lha natsog wangchug chöma

Vayu, Ishvara and all the gods worship,

# प्रचृदःस्रें प्रदशः दे । वास्रायः प्रवादिक rolang driza namdang

Elementals, gandarvas and zombie-like demons,

## मार्केन क्षेत्र केंमाय चुया अनुतात्रया मार्केन स्था ।

#### Nöjin tsogkyi dünné töma

All malevolent spirits give praise before her.

#### 7. Zhengyi Mithubma

### समायक्यम्तरकेषम् प्रमायक्षा।

### Chagtsal tratché jadang phetkyi

Homage to her, who by Trat and Phet

### त्रम्यतितित्रार्धम् स्पर्धि रह्माया ।

#### Parol trülkhor rabtu jomma

Destroys evil forces conjured by magic,

### मायन पश्चमार्येव प्रमुद्द ल्पन क्षेत्र स्वत्र है। ।

### Yékum yönkyang shabkyi nent

Right leg folded, left leg extended pressing down,

# ब्रे त्यम तिषुत्र प्रमम्ब्री । Mebar trugpa shintu bar ma

She consumes them completely with her raging blaze of fire.

#### 8. Zhengyi Migyalma

### सुना तक्या मृत्रे तिहेना या यो केता र्येया ।

#### Chagtsal turé jikpa chenpö

Homage to her, the swift fearsome one,

### यर्द्राणुःद्ययःर्वे इस्रायरःवर्देस्यासा ।

#### Dükyi pawo nampar jomma

She who obliterates the most tenacious of devils.

### कुः क्षेत्रालया ने 'र्सिंगि हेरा धूना अहं द्या

#### Chukyé shelni dronyer den dzé

With her lotus face wrinkled in wrath,

### <u> र्मा में प्रथय २२ अ.जीय पीसूर यो ।</u>

#### Drawo tamché malü söma

She annihilates all enemies without exception.

#### 9. Sendeng Nagkyi Drölma

### स्मायक्याप्त्रीत्रसर्वेमामाशुक्षासर्वेदास्मामुद्री ।

### Chagtsal könchog sumtsön chag gyé

Homage to her who displays the mudra of the Three Precious Ones

### र्श्रम् श्रुवायायान्य द्रयायम् यमुत्राया ।

#### Sormö tugkar nampar gyenma

With her fingers perfectly ornamenting her heart,

## श.जीश.स्रीचोश.क्षी.पाक्र.ज्राच मीष.ताती ।

#### Malü chogkyi khorlo gyenpé

Who quakes all directions without exception

### र्रामिय्रिन्गीर्स्यायास्यात्रामाया ।

#### Rang gi ökyi tsognam trugma

By the effulgence of light from the wheel in her hand.

### 10. Jigten Sumlé Gyalma

# सुना प्रक्रां र र प्रताप्त प्रवाप प्रकार प्रवाप प्

Homage to her who spreads sublime joy

### <u>रचु'कुक'र्वेर'चुै'सेट'च'श्</u>रेथ'शा।

#### Urgyen ökyi drengwa pelma

From the glittering garlands of lights on her crown,

## नब्दःयःस्नानब्दःमुङ्गःस्थेशा ।

#### Shepa rabshé tutara yi

From great peals of laughter with the "Tutara" mantra

### यर्द्रद्राय्द्रमाहेक्द्रयम्द्रास्ट्रस्

#### Düdang jikten wangdu dzéma

She brings demons and the universe under her power.

#### 11. Norter Drölma

### सिया.तक्ता.बा.बा.बु.बुंट.चटु.क्र्याबा.क्शबा ।

### Chagtsal sashi kyongwé tsognam

Homage to her, the assembly of Protectors of the earth

### वस्त्रान्त्र त्यामार्या स्त्राचा हेटा स्त्रा

### Tamché gugpar nüpa nyima

She has the power to summon them forth,

### 

#### Dronyer yowé yigé hung gi

By "Hung" and the movement of her furious grimace

### र्त्राना व्यथा २८ . देश नम् . ह्यूंचा था ।

### Pongpa tamché nampar drölma

She completely delivers all destitute beings.

#### 12. Trashi Dönjéma

# युग्तर्क्याञ्च प्रते पुरासुते प्रसुत् । पुरास्ति । प्रति । प्

Homage to her whose crescent moon diadem

### चक्कियायसम्बद्धाः विद्यापुरायमास्या ।

### gyenpa tamché shintu bar ma

All bejewelled, glows dazzlingly,

## रयासदीर्षेद्रकार्येद्रन्यमास्रेद्रायस्। ।

#### ralpé trö na öpakmé lé

Who from Amitabha atop her vast flow of hair

### हमायमधीव हु र्वे र मय अहं र आ ।

#### takpar shintu ö rab dzé ma

Streams forth continuous rays of white light.

#### 13. Drapung Jomma

### स्वाप्तर्वा नम्रायामा मारी मे ।

#### Chagtsal kalpa tamé métar

Homage to her, amidst a fire like the kalpa's end

## वचरःचवैःस्रेटःचवैःन्युग्रान्यम्बग्राम्।

#### Barwé trengwé üna néma

She sits in the centre of a garland of flames

### ग्याया प्रमुद्रः ग्रायेत् स्वसुस्रः गुत्रः दस्यः सर्भे सः दग्येत्। ।

#### Yékyang yönkum künné korgé

With her right leg extended and left indrawn, those who are joyful when the Dharma wheel turns

### 

#### Dra i pung ni nampar jom ma

She completely subdues their numerous foes.

#### 14. Thronyer Chenma

### स्माप्टियायाम्बिदे र्रेशयास्मामी ।

#### Chagtsal sashi ngö la chak gi

Homage to her who slaps the earth with her palms

### भवेताः ग्रीमानसूनः केटा ल्यमा ग्रीमानसूटा भा।

### Til gyi nün ching shyab kyi dung ma

And tramples it under her feet,

### विंगहेर उत्रब**र्द्रणे में 'है** मैशा

### Tronyer chen dzé yigé hung gi

Who by "Hung" and her wrathful expression

# रेअ'य'प्रतुत'र्य' इसमा ते'प्योधमा । Rimpa dünpo nam ni gem ma

Dominates the beings of the seven netherworlds.

#### 15. Rabtu Zhima

### सुगाप्रक्यायरे अर्गे अले आ

#### Chagtsal déma géma shima

Homage to her, mother of bliss, mother of virtue, mother of peace,

# धु'दत'यद्याले'र्श्चेद'ख्या'हेद'या । Nya ngen déshi chöyul nyima

She who herself is the peace beyond suffering,

# त्रु'तृ'र्खे' द्र' त्या प्रतायम् । Soha omdang yangdag denpé

By her root mantra with "Svaha" and "Om"

### ध्यापाकेतार्यापर्हेमसाया हेन्सा।

#### Digpa chenpo jompa nyima

She overcomes even the heaviest defilements.

### 16. Barwé Öchen

### सुना तक्या गाँच च्या मार्शे र र मार्गिय परी ।

#### Chagtsal künné korab gawé

Homage to her, those fe Homage to her, those who feel great joy at the turn of the Wheel,

## <u> न्याः भीः भुषाः कैः स्याः कुः त्यो अषः आ</u>।

### Drayi lüni rabtu gemma

She annihilates the very bodies of their enemies,

### थी'मो'मञ्ज्यिदार्यादी'ममादी'मार्गिन्यदी।

### Yigé chupé ngagni köpé

By the arrangement of the ten syllable awareness mantra

## रेगायां हुँ 'यश र्झेयां अ है दाया ।

### Rigpa hung lé drölma nyima

Surrounding "Hung", she is the mother who liberates.

### 17. Pagmé Nönma

## सुगायक्याः मृत्रेये विनया के नह्नया प्या

### Chagtsal turé shabni dabpé

Homage to her, swiftly stamping her feet

# รู้ मी इस प्रिय प्रिय में तर है दर्भ । Hung gi nampé sabön nyima

She is the manifest form of the syllable "Hung",

### रे'र्यासङ्'र'द्रा'द्रीग्रामुद्रा।

#### Rirab madara dang bigché

Meru, Mandara and Vindhya mountains

### पहिमा हेत्र मासुसा इससामार्थी पा हेत्र सा ।

#### Jigten sumnam yowa nyima

And even the three worlds, she causes to tremble.

#### 18. Maja Chenmo

## सियो.तक्ता.क्षे.ला.मक्यू.ला.सभारापी ।

#### Chagtsal lhayi tsoyi nampé

Homage to her, rounded like a heavenly lake

### रे. देवाब. सेवाब. २४. दीवा. थ. य बैशवा. शा

#### Ridag tagchen chagna namma

Is the hare-marked moon she holds in her hand,

# ॸॣॱॸॱॺऻऄॖॺॱॸऻॾॕॸॱॺतॱॹॖॆॱऄॱॺॊॺऻॎऻ Tara nyijö phet kyi yigé

By repeating "Phet" with the second Tara mantra

### न्याः इसमासाः सुमानाः के सेयाः सा

### Dugnam malü parni selma

She clears away every last trace of poison.

#### 19. Mipham Gyalmo

### सुना पर्कता क्षेत्रणे क्षेत्रम्य स्थया मुवा स्री।

### chaktsal lha yi tsok nam gyalpo

Homage to her served by the king of the assembled deities,

## झ'र्ट्र भेरम'रु'णेय'रा मेन्रामा

#### lha dang mi'amchi yi ten ma

By the gods and other muse-like divinities,

### ग्रां त्र वर्षा में कि प्रांत प्रांत हिंद ग्रीका ।

#### künné gocha gawa ji kyi

With the sheer brilliance of her armour of joy

### र्डेन्'न्ट'क्रे'यम'ट्न'य'सेय'स्।

### tsö dang milam ngenpa selma

She dispels all inauspicious dreams and quarrels.

#### 20. Rithrö Lhamo

### सिवातक्याक्षेत्राच्चामास्यापती ।

#### Chagtsal nyima dawa gyepé

Homage to her, opened like suns and full moons

### शुक्रमाहेशर्ये या पेर्नि स्यामाना मा

#### Chen nyipo la örab selma

Her two eyes shine forth bright light,

### ५-४-मानेशन्यहें ५-५ हु ४-थेश।

#### Hara nyijö tutara yi

By reciting "Hara" with the second "Tutara",

### वैवानुः द्यार्थेदैः देशवावदः वेदाः वा ।

#### Shintu dragpö 'I rimné selma

She eradicates the most violent epidemics.

### 21. Lhamo Ozer Chenma

### सुमाप्तक्या ने हिन्मासुसा इससा नर्गो न प्यसा ।

#### Chagtsal denyi sumnam köpé

Homage to her whose array of the three syllables of suchness

### क्षेत्रदेशस्त्रु'द्रायाःद्रमाष्ट्रकाम्

#### Shiwé thudang yangdag denma

Has the power to perfectly pacify everything,

# मार्नेत्र'न्दः से 'याद्रायां मार्नेन्' श्चेतः र्क्षमायाः स्थायाः Döndang rolang nöjin tsognam

The hosts of demonic, malignant and zombie-like spirits

### वर्हेमयायाम्ये राम्ये मान्ने प्राप्त

#### Jompa turé rabchog nyima

Are vanquished by "Turé", the unsurpassable mother.

### इ'नदे'स्नागणी'नर्सेन्यादनै'न्दा।

### Tsawé ngag kyi töpa didang

These are the praises with the root mantra,

### युगापळवायाते हे भू इगाउँगा

## Chagtsal wa ni nyishu tsachig

The twenty-one salutations.

Padmakara Translation Group.

#### The Excellent Benefits of the Praise

### क्षेत्रं या गुराषद द्वा ख्व यदी ।

### lhamo la gü yangdak denpé

The wise who recite these words in earnest,

# र्त्ते 'स्त'याट' मैश' र य' र ट' यहें र 'रे। । loden gang gi rab dang jö dé

Filled with genuine devotion for this goddess,

### ब्रॅन्प्राचे प्रदेश यात्र सम्य मुका क्या ।

#### sö dang torang langpar jé né

At dusk, and also having risen at dawn,

## 5क्'यमाभी'यहिम्बाम्यसम् उठ्'र्या हेरा ।

#### drenpé mi jik tamché rab ter

With recollection, will be granted fearlessness;

### <u> इत्तासायम्बर्धाः करास्याः देशीयो ।</u>

#### dikpa tamché rabtu shyijé

They will utterly eliminate all misdeeds,

### 

#### ngendro tamché jompa nyi do

And surmount all evil destinies.

## मुलानानुःनास्रमानदुक्राक्ष्रवाणुवा ।

### gyalwa jewa trak dün nam kyi

Seventy million victorious buddhas

# धुर-५-५नद ने नम्नुर-नर-तन्तर-प्रा । nyurdu wang ni kurwar gyur la

Will swiftly confer empowerment upon them,

### परे'यशके'य'हैर'दे'र्वेच'देट'।।

#### di lé chewa nyi ni tob ching

And they will attain greatness in this world,

# श्राम् अप्रामी त्या स्थान स्यान स्थान स्यान स्थान स्य

And reach the ultimate state of buddhahood.

### दे'धे'द्रमा'बे'द्रमा'र्ये'केब'र्यो ।

### dé yi duk ni drakpo chenpo

Even the most powerful and toxic poisons,

### यम्ब्रम्यव्यायवयाम्ब्रम्यायव्याम्बर्

### ten nepa am shyenyang drowa

Which derive from plants or living beings,

### <u> च</u>िंग'य'५८'के'५बु८म'य'के५'णु८'। ।

### zöpa dang ni tungpa nyi kyang

Whether eaten or taken as a draught,

## द्वायबारवानुः बेयावाने दार्वेवा।

#### drenpé rabtu selwa nyi tob

Will be purged entirely by recalling this praise.

## मार्नेत्र-५८:रेअस-५८:५मामीसमावीर-पदी ।

#### dön dang rim dang duk gi zirwé

Reciting this two or three or seven times<sup>11</sup>

### य्या नय्या र्वेषाया दे स्याप्य स्वर्षा हो ।

#### dukngal tsok ni nampar pang té

Will eliminate multitudes of suffering

### शेशवा उर्व माल्य या स्थवाया प्यटाटी ।

#### semchen shyenpa nam la yang ngo

Brought about by spirits, pestilence, and poison—

### मिष्ठेशमासुस्रामन्त्रम् पुरस्य स्वार्थितः स्वार्

### nyi sum dün du ngönpar jö na

And this applies even to other beings as well.

### नु'वर्नेन'यम'नै'नु'र्मेन'वश्चर'नेट'।।

#### bu döpé ni bu tob gyur shying

Those who wish for progeny will bear them;

### र्वेर पर्रे र प्रशासि में में र इससा है र विना

#### nor döpé ni nor nam nyi tob

Those who wish for riches will acquire them;

# तर्नेन्यात्रस्य उत्र्वितास्य त्युराया । döpa tamché tobpar gyur la

Each and every wish will hereby be fulfilled,

## चमोमाबाद्मधवासे ५ स्ट्रीट से स्वार प्रहें सवा प्रमा

### gek nam mé ching sosor jom gyur

And obstacles, entirely vanquished, will be no more.

### चर्डेअ'ख्रुव'यन्र्या'अ'र्ब्बुव''अ'य'पाट''न्न् प्यर हेंग्न्य'यदै'यद्यानुर्या'गुर्या'चर्बून'यागुर्याद्या'यहिंग्य

This completes the Praise to Bhagavatī Tārā as spoken by the completely perfect Buddha.

Lhasey Lotsawa Translations (trans. Stefan Mang, Peter Woods, and Ryan Conlon, ed. Libby Hogg) with the kind assistance of Adam Pearcey, 2019. Version: 1.4-20211116

All kinds of variety, lovely flowers in bloom,

A golden palace gleaming and delightful,

Even such as these have no ultimate creator,

They are imputed by the power of thought

The whole world is imputed by the power of thought.

Buddha Shakyamuni, Sūtra Requested by Upāli

## र्झेयान्गरमुक्षियाचस्यायाचनुग्रास्

#### Drolkar Gyünkhyer Düpa

#### **Short White Tara Sadhana**

by Tenga Rinpoche

### न'र्भे

Namo.

Namo,

### बद्यामुबार्केयाद्दादमी वदुकावा।

Sang gyä chö dang gen dün la

With deep reverence and humility of body speech and mind

### भू.पाश्रेश.पोश.तश.भैतश.शे.शक्री।

go sum gü pay kyab su chi

I take refuge in Buddha, Dharma and Sangha.

## शायतः अध्याः श्रेमाश्रम् । उत् । यसमा उत् । गुन्।।

kha nyam sem chen tham che kün

And I generate bodhicitta so that all beings, as limitless as space,

### षट्यामुयार्थेनासुरायोगस्यानमुदार्दे॥

sang gyä thob chir sem kye do

May attain perfect Buddhahood.

## प्रतःमासुस्रा सेस्रसः पश्चे ५ हो। Repeat three times.

# र्षे. पु. तु. तृ. हूं त. यह र या हु या खा हु यो १९५१ om shunyata jnana benza sobhava etmako ham

### र्बेट पति टट यम दुं सुम सुट दर्वि र दार्वि र दानि र ।

tong på ngang lå hung drå sung khor kar

Out of emptiness, by the power of the sound of HUNG appears a white protection circle like a huge

### <u> ने न्त्रुयः ड्रुं : ययः कुःनेयः मृद्यः प्ययः। यदः । ।</u>

de ü dhrum lä chu shel shäl yä khang

In its centre, from the syllable DHRUM, appears a palace of white crystal.

### รสุงางุาน่านงานฐาผานงาส

ü su pam lä pema a lä da

In the centre of the palace appears a PAM, which becomes a thousand petalled lotus flower with an AH on it

### र्रायोगस्य में निर्मात स्त्रीत स्त्री स्त्रा स्त्री स्त्री

#### rang sem tam kar yong gyur utpala

The AH transforms into a moon disc, and on this moon disc, my own mind appears as a white TAM, Which then transforms into an utpala flower, with my mind as TAM in its centre.

### **ॸ॓**ॱॻॖॆॺॱॺळ॔क़ॱय़ॺॱ॔॓॔॔ॸॱढ़ऄॗ॔ॺॱॸ॔क़ॱॻॺग़

### tam gyi tsen lä ö thrö dön nyi jä

The TAM radiates light, bringing in the blessings of Tara and all the enlightened beings.

The light radiates a second time, transforming, healing and purifying all the beings of the six realms. In this way the two purposes are accomplished.

### र्षेट्यः सुरः रूटः क्षेत्रः यितः यित्रः वितरः वितरे विश्व

#### yong gyur rang nyi yi shin khor lo ni

The light dissolves back into the TAM, instantly transforming me into White Tara, the Wish Fulfilling Wheel. (10)

### कुःनेवाः क्षरः नगरः वया ग हेनाः सुनाः नहिषाः या।

### chu shel tar kar shäl chig chag nyi pa

White as crystal, with one face and two hands, adorned with precious jewels and a lower garment of silk,

### गणरायरासर्केगाञ्चेत्राण्येत्रयसास्कृत्वयायहेत्।

#### yä pä chog jin yön pä utpal dzin

Her right hand is in the mudra of supreme giving, the left holds an utpala flower.

# প্রমান্ত্রীমান্ত্রীমান্ত্রম

Her legs are in vajra posture; her back is supported by a moon disc.

### <u>५२.मु..चभावपश्चात्राचरम्</u>याचम्रेषायद्यो।

### dar gyi sham thab da war gyab ten pä

In the three places, are the three syllables OM AH HUNG

### म्बर्याम्बुर्यायञ्च मार्युयाञ्च मार्युयाया नुस्याय नुस्य स्व

### nä sum dru sum thug ü pe da tam

In the heart centre, on a lotus and moon disc, is the white TAM.

### दे'यब'र्देद'वर्सेब'धे:वेब'श्वब'द्रदब'वर्स्वेबा।

### de lä o thrö ye she chen drang tim

Light radiates and invites the Jnanasattva<sup>(11)</sup>, which dissolves into myself.

### -श्रूर:WC'र्दर'वर्सेब'न्नट'क्षे'श्वेब'न्ट्रट्ब'हे।।

#### lar yang ö thrö wang lha chen drang te

Again light radiates inviting all the Empowerment Deities.

## रचट.चभ्रें र.भ्रें.चोट.कुचाश.चरचा.श्रंट.श्रवत.चोशजा

#### wang kur ku gang rig dag nang tha säl

They grant empowerment and amrita fills my body.

The overflow at the crown of the head appears as Amitabha, Buddha of Boundless Light. (12)

(Now you have received the blessings of the Jnanasattva and you have received the empowerments, so you have become fully empowered and become like White Tara.)

### 

#### thug ü pe dar khor lo tsib gye ter

In the heart centre, on the lotus and moon disc, is a hollow white wheel with eight spokes.

### ब्रेट त्वार्खे ५३ रमुष खु रुं येग रगारा।

#### teng og om ha ü su tam yig kar

In the centre of the wheel is the seed syllable TAM, with OM above and HA below.

### **अ**''@५'क८'अ×'शृगश'णुे'से्ट'न'५८'।

#### mu khyü nang mar ngag kyi threng wa dang

Around the inner circle of the wheel stands the mantra garland, radiating light.

### क्रेन'नकुर'क्रेट'रु'ष्णे'में'नकुर'नठब'म्बला।

#### tsib gye teng du yi ge gye chä säl

The light radiates through the vastness of space, gathering the pure essences of all the Five Elements, (13), which dissolve into myself.

## ट्रे.जब.प्ट.पर्सूब.पविट.कृयु.टेटब.श.चर्नेबारि

#### de lä ö thrö jung ngä dang ma dü

Again, light radiates, collecting the blessings and long life siddhis

### श्चरःषटःत्र्रायर्श्वेषःवःदटःद्वटःश्वेटःदटा।

### lar yang ö thrö lha dang drang song dang

Of all the enlightened and worldly deities, gods,

## रैगा'वहेंत' इसस्य ग्री' के' भी पटें स'गुपा पर्स्य।

### rig dzin nam kyi tse yi ngö drub dü

Vidyadharas and rishis who have accomplished long-life practice.

### 

#### lar thrö sang gyä jang sem jin lab dang

Light radiates a third time, inviting the completely enlightened blessings

### कें भै प्रदेशमुच पश्यान्य मुग्य मा

#### tse yi ngö drub dü nä tam la thim

and siddhis of all the Buddhas and Bodhisattvas to dissolve into the TAM.

### वकै'सेर'कें'भे'र्देशमून'र्वेन'यर'ग्रुरा

#### che me tse yi ngö drub thob par gyur

Thus, the siddhi of deathless life are accomplished.

# 

## ૹ૾૽ૼૢૻ૽૽ૺઌૢ૽ૢ૽<sub>૽૽ૢૻ</sub>૽૽ઌઌૢ૽૽૽ૺઌૹૹૣઌૢઌૢ૽૾૾ૢ૽૾ૢ૽ૢૼઌઌૢ૽૽૾ૺઌૢૻઌૻૹૣઌૢ

#### OM TARE TUTTARE TURE MAMA AYUH PUNYE JNANA PUKTIM KURU SOHA.

## र्बेर्-नड्र-तेर्-लु-बुट-वर्विर-म्बियायमामटा।

#### nö chü ö shu sung khor shäl yä khang

The container and the contained, the whole universe and all beings, melt into light and dissolve into the protection circle.

### रदायाचेमाबिदारदायदाकुँ याचेमा

#### rang la thim shing rang yang tam la thim

The circle melts into the crystal palace and the crystal palace melts into myself as White Tara. Tara dissolves into the seed syllable TAM

### <u> द्रै'Wट'र्देर'लु'स'मर्र्डस'माशुमा'सदी'टट'।</u>

#### tam yang ö shu ma chö nyug mä ngang

and the TAM itself slowly dissolves, from the bottom of the lotus flower to the tip of the nadi, and melts into light. (14)

### रट'यय'र्से'सदे'र्ग्नेट'र्नु'सहस्रयर'यवगा

#### rang bab so mä long du nyam par shag

I allow the mind to rest in its original purity, and remain freshly settled, in the uncontrived, and fresh natural space.

### श्चरःलट. इ. यर्थ्यः तसम्बाधः भवः भ्राः २. छटा।

#### lar yang je tsün phag mä ku ru dang

Once again, I arise in the form of Noble Tara.

### दगे'चय'येसय'उठ'यटय'कुय'र्घेच'चर'र्वेग्।

#### ge wä sem chen sang gyä thob par shog

Through this merit, may all sentient beings attain Buddhahood.

### <u> राज्यसम्प्रह्मा ।</u>

#### Sarva Mangalam Dzayantu

All is auspicious. May there be victory!

### कुर ख्रेर सूर्यय यदेवे केर यह सुया यसूर द्वाव यय सुरा पर्वा ।

Benchen Tulku Tenga Rinpoche composed this concise daily practice manual. This translation of Drolkar Gyünkhyer Düpa is based on a word for word commentary by Ringu Tulku Rinpoche.

Noble one, think of yourself as someone who is sick,

Of the Dharma as the remedy,

Of your spiritual teacher as a skilful doctor,

And of diligent practice as the way to recovery.

Buddha Shakyamuni, Gandavyuha Sutra

### 🤏 । श्चित तुर्ते श्चित घर्याय तुर्वाय र्थे। । Sādhana of Bhaisajya Guru

### **Medicine Buddha**

by Karma Chakme

### ञ्चः अः दर्गोदः सर्केनाः नासुस्रः यः सुनसः सुः सकी ।

lama könchok sum la kyab su chi

I take refuge in the Guru and Three Jewels.

## वर्गे नदे र्ने न र नर्रे अ स्व श्व म्यून स्व मा

drowé döndu chomden men la drub

For all beings' sake, I shall accomplish the Buddha Bhaişajya Guru.

### कॅबाइबबादविषयाचे नायाचे नायाचे विषय के वार्षे वार्ये वार्षे वार्ये वार्षे वार्षे वार्षे वार्षे वार्षे वार्षे वार्षे वार्य

chö nam mikmé yené tongpanyi

All phenomena are beyond reference, primordial emptiness.

### दे'धी'८८'प्रमान्द्रः हैद'तुम्हेंगमासु।

dé yi ngang lé rangnyi dren dzok su

Out of that experience, I appear, perfect upon recollection,

### न्यायो न्तुरायो नार्येया स्वाधिता ।

damyé yermé chomden men gyi la

As Buddha Bhaisajya Guru—samaya- and jñānasattva inseparable.

### भ्रु'अर्देना'अवेट'गा'ल्य'नारुमा'सुना'नारुष'या।

kudok ting ka shyal chik chak nyipa

His body is deep blue in colour and he has one face and two hands,

### तिया.यालश्राभक्त्या.ह्रीय.श्रय.भक्त्या.यश्रया.वह्या ।

chak yé chok jin men chok namgyal dzin

The right hand in the supreme generosity mudrā and holding Myrobalan,

### गर्षेत्र'ययास्रभायलगायतुन् हे श्रूट यजेन यस्रभया ।

vönpé nyamshyak dütsi lhungzé nam

And the left, in the gesture of equanimity, holding an alms-bowl of nectar.

## सक्य-रन्त्रान्यम्बर्स्हिः श्चीताः गुटः चबुमाया ।

tsenpé rab gyen dorjé kyiltrung shyuk

He is fully adorned with the signs and marks and seated in vajra posture.

### भुःतः र्क्र्यः मृंयः इयः यः माशुयः ग्रीयः गुप्ता ।

ku la chögö nampa sum gyi lub

And he is dressed in the three dharma robes.

## यन् बुते स्रेट यल्गमार्येन बेर न्यमा सेन पर्यो।

pé dé teng shyuk özer pakmé tro

Seated upon lotus and moon-disc, he emanates countless rays of light.

## त्रुमार्याम् त्रु स्ट्रेट रहुँ या समायामायया नर्से रा

tukkar da teng hung la ngak yé kor

At his heart, upon a moon, is Hūm surrounded clockwise by the mantra,

## देःजबःर्देदःचेरःवर्धेबःसबःवरःर्धेवाबःदबा ।

dé lé özer tröpé sharchok né

From which rays of light shoot out to invite countless Bhaişajya Gurus

## अन्तु न्यगाये न र्चेन नया मारा विया

men la pakmé jön né rang la tim

Who arrive from the eastern direction and dissolve into me.

## श्चरःलटःश्चेःजबःत्र्राःचेरःवर्स्ववःयःलेबा ।

lar yang ku lé özer tröpa yi

Further rays of light then emanate from his body once again,

## भर्वे८ र्वेश वर्ते नवे नवे नुमामशुभ कर ले कथा।

tong tö drowé duk sum né shyi né

To pacify sickness and the three poisons in beings who might be seen or heard,

## ষমমাত্রস্ত্রামীরস্ত্রাজ্বস্থ্রস্ত্রা

tamché lamé changchub tob gyur chik

So that they all attain unsurpassable awakening.

## **ॸ**5ॱॹॣऻ ॐॱॹॆॸॱॾॖ॓॔ॹ॓ॸॱॾॖ॓॔ॴज़ॗॱॹॆॸॱॾॖ॓॔ज़॒ॾ॔ॴॶक़ॱॸ॓ॷज़ॗ

teyata om bhekanze bhekanze maha bhekanze radza samudgaté soha |

tadyathā | om bhaiṣajye bhaiṣajye mahā-bhaiṣajye rāja-samudgate svāhā |

### वेश'मध्रेत'य' ठे'प्याम' मुश्रात्र्या

Recite this mantra as many times as you can. Then:

## दे'द्रर'र्झेअ'अग्वर'य्रअय'ठ८'र्र्र्र्राची'येअया ।

detar gom khen tamché rang gi sem

The one who visualizes all this is my own mind.

### बेसबाके प्लें रासे रासवता च्या बेंदा या है रा

sem ni yömé tadral tongpanyi

Mind itself is emptiness, beyond the extremes of existence and non-existence.

## गटान्याधीटयास्यान्यान्यान्यान्या

### gangshar ma yeng tsam du ngowo kyong

Whatever occurs, in simple non-distraction, I will sustain the essence.

## **८**हेन्सेन्सानर्रेशःशुगायमः नर्सेसःनेसान्। ।

### dzinmé machö lhukpar gom shé na

Knowing how to meditate freely and naturally, without clinging or contrivance,

## दुगाः स्ति । तर्रे भास्य भ्रमः भ्रमः न्यापा ।

### duk ngé né shyi chomden men la drub

Pacifies the sickness of the five poisons and accomplishes Buddha Bhaisajya Guru.

## **८**दी'क्षर'र्क्षेत्र'यत्त्रस्य स्वाप्तिस्य ।

### ditar gomdé jepé gewa yi

Through the merit of visualizing and reciting mantra in this way,

## अर्घेट र्घेष द्व रेगा गुक ग्री कर लिक्षा।

### tong tö dren rek kün gyi né shyi né

May the sickness of all those I see, hear, think of and come into contact with be pacified,

## चर्डेअ'स्व'क्ष्रव'त्रुव'त्रे'रेऽ'र्दर'रचेर'येऽ'र्वेग ।

### chomden men la nyi dang yermé shok

And may we all become inseparable from Buddha Bhaisajya Guru himself.

### डेबायाञ्चा हे प्रचारा सुबाय मुक्षा द्वारा हु भें पूर्व की मुक्षा स्वित्या स्वत्या स्वित्या स्वत्या स्वित्या स्वत्या स

As requested by Lharje Wanglu, this was composed by Arāga in the vicinity of the stūpa erected by Chitö Orgyen.

Translated by Adam Pearcey, 2020.

If, in her dream, a young girl
Has a baby boy who later dies,
She feels joy at first, then grief—
Know all things to be like this.

Buddha Shakyamuni, King of Samādhi Sūtra

### पिट्य.रेचेट्य.सैंच.ययश.चर्त्याता

#### A Brief Mañjuśrī Sādhana

by Patrul Rinpoche

শ্বুনমান্র্র্রান্ত্রী Taking refuge:

## **यट्य.मैय.क्र्य.ट्ट.क्र्याय.मी.सक्र्या.पा**

sangye chö dang tsok kyi chok nam la In the Buddha, the Dharma and the Supreme Assembly

## चु८ॱॡॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॗॖॖॖॖॖॗॖॖ

changchub bardu dak ni kyab su chi I take refuge until I attain enlightenment.

## यन्गानीयाञ्चीत्रार्थेनायानग्चीयायदे पर्योत् न्त्रयाणीया ।

dak gi jin sok gyipé sönam kyi

Through the merit of practising generosity and so on,

## वर्गे वासम्बेर्धरायम्या मुखावमुयायर र्वेग ।

dro la pen chir sangye drubpar shok

May I attain buddhahood for the benefit of all beings.

### यन मुख्या बेबब मङ्गेर दी

Repeat three times. Then for generating bodhicitta:

## 

semchen tamché dewa dang dewé gyu dang denpar gyur chik May all sentient beings enjoy happiness and the causes of happiness!

# र्म्याप्तर्याप्तर्याची कुर्तराम्य विकार केषा dukngal dang dukngal gyi gyu dang dralwar gyur chik

dukngal dang dukngal gyi gyu dang dralwar gyur chik May they be free from suffering and the causes of suffering!

## ष्ट्रमा नष्ट्रया के दायते 'यदे या दार के 'यद्यया यर खुर हिम

dukngal mepé dewa dang mindralwar gyur chik

May they never be separated from the sacred happiness devoid of suffering!

## के भैट कम्बार्यस्य मिक्रिया प्रति प्रति स्वर्था स्वर्था स्वर्धान्त्र स्वर्था स्वर्था स्वर्था स्वर्था स्वर्था स

nyering chakdang nyi dang dralwé tang nyom tsemepa la nepar gyur chik

And may they dwell in boundless equanimity that is free from attachment and aversion!

#### এব'শাস্তুম।

Repeat three times. Then:

## क्रायान्द्रायान्द्रायमान्द्रायमान्द्रात्रा

### om sobhawa shuddha sarwa dharma sobhawa shuddho ham om svabhāva śuddhāh sarvadharmāh svabhāva śuddho 'ham

## र्बेट मते पट या मार्म ज्ञान में में दा

tongpé ngang lé pema dawé teng

Out of the state of emptiness, upon a lotus and moon disk

# र्रा सेसस है । प्रमायन्य है प्रायम प्रमाय प्रायम प्रायम प्रमाय प्रम प्रमाय प्र

Appears my own mind as  $dh\bar{\imath}h$ , from which Mañjughosa arises,

## रभर श्रेर सुगा गड़िश र या ग्री सु भ्रेर प्रश्लेश ।

mar ser chak nyi reldri puti nam

Orange in colour, with two hands holding a sword and volume of text.

# रेत्र मुत्र 'त्र में श' चुैश ह्यूश ह्रेर 'त्र चुैश 'त्र तृश्वा । rin gyen dar gö kyi tré dor kyil shyuk

He wears jewel ornaments and silken garments and is seated in the vajra posture.

## र्वेचारा, यो प्राप्त होता है । अधर कियारा होता जा ।

tukkar da teng dhi tar ngak treng lé

At his heart, upon a moon disk, is *dhīḥ* surrounded by the mantra garland,

# 

From which light radiates, clearing obscurations and expanding wisdom's radiance.

র্জাজামখার্ব্যবাহ্রীঃ om a ra pa tsa na dhi om arapacana dhīh

### र्थेग्यारी स्वाप्ता सर्वा पर्वा प्रमान स्वाप्ता स्वापता स्वाप्ता स्वाप्ता स्वाप्ता स्वाप्ता स्वाप्ता स्वाप्ता स्वाप्ता स्वाप्ता स्वापता स्

Repeat the mantra as many times as possible. Recite Chanting the Names of Mañjuśrī and dedicate the merit. Then pray with:

## न हे 'स्र हो ५ 'है 'अ हो त' रूप रें ५ 'बेर 'है शा

tseden khyé kyi khyen rab özer gyi

With all of your kindness and love, let your wisdom's shining light

## यदमाञ्जेदिःमाहे सुमासुक या स्वापस्या क्या ।

dak lö timuk münpa rabsal né

Clear the darkness of my ignorance, once and for all.

# नगातः नृदः नञ्च न र्वेषः मृतुदः शुनाषः मृनाषः या । ka dang tenchö shyung luk tokpa yi

Grant me, I pray, the intelligence, the brilliance

# र्त्तुं मूंबार्स्ट्रिनबायते बूट ना खुया नु मार्थिया | lodrö pobpé nangwa tsal du sol

To understand the scriptures—both the Word and the treatises.

### नि'श्रीट'मीश'न्येश'मर्दे।

Written by the one named Śrī.

Translated by Adam Pearcey, 2018.

Source: o rgyan 'jigs med chos kyi dbang po. "'jam dbyangs sgrub thabs bsdus pa/" in gsung 'bum/\_o rgyan

All Dharma teachings are included in the Buddha's word and the treatises,
The excellent speech and the commentaries on its intended meaning,
By means of these, the teaching of the Śakya
Will remain for long within this world.
Buddha Shakyamuni, Sutra Requested by Devaputra

## [ शुनःर्केम: चुकः क्ष्मन्यः माने रः अर्धे नः चलुमायः स्री [

### The Treasury of Blessings: A Practice of Buddha Śākyamuni

by Mipham Rinpoche

## नर्भे मु रु नु णु सु न भो

Namo guru śākyamunaye!

मृतःस्यात्र्युर्-रं-ये-प्रश्नी त्रु-क्षे-क्षेत्री त्रि-क्षि-प्रश्नि-प

In the Samādhirāja Sūtra it is said: 'Those who, while walking, sitting, standing, or sleeping, recollect the moon-like Buddha, will always be in Buddha's presence and will attain the vast nirvāṇa.' And: 'His pure body is the colour of gold, beautiful is the Protector of the World. Whoever visualizes him like this practises the meditation of the bodhisattvas.' In keeping with this, we should practise remembering our incomparable teacher, the Lord of Sages, in the following way:

### <u>शत्राम्बराक्तात्रात्रा प्रमानाम्बर्गा</u>

sangye chö dang tsok kyi chok nam la

In the Buddha, the Dharma and the Supreme Assembly

## विटाळ्यायराष्ट्रायदगाक्षास्रुपशासुरसकी ।

changchub bardu dak ni kyab su chi

I take refuge until I attain enlightenment.

## नन्गामी श्वेत संग्रान्त श्वेत स्वर्थ निवर्ष निवर्य निवर्ष निवर्य निवर्य

dak gi jin sok gyipé sönam kyi

Through the merit of practising generosity and so on,

## त्र्ये ता सद दीर शर श का त्रा ता पर देवा

dro la pen chir sangve drubpar shok

May I attain buddhahood for the benefit of all beings.

#### মব'শ্যুঝ

Recite this verse three times

### क्रन्भेन् पत्नि पर्झेम पार्थेन नुप्त हर है।

Then cultivate the four immeasurables by saying:

## 

semchen tamché dewa dang dewé gyu dang denpar gyur chik

May all sentient beings enjoy happiness and the causes of happiness!

## र्वता प्रमृता प्रमृता मुक्ता म

### dukngal dang dukngal gyi gyu dang dralwar gyur chik

May they be free from suffering and the causes of suffering!

## ष्ट्रमा नष्ट्रया केन् प्रति नने ना नहा की प्रत्या नम सुर हिम

### dukngal mepé dewa dang mindralwar gyur chik

May they never be separated from the sacred happiness devoid of suffering!

## के देट कनाया स्टामकेया पटा प्राया प्रति पान्ट क्षेत्राळ प्रायो पान्य पान्य स्टामुक्त हिना

### nyering chakdang nyi dang dralwé tang nyom tsemepa la nepar gyur chik

And may they dwell in boundless equanimity that is free from attachment and aversion!

### क्रिंगचम्राज्ञ द्वासूट प्राप्त स्टान्विक सामून परि देव पीट पाट्क परि स्टान्या

Bringing to mind how all phenomena appear and yet lack inherent existence, recite the following:

## षाः श्रुं से दः श्रें दः यः हे दः दहः हे दः वहुदः मी।

### ah, kyemé tongpanyi dang tenjung gi

Āḥ! As the union of unborn emptiness and the ceaseless

## ब्रैट.च.पचीचा.शुर.बेट.पहेचा.ब्रै.शुर.क्षा ।

### nangwa gakmé zungjuk gyumé tsul

Appearances of interdependence, magically there appears

## <u> २८.भरेथ.थभागमालक्रीय.मी.मक्रुर,रीया।</u>

### rang dün namkhar chötrin gyatsö ü

Before me in the sky, amidst vast clouds of offerings,

## रैक्केक्षेटाष्ट्रियन् हे त्तु यदे हेटा ।

### rinchen sengtri pé nyi dawé teng

On a jewelled lion throne, and lotus, sun and moon disc seats,

## र्बे्द्रायासर्द्ध्यासेट्रानुणुःसेट्रानोदी।

#### tönpa tsungmé shakya sengé ni

The incomparable teacher, Lion of the Śākyas.

## मार्थेर मुैं अर्देगा उत्र अळ्त ५८ ५ ५ ये पुर ख्ता ।

### ser gyi dokchen tsen dang pejé den

His body the colour of gold, adorned with major and minor marks.

## क्रियःम्बरामश्रुभःमर्श्रियःम्हियःगुदःचलुमया ।

### chögö sum sol dorjé kyiltrung shyuk

Clad in the three Dharma robes, he sits in vajra posture.

## सुना नापरा राजार्देद 'सुना कु' त्येनारा जन्दरा 'नेटा ।

### chak yé sa nön chakgya lek kyang shing

His right hand gracefully poised in the earth-touching mudra,

## युगागर्धेन अध्यापत्र न दुन दुन स्थाप

### chak yön nyamshyak dütsi lhungzé nam

And his left hand is in the gesture of meditation, holding an alms-bowl full of nectar.

## म्बर्भराष्ट्री से स्वरंगित्री महितात्र प्राप्त प्रस्ताना

### ser gyi ri tar ziji pal barwa

Like a mountain of gold, magnificent, he shines in splendour,

## थे:वेशर्दर:बेर:द्र:चशःशावद:द्वैदशःष्वन।।

### yeshe özer drawé khaying khyab

Spreading beams of wisdom light across the whole expanse of space.

## हे<sup>.</sup>चतै:खुष:चकुर:गुरुष:चहुर:चहु:दुग:र्सेग्या ।

### nyewé sé gyé neten chudruk sok

The Eight Close Sons, Sixteen Elders and the like—

### तसमात्राक्र्यम् अस्ति अस्ति । प्राप्त अस्ति । प्राप्त अस्ति ।

### pak tsok gyatsö khor gyi yong kor shying

A vast, ocean-like retinue of noble beings encircles him all around.

### 5क्रपार्ट्याचीयाञ्चेराविदेश्यवदागहेयायया ।

#### drenpa tsam gyi sishyi ta nyi lé

Simply think of him and he grants the glory of the highest bliss:

## इसम्मूलायने यासक्तिमानी नयवा र्स्ट्रियाचा ।

#### namdrol dewa chok gi pal tsolwa

Liberation from saṃsāra and nirvāṇa, the two extremes.

## श्चित्रमात्रुत्रप्रस्याये यद्या हिद्रकेत्र ये राम्यया

#### kyab kündüpé daknyi chenpor sal

He is the Great Being, perfect embodiment of every source of refuge.

ट्रे.पट्यु.पचंबर.ची.ब्र्यू.सच्.पचीना बुब्राचाबीट्या.सयु.ब्र्या.संश्वा.सच्या.सच्ये.स्.चक्रीट.ट्रा ट्रे.पचीय.क्री तहवा.ट्रेसल.बुट.ची.लुक्य.चक्रेय.स.लबा क्रिया.संश्वा.बश्वरा.ट्रेस्.चु.चट.कुय.चुब्र.ट्रे! तिर्टेय.सयु.कु.ला.स्प.टे.चेथ्या चित्रा.सच्ये.क्री.सच्यु.चेथ्या.च्रेय.स्.चु.चट.कुय.स्.च्रेय.सयु.ची.वुव्य.स्.च्रेय.सयु.ची.वुव्य.स्.च्रेय.स्.ची.ची.स्.

Visualize the form of the Buddha in this way, and imagine that he is actually there, in front of you. The instant that you generate this thought—as the buddhas' wisdom body is not constrained by limits like time or location—he will certainly be there. One of the sūtras says: Should anyone think of the Buddha, he is there, right in front of them, constantly granting his blessings and freedom from all harm. The merit gained through

visualizing the Buddha is inexhaustible; it is a source of virtue that will never go to waste. As it says in the Avatamsaka Sūtra: By seeing, hearing or offering to the buddhas, a boundless store of merit is amassed. Till we are rid of all the destructive emotions and the suffering of saṃsāra, this compounded merit will never go to waste. Also, whatever prayers of aspiration we make before the Buddha will be fulfilled.

As it says in the Teaching on the Qualities of Mañjuśrī's Pure Land: Everything is circumstantial and depends entirely on our aspiration. Whatever prayers of aspiration we make the results we will gain accordingly. Generate firm conviction in these statements, and recite the following:

## श्वेट हे केत र्येश हें द ख़त श्वेमश अदे लेट । ।

### nyingjé chenpö tsöden nyikmé shying

With your great compassion, you embraced this turbulent and degenerate world,

## नव्दान्त्रभः र्भेत्रायमा केतार्या तृपान्ता ।

#### zung né mönlam chenpo ngabgya tab

And made five hundred mighty aspirations.

## यन्द्रत्यानः स्ट्रम्यस्यायः अर्द्धनः स्वीतः स्व

### pekar tar ngak tsen tö chir mindok

You are as exalted as the white lotus; whoever hears your name shall never return to samsāra—

## बूँब याश्चनाबाहे उब यासुना वर्ळवाळी।

### tönpa tukjé chen la chaktsal lo

Most compassionate teacher, to you I pay homage!

## नन्नाम्बद्धाः मासुसान्नी केंग्रासार्ये हरा नुस्या ।

### dakshyen go sum gé tsok longchö ché

All my own and others' virtues of body, speech and mind, together with all our possessions,

## गुक्'चब्द'अर्केद्र'यदै'ह्वैक्'द्र'द्रश्चेम्ब'क्ब'द्रयुवा ।

#### kunzang chöpé trin du mik né bul

Visualized like Samantabhadra's offering clouds, I offer to you.

## र्वेना:भेर-वयानयम्याधेना:धुटा:या:युयाया ।

#### tokmé né sak diktung malüpa

All the harmful actions and transgressions I have committed throughout beginningless time,

## 

### nying né gyöpa drakpö sosor shak

Each and every one I now confess, with intense and heartfelt regret.

## वसमायान्दार्थार्थेवे भेर्नेवे नगेन है। ।

#### pak dang sosö kyewö gewa ni

In all virtuous actions, of the noble ones and ordinary beings,

## नुषानाशुक्षान्यसम्बाद्याः हेषाःशुःधीः स्टार्टे । ।

### dü sum sak la jesu yi rang ngo

Accumulated throughout the past, present and future, I rejoice.

## चन'ठेट'मु'के'केंश'ग्रु'पर्विर'र्वेदे'र्स्वा ।

### zab ching gyaché chö kyi khorlö tsul

Turn the Wheel of the profound and vast Dharma teachings,

## र्युमायानदुरामुदायीकरायरानर्भेरानुमार्येया ।

### chok chur gyün michepar kor du sol

Ceaselessly and in every direction, I pray!

## र्ष्ट्रिन् ने न्नमामाय द्वार पुरे यो ने मासू।

### khyö ni namkha tabü yeshe ku

Your wisdom body is like space

## दुशमाशुभावर्षे वशुराभेदायरामञ्जाशार्भेदाशी ।

### dü sum pogyur mepar shyuk mö kyi

And remains changeless throughout past, present and future.

## चित्राचित्रःश्रूटः द्रमःश्रुः वहेनाः स्वाः श्रृं सःग्रुटः । ।

### duljé nang ngor kyé jik tsul tön kyang

Yet in the perception of those to be guided, you go through the display of birth and death;

## श्चिताः सदीः माञ्चमाराः श्चाः माञ्चाः स्वाः माञ्चाः स्वाः माञ्चाः स्वाः माञ्चाः स्वाः स्वाः स्वाः स्वाः स्वाः स

### trulpé zukku taktu nangwar dzö

Even so, let your form body continue always to appear.

## चन्ना नौषा नुषा नासुका चर्याचा या दे देनो र्स्टेना वा गुरुषा ।

#### dak gi dü sum sakpé gé tsok kyi

Through all the virtues I have accumulated in the past, am accumulating now and will accumulate in the future,

## थावतः विचात्रम्, चार्यो चार्यो चार्याच्या स्वासी चार्या

#### khakhyab drowa kün la pen ledu

For the sake of benefitting all beings, who are as infinite as space,

## कॅश'ग्री'कुय'र्ये'क्ष्ण'कु'स्रहेश'चेद'हैद'।।

### chö kyi gyalpo taktu nyé jé ching

May you, the sovereign of Dharma, be forever pleased,

## क्र्या हे मिया चतु म्या तसर ख्रिया सर ख्रीया

#### chöjé gyalwé gopang tobpar shok

And may all attain the state of the victorious one, the Lord of Dharma.

## यदमा ठमा श्वेमाश अदे दर्मे प्रायमित से द इसशा ।

### dakchak nyikmé drowa gönmé nam

Living beings like us, adrift in this degenerate age, have no guidance and protection.

## त्र्नाथाहेषाञ्चनायमान्त्रत्वातातानुकायमा ।

### tukjé lhakpar zungwé kadrin lé

Because of your kindness, caring for us with surpassing compassion,

## <u>बिट'र्दट'रुबा'यर्देर'रेब'केब'क्बा'ग्राबाची ।</u>

### shying dang dü dir rinchen nam sum gyi

Every manifestation, in this world now, of the Three Jewels

## बूट न हे ब्रेन खेन थी सेन प्रशासित ।

### nangwa jinyé khyé kyi trinlé nyi

Is your enlightened activity.

## <u> २ स्व</u>ीरःश्चित्रवासर्केनाःसर्ह्याःसेन्यास्याःस्य ।

### dechir kyab chok tsungmé chikpu ru

You are then our only refuge, incomparable, supreme;

## थेन्'केष'न्न'यस'क्षेट'क्ष'मर्शेय'यनेपष'क्।।

#### yiché depé nying né soldeb na

So from our hearts we pray, with total confidence and faith:

## ेर्ह्न चुै'न्भ'नठए'केन'र्य'स'नङ्गेय'नम्। ।

#### ngön gyi damcha chenpo manyelwar

Do not neglect the great promises you made in times gone by.

## नुप्तक्यायमानु खुनायाहेयाहेयायहेतायहेता ।

### changchub bardu tukjé jedzin dzö

But hold us, until we attain enlightenment, with your compassion.

## डेबाधीदाळेबाची'ददायाद्वा र्येबाबूँदायाद्वेबाखुगबाधीदाबूब्यायदेशुम् वाङ्गाडेवादुद्वीवाकादे।

With the strongest possible confidence and faith, consider that the Buddha is actually there, in front of you. Concentrate one-pointedly on his form. And recite the following as many times as you can:

# त्रुत्रायात्र्यम् व्याप्त्रेम् व्याप्त्राय्ये । अर्थे द्रायाय्ये स्वयाय्ये स्वयं स्ययं स्वयं स्वयं स्वयं स्वयं स्वयं स्वयं स्वयं स्वयं स्वयं स्वयं

## lama tönpa chomdendé deshyin shekpa drachompa yangdakpar dzokpé sangye pal gyalwa shakya tubpa la chak tsal lo chö do kyab su chi o

Supreme teacher, bhagavan, tathāgata, arhat, complete and perfect Buddha, glorious conqueror, Śākyamuni Buddha, to you I pay homage! To you I make offerings! In you I take refuge!

### <u> लेबः डे त्याचः ५८ः। ब्रुमबः कुनः चङ्गवः चत्रेः द्ववः ५:वेनः ध्रैवः धोःमोः १८ः ५:वबः मशुट्यः पतिः मञ्जट्याः वी</u>

Then, as a means of invoking his wisdom mind, recite as many times as you can the following dhāraṇī, which is taught in the abridged Prajñāpāramitā:

## ५.२.धी लू.भ.५.भ.५.भ.४.थ.४.थ.४.थे

**teyata om muné muné maha munayé soha** tadyathā om mune mune mahāmunaye svāhā

### वेषारी मेगाया द्रा

Then recite, as many times as possible, the same mantra from om onwards:

## હ્યાઁસુ તે સુ તે અ તુ સુ તુ એ સુ તુ

om muné muné maha munayé soha

om mune mune mahāmunaye svāhā

# 

During all this, bring to mind the Buddha's qualities and, with a mind full of devotion, concentrate one-pointedly on the clear visualization of his form. Then, through the power of uttering the names of the Buddha and reciting his dhāraṇī, imagine that:

## र्बे्द्रायिः सुःप्ययः प्रेःवेयः ग्रुःर्वेदः चेरः यूःर्वेग्यायिः यूटः यः केदःर्ययः यद्गाद्यः योध्याः ठदः यथयः ठदः ग्रुः श्चेयः यः यथयः उदः यथयः बेटः।

## tönpé ku lé yeshe kyi özer natsokpé nangwa chenpö dak dang semchen tamché kyi dribpa tamché sal shying

From the Buddha's body there emanates a great radiance, of multi-coloured rays of wisdom light, dispelling all our own and others' obscurations,

## 

### tekpa chenpö lam gyi yönten tsulshyin du kyé té chirmidokpé sa nönpar gyur

And causing all the genuine qualities of the Mahāyāna path to arise within us, so that we attain the level of perfection from which we will never return again to saṃsāra.

## दे. ते प्राप्त के प्राप क्षेत्र के प्राप्त के प्

Diligently apply yourself to this practice, as much as you can. In between sessions, practise maṇḍala offering, and recite, to the best of your ability, whichever sūtras you prefer, such as the Praises of the Buddha, White Lotus of Compassion, Lalitavistara, Jātaka Tales, or The One Hundred and Eight Names of the Tathāgatas. Dedicate your sources of virtue towards unsurpassable awakening and recite prayers of aspiration.

## 🛊 यदे'म्येम्बराष्ट्रबर्गयुरुष्णुर्ग्यम्बर्गयुर्भुद्राद्रा ।

#### deshek sé ché kün gyi tukkyé dang

Like all the buddhas and their heirs — in enlightened intention,

## सह्यः मार्चेत्रः यसः सिष्टे स्वरं स्वरं सिष्टे सि

### dzepa mönlam khyen tsé nüpé tsul

And in activity, aspiration, wisdom, love and capacity,

## मुःभेरायोगस्याञ्चातस्यार्कतर्

lamé yeshe gyutrul chindrawa

In these and all the ways unsurpassable wisdom manifests —

## देःवर्षिक्रःचर्मार्श्वम्यःवश्रूरःचरःर्वम् ।

dendra khonar dak sok gyurwar shok

May I and every other being too come to be exactly as they are!<sup>15</sup>

बियायदुःश्वैदार्ग्नियायश्चित्राःश्ची प्राप्ताम्भेर्यायद्भीत्यायः वित्यायभ्वेत्यायः वित्यायभ्वेत्यायः वित्यायभ्वयायः वित्यायभ्वयायः वित्यायभ्वयायः वित्यायः वित्ययः वित्यायः वित्ययः वित्यायः वित्यायः वित्यायः वित्यायः वित्यायः वित्यायः वित्यायः वित्यायः वित्यायः वित्ययः वित्यायः वित्ययः वि

In general, whatever you are doing, whether it is moving, walking, sleeping or sitting, you should constantly remember the Buddha. Even at night, when you go to sleep, consider that the radiance of the Buddha's form illuminates the whole of space in every direction, lighting it up as brightly as during the day. At all times, emulate the buddha's actions from the moment he first generated the mind of awakening, and follow the example of the buddhas and great bodhisattvas of the past, present and future. Maintaining your commitment to precious bodhicitta, without ever allowing it to waver, exert yourself as much as possible in the bodhisattvas' conduct in general, and in the practices of samatha and vipasyanā in particular, so as to make meaningful the freedoms and advantages of this human existence. It is said in several sūtras that merely hearing the name of our teacher, the Buddha, ensures that one will gradually progress along the path to great enlightenment, without ever falling back. It is also said that the dhāraṇī revealed above is the source of all the buddhas. It was through the force of discovering this dhāranī that the King of Śākyas himself attained enlightenment, and that Avalokiteśvara became the supreme of all the bodhisattvas. Through simply hearing this dhāraṇī, a vast accumulation of merit will easily be gained and all karmic obscurations will be purified, and when it is recited, obstacles will not occur. This has been taught in the Abridged Prajñāpāramitā. Other teachings say that by reciting this dhāraṇī only once, all the harmful actions you have committed throughout eight hundred billion kalpas will be purified. They say that it possesses boundless qualities such as these and is the sacred heart-essence of Buddha Sākyamuni. The ways to generate faith and exert oneself in the practices of samatha and vipasyanā are explained elsewhere.

कु कि दार हुंच ता बीच तपुर प्राट तपुर हुंच प्रमास बिहा ता महेच तम् महेच तह चार महेच तह चार प्राप्त हो ना मा कि ता तपुर महेच तह चार महेच चार महेच तह चार महेच तह चार महेच तह चार महेच चार महेच तह चार महेच तह चार महेच चार

The intention to compose this text first arose due to the persistent encouragement of Ön Orgyen Tenzin Norbu, who is a holder of the treasury of threefold training, and who accompanied his request with the offering of auspicious substances. More recently, the same Ön Rinpoche sent Tulku Jikmé Pema Dechen, with gifts of gold and other auspicious substances, saying, "Please finish it quickly." At the urging of these two great masters, I, Mipham Jamyang Gyatso, a follower of Śākyamuni with unshakeable faith in the supreme teacher and is a

Dharma teacher in name only during this final age, composed this at Phuntsok Norbüi Ling at the foot of Mount Dza Dorje Penchuk. It was completed on the eighth day of the Month of Miracles in the Iron Rat year. <sup>16</sup>

May this benefit the teachings and beings continuously, without interruption, on a marvelous scale, and may all who see, hear, think of, or come into contact with it in any way, truly receive the incomparable blessings of our teacher, the Lord of Sages.

Translated by Rigpa Translations, with reference to existing versions by Tulku Thondup Rinpoche and the Padmakara Translation Group.

Those who see my body as ordinary form,
And hear my voice as ordinary sound,
Have set out upon a mistaken path.
Such people do not truly see me.

Buddha Shakyamuni. The Diamond Cutter Sutra

### र्दे हैं वैकेंग मतुव मोर्केय वदेनश द्दः व्वेय मवै ज्ञाय देश वर्ते र चुव ज्ञाय कर विमय मलुगाय की। A Shower of Blessings

#### A Guru Yoga Practice to Accompany the Seven-Line Prayer

by Mipham Rinpoche

## ष्पृ १ रूट युषा त्रायायान् वर्षा यदी सनु वर्षा वदा रा

### ah, rang lü tamal nepé dün kha ru

Āḥ! I am in my ordinary form; before me, in the sky

## र्षे मुन दे से दाइ न में नियम के ।

### orgyen drimé dhanakoshé tso

Appears Oddiyāna, and the immaculate Dhanakośa lake,

## गिर्देष्ट्राच्यायम् प्रमानम्

### ting zap yenlak gyé den chü gangwé

Deep and full of water with eight kinds of purity.

## 

### wü su rin chen pé dong dap gyé teng

In its centre you dwell, on a jewelled lotus blossom, its petals open wide:

## श्चित्रामान्यामान्यात्राच्याः स्वात्रामान्याः स्वात्रामान्याः स्वात्रामान्याः स्वात्रामान्याः स्वात्रामान्याः स

### kyapné kundü orgyen dorjé chang

All sources of refuge combined, Orgyen Dorje Chang,

## षक्ष. रेतृतुः रेतृतः तयमः षष्ट्र्यः मैयः तीया ।

#### tsenpé palbar tsogyal yum dang tril

Ablaze in splendour with the major and minor marks of perfection, and embracing the consort Yeshe Tsogyal.

### युग'ग्यायारें हे म्यॉक्रायार्वे दासुसामा

#### chak vé dorjé vönpé tö bum nam

You hold a vajra in your right hand, a skull cup containing a vase in your left,

### ८४.८८. रूप. क्य. रंग. त्य. स्य. स्य. स्य. मिय. स्य. मिय. स

### dar dang rinchen rüpé gyen gyi dzé

Beautiful in all your silk, jewel and bone ornaments.

## र्वेन ख्वे मूर्वि त्रम्य निक्ता मने केन मने मुनि प्रमा

### öngé longné dechen zi jin bar

In an expanse of blue, white, yellow, red and green light, you preside resplendent, radiating great bliss.

## वर्षिर द् उ मशुक्ष मु अर्के ह्वेन पुर महिनका ।

### khor du tsa sum gyatso trin tar tip

All around you, gurus, devas and dakinis gather like clouds.

## चुैत्र:त्यूपर्याष्ठ्रग्रय:हेदी:कर:दयेपर्यायन्गःवानीमा ।

### jinlap tukjé char bep dak la zik

Pour down your blessings in a rain of compassion: watch over and care for me!

## मुवागुन में में विकेशेन खेनेश सूरा

### gyal kün ngowo chimé yeshé kur

Essence of all buddhas, in your immortal wisdom body,

## चिट्टः नेचार्यः देवाः स्थाः नद्भाः स्थाः स्थाः स्थाः ।

### dung shuk drakpö dé chak tak tu tsal

Now and always, I bow to you with passionate longing and devotion.

## ત્યુઅ: ૧૯:વેંદ્ર અ: શુંધ: ૧૬ અ: નાસુઅ: ૧નો: નવે: ર્ટેનાયા |

### lü dang long chö dü sum gewé tsok

My bodies, possessions and all my merit, past, present and future

## गुन्न-प्रचार-अर्केन-प्रते श्वेन-तु-द्रभेगमान्य-प्रचा ।

#### kunzang chöpé trin du mikné bul

I visualize as Samantabhadra's offering clouds, and present them to you.

## . व्या.भूट.प्रम.प्रमामा.कृषा.कृट.भ.तीम.प्रचेषामा ।

### tokmé né sak dik tung ma lü shak

My harmful actions and downfalls, committed through beginningless time, I confess without exception.

## ষ্ষ'নতম'লুঅ'ন'শ্ৰুর'শ্রী'র্মের'চর'শ্রী।

#### sé ché gyalwa kün gyi yönten gyi

You alone have completely mastered the precious qualities of all the buddhas and bodhisattvas,

## ष्यन यदमा मुख्या सु अर्मे क र्येते इस घर या ।

### khyap dak chik pu gönpö nam tar la

And with all my heart I rejoice at your liberating life story.

## क्षेट क्षा क्षे स्ट र दर स्व मार्चे व र देव ब स्व र ।

### nying né yi rang depé sol dep shing

With total trust I pray to you,

## वनःमुशःर्केषःग्रेःकरःकेत्रःययेनषःयरःनभुवा ।

#### zap gyé chö kyi char chen beppar kul

And implore you: shower down a great rain of Dharma, profound and vast.

## र्ट्याल्य र्मे नदे र्ट्य में गुरु नर्ध्यय द्या ।

### rang shyen gewé ngöpo kun dom né

Gathering all the actual merit of myself and others,

## दर्में प्रथम में अर्के हैं हैं दें र महम हैं र र र

### dro kham gyatso ji si né kyi bar

For as long as these infinite realms of living beings remain

## अर्गेत<sup>-</sup>र्ये'र्षे्द्र'ग्रै'क्अ'वर-हेश'पश्चेग्राहे।।

### gönpo khyö kyi namtar jé nyek té

I shall follow your example, Lord,

## शायतः वियातम् यात्रेन यतः र्रेन प्राप्तः

### kha khyap drowa drenpé dön du ngo

And dedicate it all to guiding beings as limitless as space.

## श्चित्रयाम्बर्याम्बर्यात्र्वः वर्षः अष्टितः यहेतः महिराकेवः यी ।

### kyapné kundü khyentsé terchen po

You are all my sources of refuge in one, a great treasure of wisdom and love,

## नुषाद्याः क्षेत्राषाः अदिः क्षुत्रवाः अर्केनाः देवः देशि ।

### dü ngen nyik mé kyap chok rinpoché

Our precious, our greatest, protection in this dark age, the dregs of time.

## <u>कृ.चर्नुतृ.मीट.तमास्तरःचुट.चर्नुटमानीवामा.</u>जीमा ।

### nga dö güpé nar shing dung shuk kyi

Tormented and drained by the five kinds of degeneration, when I call on you

## मर्सेवायदेनसानुःवान्तरेःनसानुमसानीसाम्बेमसा ।

#### sol dep bu la tsewé tuk kyi zik

In desperate yearning, look upon your child with all the love of your wisdom mind.

## र्म्याच्यास्ते सूर्यः स्वास्त्रम्या हेते स्वास्ट्रिस्याया ।

#### gong pé long né tukjé tsal chung la

Let the power of your compassion burst out from your vast expanse of realization,

## र्सेष'स्व'नदम्म'मे ह्रेट'य' नुव' मुक्रार्सेनमा

### mö den dak gi nying la jin gyi lop

And flood my devoted heart with your blessing.

## हग्रायाद्यायळॅवायाश्चरातुः भ्रेंवायाद्या ।

#### tak dang tsenma nyur du tönpa dang

Quickly show me the signs and marks of attainment,

## भर्केमान्दान्त्रुवार्भेदान्दियामूनासुवानुमार्भेवा।

### chok dang tünmong ngödrup tsal du sol

And grant me siddhis, ordinary and supreme.

## **ភ្នំ៖ ऄ॔**ॱक़ॗऺॺॱॶॖॖॖॖय़ॱॹॖॗऀॱॺॖॖॖॖॖॖॸॱॶ॔ॺॺड़

### hung, orgyen yul gyi nup jang tsam

Hūm! In the north-west of the land of Oddiyāna,

## यज्ञामो सम्ब्रेट र्यो यः

#### pema gésar dong po la

In the heart of a lotus flower,

## 

#### yatsen chok gi ngö drup nyé

Endowed with the most marvellous attainments,

## **पञ्च प्रमुद्द मान्य अल्या सु मानाय ३**

### pema jungné shyé su drak

You are renowned as the Lotus-born,

## त्रिंर'र्'शावत'त्र्यें'अ८'र्रेश'नर्भेरः

### khor du khandro mangpö kor

Surrounded by many hosts of dakinis.

## ष्टेर'ग्रै'हेस'सु'नर्ग'नङ्गुन'ग्रैसह

### khyé kyi jesu dak drup kyi

Following in your footsteps

## चुैतःचुैत्रःर्हेत्रत्रःसुरःम्बेन्।त्रःसुःमर्शेवः

### jin gyi lop chir shek su sol

I pray to you: come and bless me with your grace!

## ॻऻॖॱॸॖॣॱॸॗॣॗॗॗ

#### guru pema siddhi hung

Guru padma siddhi hūm

### लेब नुषाया केना प्रत्वानार्षेया परे प्रवासिक कार्या

Recite The Seven Line Prayer as many times as you can.

### 

Imagine that, because you are praying with sincere devotion, from the place of union and the heart of the guru and the consort fine shafts of wisdom light—blue, white, yellow, red and green—shoot out and dissolve into your heart, blessing and transforming your very being.

### भ्रमशासुरमहामार् रहे रेगशाम्बा

Recite the Vajra Guru Mantra as much as you wish.

# र्षे खू १ हुँ 'यह 'गु रु 'यज्ञ 'ये ड्वे 'हुँ है om ah hung vajra guru pema siddhi hung

om āḥ hūm vajra guru padma siddhi hūm

At the end of the session:

## त्तु<sup>ॱ</sup>भदेॱम्ब्रायम्बुस्यःधःमे प्दत्तुःम्बुस्ययम् ।

lamé né sum yi gé dru sum lé

From the three syllables om āh hūm at the three centres of the guru,

## र्दर-बेर-द्यार-द्यर-अद्येट-म्युअ-द्युट-द्यास्या ।

özer kar mar ting sum jung né su

White, red and blue rays of light strike out

## र्ट मी.पोष्ट्रश्चार्येश हुश तथा शुं. पोर्थेश ही। ।

rang gi né sum timpé go sum gyi

And dissolve into my own three centres, purifying the obscurations

## म्रीतायिताभी, चोशीता श्रीचाशा की, मुंग्डी पा

drip jang ku sung tuk kyi dorjér gyur

Of my body, speech and mind, and transforming them into vajra body, speech and mind.

## अवर वे तु अ पर्विर पठश पें **५** 'तु 'बु।

tar ni lama khor ché ö du shyu

Finally, the guru and his retinue melt into light

## ५गार-५८४ चिमायो हुँ मीय सर्वत्य रास्ता ।

kar mar tiglé hum gi tsen pa ru

And into a red and white bindu marked with hūm,

### र्टामी श्रेटामर वेशायश्चास्य प्रमुशा

rang gi nying gar timpé lamé tuk

That dissolves into my heart, through which the guru's wisdom mind

## रटःश्रेश्वरःदेवेरःश्रेदःक्षेत्रःभ्रेवःक्ष्यःभ्रुरःग्वव्या ।

rang sem vermé lhen kyé chö kur né

And my own mind merge inseparably, and so I abide in the ever-present dharmakāya.

### জেন্ত্ৰঃ

a ah

a āh

#### े ब्रियामिट्टें प्राप्णे त्रयामिट्टें याम्ब्रुमः सुदासूदायायाप्त्रयायास्यामित्रयायास्यामित्रयामित्रयास्यास्यामित्र

As you utter "a, āḥ!" look into the actual face of the great primordial dharmakāya—the very nature of your own mind that from the very beginning is utterly beyond alteration or change, beyond rejecting or accepting anything at all. Once again, consider all illusion-like appearances as the nature of the guru. Dedicate the merit and make prayers for auspiciousness so that peace and wellbeing prevail.

### श्चरः यादः श्चाराः सुर्वे सुरा ना वसमा उत् न्या सर्वे राता नित्रा नित्रा नित्र नित्र स्वारा नित्र स्वारा नित्र

End the practice well by recognizing all illusory appearance as the nature of the guru, dedicating the merit and making a prayer of prosperity.

लेबायपटायमबाउदापत्त्वारो । लेबायपटायमबाउदापत्त्वारो ।

On the eighth day of the waxing moon in the seventh month of 'Taming All Beings', this arose from the oceanic mind of Mipham Nampar Gyalwa, one who prays and aspires to serve Guru Padmasambhava in all his lives. May virtue ensue!

### প্রমু-দ্র্যা

Maṅgalaṃ.

Consciousness (namshé) is impermanent. Wisdom (yeshé) is permanent.

Buddha Shakyamuni, Sutra Requested by Sagaramati

## | <del>र्हे हे ते कें</del>ग| नर्ज़ न्ट त्वेवा नते केंग| बार्क केंद्र न्या मु तुस नवटा

### **Excellent Vase of Splendour**

#### The Tsok Feast Offering to Accompany the Vajra Seven-Line Prayer

by Mipham Rinpoche

### निकट स्वापा के त्ये रायते रायते स्थास्य स्थापनिषया या

Arrange whatever samaya substances you have, such as meat and alcohol.

## <u>ढ़ॣॖ</u>ऀऻख़ॣड़य़ॺॱक़ॕॺॱॸ॒ॻॖऀऀऀॸॺॱॸ॒ॸॱॺॶॺॱग़ॱय़ॱय़ॸऻ<sub>ऻ</sub>

### hung, ah lé chöying dang nyam kapalar

Hūm. With āh appears a skullcup, as vast as the space of dharmadhātu,

## ଊୖ୕ଂଘଷॱജू८ॱয়ৢॆ५ॱ५५ॅ५ॱऍकॱळॅगबॱसुॱचन्यस्या ।

### om lé nang si dö yön tsok su sham

With om, all appearance and existence are displayed as the tsok offerings

# รู้ निषान्दे केता थे नेषार्स्यापर पश्चरा | hung gi dechen yeshé rolpar gyur

With hūm, they transform into the wisdom play of great bliss,

## ୖୢୣୣୣୢୢୣୢ<sub></sub>ଽୖ୴୶*ॱ*୫ॱम्बुस् १३ॱर्टेन्स ५२ ग्रेस ५१ न

### hrih yi tsa sum lha tsok gyé pa kang

With hrīḥ, gurus, devas and dakinīs, all the deities gathered, are pleased and satisfied.

## ଊୖ୕ୢ୴ଃรู้ริ่

om ah hung hrih om ah hung hrih om āh hūm hrīh

### बानुन्यम्ब

With this bless the offerings.

## **ភ្នំ៖ ऄ॔ॱਜ਼ॗ**ॺॱॶॖॖॖॖय़ॱॻॖऀॱॺॖय़ॱॻॖॖॖॖॖॖॖॖॖॖॖय़ॱ

#### hung, orgyen yul gyi nup jang tsam

Hūm! In the north-west of the land of Oddiyana,

## यज्ञ'मे'बर'र्बेट'र्ये'यः

### pema gésar dong po la

In the heart of a lotus flower,

## 

#### yatsen chok gi ngö drup nyé

Endowed with the most marvellous attainments,

## **पञ्च प्रच्यान्य अस्त्र स्यामायः**

### pema jungné shyé su drak

You are renowned as the Lotus-born,

## त्रिं र पुरायत त्र्यें अट र्येश नर्भेर

### khor du khandro mangpö kor

Surrounded by many hosts of dakinis.

## ष्ट्रेन ग्रुं हेश सु नन्म नहून ग्रुं श

### khyé kyi jesu dak drup kyi

Following in your footsteps,

## पर्ने न प्लेंब केंबायाया श्रुव पर्ने व व ह

### dö vön tsok la chen dren na

invite you to this feast of desirable offerings,

## **ॻॖऀॸॱॻॖऀॺॱक़ॣॕॸॺॱॺॗऀॸॱॻऻ॒ॸ॓ॻॺॱॺॖॱॻऻॺ॔**ॻঃ

### jin gyi lop chir shek su sol

come now, bless us with your grace!

## मात्रवासर्केमायदे र प्रेतिसर्वेयायः

### né chok di ru jin pop la

Pour down your blessings on this sublime place,

## र्वेग्यायर्केन्यान्यान्य निर्मान्य स्थान

### tsok chö yeshé dütsir gyur

Transform the ganacakra offerings into wisdom nectar,

# भ्रुत अर्केन प्रद्रन प्राप्त प्रद्रप्त प्रमुद्र और drup chok dak la wang shyi kur

Grant us, the supreme practitioners, the four empowerments,

### यगेगशर्दार्थेगाय्देवर्यमाळदार्शेयः

### gek dang lok dren barché sol

Dispel obstructors, negative forces and obstacles

## अर्केग्'न्ट्'युक्'र्सेट्'न्ट्रेश'<u>ग</u>्नन'र्स्थिः

#### chok dang tünmong ngödrup tsol

And confer siddhis, ordinary and supreme.

## कुँ : तुः अः हे 'यर्द्धक् 'यज्ञः र्वेदः सेदः रूपः

### hung, lama jetsün pema tötrengtsal

Hūm. Beloved master Pema Tötrengtsal,

## रैगा'दहेत'आयद'दर्गेदि'र्क्रिग्रा'द्रा'यठ्रा'य

### rigdzin khandrö tsok dang chépa yi

With your throng of vidyādharas and ḍākinīs,

## इ'माशुक्ष'गुक्'तर्ब्रामुव्य'नवे'र्गुव्य'त्वेर्न्र'वाः

### tsa sum kundü gyalwé kyilkhor la

Encompassing the three roots in this mandala of the buddhas,

## र्धेषःमुष्ठामदुदः भुगवाद्यम् र्यवाद्यायायाय प्रदेववः

### mö gü dung shuk drak pö solwa dep

In deep devotion, with fervent yearning, I pray to you.

## न्न्याम्बद्धः सार्कारमा क्रियामा स्वाप्ति स्वार्धेन् स्वरुष

### dak shyen go sum gé tsok long chö ché

All the merit of my and others' body, speech and mind, our wealth,

## **बूट**-ब्रेन-पर्नेन-प्रिंब-न्गुब-नगुःब-कट-बेन्ह

### nang si dö yön gyé gu ma tsang mé

And everything desirable in the universe, every source of pleasure and enjoyment with nothing left out,

## गुन्न-पन्न-पन्ने केन केंग्ना गुः पर्वेन प्रेन प्रमुख

### kunzang dechen tsok kyi khorlor bul

I offer as Samantabhadra's unending ganacakra of great bliss.

## युनायान हेते. प्रशेयान्येयायुनायाप्यार्भेटा शुरा हेनाः

### tuktsé gyé shyé tuk dam kong gyur chik

With all your compassion and love, accept them with delight, so your heart's wishes are fulfilled.

## मार्सेवानायनेनसार्साम्। सुन्देनार्साकेः

### solwa dep so guru rinpoché

Guru Rinpoche, I pray to you;

## चुैन चुैश र्हे नब नेना रेग (८९५) आयत तर्गेते र्र्मन् ।

### jin gyi lop shik rigdzin khandrö tsok

Vidyādharas and dākinīs, inspire me with your blessings;

## र्बेबाष्ट्रकानुःपाबर्केनाः श्रुकान्दिकानुनाः र्ह्हेपाः

#### mö den bu la chok tün ngödrup tsol

Grant this devoted disciple attainments, ordinary and supreme;

## 

### damtsik nyam chak tamché jang du sol

Let all my impairments and breakages of samaya be healed, I pray.

## <u> ধ্রীরেম্যেমমের মের্মার্মর বিদ্রার্মীর রু</u>

#### chi nang sangwé barché ying su drol

Obstacles outer, inner and secret—liberate them all into dharmadhātu.

## चु८ःकुमःमरःरुःवन्नवाकोरःहेषःवहेंद्रःवेटःः

#### changchup bardu dralmé jé dzin shying

Until I realize enlightenment, hold me close, without ever parting,

## ळें नर्वे ५ १३ अया में नया प्यर देवे ज्ञासूर प्येपः

### tsé sö nyam tok yar ngö da tar pel

Like the waxing moon let my lifespan, merit, experience and realization grow ever greater,

## नबसायाञ्चराचीसावगुनायराचीताचीसार्त्वेनबः

## sampa lhün gyi druppar jin gyi lop

And bless me so that all my aspirations spontaneously come true.

## **ॐ**ॱ॔ॺॢॖॖॖॖॱॸॗ॔ॱग़ॖॱॸॖॱॸॹॗॱऄॾॗॢऀॱॸॗ॔ॗॗऀऀ

### om ah hung vajra guru pema siddhi hung

om āh hūm vajra-guru-padma siddhi hūm

### लेबायवटःमुबेरःवयुटःमीवेवेःदर्भःत्त्वेतःकेषा १० वायहबाद्यवादम्भैयावेःभैदःग्रीःबर्केःवबाचुटःववेःकेरामुःवयवायम्बा

This arose from the lake of Jampal Gyepa's mind on the tenth day of the second month of the Hemalamba year, as a genuine wish-granting gem.

Maṅgalam.

Rigpa Translations, 2015. Lotsawa House.

Just as a magician makes illusions

Of horses, oxen, carts and other things,

Nothing whatsoever is as it appears—

Know all things to be like this.

Buddha Shakyamuni King of Samādhi Sūtra

## रै में नबार अर्के ५ कु र ना पर्दे क विना न ने प्राप्त न व्या

### Riwo Sangchö

### 'Mountain Smoke Offering'

## র্জু, প্র

### om svasti

### वृःचर्द्वः रेगः पहेंदः र्शेनाः भ्रुनः ग्रीः अतः एना रे र्ने प्ययाः अर्केदः प्यमः पुः प्रेदः प्या

The practice of Riwo Sangchö, the mengak, 'secret instruction', from Lhatsün Namkha Jikmé's 'Rigdzin Sokdrup', as arranged by Dudjom Rinpoche.

### गर्डट अदे र्क्रेन न्यावन मृत्नवट विट र्स्र्या भ्रम नगर अटर नयह स्थाने अर र्सेग्यागट वर्तेर नगा वियायदे सेरा वर्षेण स्वित स्थान है।

Making an auspicious fire in a clean vessel or burner, burn aromatic woods, resins, medicinal plants, the three white and three sweet substances, (yogurt, milk and butter; sugar, molasses and honey) and all kinds of incense and powder—whatever you have available, and sprinkle it with pure water.

### र्वेगासराश्चरवार्वीकी

#### 1. Taking Refuge

## र्षे ख्रु १ हुँ । अगयः अठ्ठ अर्थे ५ विये सुनयाग्य स्ट्रेट चेये न सुनः

#### om ah hung, kha nyam sishyi kyab kün nyingpö chü

Om āḥ hūm! The heart essence of all sources of refuge of saṃsāra and nirvāṇa, who are as vast as space,

## 

#### wang drak rigdzin pema tötreng tsal

Powerful and wrathful vidyādhara, Padma Tötreng Tsal;

## ष्ट्रेन्स्रूरःश्रूरःश्रेन्सुयःनदैःन्ग्रीयःदार्वेरःह्यायः

#### khyé kur nangsi gyalwé kyilkhor dzok

Within your body, all that appears and exists is the perfect buddha mandala:

## दर्गे'ग्न'हे-'यब'नङ्गय'से-'सुनब'सु'सकै

#### dro kün si lé dral chir kyab su chi

In order to liberate all beings from samsāra, I take refuge in you!

এব'শার্ঝা

3 times

## शेशश'मञ्जेद'दी

### 2. Generating the Awakened Mind, the Heart of Bodhicitta

## मायाः अर्केमा यो मेया पेर माया चिमा यो पेर मानिरः

### sang chok yeshe ösal tiklé shyir

In the ground of the luminous tiklé of supremely secret wisdom,

## त्म्, पीयः भूपानाशिशास्त्राः च्याः भीतः स्त्राः स्त्राः स्त्राः स्त्राः स्त्राः स्त्राः स्त्राः स्त्राः स्त्राः

#### dro kün drib sum dak né ku dang sung

May the three obscurations of all beings be purified, and

## त्रुनायाण्ची त्रेना यो मासून मुना सूर मिन्दी रहा है

### tuk kyi tikler lhündrub nang shyi ngang

With the four visions spontaneously perfected in the tiklé of the wisdom body, speech and mind,

## गर्वित तु तुष भूर र्गेवा पर शेषश पश्चे र र्

### shyönnu bumkur drolwar semkyé do

May all beings be liberated into the youthful vase body! For this, I generate the heart and mind of bodhicitta.

এব'শাস্থ্ৰা

3 times

### यम्यम्यर्म् यर्

### 3. The Seven Aspects of Devotional Practice

## मानेबार्नमा बार्चेबामा श्रुमा बारा सुमा प्रकृता हिए :

### shi rik machö nyukmar chaktsal shying

To the primordial, unaltered nature of rigpa, I pay homage!

## मिनेट अत्रतः न्या निते र्ते द मार्था अर्के द सात्र नुषः

#### ting ta dralwé ösal chöpa bul

The luminosity, transcending limits and dimensions, I offer!

## वर्षेराचासुदावद्यासहसाहितातीदार्

### khorwa nyangdé nyamnyi long du shak

In the expanse of sameness of samsāra and nirvāṇa, I confess!

## र्त्ते न्यार्केश वर्षे केत्र में राहेश थी रहा ह

### lodral chö zé chenpor jé vi rang

In the great exhaustion of all dharmas, beyond the ordinary mind, I rejoice!

## ञ्जन मून हेना या केत चेति केंया दार्वेर नर्झेर ह

### lhündrub dzogpachenpö chökhor kor

Turn the wheel of the teachings of the spontaneously perfect Dzogpachenpo!

## त्रिंदः नःर्देटः तथः श्रुवायः यरः वार्थेवः नः त्रेनयः

### khorwa dong né trukpar solwa deb

Stir the depths of samsāra, I pray!

## त्रिंदःमासुस्राद्यभाषास्रवतःच्याचितःसास्रवतःचर्देः

### khor sum mik ta dralwé pata ngo

In the absolute state, free of subject, object or activity, I dedicate!

## यर्गायक्षेर्त्र

#### 4. Self-Visualization

## गा-दमा-क्रॅब-भूते-दग्वैटब-यब-तमम्ब-बेद-रूपा ।

#### kadak chökü ying lé gakmé tsal

From the dharmakaya space of primordial purity, arising as its unobstructed play, is

## यज्ञःर्चेत्रसेट्रग्गरःत्यरःगर्वेद्गःद्वाःयहेया ।

### pema tötreng kar mar shyön tsul dzé

Padma Tötreng Tsal, white with a tinge of red, in the full beauty of youth,

## सक्त-र्येते म्बी: त्यर हें हे र्वेर या प्रश्ने शा

#### tsenpé zibar dorjé töpa nam

In dazzling splendour, with the major and minor marks, holding a vajra and skull cup,

## थह्रान्डिर.मेष.२८.क.चेर.ल्ट्रांस्य.र्रे.ह्याया ।

### dzé ji gyen dang chajé yongsu dzok

Majestic, complete with all ornaments and robes,

बेगपमु र रंगपन्ना

108 times

### 5. Purification and Blessing of the Sang Offering

दे'त्रब'नबट'ह्य'त्रबय'र्रं'णं'ायं'गैब'नबट'ह्यट'।

Purify the ingredients of the sang offering with:

#### ram yam kham

Ram is the seed of the fire of wisdom, which burns the impurities of the offerings. It is red.

Yam is the seed of air or wind, which disperses the impurities of the offerings. It is green.

Kham is the seed of water, which purifies the offerings. It is white.

## য়ৄ৾৾ৼ৻য়ঀৢ৻ৼৼ৻ড়য়৻য়য়ৼ৻ৼয়৻য়ঀ৻য়ড়ৢ৴য়ঀ৻ড়ড়ৢয়ড়ৣ৽য়ৼৢৼ৻ৼৢ৾ৼঀৼৄ৾ৼ৻ড়৾য়৻য়ৢ৻য়ৡৢঀ৻য়ৢয়৻ড়ৢয়৻ড়ৢয়৻ড়ৢয়৻ড়ৢয়৻ড়ৢয়৻ড়ৢয়৻ড়ৢয়৻ য়ৢৼ৻

tongpé ngang lé sangdzé zakpa mepé yeshe kyi dütsi döyön gyatsö trinpung khakhyab tu trowar gyur

Out of emptiness appear the ingredients of the sang offering, transformed into the wisdom nectar free of any impurity, from which arises an ocean-like cloud of sensual stimulants, spreading out to fill the whole of space.

तवी.चरीका.स्टा.येश.शावत.शहूर.र्ज्ञचात्रात्वयाचीका.सूचा.स्टा.या ।

Bless the sang offering with the three syllables om āḥ hūm and 'Samantabhadra's Offering Mantra':

## ख्रू. ख्रें।

om ah hung

এব'শাধ্যুঝা

Repeat three times

Om is the seed of the body of the buddhas, which purifies the offerings.

Āḥ is the seed of the speech of the buddhas, which multiplies the offering to become as vast as the whole universe.

Hūṃ is the seed of the mind of the buddhas, which transmutes the offering into the nectar and ambrosia of wisdom.

## **ढ़ॱॺ**ঃॺॾॱॸॖॱय़ॗॱॻॱॸॖ॓ॱॾॖॖऀॱचैॱॷॶॱॺॎ॓ॱॾॖॗঃॺॾॱय़ॗॱॺॎ॔ॱॶॖॾॱॸॖ॓ॱॷॱॸॱऄॎॱॺ॓ॱॻॱॻऻॹॷॸॗऻ

nama sarva tatagaté bayo bisho mukhebé sarva takham udgaté saparana imam gagana kham soha

त्रव.चाश्चेश्रा

Repeat three times.

### 6. The Sang Offering

### i. Blessing the Offering Substances

## **इं**। रेत केत सूर्येगवा दृद्या अदे सूर् प्यद्या सुः

### droom, rinchen natsok dangmé nö yang su

Bhrūm! In the vast lustrous vessel, made of the essence of various jewels,

## वहिमा हेत्रश्चे ५ पवे वर्षे ५ सु ५ सा है मा हिमा

#### jikten sipé dögu damtsik dzé

The samaya substances, all the desirable objects in worldly existence, are

## <u> ५ चुःमाशुक्षःभोन्धःम ५५ ५ कुरः मुक्तःम समक्षः</u>

### dru sum yeshe dütsir jinlabpé

Transformed into the nectar of wisdom through the blessing of the three seed syllables om āḥ hūm,

## 

### nangsi chöpé dögur trikpa di

So that all that appears and exists becomes an offering of all that is desirable.

#### ii. The Recipients of the Offering

## *न्नु*ॱअ'थे'५अ'ढ़ॗॱगै'र्केश'शु८'५८'३

### lama yidam daki chösung dang

This I offer to the lamas, yidams, dakinis, dharmapalas and

## र्युग्रायस्य मुवायति प्रीवाय विकासि हे हो प्राप्त

#### chok chu gyalwé kyilkhor jinyé dang

All the mandalas of the buddhas of the ten directions,

## **८**९४.म्री८.मि७.स८म.५मश.दैम.लथ.क्पमश.शर्मे्यः

### dzamling shyidak rik druk lenchak drön

To the local deities of this world, beings of the six realms and the guests to whom I owe karmic debts,

## ष्ठर यर यरमामी के पर्समार्श्वमाम् लिटः

### khyepar dak gi tsé trok sok ku shying

And especially to those who would steal my life and deplete my life force,

## **बर्**गिर्ह्रान्य-कर्र्स्थायवैत्ववृह्यर्थे:र्हाः

#### né tong barché tsompé jungpo dang

To the malicious jungpo demons who inflict sickness and obstacles,

## য়ৢ৾৻য়য়৻ৼ৾ঀয়৻য়ড়ড়৻ৼড়৻ৼৼ৻ড়য়৻ৼড়৻ৼৢঀয়৽

### milam taktsen ngen dang té ngen rik

Bad signs in dreams and all types of evil omens,

## <u> शे'नमु</u>न्'अ'रुट'र्के'त्रसुवा'नन्ग'र्से'न्ट'ः

### dé gyé marung chotrul dakpo dang

The eight classes of negative spirits, the masters of magical illusions,

## য়য়৽৻৴ঢ়৽য়য়য়৽৻৴ঢ়৻য়ৄ৴য়ৣ৽য়য়৽য়য়৽৻ঽয়৽

### zé dang né dang nor gyi lenchak chen

And those to whom I owe karmic debts of food, place and wealth,

## म्नैयः यदमाः र्र्ह्वाः यदेः संग्निकः र्र्वाः मनिकः दृदः ॥

### drib dak nyodré poshin moshin dang

To forces that bring obscuration and madness, to the shades of men and women dead,

## मी'र्ने'वे'र्रा में हार्मेहार्सेन पर्ने र्से परम

### driwo terang drong sin dremo ché

To all the spirits, terangs, ghouls and female ghosts!

#### iii. How the Offering is Made

## **এব.**হেনাখ.২পুন্, বৃত্তি প্রত্যান্ত বিদ্যান্ত বিদ্যান বিদ্যান্ত বিদ্যান বিদ

#### lenchak marpö mé la jal té sek

Now all my karmic debts are paid, burnt in the scarlet flames.

## रूट रूट खेर लामट पर्रे द पर्रे द सुवै कर

### rang rang yi la gang dö dögü char

Whatever each one desires, may the objects of their desires rain down:

## हे श्रेन तमामय मन्या मुन्य हैन न

### jisi namkha né kyi bar nyi du

For as far and as long as space exists,

## वर्रेर् यवै र्षेत्र हत् बर् या सेर यर वर्षे ह

#### döpé yönten zepa mepar ngo

I dedicate an inexhaustible amount of sensual stimulants!

## नन्नामी नुषानासुष्ठा नश्नाषा स्वते स्वेना स्वेन न्द

#### dak gi dü sum sakpé dikdrib dang

May my negative actions and obscurations accumulated in past, present and future,

## <u> न्र्णेक्'सर्क्रमा'न्न्'मानेक'न्र्णेन्'या'झुन'या'क्स्राह</u>

#### könchok dé shinkor la chepa nam

And misuse of the offerings made to the Three Jewels, in devotion and for the dead,

## ह्येत सेमा से सर्के ५ १५६ में स्थापन मा सुर हिमा

### jinsek mechö di yi dak gyur chik

Be purified in the fire of this sang offering!

## शे'भ्रे'श्रूट'श्रीद'गट'निय'स्व'स्व'रेशः

#### meché nangsi gangwé dultren ré

Let its flames fill the entire universe and every minute particle of flame

## ग्रुत्र'नवट'अर्केर्'यदे'ध्वेत्र'सुट'से'वर्'यः

#### kunzang chöpé trinpung mizepa

Become an inexhaustible cloud of offerings like Samantabhadra's

## म्पान्ते लेट प्रमान्य प्रिंट्य पाष्ट्र चुर हैगः

### gyalwé shyingkham yong la khyab gyur chik

Pervading throughout all the buddha realms!

### शे'भ्रे'णे'नेश'र्देर'खृदे'सर्केर'ध्रेत'चेरः

### meché yeshe ö ngé chöjin zer

May these flames, offering-rays of five-coloured lights of wisdom,

## र्मन्यार्मा अवरासे रामन्यास्यास्य स्वास्य स्वास्य

### rik druk narmé né su khyab gyurpé

Pervade throughout the six classes of beings, down to the Avīcī Hells,

## ष्यश्चाम्बर्भायम् स्वात्त्रस्य स्वात्त्रस्य

### kham sum khorwa jalü ökur drol

The three realms of samsāra be liberated into the rainbow body,

## त्र्में गुन् नुष्ट क्व क्षेट सें र यह या कुय सेंगः

#### dro kün changchub nyingpor sangye shok

And all sentient beings awaken into the heart of enlightenment!

# छैं खू हुँ

#### om ah hung

#### लेबार मु मार्का मूर्य देवीय मार राम्य मार स्थापन अवसा

100 times, 1000 times, or more—as many as you can.

#### 7. Conclusion

#### i. Dedication

## भुग्नसुस्राद्मान्यः र्रेद्राणुः म्वयाप्यसः सुः

#### ku sum dakpa nö kyi shyalyé su

All is purified into the three kayas: the environment, a heavenly palace where

# क्र्याल्ट्रास्यास्याम् स्वारम्

#### chö long trul sum nangsi zukpung nam

Dharmakāya, saṃbhogakāya and nirmāṇakāya—the forms and aggregates of phenomenal existence,

## नर्राक्षेत्रालुग्नमायहत्त्र्रित्नात्रास्त्रूटाम्नाटाः

#### dütsir shyuwé ja ö barnang gang

Melt into nectar, flooding the whole expanse of the sky with rainbow light.

## वर्षिरामाश्रुमायन्यानमाश्रेनामपुनाङ्गियासुन्

#### khorwa nyangdé zakmé dütsi chü

Saṃsāra is liberated into nirvāṇa; this essence of immaculate nectar

# र्वेगा बेर 'त्या तया र 'क्षा प्यता कर 'त् ः

#### tokmé dü né danta yenché du

I share with all those who, from beginningless time until now,

## *बूट*ॱब्रेट्रअर्मेंक्'ट्र'चुरु'य'र्पेट्रब'य'पर्हेः

#### nangsi drön du gyurpa yong la ngo

Have been guests in worldly existence.

#### ii. Aspiration

## 

#### sa lam drebü yönten tarchin shying

Having attained all the noble qualities of the stages, paths and fruition,

## ড়ৢॱऄॣ॔ॴऄॗ॔ॖ॔॔ॱय़य़ऀॱय़ॸॱक़॔॔ॱग़ऻॖढ़ॱय़ॺय़ॱढ़ॺঃ

#### ta gom chöpé barché kün sal né

And dispelled all obstacles in view, meditation and action,

# **য়৴**ॱॿॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॖॗॖॗॖॣॖॖॖॖॗॖॣॗॗॖ

#### mejung kunzang tuk kyi khaying su

Within the sky-like space of Samantabhadra's wondrous wisdom mind,

# गर्लेक तु सुरु भूर गा हक श्रेर नेक सर भेंगः

#### shyönnu bumkur tensi zinpar shok

May we seize the stronghold of the youthful vase body!

## त्रिं र प्रते मु अर्के के क् र्ये भूट र प्रते अधर ह

#### khorwé gyatso chenpo tongpé tar

And when at last the great ocean of samsāra is emptied;

### र्वेगारीक मज्ञ दु न्यम सम्बन्ध मुंबर्भिगः

#### womin pema drawar sangye shok

May all beings attain buddhahood in the Lotus Net of Akanistha!

### सुटायससाम्बेगाह्रान्यामासद्दर्गम्बे नहेदादन्द

#### pung kham sekdzé trakdang ziji bar

The sang offerings of the aggregates and elements blaze in vivid, brilliant splendour!

# ८णार.रश्चर.वीट.श्रुश्चरचंत्रुचा.६श.चट्टे.कूँट.उचरः

#### kar mar changsem sekdzé detong bar

The sang offerings of red and white bodhicitta blaze in bliss and emptiness!

### र्बूट है द ब्रैट है दे प्रश्चेन हम केंग द नेट मान ह

#### tongnyi nyingjé sekdzé chöying gang

The sang offerings of emptiness and compassion fill the dharmadhātu!

### बूट श्रेन पार्वेर प्रत्यार्से हे ते प्रति खते गानिरः

#### nangsi khordé dorjé ö ngé shyir

Upon the ground of five-coloured vajra light of phenomenal existence, saṃsāra and nirvāṇa,

# क्षुत्रम् याः हेनायाः याद्याः स्वीयाः स्वायः त्रायः

#### lhündrub dzok sangyepé sekdzé bul

I offer the sang offering of spontaneously accomplished perfect buddhahood.

# र्स्त्रः चुः पात्रः कमाबाः घर्षायः उत्। चुः स्ट्रिमः

#### ngön gyi lenchak tamché jang gyur chik

May all my karmic debts from the past be purified!

# ८.हे.कै८.ज.भ्र.चेथ्य.भ्र्यूच्य.ज्.चच्चायः

#### danta gyü la miné tol lo shak

In the present so they do not remain in my mindstream, I confess them!

# अर्तेट्रमञ्जीयायते तार्वेरार्वेराव्या गुरुकेगः

#### ma ong dribpé khorlor magyur chik

And in the future, may I never be drawn into the wheel of obscuration!

### र्बे वर यह सेवय रेग य वहें कर य थे ह

#### sotar changsem rigpa dzinpa yi

All impairments of the vows of individual liberation, bodhisattva precepts,

### **ั**ยุ์ม पठ्य प्रभूप पानाय प्रमाय प्रमाय प्रमाय होता देवा य

#### dom ché labpa sang ngak damtsik rik

And samayas of the vidyādharas,

### ৳৴৻৴৻৴য়ড়ৄ৴৻য়য়য়৻৸য়য়ৢয়৻ঢ়৻৸য়য়

#### tsor dang matsor nyampa tol lo shak

Conscious or unwitting, I openly admit.

### **बद्राम्**र्देब्राम्चियाद्यात्र्याः विष्

#### ne dön drib dang mitsang dak gyur chik

May illness, harmful influence, obscurations and impurities be purified!

## बर्स्गायर्केन्ची'नक्षयायानिच्यूर्रेन्

#### né muk tsön gyi kalpa shyi gyur chik

May this age of plague, famine and warfare be pacified!

#### iii. Requesting Activity

# अवतःभ्रो:<u>नतुशःसुःर्ते</u>टःनतेःनसुतःसःर्ह्णे

#### tami ü su ongwé sünma dok

May the attacks of invaders be repelled!

## र्केश अर्द ५ 'तु 'अ' ग्राप्त पर्ते त पर 'क ५ 'तु गृह

#### chödzé lama dendren barché dok

May obstructing forces that cause the spiritual teacher to depart be averted!

### र्नेर खुवा नगा के निकास विश्व स्वा क्रेंगः

#### böyul trami shipé te ngen dok

May inauspicious bad omens for the whole world and the land of Tibet be averted!

# म्बदःयु:कुव:र्यब:र्बुम:न्युम्ब:स्ट्र-य:र्बुम्

#### za lu gyalpö sok uk düpa dok

May the planetary forces, nāgas and arrogant king-like spirits, who cut short the breath of life, be repelled!

# विषयायाकेकार्याममुनान्यामञ्जूषाः

#### jikpa chenpo gyé dang chudruk dok

May the eight great fears and sixteen lesser fears be overcome!

### **पर्ना उना पर्विर पठश प्रा और्वेश पर्जेन**ः

#### dakchak khor ché trami shipa dok

For me and all those round me, may all that is inauspicious be averted!

### ५अ:बे्रे'दर्गेट'र्यदे'अशु र्ब्रेनशर्त्रशयः र्ह्हेगः

#### damsi gongpö tutob nüpa dok

May the powers and strength of samaya-breakers and gongpo demons be averted!

#### রাসামেই

Samaya!

### माटबामार्बेनाकें श्वरायाता हुँ है देव के दूर के वार्षा वार

When counting the number of recitations of Riwo Sangchö, return to "droom, rinchen natsok...", then say the three syllables "om āḥ hūm" as much as possible, then "ku sum dakpa..." and so on.

देश'नग्राभिश'ग्राटश'ख्त'च्चै'ळेगाश'सु'नठर'स'पदि'कृद्शहेंश'चुेर'ळु'ळॅश'द्वुनामु'त्तु'नदि'खरळेश'नठु'सदि'दुश'नवट'मर'तु'दश'षट'र्षेद्र'म्यूद्र'नश्चर्यान्त्र' नदे'ख्त'त्रुवेद्र'त्रुवे से स्वराद्रस'सर-कुव'नवश'नमें वेगाश'प्रकेवा ।

These verses, which are of an auspicious number, were written in the Water Hare year (1903) on the auspicious occasion of the tenth day of the ninth month, in the hermitage of Padma Samten Deden Ling in Rudam, by Mipham Nampar Gyalwa. May virtue and goodness abound!

Lotsawa House

# |মর্ল'নম্ন'নধ্য'ন'নৰ্গমা

#### **Brief Sang Offering to Purify Contamination**

by Mipham Rinpoche

# **हुँ। ब्रूट**ॱब्रॅट क्राप्त्यायतुन् के प्रबट अर्केन प्रदेश।

hung, nangtong namdak dütsi sang chö di

Hūm. Through this smoke offering of amṛta, the purity of appearance and emptiness,

### इसम्बायमानुदानीयाद्यासीयार्दाम्या

namtok lé jung drib dang mi tsang kün

All contamination and defilement that comes about through thought,

# दमामाया हूँ माया से दार्केया भुगकेता चेंदी पटा ।

dak sal nyokmé chöku chenpö ngang

Is purified within the experience of the great dharmakāya—pure, clear and unsullied.

## नबट टें गुरु नबट क्षेत्र से द र्ग्नेट दुख्र ह

sang ngo kunzang dribmé long du ah

Within this unobscured expanse of Samantabhadra, the All Good: Āḥ!

### भर्षेतानबटानसूबायांनेटावसुबात्तुः ११ केंबा ७ ताःह्वैबार्से॥

This brief sang offering to purify contamination was composed by Dhīh on the sixth day of the eleventh month of the Wood Dragon year (1904/5).

Translated by Adam Pearcey, 2019.

Monks and learned ones,

Just as gold is burnt, cut and rubbed,

Examine my words carefully and

Do not accept them simply out of respect.

Buddha Shakyamuni

#### Short Mahakala

# अर्मोर् पेने र उत् भुका द्वा ची मार्गेश मान्युषा पा An Offering to the Protector Bernakchen

जी पार्चे महिनानगर्म वे हुना देट उहुना हेव अकूट पर्केट क्रिकेट महिनायानगर स्थानायानगर अविद्यानगर मिनायानगर स्थित अप सुनायानगर स्थान प्राप्त कर्ने क्रिकानगर स्थित। मुट्र क्रिकेट अपने क्रिकेट स्थित क्रिकेट अपने अपने क्रिकेट स्थित उहु उहुन स्थित क्रिकेट स्थाने क्रिकेट स्थित क्रिकेट स्थित स्थित स्थित स्थित स्थित स्थित स्थित स्थान स्थित स्थि

# कैं-दे-बेम्बर-चेब-चबदबा

om damshtotkata bhairavāya saṃ saṃ saṃ ru ru ru hūṃ hūṃ hūṃ phaṭ svāhā

om svapyava sprage प्राचित्र अप्टेस्ट्र क्षित्र क्षित क्षित्र क्षित्र क्षित्र क्षित्र क्षित्र क्षित्र क्षित्र क्षित्र

देर वे 'पै प्या कुर मी द्वीय शर्मेर श्रूर मि पक्केरा । यो कुर क्वेर प्रथा पद्द के वेवा प्रेर पतु पुरापा । der ni yam le lung gi kyil khor jang khu kye me lung jor way dü tsi tik ler shu che pa

na tsok dor jey kha che de la dru sum gyur

<u>लू.</u> खॅं. हैं। जब चीश्रमा लय.कु. श्वैव उन्देया चीय कुव प्राप्त सम्बुद वाश्वर जमा

om āḥ hūm (3x)

र्द्रुं विचान तु.क्रा.ची.ट्वीटम जना आचीलून जिटा। चिटिचारा उटिन होत्र विचान हेन श्रीत्र श्रीता । hūṃ tuk ni chö kyi ying le ma yö kyang duk pa dul chir tuk jey kur trul pa

कर्नेमा पर्टी उर्दोक्त को Land will be bal den den bo uak bo cheu den uo

तिया ही. दीव . उर्देयी चिया आकू प्रमुख्य आठु. मैं ट. मिथा ता जया।



bhyoḥ

रतज्ञ इव-विवाय उर्चे चित्रया अर्चाव स्था कुर्चा स्था । रचर विवा र्यं या मुर्च रचय हेव दिर भ्रेट मा । pal den shuk dro jam gön dam tsik chen wang chuk se mo pal den dung kyong ma

निष्मम्दर्भिष्मम्हम् अयानी मिरिटान प्रविधि । स्थित प्रति मिर्म प्रविधि स्ति । jam dang tuk jey ma bu dung wa shin drup pay ne dir chen dren shek su söl

क्षे.वर.चालर.चद्र.अकूर.कूच ।चर्चा.रर.चूल.झैर.चा ।

क्ट्रिन्द्रियः दरः अः क्ट्रेन्याने वः दरः क्र्याया। क्ट्रिन्द्वेन्यवः दर्म्याः वर्षेत्राः अर्यावः वर्षेत्राः

khyö ni pa dang ma te nyen dang drok khyö ni pen dang dik trok gön po te

र्ष्ट्रिन् भेन् क्रिंब्रन्मार्येव म्वायकेमामी मावशा । हे हे २कट केव ४ मदे हा या ५८०० । khyö nyi kyön dak yön ten chok gi ne dor je chang chen tsa way la ma dang विर्तानम्बुराष्ट्रीर वृत्तवे वाववा उत्री रिताय सेव से ब्राम्स विर क्षियां की र khye par chö kyong ber gyi na sa chen pal den lha mo rang jung gyal mo che इसासर हुरा रीय र्म्याय क्रियर यो तुर्याया । रिम स्व अप्रेच अप्रेच रिम राम्य राप्य । nam mang tö se ngak kyi dak po sok dam den che cham khor dang che pa la चमाश्रर.ज्रन्तेमारविषातमाचिरायात्र। विर्टूर्टरची.क्षरायर तकरायवायायत्याहरी। sak me ye she trul le jung wa yi dö gu chir yang char wa nam khay dzö बैर.उहेबो.चर्.कुरामकूर्या.धे.रकुरा.भुर.ता ।हि.यर.चीर्यर.चठुःमकूर.सुर्यःमेळूरा.मकूरा। sung juk de chen chok tu gye kye pa chi nang sang way chö trin gya tsö chö ब्रेन्-पर्न् छे: अर्केन्-पा हे: इना-पः अर्वेन्-पः नेवः स्व स्री माश्चनः अशा अपना प्राधीय मूर्य में प्राध्य स्वर्ध प्राप्त है विष्य प्राप्त में प्राप्त स्वर्ध स्वर्ध स्वर्ध स्वर्ध स्वर्ध स्वर kap sum drong gi tsen pay lhun po dang lü chen yo che dzok pay ling nam dang द्रव.कृव.४.७हूव.इष्रथ.८८.चर्टेट.इ.५.षाक्री ।८४।.चेट.ब्रे.किट.ह्येचीव.इष्रव.च.पाट.क्रे.उधेना । rin chen sa dzin nam dang dü tsiy tso dak che mu khyü chok nam kang te bul लय.कु.चक्रेट्रता ची.धीय.चक्रेयाथ.तपु.कैट्रजा उक्तरः मर् क्रिया क्रिया क्रिया विद्या विद्या विद्या विद्या विद्या विद्या क्रिया क्रिया क्रिया क्रिया क्रिया विद्या विद्य gyur me chö kyi ying le kur sheng pa tuk je chen po tse me top kyi ni kye me jang chup sem le jung way tuk de chen rang jung khyö la chak tsal tö तीमा की पर्से देन। विया मकू विज्ञा मारी में देनी मारा जा भ्रें. भर्र-१८८ तथा भ्रें. मूर्य प्रवेद था पादी। । प्रमाया माश्वास विमाय प्रमाय प्रमाय प्रमाय प्रमाय प्रमाय प् kye me ngang le lha mor sheng pa ni kham sum lok par ta wa dül dze ching चानरः ह्रचानः प्रदेवः पदः पर्वा क्रों अधिरः वयाः श्री । श्रिवः चारीनः चानाः चीरः भः जापर्वा पर्वेदः ही । sang ngak ten pay dak mo ting nak ku chen sum sik che ma la dak tö do त्रुवःभगपर्रुवाच। यापःकेवः-वृत्तः द्वतः माध्यः भग। अरशःभिशः चक्रेवः तः चिश्वः तः चश्चैरः चः दरः । । दर्भावः अक्रूचाः दयः उत्तरः चिश्वः तः चक्रेदः तः दरः । । sang gye ten pa nyen po sung wa dang kön chok u pang nyen po tö pa dang नन्ना उना दर्भेव श्रेन अर्केर दर्ग नरुष दुस्य श्री । क्रेव प्तर नरुक्त वस्य अर्थ हर्ने न प्तर । ।

dak chak pön lop khor dang che nam kyi kyen ngen bar che tam che shi wa dang

र्ड तर्रेट द्रेश नाम त्युम हु सुरा दु नार्वेश | chi dö ngö drup nyur du tsal du söl

पर्वेत्। हे.पर्वेर.त.श्र.पर्केर.हे.हे.व.बीश्वर.जन्न

हेन्य पर्देश का gye go pang top chir ngo

चर्ना-वैया इ.चर्ड्-जं.न.अपराविच.र्ड्-इंट्र-सीशट.जया

माश्रान्ति वेमाय कु अर्के दे हैं नार्ये वी । निगार निकृत भेर निवेद वेस निवे निष्कृत पारि । sang way tek pa gya tsoy nying po ni ka gyu yi shin nor buy ten pa ni

प्राप्त पर्व प्रवेश के प्रवेश कि द्वारा विश्व के प्रवेश कि प्रवेश प्रवे

Kagyu Monlam Prayer Book.

When his time has come, even a king has to die,
And neither his friends nor his wealth can follow him.
So for us—wherever we stay, wherever we go—
Karma follows us like a shadow.

Buddha Shakyamuni, Sutra of Instructions to the King

# SUTRAS AND WISDOM WORDS

You, the knower of the world,
Realized the two levels of reality
By yourself, not studying them from others.
They are the relative and the ultimate.
There is not some third level of reality.

Buddha Shakyamuni, Sutra of the Meeting of Father and Son.

#### The Seven Points of Mind Training

by Geshe Chekawa Yeshe Dorje (1101-1175)

#### 1. The Preliminaries

First, train in the preliminaries.

#### 2. The Main Practice

Consider all things and events as dreamlike. Examine the nature of unborn awareness. Let even the antidote be freed in its own place. Rest in the *ālaya*, the essence. Between sessions, be a conjurer of illusions.

Train in the two—giving and taking—alternately.

These two are to be mounted on the breath.

Three objects, three poisons and three sources of virtue.

In all activities, train by applying slogans.

Begin the process of taking with yourself.

#### 3. Transforming Adversity into the Path of Enlightenment

When all the world is filled with evil, transform adversity into the path of enlightenment. Drive all blames into one.

Meditate on the great kindness of all.

Meditating on delusory perceptions as the four kāyas. Is the unsurpassable śūnyatā protection.

The fourfold practice is the best of methods.

Whatever you encounter, apply the practice.

#### 4. Applying the Practice throughout the Whole of Life

The essence of the instruction, briefly stated, is to apply yourself to the five strengths. The mahāyāna advice for transference Involves the same five strengths. Conduct is important.

#### 5. The Measure of Mind Training

All teachings share a single purpose.

Of the two witnesses, rely upon the principal one.

Always maintain only a joyful attitude.

If this can be done even when distracted, you are proficient.

#### 6. The Commitments of Mind Training

Train constantly in three basic principles. Change your attitude, but remain natural. Don't speak of injured limbs. Don't ponder others' flaws.

Train first with the strongest destructive emotions.

Abandon any expectations of results.

Give up poisonous food.

Don't be so loyal to the cause.

Don't lash out in retaliation.

Don't lie in ambush.

Don't strike a vulnerable point.

Don't transfer the ox's burden to the cow.

Don't be competitive.

Don't misperform the rites.

Don't reduce gods to demons.

Don't seek others' misery as crutches of your own happiness.

#### 7. The Precepts of Mind Training

Do everything with a single intention.

Counter all adversity with a single remedy.

Two tasks: one at the beginning and one at the end.

Whichever of the two occurs, be patient.

Keep the two, even at your life's expense.

Train in the three difficulties.

Acquire the three main provisions.

Cultivate the three that must not decline.

Keep the three from which you must not separate.

Apply the training impartially to all.

It is vital that it be deep and all-pervasive.

Meditate constantly on those who've been set apart.

Don't be dependent on external conditions.

This time, practise what's most important.

Don't misunderstand.

Don't be inconsistent.

Train wholeheartedly.

Gain freedom through discernment and analysis.

Don't be boastful.

Don't be irritable.

Don't be temperamental.

Don't seek acknowledgement.

The essence of the nectar-like instructions for transforming into the path of awakening the five prevalent signs of degeneration was passed down from the one from Golden Isle. When karmic seeds left over from former trainings were aroused in me, I felt great interest, and so, without regard for suffering or disparagement, I sought instructions on subduing ego-clinging. Now, even in death, I shall have no regrets.

Translated by Adam Pearcey, 2012.

The mind is devoid of mind,

For the nature of mind is clear light.

Buddha Shakyamuni Eight Thousand Verse Prajñāparamitā

# नेबारमा श्रेट संदि अर्दे मल्याबार्बा।

#### **Heart Sutra**

# यदे भूत यत्ना ने वार्षे वा या देवा वा वार्षे वा व्यवस्था सुवा यदेवे । विवास सुवा स्वीत ।

di ke dak gi tö pa dü chik na chom den day gyal poy khap cha gö pung po ri la Thus have I heard. At one time the bhagavan abided at Rajgriha on Vulture Peak Mountain

## 

ge long gi gen dun chen po dang jang chup sem pay gen dun chen po dang together with a great sangha of bhikshus and a great sangha of

# वनबारीमानु नलुमाबाने। देवै के नर्रे अप्तर्वाचन के बूट न लेब मुन्तवि केंबा कु

tap chik tu shuk te deyi tse chom den day sab mo nang wa she ja way chö kyi bodhisattvas. At that time the bhagavan entered the samadhi

### इस्राम्पाद्याण्ची देटाटे प्रदेशिया क्षेत्रसायम लुग्नसार्थे।

nam drang kyi ting nge dzin la nyom par shuk so called Profound Light.

# **लट. देतु. कु. चेट. केच. श्रंशं र ततः श्रंशं र ततः श्रंशं र ततः श्रंशं र तत्त्र वा श्रंशं र त्र वा अश्रंशं र त**

yang deyi tse jang chup sem pa sem pa chen po pak pa chen re sik wang chuk At that same time the bodhisattva mahasattva Arya Avalokiteshvara

# ঀ৾য়ৼয়৾৾৽ঢ়৾ৼৼ৾য়৽ঢ়ৢ৾৽ঀৢ৾য়ৼ৽য়য়য়৾য়৾য়৾ঀৢ৾ঀৼয়ৡ৾ঀ৽য়৻য়য়ৼয়ৼয়ড়৽ঀৼ

she rap kyi pa rol tu chin pa sab moy chö pa nyi la nam par ta shing viewed the practice of profound transcendent wisdom. He viewed

### ृष्टः र्रो-दे-द्ना'या'Wट'र्र्टा प्वेतुर ग्रीश र्श्रेट 'यर स्था'यर प्वरूर्पे।

nga po de dak la yang rang shin gyi tong par nam par ta o the five skandhas and their natural emptiness.

## सुट में दे त्रयायटय मुया चै अधुया के दिट इस मानू के त्रया मुक्त सुदा से स्वाप्त स्वाप्त स्वाप्त स्वाप्त स्वाप्त

pung po de ne sang gye kyi tü tse dang den pa sha ri bü jang chup sem pa sem pa Then, through the buddha's power, the venerable Shariputra asked the bodhisattva

### केत्र'र्ये'त्रयम्बर्यास्थ्रत'र्य्यानीत्रेम्बर'द्याद्याद्याद्याद्याद्याद्यात्र्याद्यास्थ्रात्रात्र्यास्यात्रात्र

chen po pak pa chen re sik wang chuk la di ke che me so rik kyi bu rik kyi mahasattva Avalokiteshvara, "Son of noble family, how should a son or

### चुत्रअः नैनाषाण्चैः चुःर्को नाष्टायायानेषा न्याण्चैः सार्नेया मृष्टिकाया वयार्के वेर्ह्युन या श्रुप

bu am rik kyi bu mo gang la la she rap kyi pa rol to chin pa sap moy chö pa che daughter of noble family who wants to practice profound

### यर पर्दे द या देश है 'क्षर पश्चर यर गु

par dö pa de ji tar lap par ja transcendent wisdom train?"

### <u> ने भूत के बाङ्कारा प्रतात प्रतास्थाय स्थाप स्थाप</u>

de ke che me pa dang jang chup sem pa sem pa chen po pak pa chen re sik The bodhisattva mahasattva Avalokiteshvara replied

### न्ना धुना नीया के निराधन स्वासानु सानु सिता प्राप्त सुना से सान्य स्वास स्वास स्वास स्वास स्वास स्वास स्वास स

wang chuk gi tse dang den pa sha ra ta tiy bu la di ke che me so sha ri bu rik to the venerable Shariputra, "Shariputra, any son

# **૿૽ૢ૽**૽ૡૢઌ૱ૠ૾૽ઌૹ૽૿ૢ૽૽ૡૢ૽ૹ૽ૼઌૡૻઌઌઌ૽૽૱ૠઌ૽૿ૢ૽૽ઌ૽૽ૣૼઌૡૢ૽ૡ૿ૢ૱ઌ૱ઌ૽ૹ૽૽ૺૡૢ૽ૢૼૺૢઌૡૢ૱

kyi bu am rik kyi bu mo gang la la she rab kyi pa rol tu chin pa sab moy chö pa che or daughter of noble family who wants to practice profound

### यर पर्देद यादेश पदि भूर इस यर प्रभू पर पु भू भू प्रार्थ भू दें दे द्वा गुट र प्रभू स

par dö pa de di tar nam par ta war ja te pung po nga po de dak kyang rang shin transcendent wisdom should view it in this way. They should view the five skandhasp

### ॻॖऀॺॱॺॣॕ॔ॖॱय़ॸॱख़॒ॱॸॖ॔ग़ॱय़ॸॱॾॆॺॱॺॖॱॻॷऄ॔ॗॗऻॱॻॿॖॖॻॺॱॺॣ॔॔ॱॱय़ऄ॔ॗॗॗॗऻॺॣ॔॔ॖॱय़ॱॸॗऀॸॖॱॻॿॖॻॺॱऒ॔ॗॻॿॖॻॺॱऒॺॱ

gyi tong par yang dak par je su ta o suk tong pa o tong pa nyi suk so suk le correctly, as naturally empty. Form is empty. Emptiness is form. Emptiness is

# ॅर्भेट'य'क्षेट्र'म्बिक'स'प्रेस् र्वेट'य'क्षेट्र'यस'णुट'म्बुम्बरम्बिक'स'प्रेक'र्से दे ने'प्बिक'र्ड्र'र्केट

tong pa nyi shen ma yin tong pa le kyang suk shen ma yin no de shin du tsor not other than form. Form is not other than empty. In the same way, sensation,

# चन्द्रा वर्ष्वेषन्द्रा वर्षुन्नद्रा इसम्मर्वेषायाइसमार्बेदायवी विस्ति

wa dang du she dang du che dang nam par she pa nam tong pa o sha ri perception, formation, and consciousness are empty. Shariputra,

### 

bu de tar chö tam che tong pa nyi de tsen nyi me pa ma kye pa ma gak pa in that way all dharmas are emptiness. They are without characteristics, unborn, unceasing,

# द्वैः अञ्चेदः या द्वैः अद्भः द्वायाया अदः या द्वीः या अदः या वादः या अदः या वि

dri ma me pa dri ma dang dral wa me pa dri wa me pa gang wa me pa o without stains, without freedom from stains, without decrease, and without increase.

## 

sha ri bu de ta way na tong pa nyi la suk me tsor wa me du she me du "Shariputra, there are therefore in emptiness no forms, no sensations, no perceptions,

### चुेन समय मेना सम प्रमान मेना मेना भेना स्यामित क्षामेना क्षामेना क्षामेना क्षामेना क्षामा

che nam me nam par she pa me mik me na wa me na me che me lü no formations, no consciousnesses, no eyes, no ears, no nose, no tongue, no body,

## बेना धैन बेना महामारा बेना क्षा बेना कैं केना केंग मानु बेना केंबर बेन केंग केना मी

me yi me suk me dra me dri me ro me rek ja me chö me do mik gi no mind, no forms, no sounds, no smells, no tastes, no touch, and no dharmas. There is

### ได้ๆ ที่ เนพลายุ่ว เกษา เพื่อ เมื่อเพลา เมื่อ เพื่อ เมื่อ เพื่อ เมื่อ เพื่อ เมื่อ เพื่อ เมื่อ เพื่อ เมื่อ เพื่อ

kham me pa ne yi kyi kham me yid kyi nam par she pay kham kyi bar du yang no dhatu of the eyes, no dhatu of the mind, up to no dhatu of mental consciousness.

### बेर दी बादियायां बेरा बादियायां चरायां बेरायां कथा कादी बेरा कादी चरायती पर प्र

me do ma rik pa me ma rik pa se pa me pa ne ga shi me ga shi se pay bar du There is no ignorance, no exhaustion of ignorance, up to no aging and death, and

# लटाश्रेन दें। दि मिलें ते स्वामान स्वा

yang me do de shin du duk ngel wa dang kün jung wa dang gok pa dang no exhaustion of aging and death. In the same way, there is no suffering, no origin, no cessation,

### यममेना योनेममेना र्चेन यामेना मार्चेन यापटा मेन र्ने

lam me ye she me top pa me ma top pa yang me do and no path. There is no pristine wisdom, no attainment, and no non-attainment.

# न् देते त् दे दे दे त्रा दे दे दे त्रा वेषा दे त्या केषा देवत केषा है ते त्या के दे त्या के त्या के दे त्या के दे त्या के दे त्या के दे त्या के त्या

sha ri bu de ta we na jang chub sem pa nam top pa me pay chir she rap kyi Shariputra, since bodhisattvas are therefore without attainment they rely upon and

# यार्रेयापुरन्धेतायायायहेताहेटाम्बर्याहेर्येशयायाञ्चेयायाशेष्ठाय्याञ्चमायाशेष्ठाहेर

pa rol to chin pa la ten ching ne te sem la drip pa me pay trak pa me de chin chi abide within transcendent wisdom. Since the mind is without obscuration, they are without fear.

# र्येग्'यमःविद्र'र्'य्द्रमःद्रमःसुः प्यमःयद्रमः यदे सम्मः स्वेदः र्हे। दुमःग्रमुसः दुः द्रमः यसः यत्।

lok le shin tu de ne nya ngen le day pay tar chin to dü sum du nam par shuk pay Utterly transcending error, they reach the perfection of nirvana. All the buddhas that abide in the

# 

sang gye tam che kyang she rap kyi pa rol to chin pa di la ten ne la na me pa yang three times achieve the unsurpassable, authentic, perfect awakening of manifest, perfect

# <u> र्या प्रम्हेंग्या पर्त नुष्ठ तानुः अर्दे तायम हेंग्या प्रम्या अपया कुया की</u>

dak par dzok pay jang chup tu ngön par dzok par sang gye so buddhahood by relying on this transcendent wisdom.

## दे.के.प्रायमायः वेषारपानी, त्राप्तार्थेषार्थेष्याच्या स्वापाः क्रुप्तान्त्राच्या स्वाप्ता

de ta way na she rap kyi pa rol tu chin pay ngak rik pa chen poy ngak la na Therefore, the mantra of transcendent wisdom, the mantra of great awareness,

# भुट.नतु.र्ज्ञचोत्रा भु.स्रभ्य.न.टट.स्रभ्य.नतु.र्ज्ञचात्रा र्ज्ञचात्रक्त.वश्य.१८८.प्रच.मे.खु.

me pay ngak mi nyam pa dang nyam pay ngak duk ngel tam che rap tu shi the unsurpassable mantra, the mantra that equals the unequaled, the mantra that utterly pacifies

# यम् मुन्यते स्वाया की ह्वायया व यने व यम मेवायम मुन्दे। नेवाम या मुन्दे प्राप्त

war che pay ngak mi dzün pay na den par she par ja te she rap kyi pa rol tu all suffering, is without falsehood and should be known to be truth." He then uttered the mantra

# त्रुव पत्र स्वाय सुय पा

**chin pay ngak me pa** of transcendent wisdom, saying,

# **ॸ**5ॖॱॺॣॖऻॱऄॕ॔ॱॺऻॱॸ॓ॱॺऻॱॸ॓ॱय़ॣॱॸॱॺऻॱॺऻॱॸ॓ॱवे॔ॱॾऀॱॷॗॱज़ॗऻ

tadyathā om gate gate pāragate pārasamgate bodhi svāhā tadyathā om gate gate pāragate pārasamgate bodhi svāhā

# नु<sup>-</sup>देते'तु'तुट'ढ्व'शेअब'द्यत'शेअब'द्यत'ळेढ्'र्यब'दे'क्ष्रदेवेष'रत'तुं'स'र्देव'दृ'युंद

sha ri bu jang chup sem pa sem pa chen poy de tar she rap kyi pa rol tu chin "Shariputra, bodhisattva mahasattvas should practice profound transcendent

## यावयार्श्रीयायश्चरायरापुर्वे।

pa sap mo la lap par ja o wisdom in that way."

# दे'त्रयानर्डेश'क्ष्त'त्रयानेट'टे'त्रहेत'दे'त्ययान्वेटयाने'तुट'कुन'येशयाद्यत'येशयाद्यत'

de ne chom den de ting nge dzin de le sheng te jang chup sem pa sem pa Then the bhagavan arose from that samadhi and said to the bodhisattva

# 

chen po pak pa chen re sik wang chuk la lek so she ja wa jin te lek so lek so mahasattva Avalokiteshvara, "Excellent!" He said, "Excellent! Excellent!

# रैयाया ग्रीन्ता ने ने प्रतिक्त की । ने ने प्रतिकाती है हि स्रामित ग्रीया प्रस्तापा प्रतिकार प्रतिकार प्राप्ति

rik kyi bu de de shin no de de shin te ji tar khyö kyi ten pa shin du she rap kyi Son of noble family, it is so! It is so! Profound transcendent wisdom is to be practiced

# यर्नेयानुर्धेत्यावयार्थेयाधुन्यमः नुर्धे। ने प्ववित्यानेयावयाद्वस्याणुटाहेबासुर्धीम्ट

pa rol to chin pa sap mo la che par ja te de shin shek pa nam kyang je su yi rang just as you have taught. The tathagatas will rejoice!"

# ट्रा। चर्ड्श.र्वयत्याचीयाने स्निन् डेयाचगायास्यानया के निम्प्रवास्यानुमानु हित्ता

ngo chom den day kyi de ke che ka tsal ne tse dang den pa sha ra da tiyi bu When the bhagavan said that, the venerable Shariputra,

# ८८। यहारक्यासेससार्ययाधुकारसाम्बेगसार्यदाधुगार्या। वससारुरार्याः

dang jang chup sem pa chen re sik wang chuk dang tam che dang den pay the bodhisattva Avalokiteshvara, that entire retinue,

# वर्षिमाने मान्या द्वारा के प्राप्त द्वारा के प्राप्त द्वारा के स्वर्थ के प्राप्त प्राप्त के प्राप्त

khor de dak dang lha dang mi dang lha ma yin dang dri sar che pay jik ten and the world with its devas, humans, asuras, and gandharvas rejoiced.

# रद्याने। नर्डेअप्ट्रन्यद्याण्चैयागसुद्यायायायासदेन्यरानर्सून्द्री।

rang te chom den day kyi sung pa la ngön par tö do All praised what the bhagavan had said.

(Kagyu Monlam Prayer Book)

In the last five hundred year period,
I will appear in the form of scriptures.
Consider them as identical to me,
And treat them with due respect.

Buddha Shakyamuni, Avatamsaka Sutra

## 🤏 । | (तसमायाया (५५:वेया पठुःमाठेमा प्रसूदः यदैः अर्दे। ।

#### The Noble Sutra Teaching the Eleven Perceptions

from the Words of the Buddha

In the language of India: Āryasamjñānaikādaśanirdeśasūtra

In the language of Tibet: Pakpa düshé chuchik tenpé do ('phags pa 'du shes bcu gcig bstan pa'i mdo)

[In the English language: The Noble Sūtra Teaching the Eleven Perceptions]

Homage to the Three Jewels!

Thus did I hear at one time. The Blessed One was dwelling in the dwelling in the Grove of Twin Sāl-Trees in the vicinity of the Malla town of Kuśinagara. As the time came for his mahāparinirvāṇa, he addressed the monks:

"O monks, at the time of death, a monk should engender the eleven perceptions. What are these eleven? They are:

- 1. The perception of non-attachment to this life
- 2. The perception of love for all beings
- 3. The perception of relinquishing all grudges

- 4. The perception of confessing all debauched discipline
- 5. The perception of genuinely taking all the vows of discipline
- 6. The perception of lightness towards even major wrongdoing
- 7. The perception of greatness towards even minor roots of virtue
- 8. The perception of fearlessness towards the next world
- 9. The perception of impermanence towards all conditioned things
- 10. The perception of selflessness toward all phenomena
- 11. The perception of understanding nirvāṇa to be peace

As soon as the Blessed One had said this, all the monks rejoiced and praised the words of the Blessed One. This completes Teaching the Eleven Perceptions, the final testament of the Blessed One.

Lhasey Lotsawa Translations (trans. Lowell Cook, ed. Stefan Mang), 2020.

## 

#### The Noble Mahāyāna Sūtra The Wisdom of the Hour of Death

from the Words of the Buddha

The Blessed One replied, "Ākāśagarbha, at the time of death, the bodhisattva should cultivate the wisdom of the hour of death. As for wisdom of the hour of death, you should cultivate the perception of insubstantiality since all phenomena are naturally pure. You should cultivate the perception of great compassion since all phenomena are contained within bodhicitta. You should cultivate the perception of referencelessness since all phenomena are naturally luminous. You should cultivate the perception of utter non-attachment since all things are impermanent. You should cultivate the perception of not searching for buddhahood elsewhere since the mind is wisdom when realized." The Blessed One then spoke in verse:

Since all things are by nature pure
Cultivate the perception of insubstantiality.
Since they are possessed of bodhicitta
Cultivate the perception of great compassion.
Since all phenomena are by nature luminous
Cultivate the perception of referencelessness.
Since all things are impermanent
Cultivate the perception of non-attachment.
The mind is what causes wisdom's arising
And so, look not for buddhahood elsewhere!

As the Blessed One spoke thus, Ākāśagarbha and the entire gathering all rejoiced with delight and praised what the Blessed One had taught.

This completes the noble Mahāyāna sūtra, The Wisdom of the Hour of Death.

Translated by Lowell Cook, 2018. Version: 1.2-20211115

Don't feel sad Ananda,
Don't lament Ananda,
In future times I will
Take the form of spiritual teachers,
To help you and others.

Buddha Shakyamuni, Sutra of the Great Drum

# **ASPIRATION PRAYERS**

The essence of the sugatas pervades all beings.

Generate the most vast and sublime of intentions,

For each and every being has the cause of awakening—

There is not a single sentient being who lacks this potential.

Buddha Shakyamuni King of Samādhi Sūtra

# |एसन|बारानवार सें हुँदायते हूँकायम कु क्यारी मल्याया

# The King of Aspiration Prayers - Samantabhadra's 'Aspiration to Good Actions' (Zangchö Mönlam)

from the Gandavyūha chapter of the Avatamsaka sūtra.

# য়ৢ৽য়৴৻ৠঽ৾য়৻ঽ৻ঽ৻য়৾৻ঢ়৻য়৾৻য়৻য়৻ঢ়৻

#### gyagar ké du arya bhadratsarya pranidhana radza

In the language of India: Ārya-Bhadracaryā-Praṇidhāna-Rāja

# र्चेन्-भून-तु। यसम्बार्यायबटार्चे-धुन्-पये-धून्यका-चु-कुयार्चे।

#### böké du pakpa zangpo chöpé mönlam gyi gyalpo

In the language of Tibet: Pakpa Zangpo Chöpé Mönlam gyi Gyalpo

In the English language: The King of Aspiration Prayers: Samantabhadra's "Aspiration To Good Actions"

#### The Translators' Homage

## वहमान्यवाम्बिनात्र्रमानुनावर्ववार्वे।

#### jampal shyönnur gyurpa la chaktsal lo

Homage to Mañjuśrī, the youthful!

#### The Seven Preliminaries for Purifying the Mind

#### 1. Prostration

## हे क्षेत्र सुप्तमार्स्यम्य पर्वते त्यहेमा हेत्र ता ।

#### jinyé su dak chok chü jikten na

To all the buddhas, the lions of the human race,

### दुषःमञ्जूषःमञ्जूषयः यः भ्रःधः स्रेटः मो गाुना ।

#### dü sum shekpa mi yi sengé kün

In all directions of the universe, through past and present and future:

## यदमामीबाबात्युबादे दमाम्बब्बाउदाया ।

#### dak gi malü dedak tamché la

To every single one of you, I bow in homage;

## भुषाद्रारम् वीदाद्रारम् सम्मानम्

#### lü dang ngak yi dangwé chak gyi o

Devotion fills my body, speech and mind.

## चबट र्से र्श्वेन प्यते र्श्वेन प्यम र्श्वेन य न न न न न

#### zangpo chöpé mönlam tob dak gi

Through the power of this prayer, aspiring to Good Action,

# मुवानावसमारुनाधीनाधीमास्त्रासुसानु।।

#### gyalwa tamché yi kyi ngönsum du

All the victorious ones appear, vivid here before my mind

# बिट मी ह्या ब्रेन युषा रच यमुन या धेषा ।

#### shying gi dul nyé lü rab tüpa yi

And I multiply my body as many times as atoms in the universe,

# मुवानागुनावानमानुः सुनावळवावी ।

#### gyalwa kün la rabtu chaktsal lo

Each one bowing in prostration to all the buddhas.

#### 2. Offering

# ह्याम्बर्गाः भ्रेटाका ह्याः भ्रेटायट्या सुया स्थया ।

#### dul chik teng na dul nyé sangye nam

In every atom preside as many buddhas as there are atoms,

# यत्यामुबासुबाग्धैः दत्तुबान् ः चलुग्वायः यादग्रा

#### sangye sé kyi ü na shyukpa dak

And around them, all their bodhisattva heirs:

# देॱख़ॸॱळॅबॱॻॖऀॱॸ॒ॻॖऀऀ॔॔ॸॺॱढ़ॺॺॱॺॱॶॺॱॸऻॎ

#### detar chö kyi ying nam malüpa

And so I imagine them filling

## ষ্মশ্ৰত্ৰ শূল্য নাৰ্না শূল্য শাল্য নাৰ্না শূল্য শূল্য বি

#### tamché gyalwa dak gi gangwar mö

Completely the entire space of reality.

# दे'दग'यष्ट्रग्रय'य'से'बद'क्व'सर्के'इसम्रा

#### dedak ngakpa mizé gyatso nam

Saluting them with an endless ocean of praise,

# रचित्राची पात पाना मि समूच में पाय मी मा

#### yang kyi yenlak gyatsö dra kün gyi

With the sounds of an ocean of different melodies

# मुव्यानागुन् ग्रीचिन प्रनामन्दि पार्वे पार्व

gyalwa kün gyi yönten rab jö ching

I sing of the buddhas' noble qualities,

### यदे यर मानेगाय या त्रस्य उद यदगा गोया यर्से द्रा

dewar shekpa tamché dak gi tö

And praise all those who have gone to perfect bliss.

# भे र्नेग् द्रभः यासेट याद्रभायाद्रदा ।

metok dampa trengwa dampa dang

To every buddha, I make offerings:

## श्रीयाः श्रुत्रः दुससार् ८८: चुमाः यान्यास्य सर्वेताः ५८: । ।

silnyen nam dang jukpa duk chok dang

Of the loveliest flowers, of beautiful garlands,

### अर<sup>्</sup>भे अर्केग्'द्रायत्म्'र्भेश्'द्रभ'याधेशा ।

marmé chok dang dukpö dampa yi

Of music and perfumed ointments, the best of parasols,

# मुवानाने न्यावाने अर्केन यम मधी।

gyalwa dedak la ni chöpar gyi

The brightest lamps and finest incense.

### व'नवप'न्य'स्यब्य'न्ट'न्रे'यर्केग'न्टा।

naza dampa nam dang dri chok dang

To every buddha, I make offerings:

# युै'ब'सुर'ब'रै'र्रय'बश्रब'य'८८१।

chema purma rirab nyampa dang

Exquisite garments and the most fragrant scents,

### 

köpa khyepar pakpé chok kün gyi

Powdered incense, heaped as high as Mount Meru,

### मुवायारे द्यावारी अर्केरायराय है। ।

gyalwa dedak la ni chöpar gyi

Arranged in perfect symmetry.

### **अर्केन्'यामाटा इसरा न्ना सेन्' के 'या ।**

chöpa gang nam lamé gya chewa

Then the vast and unsurpassable offerings—

### 

dedak gyalwa tamché la yang mö

Inspired by my devotion to all the buddhas, and

# चबर में र्श्वेन या ५५ मदि र्श्वेचया ५ गा गीया ।

zangpo chö la depé tob dak gi

Moved by the power of my faith in Good Actions—

# मुवानागुनावासुमावर्द्धवासर्वेनायरान्छी।

gyalwa kün la chaktsal chöpar gyi

I prostrate and offer to all you victorious ones.

#### 3. Confession

# वर्देन्कमाश्राले सूट मिने सुमान्यट मीशानी ।

döchak shyedang timuk wang gi ni

Whatever negative acts I have committed,

# 

lü dang ngak dang deshyin yi kyi kyang

While driven by desire, hatred and ignorance,

### इमायान्यम्मीबानगुबायारीबाद्यस्या

dikpa dak gi gyipa chi chipa

With my body, my speech and also with my mind,

# दे'द्रमा'घ्रस्य उद्दायद्रमा'मेश से से रायम्बर्गा ।

dedak tamché dak gi sosor shak

Before you, I confess and purify each and every one.

#### 4. Rejoicing

# र्बुेबाबानडुदी:मुवानागुदान्दाबाह्यामुबासुबा ।

chok chü gyalwa kün dang sangye sé

With a heart full of delight, I rejoice at all the merits

## र्रा कुषा इसमान्द्र र्स्स्यान्द्र से स्रीयान्द्र ।

ranggyal nam dang lob dang mi lob dang

Of buddhas and bodhisattvas,

### त्में न ग्व चै न से न स्थान न त्यापा ।

drowa kün gyi sönam gangla yang

Pratyekabuddhas, those in training and the arhats beyond training,

## <u> दे:दमा:ग्राद:ग्री:हेश:शु:चदमा:थी:रूटा ।</u>

#### dedak kün gyi jesu dak yi rang

And every living being, throughout the entire universe.

#### 5. Imploring the Buddhas to Turn the Wheel of Dharma

## गट इसमार्सेगमा चरुतै पहेगा हेद र्झेद साइसमा ।

#### gang nam chok chü jikten drönma nam

You who are like beacons of light shining through the worlds,

# चिट.क्य.ह्रम.त्रम.सटम.मैस.स.क्याम.चर्डेमा ।

#### changchub rimpar sangye machak nyé

Who passed through the stages of enlightenment, to attain buddhahood, freedom from all attachment,

# थर्मेद्र'र्दे'द्रग्नायद्गामेशम्बस्याउद्या

#### gönpo dedak dak gi tamché la

I exhort you: all of you protectors,

# वर्षेर वे जु न भेर पर न में र नर न मुवा।

#### khorlo lanamepar korwar kul

Turn the unsurpassable wheel of Dharma.

#### 6. Requesting the Buddhas not to Enter Nirvāṇa

### शुःद्रवःयदयः र्ह्रेवःगदः यवेदः देः द्रगःया ।

#### nya ngen da tön gang shyé dedak la

Joining my palms together, I pray

### वर्गे न गुरुष यस बिट न ने नवे सुरा

#### drowa kün la pen shying dewé chir

To you who intend to pass into nirvana,

## नभ्रभायाबिटामी हुवा क्षेत्राचलुम्बरायराष्ट्रा ।

#### kalpa shying gi dul nyé shyukpar yang

Remain, for aeons as many as the atoms in this world,

## चन्नामीबाचयार्थे स्वा<u>धुरान्येयाचरा</u>चनी ।

#### dak gi talmo rab jar solwar gyi

And bring well-being and happiness to all living beings.

#### 7. Dedication

### युगापळ्याचाद्रासळेंद्राडेटाचम्बाबादाद्रा।

#### chaktsalwa dang chö ching shakpa dang

What little virtue I have gathered through my homage,

# हेबासु धीरम्य मुवालिम मुर्वेषाया धी ।

jesu yi rang kul shying solwa yi

Through offering, confession, and rejoicing,

# <u> २मे पार्ड पार्व पार्व सामिस है प्रसम्बर्ध ।</u>

gewa chungzé dak gi chi sakpa

Through exhortation and prayer—all of it

# ষমমাত্র নের্শাশীমানু চাক্র শুরী নাইরি।।

tamché dak gi changchub chir ngo o

I dedicate to the enlightenment of all beings!

#### The Actual Aspiration

#### 1. Aspiration for Purity of Attitude

# **८५४:यदै:ब८४:कुष:इअष:५८:र्युग्रय:यहु:थी।**

depé sangye nam dang chok chu yi

Let offerings be made to buddhas of the past,

# 

jikten dak na gang shyuk chöpar gyur

And all who now dwell throughout the ten directions of this universe!

# न्या प्या के कि प्रत्या के प्रत्

Let all who are yet to come swiftly fulfil their wishes

### प्रथमः ह्चिया यह । क्वा देशाय र यह या मुखा हुँ ता ।

sam dzok changchub rimpar sangye chön

And attain the stages of enlightenment and buddhahood!

## र्सुम्बरायञ्चायात्रे बिटा इसबा हे रेहेराया ।

chok chu galé shying nam jinyepa

Let as many worlds as there are in all the ten directions

# दे'द्रम्'कु'केर'र्थेष्य'शु'द्रम्'सर'युरा ।

dedak gyacher yongsu dakpar gyur

Transform into realms that are vast and utterly pure,

### नुष्टाक्याविष्टाद्यपाद्यपायेग्राम्यायायाद्या ।

changchub shingwang drung shek gyalwa dang

Filled with buddhas who have sat before the mighty bodhi tree,

# शरशःमुशःश्वराण्चैशःस्यःम्गरःयस्त्रीत्।

sangye sé kyi rabtu gangwar shok

Around them all their bodhisattva sons and daughters!

# र्युग्राम्य उत्ते सेस्रा उत्ताम्य इस्रा हे से द्रापा

chok chü semchen gang nam jinyé pa

Let as many sentient beings as there are in all the ten directions

# <u> देःदगःकृगःकुःबदःबेदःचदेःचरःश्चरा ।</u>

dedak taktu nemé dewar gyur

Live always and forever in happiness and health!

# त्र्में नागुन भ्रीकेंश भ्री देन इससानी ।

drowa kün gyi chö kyi dön nam ni

Let all beings meet the Dharma

# श्रविष्यः त्रम् विष्यः कृष्यः प्रतिष्यः प्रतिष्यः ।

tünpar gyur ching rewa ang drubpar shok

That befits them best! And so may all they hope for be fulfilled!

#### 2. Aspiration Never to Forget the Bodhicitta

# चु८ःढ्वःर्धेऽःयः५गःवैःय५गःर्धेऽःदे८ः।।

changchub chöpa dak ni dak chö ching

As I practise the training for enlightenment,

# त्म्,यायीयामेश्रीः मार्येतासमानीया

drowa küntu kyewa drenpar gyur

May I recall all my previous births,

# कें र्ययागुन मृत्वके वर्षे श्चे याना।

tserab küntu chipo kyewa na

And in my successive lives, through death and through rebirth,

# हगानु नदगाने रामानु त्वुद नर्भेग ।

taktu dak ni rabtu jungwar shok

May I always renounce the worldly life!

# मुवानागुनाची हेबा खुर्सून चुरा है।

gyalwa kün gyi jesu lob gyur té

Training in the footsteps of all the victorious buddhas,

# नवर में हुँ र म र्जेट य सु हैं ग्रय हु र रहेट । ।

zangpo chöpa yongsu dzok jé ching

May I bring Good Actions to perfection,

# द्याष्ट्रियमञ्जीदायाद्वीया

#### tsultrim chöpa drimé yong dakpa

And my moral conduct be taintless and pure,

# हगाः नुः भाष्ठभभार श्चेता भेदा श्चेता प्राप्त ।

#### taktu manyam kyönmé chöpar shok

Never lapsing, and always free from fault!

# क्षायीः भर पर मुर्गेर मोर्वेर है वा भरा।

#### lha yi ké dang lu dang nöjin ké

In the language of the gods, nagas, and yakṣas,

### यायानुसान्यान्दाकीयाः स्रान्यस्य प्राप्ता

#### drulbum dak dang mi yi ké nam dang

In the language of demons and of humans too,

# त्म्,यायीय.बी.सी.प्रश्नामा ।

#### drowa kün gyi dra nam ji tsampar

In however many kinds of speech there may be—

# वस्त्र उर्भर र निया मीय केंग नमून हैं।

#### tamché ké du dak gi chö ten to

I shall proclaim the Dharma in the language of all!

## देशकिट सर्देश क्षेत्र या स्वापाईत है।

#### dé shing parol chin la rab tsön té

Taming my mind, and striving in the pāramitās,

# तृष्टं क्या ये अया के क्या प्यष्ट प्रहे दाया शुरा

#### changchub sem ni namyang jé magyur

I will never forget the bodhicitta;

# हैग'रा'गट'इसर्याहीय'रारा गुरारा'र्गा

#### dikpa gang nam dribpar gyurpa dak

May all my harmful actions and the obscurations they cause

### ने'न्ना'अ'भुअ'र्थेटश'शु'नुट'नर'र्नेना ।

#### dedak malü yongsu jangwar shok

Be completely purified, every single one!

#### 3. Aspiration to be Free from Defilements

### यम'न्ट'र्वेत'र्सेट्य'न्न्-'ग्रै'यम'त्रमयायम् ।

#### lé dang nyönmong dü kyi lé nam lé

May I be freed from karma, harmful emotions, and the work of negativity,

### मुंजाबिटायहमामेवायम्। नामकाराष्ट्राण्या ।

drol shying jikten drowa nam su yang

And act for all beings in the world,

# हे द्वर पर्डे क्या भे कम्याया प्रवित्।

jitar pemo chü michakpa shyin

Just like the lotus flower to which mud and water cannot cling,

# क्षेत्र्वात्रमायरः र्वेषायायाये दासुरा ।

nyida namkhar tokpamé tar ché

Or sun and moon that course unhindered through the sky.

### 4. Aspiration to Lead Beings to Happiness

## बिट मी र्ष्ट्विंब प्रदर्भेग्या इसया है रहस प्रमा

shying gi khyön dang chok nam chi tsampar

Throughout the reach and range of the entire universe

# ८वःश्रॅटःस्नायस्यास्यानुःवियसःग्रेत्।

ngensong dukngal rabtu shyiwar jé

I shall pacify completely the suffering of all the lower realms,

## यदे य द्या य पर्यो य गुद्द पर्यो द हिस्स

dewa dak la drowa kün gö ching

I shall lead all beings to happiness,

# वर्गे न वस्य उर्जा के सक् सम् श्रुत्।

drowa tamché la ni penpar ché

And work for the ultimate benefit of each and every one!

#### 5. Aspiration to Wear the Armour of Dedication

## नुष्टाकुनार्श्वेदायार्थेष्यायार्श्वेदार्श्वेदार्शेदा।

changchub chöpa yongsu dzokjé ching

I shall bring enlightened action to perfection,

# बेसबा उत्र दगायी हुँद दि समुत्र पर पहुना।

semchen dak gi chö dang tünpar juk

Serve beings so as to suit their needs,

## नवट में हुँद संदिषा है स्वार्थे के हिटा ।

zangpo chöpa dak ni rab tön ching

Teach them to accomplish Good Actions,

# अर्तेद्र्यानभूवायागुरुपुर्धेद्रायराणुरा।

ma ong kalpa küntu chöpar gyur
And continue this, throughout all the aeons to come!

#### 6. Aspiration to Accompany other Bodhisattvas

# नन्गानी र्श्वेन प्राप्त अर्द्ध स्थायर मार र्श्वेन या।

dak gi chö dang tsungpar gang chöpa May I always meet and be accompanied by

# ने नग न न ने मा नु त्यों ग्रास्य वेंगा

**dedak dang ni taktu drokpar shok**Those whose actions accord with mine;

## <u> अञ्चर्टाटम् इससर्ट्ट है सेसस्कृतः कुरा</u>

**lü dang ngak nam dang ni sem kyi kyang** And in body, speech and mind as well,

# र्धेन प्राप्तमान्दर क्षेत्र यस मार्डमानु सुना ।

**chöpa dak dang mönlam chik tu ché**May our actions and aspirations always be one!

### 7. Aspiration to Have Virtuous Teachers and to Please Them

## यदमायायवरयर यदेंद यदे में मुकार्स दमा।

dak la penpar döpé drokpo dak May I always meet spiritual friends

## यवट र्ये र्श्वेद या रचा पुर क्षेत्र या इस्रम्।

zangpo chöpa rabtu tönpa nam Who long to be of true help to me,

### रे'न्ग'न्र'अर'हग'रु'ख्र'यर'र्वेग ।

dedak dang yang taktu trepar shok And who teach me the Good Actions;

## दे'द्रमा'यदमा'मेश्रा'त्रश'षद'खेद'शे'द्र्युद्रा ।

dedak dak gi namyang yi miyung Never will I disappoint them!

### 8. Aspiration to See the Buddhas and Serve them in Person

### **बट्यःमुबःबुबःणुबःचर्भूरःचदेःअर्गृदःर्यः इयया ।**

sangye sé kyi korwé gönpo nam

May I always behold the buddhas, here before my eyes,

# अर्देन'सुअ'हग'हु'चन्ग'मेश'कुय'च'चञ्चा

#### ngönsum taktu dak gi gyalwa ta

And around them all their bodhisattva sons and daughters.

# अर्देटशःनभ्रवायागुनःमुःशः श्चेंप्यम्।

#### ma ong kalpa küntu mikyowar

Without ever tiring, throughout all the aeons to come,

# दे'द्रमायायदासर्केद्र'यामु'केर'यम्भा

### dedak la yang chöpa gyacher gyi

May the offerings I make be endless and vast!

### 9. Aspiration to Keep the Dharma Thriving

## मुत्याना समया ग्री निमायते केंबा यहिता है हा। ।

#### gyalwa nam kyi dampé chö dzin ching

May I maintain the sacred teachings of the buddhas,

# वृष्टक्ष्यःर्धेदःयःगुकःकुःश्रष्टःयमःवेदा ।

### changchub chöpa küntu nangwar jé

And cause enlightened action to appear;

# पवट र्पे र्धेृद य इस यम र्सेृट पा पट ।

### zangpo chöpa nampar jongwa yang

May I train to perfection in Good Actions,

# शर्तेट्यानभूवायागुरु-तृःशुर्यरानश्ची।

### ma ong kalpa küntu chepar gyi

And practise these in every age to come!

#### 10. Aspiration to Acquire Inexhaustible Treasure

### श्चेर्यायसम्बद्धाः स्त्रात्रात्रात्रात्रात्रात्रात्रा

#### sipa tamché du yang khorwa na

As I wander through all states of samsaric existence,

# नर्सेन्'क्षस'प्ये'वेस'न्या'के'से'चन्'नक्क्षा ।

#### sönam yeshe dak ni mizé nyé

May I gather inexhaustible merit and wisdom,

# वनयर्दानेयरमानेदायहेन्द्रस्यवस्त्रा

#### tab dang sherab tingdzin namtar dang

And so become an inexhaustible treasury of noble qualities—

## र्थेन नन्ग्यन भी की बन अर्देन नु सुरा

yönten kün gyi mizé dzö du gyur

Of skill and discernment, samādhi and liberation!

#### 11. Aspiration to the Different Methods for Entering into the "Good Actions"

#### a) Seeing the Buddhas and their Pure Realms

## <u> </u>ह्याम्बेनाक्षेटाक्ष्माक्षेत्रक्षिटाक्ष्मशाहे। ।

dul chik teng na dul nyé shying nam té

In a single atom may I see as many pure realms as atoms in the universe:

### *े*बिट देर प्रयथम चुर्य भे खिय यद्य मुख इसम्।

shying der sam gyi mikhyab sangye nam

And in each realm, buddhas beyond all imagining,

# यटयामुयास्याणु द्यस्य द्यान्यस्य ।

sangye sé kyi ü na shyukpa la

Encircled by all their bodhisattva heirs.

# वुटःकुनःश्चरःयःश्चेरःकेटःनवःनरःनश्ची ।

changchub chepa chö ching tawar gyi

Along with them, may I perform the actions of enlightenment!

# <u> देःक्ष्ररःसःसुबःचस्यःउदःर्धुग्नयःसुःप्पटः। ।</u>

detar malü tamché chok su yang

And so, in each direction, everywhere,

### <u>ૹ</u>ૻ૾૾ૻ૱ઌ૽૽ૢૼ૱ઌ:૨૱ૠૄૺ૱ૹ૾૽૱૽ૢ૽ૺૺૺૺૺૺૺૺૺૺ

tra tsam khyön la dü sum tsé nyé kyi

Even on the tip of a hair, may I see an ocean of buddhas—

## **बट्यामुबामु अर्के विटाइबबामु अर्के द्वा।**

sangye gyatso shying nam gyatso dang

All to come in past, present and future—in an ocean of pure realms,

## नभ्रवायामुः अर्वे र्धेन रेट रन्न म्रावह्या

kalpa gyatso chö ching rabtu juk

And throughout an ocean of aeons, may I enter into enlightened action in each and every one!

### b) Listening to the Speech of the Buddhas

### मासुट मारुमा प्यतः त्यमा सु सर्वेदे सु सूट ग्रीया ।

sung chik yenlak gyatsö draké kyi

Each single word of a buddha's speech, that voice with its ocean of qualities,

### मुलानागुन्द्विद्यायन्यन्यम् इयाद्याया ।

### gyalwa kün yang yenlak namdakpa

Bears all the purity of the speech of all the buddhas,

## दम्नें न गुरु मु नमस्य य है निहर नुहर्मा

#### drowa kün gyi sampa jishyin yang

Sounds that harmonize with the minds of all living beings:

# स्यामुस्यासुरायाः हमाः तुः यहमाः सरायशी ।

### sangye sung la taktu jukpar gyi

May I always be engaged with the speech of the buddhas!

#### c) Hearing the Turning of the Wheels of Dharma

## दुशःमाशुभःमानेमाशः भवेः कुयः नः चश्रशः ठ८ः दमा ।

#### dü sum shekpé gyalwa tamché dak

With all the power of my mind, may I hear and realize

# वर्षेर वेंवे र्द्धा इसस रग मु नर्सेर न थी ।

#### khorlö tsul nam rabtu korwa yi

The inexhaustible melody of the teachings spoken by

## रे'र्म'मे'अट'म्सुट'र्गुट्स'से'बर्'या।

### dedak gi yang sung yang mizé la

All the buddhas of past, present and future,

# र्त्ते'भे र्वेनवाण्चैयानन्गाणुटारनामु तह्म ।

#### lo yi tob kyi dak kyang rabtu juk

As they turn the wheels of Dharma!

#### d) Entering into All the Aeons

## श.पूर्यात्मेजातात्रभभागः वश्वात्रर्भातात्रा

#### ma ong kalpa tamché jukpar yang

Just as the wisdom of the buddhas penetrates all future aeons,

### भ्र-रहेमामहेमामेश्राचन्माणुटावह्मायराची।।

#### kechik chik gi dak kyang jukpar gyi

So may I too know them, instantly,

## माट प्याट प्राञ्चला या पुरुष माशुका ळ ५ १ ५ १ मा

#### gangyang kalpa dü sum tsé dedak

And in each fraction of an instant may I know

# भूर रेग कः न्या गुया ने लुग्या पर सुरा

kechik chashé kyi ni shyukpar ché

All that will ever be, in past, present and future!

#### e) Seeing all the Buddhas in One Instant

### ५४:मासुस्रामानेमास्यासासी धीरसेट मो माटा ।

dü sum shekpa mi yi sengé gang

In an instant, may I behold all those who are the lions of the human race—

## 

dedak kechik chik la dak gi ta

The buddhas of past, present and future!

### f) Entering the Sphere of Activity of the Buddhas

# हगाः हुः देः दगाः गीः वैः श्चेंदः खुवाः वा ।

taktu dedak gi ni chöyul la

May I always be engaged in the buddhas' way of life and action,

# श्ची.शर.वीर.ततु.धश.वर.धूंचश.वीश.वहेच ।

gyumar gyurpé namtar tob kyi juk

Through the power of liberation, where all is realized as like an illusion!

#### g). Accomplishing and Entering the Pure Lands

## माट प्याट दुर्भ माशुक्ष द्रमा मी लिट प्योगी द्राया

gangyang dü sum dak gi shying köpa

On a single atom, may I actually bring about

# ने न्या ह्या गडिया होट हु अर्देन यम नहीं या ।

dedak dul chik tengdu ngönpar drub

The entire array of pure realms of past, of present and future;

### टे.हिर.श.जंब.सूर्याय.क्शब.वश्व.कटे.टी ।

detar malü chok nam tamché du

And then enter into those pure buddha realms

# मुवानान्त्रामि विदास्स्रसानमितावाद्वम् ।

gyalwa dak gi shying nam kö la juk

In each atom, and in each and every direction.

#### h) Entering into the Presence of the Buddhas

### गटायटा अर्जुन प्रहेगा हेन ह्वेंन साम्सा

gangyang majön jikten drönma nam

When those who illuminate the world, still to come,

## दे.र्वान्द्रभारामायक्टामुःवर्षमार्थानर्भेमा ।

dedak rimpar tsang gya khorlo kor

Gradually attain buddhahood, turn the Wheel of Dharma,

# शुःदवःयद्यायः रचः मुः ले सद्ययः र्वेदा ।

nya ngen depa rabtu shyi ta tön

And demonstrate the final, profound peace of nirvāṇa:

# अर्मेव में गुव भी दुर दु स्वर्मा अके में।

gönpo kün gyi drung du dak chi o

May I be always in their presence!

### 12. Aspiration to the Power of Enlightenment through Nine Powers

# ग्रेच.पे.वींच.चयु.हे.पत्रीया.क्षेंचबाक्षबा.रेटा ।

küntu nyurwé dzutrul tob nam dang

Through the power of swift miracles,

## ग्रांक् क्रवाः क्षें प्रधानिक विकास विकास

künné go yi tekpé tob dak dang

The power of the vehicle, like a doorway,

### ग्रन्'र्रेज्'रुन्'र्सेन्य'रुस्'र्र्य्य'रुस्'र्र्

küntu yönten chöpé tob nam dang

The power of conduct that possesses all virtuous qualities,

### गुर्त-५:७०-४:५०४ । ।

küntu khyabpa jampa dak gi tob

The power of loving kindness, all-pervasive,

### ग्वान्य प्रमान्य प्रमान्य प्रमान्य प्रमान्य प्रमान्य ।

künné gewé sönam tob dak dang

The power of merit that is totally virtuous,

### कग्रायासे ५ त्या सुरायती यो भेरा सूर्या ।

chakpa mepar gyurpé yeshe tob

The power of wisdom free from attachment, and

### नेबारनावनबाद्दानेदावहेन सूनवादनानीया।

sherab tab dang tingdzin tob dak gi

The powers of knowledge, skilful means and samādhi,

# चिट.क्च.क्रॅचश.क्शब.लट.टच.सैच.तर.चुटी ।

changchub tob nam yangdak drubpar jé

May I perfectly accomplish the power of enlightenment!

#### 13. Aspiration to the Antidotes that Pacify the Obscurations

# त्रमानु र्सूनमा इसमार्येटमा सु ५ नग नु ५ किटा ।

lé kyi tob nam yongsu dakjé ching

May I purify the power of karma;

# र्वेतःस्ट्रियः स्वयः सम्मागुतः पुः यहेसमायः येता ।

nyönmong tob nam küntu jompar jé

Destroy the power of harmful emotions;

# न5्र-णु-र्स्रेनसःसससःस्रेनसःसेर्-रनःनुर-रुटः।।

dü kyi tob nam tobmé rabjé ching

Render negativity utterly powerless;

# नवर संर्धुर सदे स्वेनस के हेन्स सर नही ।

zangpo chöpé tob ni dzokpar gyi

And perfect the power of Good Actions!

### 14. Aspiration to Enlightened Activities

### बिटाइसमामुम्सर्के इसायर द्याचेटा हैटा।

shying nam gyatso nampar dakjé ching

I shall purify oceans of realms;

# शेशबारुवःमुःशर्केः द्याद्यः इसायरः र्स्रेया।

semchen gyatso dak ni nampar drol

Liberate oceans of sentient beings;

# र्केश इस्रया मु अर्के रच ' मृ सर्वेद ' मु द रहेद । ।

chö nam gyatso rabtu tongjé ching

Understand oceans of Dharma;

### थे:वेशक्व:बर्ळे<sup>:</sup>र्रम:पुर्नेगश:यर:युदा ।

yeshe gyatso rabtu tokpar jé

Realize oceans of wisdom;

## र्धेृद्रप्यःमुः अर्केः इस्यय्ययः द्रमा चेृद्रः हेटा ।

chöpa gyatso nampar dakjé ching

Perfect oceans of actions;

# र्श्वेद त्यम मुम्बर्के र्ल्य मा सुर्मिय सम् नुदा

mönlam gyatso yongsu dzokpar jé

Fulfil oceans of aspirations;

## พะพ<sub>า</sub>สูพาสูาผลัง หาวางผลัง เปิง เอ็น เ

sangye gyatso rabtu chöjé ching

Serve oceans of buddhas!

## यक्षयायामु अर्के शे क्षे श्वरायमायम्।

kalpa gyatso mikyo chepar gyi

And perform these, without ever growing weary, through oceans of aeons!

### 15. Aspiration for Training

#### a) To Emulate the buddhas

### माट प्यट 'तुष'मा शुक्ष माने मारा यदे 'कुवा या प्या

gangyang dü sum shekpé gyalwa yi

All the buddhas throughout the whole of time,

# चिट क्वार्श्वेन यदे र्श्वेन यस चे च्वा सम्मा

changchub chöpé mönlam jedrak nam

Attained enlightenment through Good Actions, and

### चबट.स्.ध्रेंट.तब.वैट.केच.बटब.केब.वबा ।

zangpo chöpé changchub sangye né

Their prayers and aspirations for enlightened action:

## दे'गुक् चर्मा'मैबाका'शुका'र्ह्स्मबायमान्त्री।

dé kün dak gi malü dzokpar gyi

May I fulfil them all completely!

#### b) To emulate the bodhisattvas: Samantabhadra

## मुवानागुन् मुःश्रमागुःशुःर्ना ।

gyalwa kün gyi sé kyi tuwopa

The eldest of the sons of all the buddhas

## गटमी भेट के गुक कु मबट लेश मु।

gang gi ming ni kuntuzang shyeja

Is called Samantabhadra: 'All-good'—

# भाषमायाने न्दाम्मर्स्यायमा श्रुन्यये स्रुमा ।

khepa dé dang tsungpar chepé chir So that I may act with a skill like his,

# दगो'य'यदी'दग'ष्ठसस'ठद'रय'रु'यर्ह्ये ।

**gewa didak tamché rabtu ngo** I dedicate fully all these merits!

## 

**lü dang ngak dang yi kyang namdak ching**To purify my body, my speech and my mind as well,

# र्श्वेर पाइसादमा बिट इससा र्येट सादमा ।

**chöpa namdak shying nam yong dakpa**To purify my actions, and all realms,

### नर्हें न नवट में अपका य के तर् ना

**ngowa zangpo khepa chindrawa** May I be the equal of Samantabhadra

# दे'यद्रर'यदमा'णुट'दे'द्रट'अर्द्ध्रद्रश'यर'र्वेम ।

dendrar dak kyang dé dang tsungpar shok In his skill in good dedication!

#### c) Mañjuśrī

# गुक्रक्षर्वे नाम सम्पर्धित्रम्

künné gewa zangpo chepé chir In order to perform the full virtue of Good Actions,

# तह्रान्ययाची है के क्षेत्रयम हुन पर नची ।

jampal gyi ni mönlam chepar gyi I shall act according to Mañjuśrī's prayers of aspiration,

# अर्वेट्यानभूवायाणुक्तुः अर्भे क्ष्याया

ma ong kalpa küntu mikyowar

And without ever growing weary, in all the aeons to come,

## दे'धी'तु'न'अ'तुबार्हेग्बायम्'नची।

dé yi jawa malü dzokpar gyi

I shall perfectly fulfil every one of his aims!

#### 16. Concluding Aspiration

### र्धेन'य'नग'के'र्ळन'र्थेन'अ'युर'ठेग।

chöpa dak ni tsé yö magyur chik

Let my bodhisattva acts be beyond measure!

## थॅव न्व इसमा मुद्द कर्म न विकास में

yönten nam kyang tsé zung mepar shok

Let my enlightened qualities be measureless too!

## र्धेृद्रायाळद्रामेद्रायायाम्बर्यात्रयागुद्रा ।

chöpa tsemepa la né né kyang

Keeping to this immeasurable activity,

# ट्रे.ट्रम्.तस्यायायश्वायः उट्रतक्तायरः यद्यी ।

dedak trulpa tamché tsalwar gyi

May I accomplish all the miraculous powers of enlightenment!

#### **Extent of the Aspiration**

### यथायातु.शर्यस्यंचाःचैसःतःहःश्र्यःतस्रो

namkhé tartuk gyurpa ji tsampar

Sentient beings are as limitless

### येथय. २४ . व.च. व.च. १४ . व.च. १५ . व.च.च.

semchen malü ta yang deshyin té

As the boundless expanse of space;

### है र्स्याययाद्र हें दार्थे स्यायय स्याप

ji tsam lé dang nyönmong tar gyurpa

So shall my prayers of aspiration for them

# नन्मामी र्भेन्यायम् सम्प्राचित्राम्

dak gi mönlam ta yang detsam mo

Be as limitless as their karma and harmful emotions!

#### The Benefits of Making Aspirations

#### 1. The Benefits of Making Aspirations in General

### नाट प्यट र्सेनाम न हुतै लिट इसमा समय प्यमा ।

gangyang chok chü shying nam tayepa

Whoever hears this king of dedication prayers,

## रेव केव प्रमुव हे मुया पा इससाया सुया ।

rinchen gyen té gyalwa nam la pul

And yearns for supreme enlightenment,

## क्ष'८८.श्र.ला.चट्रे.चट्र.शक्त्वा.धश्राचिता ।

lha dang mi yi dewé chok nam kyang

Who even once arouses faith,

# बिट मी ह्या क्षेत्र नक्षया यम सुया न नवा ।

shying gi dul nyé kalpar pulwa bé

Will gain true merit greater still

## गटमीयानर्धेनिदेक्तार्ये पदीर्घेषात्या ।

gang gi ngowé gyalpo di tö né

Than by offering the victorious buddhas

# नुदःकुनःसर्केग्गमे हेससुःरनःस्रसिन्।।

changchub chok gi jesu rab mö shing

Infinite pure realms in every directions, all ornamented with jewels,

## यत्रम् ठैम् र्ड्यायट ५५ यात्र हेन् यात्र ।

len chik tsam yang depa kyepa na

Or offering them all the highest joys of gods and humans

## नर्भेन्'क्सस'न्स'सदै'सर्केग्'न्'देन्देन्यगुर-र्ने।

sönam dampé chok tu di gyur ro

For as many aeons as there are atoms in those realms.

#### 2. The Thirteen Benefits in Detail

### गट गैरा प्रवाद होंद हों के प्रथा परी प्रवाद के प्रवाद है।

gang gi zangchö mönlam di tabpé

Whoever truly makes this Aspiration to Good Actions,

### देशके'८४'स्ट स्थाय ४५'स्ट प्रमा

dé ni ngensong tamché pongwar gyur

Will never again be born in lower realms;

### देशके में नशर्ये प्रतास स्थान या भीता ।

dé ni drokpo ngenpa pangwa yin

They will be free from harmful companions, and

# ब्रैट.च.शर्यट.लग्न.ट्रे.लट.ट्रेश.श्रीर.शर्युट.।।

nangwa tayé deyang dé nyur tong

Soon behold the Buddha of Boundless Light.

# ने'नग'क्रेन'य'स्य'क्रेन'यने'यस'पर्की ।

### dedak nyepa rab nyé dewar tso

They will acquire all kind of benefits, and live in happiness;

## श्रेकें वदेरायट दे द्वा वेवाश सर वेंटा ।

### mitsé dir yang dedak lekpar ong

Even in this present life all will go well,

# गुक्, प्रवट में दे प्यट है प्रद प्रमा

### kuntuzangpo deyang chindrawar

And before long,

### दे'दग'रेट'र्येर'क्षे'र्वेग्रथ'दे'यवित्र'यशुरा ।

#### dedak ringpor mitok deshyin gyur

They will become just like Samantabhadra.

### **अ**ळ्बराजेर्'ल्'र्ये'र्मा'मे'ङ्गिग'य'इससा ।

### tsammé ngapo dak gi dikpa nam

All negative acts—even the five of immediate retribution—

### 

#### gang gi mishe wang gi jepa dak

Whatever they have committed in the grip of ignorance,

## ने'भिषायबद'र्ये'र्श्वेन'यादने'यहेन'ता।

#### dé yi zangpo chöpa di jö na

Will soon be completely purified,

# श्रीमानुः सार्थासार्थास्यासार्वाच्यासार्वाच्या

### nyurdu malü yongsu jangwar gyur

If they recite this Aspiration to Good Actions.

### थे:वेश-८८-दे:वाज्ञवाश-८८-अळ्ठ-इस्रश-८८। ।

#### yeshe dang ni zuk dang tsen nam dang

They will possess perfect wisdom, beauty, and excellent signs,

### द्रमाबाद्दामःर्द्रमा इसवाद्दार्ध्वरस्य र त्युदा ।

#### rik dang khadok nam dang denpar gyur

Be born in a good family, and with a radiant appearance.

# नर्नः नरः भुः भ्रेग्यायः सरः र्ययः ने सीः श्रुन्। ।

#### dü dang mutek mangpö dé mitub

Demons and heretics will never harm them,

## यहेमान्नेत्रमाशुकार्याम्यात्रप्तदाः शर्के<u>न् यस्य</u>युम् ।

jikten sumpo kün na ang chöpar gyur

And all three worlds will honour them with offerings.

# वुटःकुनःवेटःनयटःदुटःनुःनुःश्चुरःवर्गे।।

changchub shingwang drung du dé nyur dro

They will quickly go beneath the bodhi-tree,

## र्वेट क्या येयय रहत यन दीर देर ५५ मा थे।

song né semchen pen chir der duk té

And there, they will sit, to benefit all sentient beings, then

## निट.केच.बटब.मैब.उप्टूर.ज्.रच.मे.चभूरा।

changchub sangye khorlo rabtu kor

Awaken into enlightenment, turn the wheel of Dharma,

## 

dü nam dé dang chepa tamché tul

And tame Māra with all his hordes.

#### 3. The Benefits in Brief

## गट'यट'नवट'र्से'र्बेर'यते'र्बेर'यस'एरी।

gangyang zangpo chöpé mönlam di

The full result of keeping, teaching, or reading

### पकटाचाद्रदाने के केंत्र मुख्यातीयान प्यदा ।

changwa dang ni tön tam lok na yang

This Prayer of Aspiration to Good Actions

# <u>देःला दशायमः श्लेव यत्रायम्बर्गम् शावेवा ।</u>

dé yi nampar minpa ang sangye khyen

Is known to the buddhas alone:

# चिट क्वायकेंगायार्थे अष्ट्रीयाचे दारे हेगा

changchub chok la somnyi majé chik

Have no doubt: supreme enlightenment will be yours.

#### **Dedication of the Merits of this Meritorious Aspiration**

#### 1. Dedication that Follows the Bodhisattvas

### तह्मान्यवान्यवार्चेषाहे सूरामष्ट्रेतायान्या ।

jampal pawö jitar khyenpa dang

Just as the bodhisattva Mañjuśrī attained omniscience,

# गुक्र-मु:पब्रद्धारी अपरादे प्रविक्र मे।

kuntuzangpo deyang deshyin té And Samantabhadra too

# <u> देःदगःगुकःचैःहेबःसुःचदगःर्स्वेदःधैरा ।</u>

dedak kün gyi jesu dak lob chir All these merits now I dedicate

# द्वो'य'पदी'द्वा'ष्ठस्रा'ठद'रय'तु'यर्ह्ये ।

**gewa didak tamché rabtu ngo**To train and follow in their footsteps.

#### 2. Dedication that Follows the Buddhas

# रुषःमाशुक्षःमानेमाबासदिःमुवासायस्याउर् गुरेषा ।

dü sum shekpé gyalwa tamché kyi As all the victorious buddhas of past, present and future

# नर्से न मार पा अर्केन मुन्न स्नास मा नेसा ।

**ngowa gangla chok tu ngakpa dé** Praise dedication as supreme,

# यदमामी'दमें'यदै'ङ्गय'ददै'गुद्र'णुद्र'णु

dak gi gewé tsawa di kün kyang So now I dedicate all these roots of virtue

# नवर में हुँ र दीर रन रू नहें नर नही ।

zangpo chö chir rabtu ngowar gyi For all beings to perfect Good Actions.

#### 3. Dedication towards Actualizing the Result

## यदमान्ने पक्रे यदे 'तुष ग्रेत 'सुर याना ।

dak ni chiwé dü jé gyurpa na When it is time for me to die,

# 

**dribpa tamché dak ni chir sal té** Let all that obscures me fade away, so

### **अर्टेन'सुस'सूट'च'सघद'णस'ने'सर्घेट'न्या।**

**ngönsum nangwa tayé dé tong né** I look on Amitābha, there in person,

# यदे या उदा शिलिय देश स्या मृत्यों।

### dewachen gyi shying der rabtu dro

And go at once to his pure land of Sukhāvatī.

## नेरार्थेटात्रबातीः र्श्वेतायमायनी नगाण्या।

### der song né ni mönlam didak kyang

In that pure land, may I actualize every single one

### वश्वराद्धरात्रां व्यास्त्रात्रां विष्यात्रात्रात्रां विष्या

#### tamché malü ngön du gyurwar shok

Of all these aspirations!

### <u> दे.रच.श.जेश.चरच.चुश.जूश.लूरश.चयाट.</u>। ।

#### dedak malü dak gi yongsu kang

May I fulfil them, each and every one,

### **८**हिमा हेत्र हे खेट खेस अस उत्र यत पर प्रची।

### jikten jisi semchen penpar gyi

And bring help to beings for as long as the universe remains!

#### 4. Dedication towards Receiving a Prophecy from the Buddhas

### मुवायते प्रीवादिस्य वास्ति स्वादाया से मा

### gyalwé kyilkhor zang shying gawa der

Born there in a beautiful lotus flower,

# यर्ज्ञे.रश्र.त्रात्राचेष.मे.श्रह्मा

#### pemo dampa shintu dzé lé kyé

In that excellent and joyous buddha realm,

# ब्रैट.च.शर्यत.लश.मेज.चश.श्ट्य.शेश.री ।

### nangwa tayé gyalwé ngönsum du

May the Buddha Amitābha himself

# युट पश्रव यायट पद्मामीय देर र्षेच र्भेम ।

#### lungtenpa yang dak gi der tob shok

Grant me the prophecy foretelling my enlightenment!

#### 5. Dedication towards Serving Others

### देर के नदमा मैश स्टान सूत रन र्चेन क्या।

der ni dak gi lungten rab tob né

Having received the prophecy there,

# श्रूयायास्य र्ये चु नास्या नमु स्था ।

trulpa mangpo jewa trak gya yi

With my billions of emanations,

# `र्त्ते'षी'र्सूनय'ग्रैय'र्सुगय'न्तु', इसया'सु'षट'। ।

lo yi tob kyi chok chu nam su yang

Sent out through the power of my mind,

### येथय.२४.४४४.७.५४५.५.१५८.५.५५००

semchen nam la penpa mangpo gyi

May I bring enormous benefit to sentient beings, in all the ten directions!

#### Conclusion

# नवट र्से र्श्वेद यदे र्श्वेद यस निम्य या भी ।

zangpo chöpé mönlam tabpa yi

Through whatever small virtues I have gained

## <u> २मे.च.र्टा चर.चरमाम्बास.द्व.चलमास.ना ।</u>

gewa chungzé dak gi chi sakpa

By reciting this "Aspiration to Good Actions",

### देशके'त्र्में'नदे'र्क्केत्यस'द्गे'न'इसमा ।

dé ni drowé mönlam gewa nam

May the virtuous wishes of all beings' prayers and aspirations

# भ्र-दिवायादेवायीयायसम्बद्धाः उत्तर्वे स्पर्धानीया

kechik chik gi tamché jorwar shok

All be instantly accomplished!

### माट प्याट नामा माट प्याचित नामा माट प्याचित नामा माट प्याचित माट प्याचित माट प्याचित माट प्याचित माट प्राची माट प्याचित माट प्याचित माट प्राची माट प्राची

gangyang zangpo chöpa di ngöpé

Through the true and boundless merit

## বর্মির্বরমম্মের্বরে, অমার্মান্মান্মান্রের বিদ্যান্

sönam tayé dampa gang tob dé

Attained by dedicating this "Aspiration to Good Actions",

# त्म्, य. र्मे व. यक्ता क्या क्या में प्रमान क्या व

drowa dukngal chuwor jingwa nam

May all those now drowning in the ocean of suffering,

# र्देन-न्यमासेन-यदैःमानस्य-स्वर्धिन-सम्देषा ।

öpakmepé né rab tobpar shok

Reach the supreme realm of Amitābha!

## र्बे्र्य त्यम्भास्य स्त्रीति स्ति स्त्रीति स्त्रीति स्त्रीति स्त्रीति स्त्रीति स्त्रीति स्त्रीति स्त्रीति स्त्रीति स्त्र

#### mönlam gyalpo didak chok gi tso

May this King of Aspirations bring about

## अवतःलबादम्, याज्ञेचात्राच्यात्र स्वा<u>च</u>ीराञ्चाता

#### tayé drowa kün la pen jé ching

The supreme aim and benefit of all infinite sentient beings;

# गुक्'रु'यबट'र्थेश'यकुक्'यदे'गबुट'युप'क्षे| |

### kuntuzangpö gyenpé shyung drub té

May they perfect what is described in this holy prayer, uttered by Samantabhadra!

### ८४.श्र.चित्राद्मश्राह्मश्रात्राश्रीयाः भ्रेट्यायमः र्वेम

#### ngensong né nam malü tongpar shok

May the lower realms be entirely emptied!

### तसमाबारा पाचारा चें हुँ नायते हुँ का यक्षा चैं क्या चें हिंग बार्शी

This completes the King of Aspiration Prayers, Samantabhadra's "Aspiration to Good Actions."

#### Words of Truth to Accomplish Aspirations

# बटबःमुबःभुःवाशुक्षःचङ्गेबःयतेःचुकःक्त्यवःदटः। ।

#### sangye ku sum nyepé jinlab dang

By the blessings of the buddhas who have attained the three kayas,

## र्केष छे ५ से प्रमुद्ध स्पर्दे सुन सुन स्वाप्त स्वाप

### chönyi mingyur denpé jinlab dang

And the unchanging truth of reality

# <u> २मे.परेथ.मु.स.म्.मे.स.म्.म</u>ा

#### gendün miché dünpé jinlab kyi

As well as the unwavering aspirations of the Sangha,

# हे भूर नर्भेश नलेन र्भेन प्रशासना निया

#### jitar ngö shyin mönlam drubpar shok

May all the aspirations and dedication prayers be fulfilled!

#### र्झेन प्रथायम्य प्रयोग स्ट्रिम स्ट्रिम

The dhāraṇī for the accomplishment of all aspirations

## 55 व्या यञ्च दे पाळाचा चे इत्यापे बुद्धा

### teyatha pentsa indriya awabodhanaye soha

tadyathā pañcendriyāvabodhanīye svāhā

Rigpa Translations, 1996. Lotsawa House.

Like a shooting star, hallucination, candle,

Magical illusion, dewdrop, bubble,

Dream, lightning or a cloud—

Know all compounded phenomena to be like this.

Buddha Shakyamuni, Diamond Cutter Sutra

# 🥯ঃ ঃर्हेग्गरायाळेवार्याणुवानुःचवारायेवीःनुर्गाम्यावारावयानुःचसूवायवीःक्वन्ययः र्स्नेवाययाः र्स्नेवायायाळेवायाया

### The Powerful Prayer of Aspiration

From the Tantra of the Great Perfection that Reveals the All-Penetrating Wisdom Mind of Samantabhadra

revealed by Rigdzin Gödem

# र्नेः बूट श्रेन पर्वेर पन्य श्रम श्रम उन् ग्रम

ho, nangsi khordé tamché kün

Ho! All that appears and exists, samsāra and nirvāņa,

### ग्राल्या देवा प्राथा गृहेश प्रमुख मुख्य है य

shyi chik lam nyi drebu nyi

Has one ground, two paths and two forms of fruition,

### रेग'८८'अ'रेग'र्के'वसुवा'हे

rik dang marik chotrul té

The magical displays of awareness and unawareness.

### गुर्त्र प्रचार येदि र्र्ह्रेत प्रमाग्रीसः

kuntuzangpö mönlam gyi

Through this, Samantabhadra's prayer of aspiration,

### ষমমান্তবার্ক্তমান্ত্রীনমার্নান্তঃ

tamché chöying podrang du

May all attain complete and perfect awakening

## अर्देन'सर ह्रेन्या हे 'एकंट मुर्भेगः

ngönpar dzok té tsang gya shok

Within the palace of dharmadhātu, the absolute sphere.

### गुक्रमी मिले के पद्धां अपनुष

kün gyi shyi ni dümajé

The basis of everything is uncompounded,

## रटा चुटा ल्लॉट प्यट्या नहें दार से द

rangjung long yang jö du mé

A self-originating expanse, vast and inexpressible,

## वर्षिरःवद्रशःमाञ्चेशःगावैःभेदःभेदःर्देः

khordé nyiké ming mé do

Beyond the names 'saṃsāra' and 'nirvāṇa'.

### दे'हैद'रैगान'यरयस्यानुयानेः

### denyi rik na sangye té

This itself, when seen, is awakening.

### भारेगासेससाउदायविराचरायष्ट्रसम्

#### marik semchen khorwar khyam

But in their ignorance beings wander in samsāra.

### বেমম'শাম্বর মৈমম' কর' রমম' কর' শ্রীমঃ

### kham sum semchen tamché kyi

May all sentient beings throughout the three realms

### नहें र से र माले रें त रेग सर में गह

#### jömé shyi dön rikpar shok

Realise the meaning of the ineffable ground!

## गुक्'फ़ु'चब्द'र्से'द'भैश'णुद'ः

#### kuntuzangpo nga yi kyang

I, Samantabhadra, know the ground's reality,

# कु'मेुव'भेद'य'ग्वे थे'र्देवः

#### gyukyen mepa shyi yi dön

Which is without cause or condition;

# ने के न मानि ता रहा चुहारी मा

#### denyi shyi la rangjung rik

It originates by itself within this very ground,

# युै'न्द सूँ भुर र्भुन अ'न नग्यः

### chinang drokur kyön matak

Is unspoilt by perspective, <sup>17</sup> supposition or denial,

### 5्र के द स्व स्व स्व दे ही मा अ में का

### drenmé münpé drib ma gö

And unobscured by the darkness of unmindful delusion.

## दे:ध्रीर:रद:श्रूद:श्रुंत:अ:मेंबः

#### dechir rangnang kyön magö

That which is self-manifest is thus without fault.

### रट रेगार्शे या गुत्रारा यः

#### rangrig so la nepa la

When abiding in genuine intrinsic awareness,

## श्चेर'मशुक्ष'यद्दिमा'णुट'र्ट्ट्र्ट्र्स'स्नुमा'केर्

#### si sum jik kyang ngang trakmé

There is no fear, even at the triple world's demise. 18

## वर्नेन्'र्पेन्'व्'व्'क्गकग्रा'य'सेन्ः

#### döyön nga la chakpamé

Nor is there attachment to the five sensory delights.

## र्हेगाभेरानेशासास्याचुरायः

#### tokmé shepa rangjung la

In self-originating awareness free of concepts,

# र्देश'यदी'माञ्जमारा'त्रा'तुम'ख'रोतः

#### döpé zuk dang duk nga mé

There is neither solid form nor the five poisons. 19

## रेगा'यदे'ग्रायय'क'य'दग्गायय'यः

#### rigpé salcha magakpa

The unobstructed clarity of awareness

### टॅर्न्यम्बरम्यायायायेन्द्रस्थः

#### ngowo chik la yeshe nga

Is one in essence and fivefold in wisdom.

### योनेशृष्टार्याञ्चेत्रायायशः

### yeshe ngapo minpa lé

Through the ripening of the five wisdoms,

# 

### tokmé sangye rik nga jung

The five original buddha families arise.

# <u> ने 'यब' प्रेमें अपवर मुब्य प्रक</u>ृ

#### dé lé yeshe ta gyepé

And through wisdom's further expansion

### **यट्याम्यानवे नरु ३ महियाम्**

### sangye shyibchu tsanyi jung

The forty-two peaceful buddhas emerge.<sup>20</sup>

### लानेशकाला अधिकानियान

#### yeshe nga yi tsal sharwé

With the upsurge of fivefold wisdom's power,

### प्रमात्रवृद्द्वमारु प्रभाया चुद्दः

#### traktung drukchu tampa jung

The sixty blood-drinking herukas appear.

# ने सुर मिले रेमा तमुवा सार्से दः

#### dechir shyi rik trul manyong

Thus, ground awareness has never known delusion.

## र्वेग्।भट्र.श्रम्भःम्भःमः त्रुयः राषः

#### tokmé sangye nga yinpé

I am the primordial buddha and therefore

### ८'थे'र्बे्र्ज'यम'य5य'यथिषः

#### nga yi mönlam tabpa yi

Through this, my prayer of aspiration,

### বিষয় বাষ্ট্র বের্দ্র নির্দ্র নির্দ্র

### kham sum khorwé semchen gyi

May beings of samsāra's three realms

## रट'चुट'रेग'रा'र्टे'वेश'दशः

### rangjung rigpa ngoshé né

Recognise self-originating awareness,

## थे ने य के त 'यें ' य य द ' मु य ' में या ह

#### yeshe chenpo ta gyé shok

So that vast wisdom may be perfected.

# ८ चे श्रुयाया कुत्र भे किन्

### ngayi trulpa gyün miché

Continuously my emanations will appear

# चुै'च'स्या'चकु'चयस'पया'वचुैदः

### jewa trak gya samyé gyé

In their many billions, beyond imagining,

## माट या माट य नुया श्रु कें माश र्श्वेन श

#### gangla gang dul natsok tön

Manifest in varied ways according to need.

### ८.लु.घंबाबाइंट्राष्ट्रिय.लश.बीबाः

#### nga yi tukjé mönlam gyi

Through this, my compassionate aspiration,

# বেমমাশাম্বামারের্মিমানবি মীমামাত্তর শা্র

#### kham sum khorwé semchen kün

May all the beings of samsāra's three realms

## रैगाश दुगा गात्रश त्रश (यर्घेत प्रार भेंगा)

#### rik druk né né tönpar shok

Escape their plight among the six classes.

### ८८.स्.मुभाराक्षात्रा

### dangpo semchen trulpa nam

From the very first, since awareness does not dawn

### म्बियारम्यास्यस्य स्वराम्

#### shyi la rigpa masharwé

For deluded beings within the ground,

### ठे'यद'तुम्भेद'र्घेभ'मेः

### chiyang drenmé tomme wa

They are entirely mindless and confused.

## **दे**ॱगाःसःदेगाःत्युवःसदेःकुः

#### deka marik trulpé gyu

This itself is unawareness, delusion's cause.

### <u> ने'य'55'च</u>ीब'चकुय'च'यबः

#### dé la hé kyi gyalwa lé

And then, as if out of a sudden daze,

## ८८८४। भूगा नेयाया वा वे त्युयः

#### ngang trak shepa za zi gyü

There is anxiety and mental disquiet,

## ने'यम'नन्ग'गल्क'न्ग्र-'यहेंक'क्षेयः

### dé lé dakshyen drar dzin kyé

From which notions of self and other and enmity appear.

### नग'कग्राम्भ'म्भ'न्वेत्र'नह्र्याम्थः

#### bakchak rimshyin tepa lé

As this habitual tendency is then reinforced,

# त्रविरामायुग्राम् अःसुःतह्माःमाचुरः

#### khorwa luk su jukpa jung

Saṃsāra unfolds in its regular progression.

# ने'पाब'र्वेन'र्योटब'र्नुम'र्थ'र्मुबाः

### dé lé nyönmong duk nga gyé

Thus, mind's afflictions, the five poisons, develop,

# नुमास्त्रायमायाः सुनाकनाः सेनः

### duk ngé lé la gyün chemé

And actions born of these five poisons never end.

# ने सुर रोग्नम उन प्रामुया परि मानिः

### dechir semchen trulpé shyi

Therefore, since the basis for beings' delusion

## 

#### drenmé marik yinpé chir

Is a lack of mindfulness, an absence of awareness,

### 

#### sangye nga yi mönlam gyi

Through this, my aspiration as a buddha,

### गुरु गुः देगा सार दिश्वेषा भीता ।

#### kün gyi rigpa rang shé shok

May all beings recognise their own awareness.

### ञ्चत्र देगा क्षेत्रा यदि सारी मा यः

#### lhenchik kyepé marikpa

The unawareness that is co-emergent

# नेशयान्त्रसेन्योदशयायाधितः

#### shepa drenmé vengpa vin

Is a state of mindlessness, distraction.

# गुक्'रु'यहम्बर्ध्यये'अ'रेब्'यः

#### küntu takpé marikpa

The unawareness that designates

### यदग्राम्बद्धाम्बद्धाम्बद्धाः स्वाप्यस्य

#### dakshyen nyisu dzinpa yin

Is dualistic clinging to self and other.

## ञ्चत्र ठेमा ग्रा्त पाठमायाया रेमा माठेयः

#### lhenchik küntak marik nyi

These two, co-emergent and designating unawareness,

# बेबब उत्र गुत्र मुः दायुवा मित्र धेतः

### semchen kün gyi trul shyi yin

Provide the basis for the delusion of all beings.

### यत्याम्यात्यात्रेयः भीत्रेत्यामानीयः

#### sangye nga yi mönlam gyi

Now through this, my aspiration as a buddha,

### वर्षिर वदे शेषश उर्व वश्वा उर् जै:

#### khorwé semchen tamché kyi

May the dark and murky gloom of mindlessness

### 5्र मेर प्रिन मिर्न स्थित स्थान स्थान

### drenmé tibpé münpa sang

Among all sentient beings in samsāra be dispelled;

### ग्रियासुप्तित्रपतिःवेसप्पान्दस्यः

### nyi su dzinpé shepa dang

May their dualistic perceptions be purified;

### रैमा'सदी'रूट'र्टे'मेश'सर'र्म्मा

#### rigpé rang ngoshepar shok

And may they recognise their very own awareness.

### गहेशप्रदेश क्रिंके के के किया है।

#### nyidzin lo ni tetsom té

A mind of dualistic clinging is one of doubt.

### बेद-य-स्राध्यः श्रेषायायषः

#### shyenpa tramo kyepa lé

From subtle attachment, once it has arisen,

# বন্যকন্ষাব্ধুনার্থীইমানীুষাবদ্ধঃ

### bakchak tukpo rimgyi té

Habitual tendencies gradually gain strength.

## ब्रशः र्वेरः में शः ५८ मात्रशः ५८ में ग्राशः

### zé nor gö dang né dang drok

Food, wealth, clothing, home and companions,

# वर्रे र प्लेंब ख र र युग्न श्रम श्रम हे त

#### döyön nga dang jampé nyen

The pleasures of the five senses, or dear relations—

### थीद'र्वेद'कमाबायित्वेद्द्द्र'याबामातुद्दबाः

### yi ong chakpé döpé dung

Whatever is attractive brings the torment of desire.

## ने'नग'यहिमा'हेब'याषुया'या हेः

#### dedak jikten trulpa té

These are the delusions of the world.

## ग्राबुद 'यहें क' यश या बद ' अद्यय से द

#### zungdzin lé la zé tamé

Actions based on dualistic clinging are unending.

### वेत्र'यदे'प्रमुष'त् श्लेत'यदे'ळें:

### shyenpé drebu minpé tsé

When the fruits of attachment come to ripen,

## শ্বর্ম ক্রমার নার্দ স্বর্ম ঐ স্বর্ম স্থঃ

### kam chak dungwé yidak su

They bring birth as a preta tormented by desire.

### श्चेषात्रषानात्रेषाञ्चेषायाने दाः

### kyé né trekom ya re nga

How wretched are the pains of hunger and thirst!

## 

#### sangye nga yi mönlam gyi

Now through this, my aspiration as a buddha,

### वर्रेन्'कम्बाबं'बेन्'यवै'बेसबं'ठन्'क्सबः

### döchak shyenpé semchen nam

May beings beset by craving and attachment

# पर्नेन्यपेगानुम्यास्त्रिः साञ्चम्यः

#### döpé dungwa chir mapang

Neither cast aside the torment of desire

## पर्नेन्कग्रानेन्यार्स्यास्या

#### döchak shyenpa tsur malang

Nor pursue the craving of attachment.

### ঀ৾য়'য়'য়য়য়য়য়য়য়য়

#### shepa rang sor löpa yi

But by allowing the mind to relax just as it is,

## रेगा'स'रूट'र्से'बेद'ग्रुर'द्रसः

### rigpa rang so zin gyur né

May they capture the natural state of awareness

### ग्रुव में मायो ने वार्चिय यम में माइ

#### küntok yeshe tobpar shok

And gain the wisdom of perfect discernment.

## मुःर्रवायुवानीःसूटानावाः

#### chirol yul gyi nangwa la

Through the subtle stirrings of anxiety and fear

# **८**हमाशःसमानेशःसःस्रार्भःत्युकाः

#### jiktrak shepa tramo gyü

Towards the appearance of external objects

## **ब्रट.यु.य्या.क्याश.यम्ब.ता.ता.**

#### dangwé bakchak tepa lé

Habitual tendencies of aversion are reinforced,

# <u> न्यार प्रहें क यहे मा मार्शेन 'क्या' या श्</u>रेशः

#### drar dzin dek sö hrakpa kyé

Opening the way to enmity, injury and slaughter.

### <u> ले'स्ट'प्रच्यामु'ब्र</u>ेक्'सपे'ळें:

### shyedang drebu minpé tsé

When the fruits of aggression come to ripen,

# न्सुयानवै नर्से नर्सेना स्नारे नस्यः

#### nyalwé tso sek duk ré ngal

How harrowing will be the boilings and burnings of hell!

### यत्याम्याताय्येयार्श्वेताययाण्येयः

### sangye nga yi mönlam gyi

Now through this, my aspiration as a buddha,

### दर्में दुग सेसस ठ्र घसस उर ग्रैः

#### dro druk semchen tamché kyi

May all the sentient beings of the six realms

### <u> ले.र्घट.र्या.त्र्</u>मेश्रम्तर्यःष्ट्रः

#### shyedang drakpo kyepé tsé

Whenever they are beset by intense aggression,

# धट मुट की मु रूट केंट मूर्टि

#### panglang mija rang sor lö

Neither reject nor indulge it, but relax therein,

## रैगा'स'रूट'र्से'बैक'ग्रुर'क्सः

### rigpa rang so zin gyur né

Capture the natural state of their own awareness,

### म्बायानदे ये में बार्चन प्रमानिक

### salwé yeshe tobpar shok

And gain the wisdom of lucid clarity.

### रट शेशवाप्राप्तर स्थान

### rangsem khengpar gyurpa la

When the mind grows conceited

### ग्वन याप्यान सेसस झुर यदे र्जे ह

#### shyen la drensem mepé lo

It brings thoughts of rivalry and disdain,

## ८'मुवा'द्वा'र्यदे'शेसशः श्रेस'यसः

### ngagyal drakpö sem kyepé

And the arising of intense pride

# <u> चर्ना न|ब्र प्यच र्</u>ह्रे र स्नुना चस्यार्स्ट्रेट ह

#### dakshyen tabtsö dukngal nyong

Leads to the suffering of quarrels and disputes.

### यमानेवायम्यान् भ्रीमायवाळेः

#### lé dé drebu minpé tsé

When the fruits of such karma come to ripen

# तर्स् क्षिट र्श्चेट नते क्षे र क्षे

#### po tung nyongwé lha ru kyé

They bring birth as a *deva* subject to passage and fall.

## ষ্বর্ম-দ্রাম্বান্দ্র ক্রান্ত্রমঃ

#### sangye nga yi mönlam gyi

Now through this, my aspiration as a buddha,

# मिट्र से अया क्षेत्र प्रते से अया उत् क्ष्यः

#### khengsem kyepé semchen nam

May all sentient beings in whom conceit is born

## दे'ळे'वेश'य'रूट'र्शेर'र्ग्गेदः

#### detsé shepa rang sor lö

Relax their minds there and then,

## रैगा'स'रूट'र्से'बैक'ग्रुर'क्सः

#### rigpa rang so zin gyur né

Capture the natural state of their own awareness

### **ॺ**ॶॺॱॺॱऄॖॸॱॻॖऀॱॸ॔क़ॱक़॔॔ॺऻॺॱऄ॔ॺऻॗঃ

### nyampa nyi kyi dön tok shok

And realise the true meaning of equality.<sup>21</sup>

### শান্ত্রমারেইর নদ্রমানের নদাক শার্মা শ্রীমাঃ

### nyidzin tepé bakchak kyi

Habitual tendencies of intense dualistic clinging

# यन्गायकून्यालम् क्रून् चुगार् ययः

### dak tö shyen mö zuk ku lé

Bring about the pain of self-flattery and contempt,

# त्वनः ईन् त्वान सेससः नहसः यायसः

#### tabtsö drensem tepa lé

And by inflaming conflict, dispute and competition,

### मार्केन्'मार्केन्'श्ले'क्रीक्'माक्रक्ष'श्लेश

#### sö chö lhamin né su kyé

Lead to birth in the asura realm of slaughter and mutilation,

# तच्यानु:न्धुय:चदे:म्ब्राम्,क्षुःहुः

#### drebu nyalwé né su tung

Which in turn results in descent to the domains of hell.

# 

#### sangye nga yi mönlam gyi

Now through this, my aspiration as a buddha,

### त्यात्रात्रोधायाः स्वापः स्ट्रीयः या सुधायः

#### drensem tabtsö kyepa nam

May those in whom rivalry and antagonism take root

### <u> न्यार पहें त के मुक्त र केंट्र में न</u>

#### drar dzin mija rang sor lö

Not regard them as enemies but relax there and then,

# ঐষ'শ'ম্চ'র্মাইর'শ্রুম'র্মঃ

#### shepa rang so zin gyur né

Capture the natural state of their own awareness

### ध्रेत्र यश र्घेम् श्रासे ५ 'यो भ्रामेन ह

### trinlé tokmé yeshe shok

And gain the wisdom of unimpeded activity.

## 

### drenmé tangnyom yengpa yi

Mindlessness, indifference, distraction,

## विषयाद्रम्यायाद्रम्यहेर्याद्रम्

#### tib dang muk dang jepa dang

Dullness, drowsiness, oblivion,

### <u>नमुयाद्रायो यो मिन्सुमा सम</u>्ह

#### gyal dang lelo timukpé

Insensibility, laziness and stupidity

### <u>त्र्यान् भुन्याको ५ 'तृंवाकेंट 'त्रष्यकाः</u>

#### drebu kyabmé jolsong khyam

Result in helpless animal wandering.

## 

#### sangye nga yi mönlam gyi

Now through this, my aspiration as a buddha,

### गिने सुगा चैदायदे सुन या याः

#### timuk jingpé münpa la

May the light of clear cognizance arise

### 5्र प्राम्म्ययायदे स्मर्ट्यस्य स्मराज्यः

#### drenpa salwé dang sharwé

In those plunged into stupidity's gloom,

### र्मेगासेराधेर्मसार्चेनास्मार्भेगः

#### tokmé yeshe tobpar shok

And may they gain wisdom free of thought.

### प्रमाना से अन्य क्षेत्र क्षेत्र

### kham sum semchen tamché kün

All sentient beings throughout the three realms

# गुरु म्बे स्यामुय ८ ५८ स

### künshyi sangye nga dang nyam

Are equal to me, the buddha, in the ground of all,

## नुबाकोनायाष्ट्राम्बिन्सुः केटाः

#### drenmé trulpé shyi ru song

Yet for them it is but a base of mindless delusion.

# ८.हे.र्ट्य.श्रेट.जब.ज.हें्र

#### danta dönmé lé la chö

And now they engage in meaningless pursuits,

## त्रश्चित्राक्षात्रात्रम्

#### lé druk milam trulpa dra

With sixfold karma as if deceived by a dream.

### ८.ध्र.श्राच्याचित्रा.स्याचित्रः

### nga ni sangye tokma yin

Yet I am the primordial buddha,

# वर्गे दुग श्वयायमाय दुया नवे स्वैरः

#### dro druk trulpé dulwé chir

Guide to the six classes through my emanations.

# শুর'দু'নর⊏'শ্বি'র্ম্রর'ঝম'ল্রীমঃ

#### kuntuzangpö mönlam gyi

Through this, Samantabhadra's prayer of aspiration,

### 

#### semchen tamché malüpa

May all sentient beings without exception

## र्केषाणु द्वीटषासु तर्कट सुर्भेषाः

#### chö kyi ying su tsang gya shok

Awaken within the dharmadhātu, the absolute sphere.

# জার্ন্টঃ

a ho

Aho!

# स्रीतःकदःस्याःवर्त्तेरःस्र्रेन्याःठतःश्चीयः

#### chinché naljor tobchen gyi

Henceforth, whenever a powerful yogi,

## व्यायाकोर् सेमायास्य मार्थान्यः

### trulmé rigpa rangsal né

With naturally clear, undeluded awareness,

# र्क्षेत्रायमार्स्रेनमारुतायन्दिः यहनायमः

#### mönlam tobchen di tabpé

Recites this powerful aspiration,

## **५२** चेंब बेबब उद चब्र व्याप्त क

#### di tö semchen tamché kün

All sentient beings who hear it

# भ्री पामाश्रुमान्यामार्चन पर्यट मु

### kyewa sum né ngön tsang gya

Will awaken within the course of three lives.

### क्षेत्रुं मानवः धेषः नेतः यवसः

### nyida za yi zinpa am

When Rāhu seizes the sun or moon,<sup>22</sup>

### म्.रट.श.चेलूश.वैट.यतशः

#### dra dang sayö jungwa am

Whenever the earth rumbles or quakes,

## क्षेत्रार्स्यात्युर वे त्यार्

### nyima dok gyur lopo dü

At the solstices or close of the year,

# रदः भेदः गुक् मुः चबदः चेरः चक्केदः

### rangnyi kuntuzangpor kyé

Visualize yourself as Samantabhadra,

# गुत्र'ग्रैब'र्घेंब'बर'यदी'नहेंद'तः

### kün gyi tö sar di jö na

And chant this aloud so all may hear.

### বেষারা বার্থ প্রামান করা বিষয় বিষয়

#### kham sum semchen tamché la

Then all the beings of the three realms

### इयायर्नेरादेग्धाः श्रीतायमा ग्रीयः

### naljor dé yi mönlam gyi

Will, through the yogi's prayer of aspiration,

# ध्या नध्या रेस नित्र मूं या तसा गुटा ह

**dukngal rimshyin drol né kyang**Gradually be freed from their suffering

## পষ্টে-প্রশেষ শ্রীপ র্মুন নম দেলী মঃ

ta ru sangye tobpar gyur And ultimately awaken as a buddha.<sup>23</sup>

क्षानाशुद्रमासी | हेनासामाळेत्रामीतु न्यात् प्रेतु पूर्वेद्रमासी | क्षानाशुद्रमासी | क्षानाशुद्रमासी

This was extracted from the nineteenth chapter of the Tantra of the Great Perfection that Reveals the All-Penetrating Wisdom Mind of Samantabhadra, which teaches that through making a powerful prayer of aspiration all sentient beings cannot but awaken.

Translated by Adam Pearcey, 2019.

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## ब्रैंट.उद्देश.श्रुव.जन्ना

### The Aspiration from The Way of the Bodhisattva

1

# यन्गामीबानुदाक्यार्धेन्याया

dak gi jang chup chö pa la

By all the virtue I have now amassed

### पिट्ना'स'इस'सर'म इसर'स'धी ।

juk pa nam par tsam pa yi

By composition of this book, which speaks

### दमो न मार देश दर्मे न गुड़ा

ge wa gang de dro wa kün

Of entry to the Bodhisattva way,

## |तुट:कुन:र्श्वेद:वा:यह्ना:यर:र्वेन |

jang chup chö la juk par shok

May every being tread the path to Buddhahood.

2.

### र्युमायाद्मस्यागात्रात्रात्रायायाः नदाः सेसया

chok nam kün na lü dang sem

May beings everywhere who suffer

# | श्वापायस्यावरायाहास्रेराया

duk ngel ne pa ji nye pa

Torment in their mind and bodies

### <u> २.२म.च२म.मु.चर्स्ट.क्श्रश.</u>मुश

de dak dak gi sö nam kyi

Have, by virtue of my merit,

### |यरे-द्रमयःमुःभर्के र्चयःयरःर्वेग |

de ga gya tso top par shok

Joy and happiness in boundless measure.

3

### ने नग पर्विम न है श्री ५ न न

de dak khor wa ji si du

As long as they may linger in samsāra,

## विषायाः यदे यात्रा भुस्रात्रा सुमा

### nam yang de le nyam ma gyur

May their joy be undiminished;

# वर्गे नम नुष्ट कुन मेमम ५ मव थी

### dro way jang chup sem pa yi

May they taste of unsurpassed beatitude

# |यरे'य'क्रुब'शे'वळर'र्घेय'र्वेग |

### de wa gyun mi che top shok

In constant and unbroken continuity.

4.

# वहिमा हेत्रामध्यात न्युवा न नम

#### jik ten kham na nyal wa dak

Throughout the spheres and reaches of the world

### |ग्नाद:द्रम:हे:क्रेद:र्थेद:य:इसमा |

### gang dak ji nye yö pa nam

In hellish states as many as there are,

# ने नगानु ने शुबा उन मबा

#### de dak tu ni lü chen nam

May beings who abide there taste

# |यदे'ठव'यदे'यश'दगद'यर'र्वेग

#### de chen de way ga war shok

The bliss and peace of Sukhāvati.

5.

### ग्राट प्रथा १३ अ श्रमा र्चे र्श्वे पर्भेग

#### drang we nyam tak dro top shok

May those caught in the freezing ice be warmed,

## [चू८ कुप सेसस ५५० दे होत केत प्रसा

#### jang chup sem pay trin chen le

And from great clouds of Bodhisattvas

# র্বু শেববৈ কু র্বি শেষ দেশ শ্রীমা

#### jung way chu wo ta ye kyi

Torrents rain in boundless streams

### |ळ'चब'१४अ'घग'चश्चेय'चर:र्वेग |

#### tsa we nyam tak sil war shok

To cool those burning in infernal fires.

6.

### रतामी में अदी द्वारा क्या यहा

#### ral dri lo may nak tsal yang

May forests where the leaves are blades and swords

# |दे'व'रडॅब'दब'वगश'क्षृग'र्वेग |

#### de la tsen den nak tuk shok

Become sweet groves and pleasant woodland glades.

### चयास्रायी यो र्हेट र्से यह ।

#### shal ma li yi dong po yang

And may the trees of miracles appear

# | द्यम् वस्य विदः दुः दाषु दसः यरः र्वेम

#### pak sam shing du trung par shok

Supplanting those upon the hill of Shālmali.

7.

### अवीर देश हुर स द्या द्या दर पर प

### ting ril ngur pa dak dang ngang pa dang

And may the very pits of hell be sweet

### |पल्र-र्थेग्याक्षरःक्षरः प्रतेतः प्रवासार्थे स्वासार्थे ।

#### she sok ke nyen jin pe dze gyur chik

With fragrant pools all perfumed with the scent of lotuses,

### **यज्ञ** 'द्वे' प्रसुद 'के' श्वर अर्के' द्वा 'वीशा

### pe ma dri sung che den tso dak gi

And lovely with the cries of swan and goose

### | दशुवायदे सार्थुनामा दना के अममा दना मार्वेन |

#### nyal way sa chok dak ni nyam gar shok

And waterfowl so pleasing to the ear.

8.

# र्शेयासुटादे यटा देवा केवासुटार्थे राष्ट्रा

#### söl pung de yang rin chen pung por gyur

May fiery coals turn into heaps of jewels,

### |बामधेन|बानेवानी बानेवानी

### sa sek shel gyi sa shi tar war shok

The burning ground become an even crystal floor,

# नस्यावर्टेशयारी में इसया गुटासकेंदाया थी

### dü jom ri wo nam kyang chö pa yi

May crushing hills become sublime abodes:

### |गाल्याकोर्।वटः सुरायदे गानेगहा गाटा यरः र्वेग

### shal me khang gyur de shek gang war shok

Offering temples, dwellings of the Buddhas.

9.

### **अ**द्रमाः अर्हे च्येष्या अर्केतः क्षे करः चः द्रम

### dak ma do sek tsön gyi char wa dak

May the hail of weapons, lava, fiery stones

### दिएक्षायबुएक्षेकोर्भ्याकरायराषुरा ।

### deng ne sung te me tok char par gyur

Become henceforth a rain of flowers.

### यत्र र्द्धत्र अर्केत्र ग्रीश परे ने नश या दे । यद हो।

### pen tsun tsön gyi dep pa de yang ni

And all the mutual woundings with sharp blades

### दिए तथा न हे ' शुरू से ' में मा प्रयेत ' यर ' में मा

### deng ne tse chir me tok pen par shok

Be now a rain of flowers thrown in play.

10.

### कु'र्ने'र्रम'बेर'बे'र्नेट'य्र्यु'क्ट'त्रैट'म'र्ग

#### chu wo rap me me dong dra nang ching wa dak

And those engulfed in fiery Vaitarani

### |**ॴॖज़ॱढ़ऀॺऻॱॻॗ**ॸॱॸॖॺॱॺॊ॔॔॔ॸॱऄॱॸॖॕॺऻॱग़ॖॾ॒ऀढ़ॱॴॸॕॺऻ

#### sha kün shik gyur rü gong me tok kun day dok

Their flesh destroyed, their bones bleached white as kunda flowers,

### नन्मामी नमे निर्मे निर्

#### dak gi ge way top kyi lha yi lü top ne

May they, through all my merits' strengths, have godlike forms

### **ाक्षेत्रं इसरा-८८. क्षेत्रः दुचा-८७. क्रीमा-८७. च्या-४०. च्या-४०. च्या-४०. च्या-४०. च्या-४०. च्या-४०. च्या-४०.**

### lha mo nam dang lhen chik dal gyi bap ne shok

And sport with goddesses in Mandākinī's peaceful streams.

#### 11.

# ार्डि:क्षेत्रःवदेत्रःवे:मानेवरहेवे:बे:द्राःषु:द्राःमुंद्रःबे:मवत्रःब्रुंगःवेदा

#### chi chir dir ni shin jey mi dang kha dang ja gö mi se nam trak che

"What fear is it," they'll ask, "that grips the henchmen of the Deadly Lord, the frightful vultures, and the carrion crows?

### गुक्रक्षासुक्र नमया नरे द्वाद नक्षेत्र मदे सञ्च नवट दरे में सुर्धे सञ्च हो

#### kün ne mün sel de gak kye pay tu sang di ko su yi tu nyam te

What noble strength is it that brings us joy and drives away our dreadful night?"

# <u>चित्र-तुःमक्ष्र्यात्र-तुम्भागतेः दृचीयात्र-सुना तर्हे हे 'दमर-मः मलुनाया अर्घेट त्र्या</u>

#### gyen du te na nam khay kyil na chak na dor je bar wa shuk tong ne

And looking skyward they will see the shining form of Vajrapāṇi.

### 

#### na rap tu ga way shuk kyi dik dang dral ne de dang lhen chik drok par shok

Then may their sins be quenched in joy and may they go to him.

### 12.

# **बे**ॱर्नेग'कर'य'र्सेश'क्'द्रा'य्द्रेश'य्वव'य'धेशा ।

#### me tok char pa pö chu dang dre bap pa yi

And when they see the seething lava-flood of hell

### न्सुयानवे से सन्माकेया केया मार्थेन पासर्वे ए सुरास्या

#### nyal way me dak chi chil sö pa tong gyur ne

Extinguished in a rain of blossoms, drenched in fragrant streams,

# ]र्त्ते पुरुष्पे प्रत्ये प्रत्ये क्षायाय दे के प्रवेश या प्रत्या प्रत्या प्रत्या प्रत्या प्रत्या प्रत्या प्रत्या

#### lo bur de way tsim pa di chi sam pa dang

At once fulfilled in bliss, they'll ask, "How can this be?"

### बिराया स्थान स्थान

#### sem nyal nam kyi chak na pe ma tong war shok

May then the denizens of hell behold the One Who Holds the Lotus.

#### 13.

### र्मेनाय-दमायहिनाय-सर्मेर-वान्तेर्यास्य सुरानेनायु सुरी वद्य दुरी

### drok dak jik pa bor la ring par tsur shok u buy te du ni

"Friends, throw away your fears and quickly gather here.

# |माट मी अञ्च प्रेम स्मा नह्या गुरु न्या नगर नदे नुमाश द्वीर या

### gang gi tu yi duk ngel kün dral ga way shuk chin la

For who is it who comes to us to banish dread, this gleaming youth with bound-up hair,

### 

### dro wa kün ne yong kyop jang chup sem dang tse wa kye gyur pa

This loving Bodhisattva saving and protecting every being,

### |मार्लेक्'तु'तुर'सुर्'ठक'यमर'यहिमाश'य'शेर'यर'युर्'य'ठै'लेम्'सुका

### shön nu sur pü chen bar jik pa me par che pa chi shik chin

Whose power relieves all pain, bestowing joy?

14.

# र्षि<u>र</u> 'ग्रै' क्षु' न्रमुदे 'र्ठेन 'यम 'न्या मीय' ब्रन्य राग्री' यर्ज्जे 'वा अर्केन 'रेट' ।

#### khyö kyi lha gyay chö pen dak gi shap kyi pe mo la chö ching

"Behold the hundred gods who lay their crowns before his lotus feet,

# | ब्रुग्नमाहेषान्त्रुत्राधुत्रान्तुःवाको र्हेगानुःभवे रहेग्नमाणुःकरावननाया |

### tuk je len chen u la me tok du may tsok kyi char bap pa

The rain of flowers that falls up on his head, his eyes moist with compassion,

### षटः च क्रेन्यश्राधिनः वेदः श्राश्चेर्यः स्वाः चर्त्वेनः न्युद्धः विश्वाः विश्वा

### khang tsek yi ong lha mo tong trak tö yang drok den ti tö she

The splendor of his house that echoes praises of a thousand goddesses!"

### |प्रहम,रचेटम,र,पर्यस्त्र,थ्या,र,थ्यः मुक्त,य्यः सूच्या,यः सूच्या,यः सूच्या,यः सूच्या,यः सूच्या,यः सूच्या,यः सूच्या

### jam yang de dra tong ne da ni sem nyal cha cho dön par shok

May those in hell thus cry on seeing Mañjughosha.

15.

# <u> दे.हिम.चर्या.ची.रेषी.क्षा.पीय.टे.चवट.ल.जूर्या</u>

#### de tar dak gi ge tsay kün tu sang la sok

And likewise, through the roots of my virtue,

### <u>| नुष्टः ढ्यः येथयः द्ययः श्चेयः यः येदः श्चेतः यदेः यः दृष्टः |</u>

#### jang chup sem pa drip pa me trin de wa dang

Seeing bodhisattvas like Samantabhadra, free from stain,

### |पर्याता लेट दे लेग ८५ ख़र कर पाय पेपया अर्थेट द्या

#### sil shing dri shim nge den char pa bep tong ne

Those clouds of bliss all laden with a cooling scented rain,

### |बेसबारुव:५सुव:न:दे:५ना:सर्देव:धर:५नाव:ग्रुर:हैन |

### sem chen nyal wa de dak ngön par ga gyur chik

May all those languishing in hell come now to perfect joy.

16.

# 5्5'वर्गे'इससर'दे'मठेम'व्यम्नठेम

#### dü dro nam ni chik la chik

And may the stooping animals be freed

### | व प्रति प्रदेशका प्रतास्य ।

### sa way jik dang dral war shok

From fear of being preyed upon, each other's food.

# म्राभाक्ष्यायदामायविष्ठात्

#### dra mi nyen pay mi shin du

And may the famished spirits have such joy

### |पी'द्रग्रथास्यस्य दे प्यदे प्यदः शुर्दा

### yi dak nam ni de war gyur

As those who dwell within the northern continent.

17.

### त्यग्रायाः धुरु रस्य ग्रीचेग्राय द्यार ग्री

### pak pa chen re sik wang gi

And may they be replete and satisfied

### त्यग्रायाञ्चर रुषायाञ्चेग्राद्या यो

### chak ne bap pay o gyün gyi

By streams of milk that pour

### थे द्रम्य इस्तर है केंस्य पुरा देन

#### yi dak nam ni tsim che shing

From noble Lord Avalokita's hand,

# विषानिषाम् । मेर्स्साम् । स्वास्त्राम् ।

#### trü che tak tu sil war shok

And bathing in it, may they be refreshed and cooled.

18.

### र्येट.च.क्श्रम.क्ष्याचीयामाचीयात्रास्त्रह्मट.खेटा

#### long wa nam kyi suk tong shing

And may the blind receive their sight,

# र्वित प्रथा हमा हु सु र्वेदार्भेग ।

### ön pe tak tu dra tö shok

And may the deaf begin to hear,

# क्षार्श्वेष्याच्चा प्रविदान्

#### lha mo gyu trul ji shin du

And women near their time bring forth,

# **।** श्रुमाम्य स्थान

### drum ma'ang nö me tsa war shok

Like Māyādevī, free from all travail.

19.

### गठेर'नु'इसम्'णुस'र्ग्स'न्ग'न्ट्'।

#### cher bu nam kyi gö dak dang

And may the naked now be clothed,

### |पर्णेश'य'द्रस्रस'ण्चैश'वश'५८'दी |

### tre pa nam kyi se dang ni

And all the hungry eat their fill.

# र्भेग्यास्यम्याण्चेयातुः द्वाप्टा

### kom pa nam kyi chu dak dang

And may those parched with thirst receive

# | यमुद्राया बिकार्या र्वेचायम विवा

### tung wa shim po top par shok

Pure waters and delicious drink.

20.

# नग्रेन'स'इसम'ग्रैम'र्नेम'र्मेन

#### tren pa nam kyi nor top shok

May the poor and destitute find wealth,

### बि.एय.धेश.घच.रचाट.ब्र्य.चूंच ।

#### nya nge nyam tak ga top shok

The haggard and the careworn, joy.

### थी'कद्'इससाणुद्र'थेद्'म्बर्सस्पेद्र'

#### yi che nam kyang yi sö shing

May those now in despair be whole in mind,

### |पद्यान्त्रस्यास्त्रस्याः विवास

### ten pa pun sum tsok par shok

Endowed with sterling constancy.

#### 21.

### बेबबारुवावरायाही ब्रेटाया

#### sem chen ne pa ji nye pa

May every being ailing from disease

# विष्ट-१ वरायमा घरा सुरा हेगा

### nyur du ne le tar gyur chik

Be freed at once from every malady.

### वर्में नवे कर के सामुकाया

#### dro way ne ni ma lü pa

May every sickness that afflicts the living

# |इन्। दुप्य चुप्य से स्थान

### tak tu jung wa me par shok

Be wholly and forever absent from the world.

#### 22.

### भूगा या इसरा है त्यहेगारा से दार्भेग

#### trak pa nam ni jik me shok

May those who go in dread have no more fear.

### |पञ्चायाःसभयान्त्रेःम्वायाःपरायः

#### ching pa nam ni drol war gyur

May captives be unchained and now set free.

### <u> अत्रु भेर इस्य र ते अत्रु स्व लेट ।</u>

#### tu me nam ni tu den shing

And may the weak receive their strength.

### [ধর:র্দ্তুর<sup>-</sup>ম৾য়য়য়<sup>৽</sup>র মৡর:য়ৢ৴<sup>৽</sup>ঽ৾ঀ

#### pen tsun sem ni nyen gyur chik

May living beings help each other in kindness.

#### 23.

### अमें कि 'सें 'दमा' के 'श्रस्य रहि 'या

### dron po dak ni tam che la

May travelers upon the road

### सिंगमा इसमा प्रसम उद्गान रेन

#### chok nam tam che de war shok

Find happiness no matter where they go,

# मारमी र्नेतरु तर्मे हैर्या

#### gang gi dön du dro che pa

And may they gain, without the need of toil,

# | दे त्यद्र की द्रमें बायम् मुद्र किम |

### de be mi gö drup gyur chik

The goals on which they set their hearts.

#### 24.

# गु'र्ट्माकेत्रलुग्रय'स्र्या

### dru dang dru chen shuk pa nam

May those who put to sea in boat or ship

# षित्यानबस्यम्यम् मुनः सुरः हे।

#### yi la sam pa drup gyur te

Attain the ports that they desire,

# कु'धे'र्सेम्बासु'मदेर'धुक्'क्बा

#### chu yi ngok su der chin ne

And may they safely come to shore

### ामाहेत्र-८८ द्वार हैमा-८माय-चर र्वेमा

#### nyen dang lhen chik ga war shok

And sweet reunion with their kith and kin.

#### 25.

### श्राम्याययार्मीयात्वस्यायाः इसया

### nya ngam lam göl khyam pa nam

May those who lose their way and wander

### |भर्मेव,म्.रच्यारटासर.बैर.थया ।

### dron po dak dang tre gyur ne

In the wild find fellow travelers.

# क्र्या-पीय-क्रिया-जूर्याना-उत्तराना-क्रिया-जूर्य-रा

#### chom kün tak sok jik me par

And safe from threat of thieves and savage beasts

# |क्षे'द्रवा'नरे'त्रुमा'वर्देद'नरःर्भेग |

### mi ngel de lak dong war shok

May they be tireless and their journey light.

26.

# र्नोतःसेनायाययासेर् १३स ८ नरा

#### gön sok lam me nyam nga war

May children and the aged, and all those without protection

### ] नुष्यम् मन्यस्य वर्षे वर्षे

### chi pa gen po gön me ching

Wandering in the fearful, pathless waters,

### गठेर प्रामार्शेषाने हार स्वार्शेषा स्वारा

#### nyi lok nyö shing rap nyö nam

Who fall asleep unconscious of their peril,

### १८,८४,४५५ ।

#### lha dak sung wa che par shok

Have pure celestial beings as their guardians.

27.

### बे द्यागुदायबाबरायाद्या

#### mi dal kün le tar wa dang

May all be freed from states of bondage,

### 

#### de dang she rap tse den shing

May they be possessed of wisdom, faith, and love.

### बबर्दरर्धेद्रस्यसुक्रकेष्णशक्षा

### se dang chö pa pün tsok ne

With perfect sustenance and conduct,

# |हग'रु'कें'र्यश'र्व'यर'र्वेग |

#### tak tu tse rap dren par shok

May they always have remembrance of their former lives.

28.

### यसमारु द्वारामयः सर्हेरः चलेतः तु

### tam che nam kha dzö shin du

May everyone have unrestricted wealth

### विद्यार्श्वेद्रक्ष्यास्त्रेद्रायम्भेत्रा

long chö che pa me par shok Just like the treasury of space,

### र्रेंद्र'य'बेद्र'हैद'वळें'बेद्र'यम्।

**tsö pa me ching tse me par**Enjoying it according to their wish,

# |८८:८व८:२:बे:ब्रें८:यर:वेंग

rang wang du ni chö par shok Without a trace of harm or enmity.

29.

### शेशशं उत्रामा ने महे द क्रा हु मारा

**sem chen si ji chung ngu gang** May beings destitute of splendor

### |दे'द्रमाम्बे'यहेद'ळेद'र्यर र्वेम |

de dak si je chen por shok Be magnificent and bright.

### र्यातःश्रुच ठ्रु माट माञ्जूमाया द्र्या

**ka tup chen gang suk ngen pa**And those who suffer from deformity

### |गाञ्चमार्थाःचाचाटाःस्**त**्रस्याःक्ष्मार्थाःस्टरःस्

**suk sang pün sum tsok par shok** Acquire great beauty and perfection.

30.

### पहेमा हे व पुर के र हे है र पा

jik ten bü me ji nye pa May all the women of the world

### | ने'न्याः भ्रेषायः क्षेत्रः सुरुः स्टेया |

**de dak kye pa nyi gyur chik** Attain the strength of masculinity.

### *ॺॱ*ॸॻॺॱढ़ॺॺॱक़॓ऀॱॺॺ॔ॱॺ॔ॻॱऄऀ८ॱ।

ma rap nam ni to top ching
And may the lowly come to excellence,

# [८:मुव:५म]'णुट:चर्डेअ:चर:वेंग ]

### nga gyal dak kyang chom par shok

The proud and haughty lose their arrogance.

#### 31.

### यन्गामी यर्शेन तस्रमायन प्रमानी

#### dak gi sö nam di yi ni

And thus by all the merit I have gained,

### बिसमारुम्'यसम्बद्धाः स्थान्यस्य

#### sem chen tam che ma lü pa

May every living being, leaving none aside,

### क्रमा'या'घर्षरा'ठ५'सूट्रब'क्रा'क्रा'

### dik pa tam che pang ne ni

Abandon all their evil ways,

# |इन्।'रु'रने'य'येऽ'यर'र्नेन |

#### tak tu ge wa che par shok

Embracing goodness now and ever more.

#### 32.

# चु८ः कुनः शेश्रशः ५८ः शेः ५ च्याः वि८।

### jang chup sem dang mi dral shing

From bodhichitta may they never separate,

# |चु८ःळ्नःधुँ५ःवःगविवःनः५८ः। ।

#### jang chup chö la shöl wa dang

And constantly engage in Bodhisattva actions.

### <u> यट्य.मैय.क्ष्य.क्ष्य.क्षुय.कूट्य.चीचेट.कुट.</u>ी

### sang gye nam kyi yong sung shing

May they be accepted as disciples by the Buddhas

# |नर्र'णै'यम'णुट'र्सेट'नर'र्वेग |

### dü kyi le kyang pong war shok

Drawing back from what is demons' work.

#### 33.

### बेसबारुवादे 'द्रमा प्रसम् रुद्र' दी

#### sem chen de dak tam che ni

And may these beings, each and every one,

### किं प्यट द्यमा से द देट प्यर विमा

### tse yang pak me ring war shok

Enjoy an unsurpassed longevity.

# हगारु परे पर पर्के प्रमुर निया

### tak tu de war tso gyur shing

Living always in contentment,

# 

### chi way dra yang drak ma gyur

May the very name of death be strange to them.

#### 34.

# 

### pak sam shing gi kye mö tsal

In all the ten directions and on every side

# |यटय.मैय.२८.५.यटय.मैय.संया |

### sang gye dang ni sang gye se

May groves of wish-fulfilling trees abound,

### क्र्यःश्रदःश्चेत्रायायायायाः नटः पाया

#### chö nyen drok pay gang wa yi

Resounding with the sweetness of the Teachings,

### सिंगमा इसमा घसमा उदामादा पर सेंग ।

### chok nam tam che gang war shok

Spoken by the Buddhas and their Bodhisattva heirs.

#### 35.

# घममा उर् रु दे मामान प्रमान

#### tam che du ni sa shi dak

And may the earth be wholesome everywhere,

### |माश्रेम्।अ'त्र'र्श्रेम्|श'शेद'स'द्दा |

#### sek ma la sok me pa dang

Free from boulders, cliffs, and chasms,

# यमा अञ्चया सूरा अध्या नै दूर्

### lak til tar nyam be dur yay

Flat and even like a level palm,

### | ४८ मित्र प्रदेश में ४ मित्र मात्र था सुरु देश |

rang shin jam por ne gyur chik And smooth like lapis lazuli.

36.

### त्रिंरःशुः दशुवाद्यांत्रः र्वेदः दशुरः षदः।

**khor gyi kyil khor yö gyur yang** For many circles of disciples,

# | चु८ :कुन :बेबब :द्यं द्यं |

jang chup sem pa mang po dak May multitudes of Bodhisattvas

### रट'मी'योग्रायायायायायाचेट'द्या

rang gi lek pe sa ten dak Live in every land,

### |प्रमुक् प्रमासहित्यमायल्यामा सुमारिका

**gyen par dze pay shuk gyur chik** Adorning them with every excellence.

37.

### સુ**ષા હવાળાવા ગુષા ગુ**ષા ગુપા ક

lü chen kün gyi ja dang ni

From birdsong and the sighing of the trees,

### |विट'र्टार्वेर'बेर'वश्रश'ठर'र्टा| |

shing dang ö ser tam che dang

From shafts of light and from the sky itself,

### यश्राचतःत्राज्ञाः क्रूषः क्री.सी

nam kha le kyang cho kyi dra

May living beings, each and every one,

# विष्यः भे तक दः यमः र्चेशः यमः र्वेषा

gyun mi che par tö par shok

Perceive the constant sound of Dharma.

38.

# ने नग हम ह अदय मुब नदा

de dak tak tu sang gye dang

And always may they come into the presence of the Buddhas,

### |बाटबा:मुबा:बुबा:द्राटा:सुद:चुर:देवा |

### sang gye se dang tre gyur chik

And meet with Bodhisattvas, offspring of the same.

### मक्र्रि-पदःश्चित्रसूटःसघवःप्पमःसम्

### chö pay trin pung ta ye pe

With clouds of offering unbounded,

## विर्मे नदे नुष्म अर्केन पर मेन

### dro way la ma chö par shok

May the teachers of the world be worshipped.

**39**.

# क्ष'णट'नुष'सु'कर'दमेनष'नेट'।

### lha yang dü su char bep shing

May kindly spirits bring the rains on time,

### विं में मासुन सुका र्केम का सुर हिम

### lo tok pün sum tsok gyur chik

For harvests to be rich and plentiful.

# मुयार्थिकंशम्बिन मुद्दाराप्ता

#### gyal po chö shin che pa dang

May princes rule according to the Dharma;

### प्रिट्टमा हेत प्रमाण्य प्रमास्त्रीम ।

#### jik ten dak kyang dar war shok

May the world be blessed with all prosperity.

40.

### भ्रम्भग्राम्य । प्रमानिकारम्

### men nam tu dang den pa dang

May medicines be full of strength;

# |ग्रायाः स्वायायञ्जयः यहे दायुयः यम् र्वेग |

#### sang ngak de chö drup par shok

May secret words of power be chanted with success.

### भागतः तर्मे होतः सं त्या र्श्वेन शासा

#### khan dro sin po la sok pa

May spirits of the air that feed on flesh

### |श्रेट:हेते:शेशश.टट:रूव:शूर:रेग ।

**nyin jey sem dang den gyur chik**Be kind, their minds imbued with pity.

#### 41.

# म्राभारत्यः तयातः यदः मृताः माणुरा

sem chen ga yang duk ma gyur May beings never suffer anguish

### |र्ज्ञमान्यरायाचुरात्राचारा

dik par ma gyur na ma gyur Let them not be sick nor evilly behave.

### वहिमाबाद्यायङ्गायम् भी विद्युम् विद्यु

**jik dang nye par min gyur shing**May they have no fear, nor suffer insults.

### विमितःलटःलुटःभुःचटुःभःमुरा ।

ga yang yi mi de ma gyur Always may their minds be free from sorrow.

#### 42.

### मार्स्यमायमायम् इस्रमार्ग्वेमाया ५८ ।

**tsuk la khang nam lok pa dang**In monasteries, temples, and the like,

### ाय र्हेन श्रीया मुखायोगाया मन्यार्थेया ।

ka tön gyi gye lek ne shok May reading and reciting widely flourish.

### ह्रमायर प्रमे (यतुक् अध्युक या प्रमा

tak par gen dün tün pa dang May harmony prevail among the Sangha;

# | दमो १५ दुन देन प्या १५ मा न

**gen dün dön yang drup par shok** May its purposes be all fulfilled.

#### 43.

# नक्षन य तर्रे र यदै र नो क्षें ट र न

lap pa dö pay ge long dak

May ordained monks, intent upon the practice,

### | द्रिवेद:य:द्रम:णुट:र्वेद:यर:र्वेम |

### en pa dak kyang top par shok

Find perfect places for retreat in solitude,

### ग्रायेट'य'त्रसम्बद्धाः स्ट्राह्म

### yeng wa tam che pang ne ni

Abandon every vagrant thought,

### बिरायान्त्र स्थान

### sem ni le rung gom gyur chik

And meditate with trained and serviceable minds.

#### 44.

# <u> न्योःश्चें त्या सम्माके नः स्वतः विता</u>

### ge long ma nam nye den shing

May nuns have all their wants supplied;

# | प्रवादाः मर्वेद्रायः श्रेटः वरः भेग |

### tap dang nö pa pong war shok

May quarreling and spite be strange to them.

# ने'निवन'र्नामु चुटानागुना

### de shin rap tu jung wa kün

Let all who have embraced monastic life

### व्याप्त्रियाः १ स्थान्य ।

### tsül trim nyam pa me gyur chik

Uphold a pure and unimpaired observance.

#### 45.

# র্ব্যান্ত্রিমমানক্রমানমাত্রীর ভ্রা

### tsül trim chal we yi jung ne

May those who break their discipline repent,

# | इन्। 'हु 'क्षेना' य' बद' हो द'र्नेन |

### tak tu dik pa se che shok

And always may they strive to cleanse away their faults.

### नने'वर्गे'नग'ने'र्घन'गुर'नशा

#### de dro dak ni top gyur ne

And thus may they acquire a fortunate rebirth,

# दिरायदान्त्रवालुग्राक्षाक्षाक्षात्र्वा

### der yang tül shuk mi nyam shok

Wherein to practice stainless discipline.

46.

### अग्वरायाद्वअवादी प्रग्नायाप्याद्वरा

### khe pa nam ni kur wa dang

May wise and learned beings be revered,

# |पर्केद्र:क्र्रेंसय:दग्:णुट:क्रेद:यर:र्वेग

### sö nyom dak kyang nye par shok

And always be sustained by alms.

### कुर्'हे'र्लेट्श'सु'र्ग'य'र्टा

### gyü ni yong su dak pa dang

May they be pure in mind,

# सिंग्याद्मस्यसाग्रादानुगान्यास्यसान्त्रीय ।

#### chok nam kün tu drak par shok

And may their fame spread far and wide.

47.

# ट्य.सूट.र्झ्य.चर्ह्या.श्रु.सूट.खुटा

#### ngen song duk ngel mi nyong shing

May beings never languish in the lower realms,

### | ५७१० मा शुर्यं अर्थं ५७४ मा

### ka wa je pa me par yang

May pain and hardship be unknown to them.

### ञ्च प्रमाञ्चना पदे तुषार्चे पान्या

#### lha we lhak pay lü top ne

With bodies greater than the gods,

# रि.र्या.श्रम्अ.भैश.श्रीम.स्या.प्रेया

#### de dak sang gye nyur top shok

May they attain enlightenment without delay.

48.

# बेसबारुवागुनागुबायवास्या

### sem chen kün gyi len mang du

May beings time and time again

# |बर्यानुबावस्याउदासर्केदानुदाउदा।

### sang gye tam che chö che ching

Make offerings to all the Buddhas.

### ষ্বে নুষ্ব ব ব ব ব্যব্ধ অব শ্রীষা

### sang gye de wa sam ye kyi

And with the Buddhas' unimagined bliss

### |हग'रु'यदे'द्रप्थुत'युरु'ठेग |

### tak tu de dang den gyur chik

May they enjoy undimmed and constant happiness.

49.

# नुप्रक्याक्षेत्रकार्ययः इसका ग्रीका की

### jang chup sem pa nam kyi ni

May all the Bodhisattvas now fulfill

# विम् र्ने स्वामायायायायायायायायायायायायायायाया

#### dro dön tuk la gong drup shok

Their high intention for the sake of wanderers.

### अमें त'र्ये 'धेश ते' माट 'दमें टश'या

#### gön po yi ni gang gong pa

May sentient beings now obtain

### |बेबबारडवाइबबायादीयर्चेरार्वेग |

#### sem chen nam la de jor shok

All that their Guardians wish for them.

50.

# रे'म्बेर'रूट'यटय'मुय'र्स्यय'र्ट्

#### de shin rang sang gye nam dang

And may the Hearers and Pratyekabuddhas

# ११८ में अर्थ स्थया गुप्त परे गुरु देया

#### nyen tö nam kyang de gyur chik

Gain their perfect happiness.

51.

### नर्मा'णूट'यहस्र'र्नुट्रस'न्गाय'र्नुस्रुस्रा

#### dak kyang jam yang ka drin gyi

And till, through Mañjughosha's perfect kindness,

# | शरमाद्यादायार्थेनायमादु।

sa rap ga wa top bar du I attain the ground of Perfect Joy,

# हगाः कुं कें रस्यशः द्वायः द्दारा

tak tu tse rap dren pa dang May I remember all my lives

# |र्य:मृ:बुट:य:बुेर्:यर:र्वेग |

rap tu jung wa che par shok And enter into the monastic state.

52.

# नन्गाने।याः चर्याः चीः न्याः चारा

dak ni kha se gyi ne kyang Thus may I abide, sustained

### ११८४ ४ ५८ . हेर हिट तर्के नर स्वेग

**nyam dang den shing tso war shok** By simple, ordinary fare.

# कें र्ययगणुक कु द्वेत मान्याया

**tse rap kün tu en ne pa** And in every life obtain

### |सुत्रःसुत्रः ध्वः यः र्वेनः यमः र्वेग |

**pün sum den pa top par shok** A dwelling place in perfect solitude.

53.

# गट कें नक्ष नर वर्दे द संवश

gang tse ta war dö pa am Whenever I desire to gaze on him

# |रुष्टःबरःदेःपरःपर्देरःबःषपः। |

**chung se dri war dö na yang**Or put to him the slightest question

# अर्मेव से प्रहरा निवास

**gön po jam yam de nyi ni** May I behold with unobstructed sight

# मिनायाक्षर्यस्यस्य ।

**gek me par yang tong war shok** My own protector Mañjughosha.

54.

# र्सुनामान्य दुः द्रभाभागते सम्भागान् नामान्य स्ती

chok chu nam khay tay tuk pay

To satisfy the needs of beings

# बिम्बारा स्वार्गान र्ने न मञ्जून मुद्रे मुना

sem chen kün dön drup jay chir

Dwelling in the ten directions, to the margins of the sky,

# है'क्रेर'एहस'र्चुटस'र्धेर'सहर्'या

ji tar jam yang chö dze pa

May I reflect in all my deeds

# | यन्यायो र्श्वेन यय र ने यन्य र्योग

dak gi chö pa'ang de drar shok

The perfect exploits of Mañjushrī.

55.

# हे श्रेन क्या याय मात्र या नहा मात्र या नहा म

ji si nam kha ne pa dang

And now as long as space endures,

### प्रमू.य.इ.बूट.चथ्याच्याच्याचा

dro wa ji si ne gyur pa

As long as there are beings to be found,

# <u> ने'श्रेन'यन्ग'ने'ग्नस्थ'णुर'न्स्या</u>

de si dak ni ne gyur ne

May I continue likewise to remain

# रिम्.यदु.र्बेच.यर्जला.श्रुज.यरःर्व्च ।

dro way duk ngel sel war shok

To drive away the sorrows of the world.

56

# तम्,यदु.र्न्या,यर्न्या,याट.श्रुटट.र्नेट.र

dro way duk ngel gang chi'ang rung

The pains and sorrows of all wandering beings—

# |दे'गुक'मदमा'य'श्चेक'णुरु'ठेम |

### de kün dak la min gyur chik

May they ripen wholly on myself.

# चु८ः कुनः बेबबार मदीर नो गाुनः ग्रीबा

### jang chup sem pay gen dun gyi

And may the virtuous company of Bodhisattvas

# विर्मे नियम्

### dro wa de la chö par shok

Always bring about the happiness of beings.

57.

# त्म् नदेः स्ना नस्य सूत्र निरुषा स्वा dro way duk ngel men chik pu

May the Doctrine, only cure for sorrow,

# |परे.प.र्यश्रम.१८८.परीट.पर्य.प्रियो |

### de wa tam che jung way ne

Source of every bliss and happiness,

### नभूत'य'केद'द्रा'नगुर'भे'द्रा'

### ten pa nye dang kur ti dang

Be blessed with wealth, upheld with veneration,

# | पठवाने 'युन' रेटा मनवा मुराठेम |

### che te yün ring ne gyur chik

And throughout a vast continuance of time, endure!

58.

# गटमी देन चैश दमे र्से चुटा

#### gang gi drin gyi ge long jung

And now to Mañjughosha I prostrate,

### |तहश्रासदे:<u>नच</u>ित्रश्रातासुमा:तर्क्याःल्| |

### jam pay yang la chak tsal lo

Whose kindness is the wellspring of my good intent.

### माटमी देव ग्रैश मदमा दराया

### gang gi drin gyi dak dar wa

And to my virtuous friends I also bow

# |र्मे.यरु.यनेश.जयर.यर्मे.सैमे.तक्षा

#### ge way she la'ang dak chak tsal

Whose inspiration gave me strength to grow.

Kagyu Monlam Prayer Book. Trans. Padmakara Translation Group

I was insulted, hurt and defeated, I was robbed of my possessions. Holding on to these grudges creates traumas. Let go of the grudges and you can sleep in peace.

Shakyamuni Buddha

# ।मर्केव न्त्री पहेमाश पानि परि परेव केमा

### Prayer of Truthful Words to Pacify the Fear of War

by Thangtong Gyalpo

# क्षेंचा है पद्गे हैं।

#### om mani padmé hung

Om mani padme hūm

# चित्रमाकुर्यः मिजाना उत्तर्यामा अकूर्याः मैर्वे र रमा स्वीत्रामा ।

#### jamchen gyalwa pakchok chenrezik

Victorious Maitreya, sublime and noble Avalokiteśvara,

# <u> ज्ञिस्तरह्म अन्त्रेव हे पर्युव ह्</u>ये अस्त्र स्वाया ।

### trogyal tamdrin jetsün drolma sok

Ferocious king Hayagrīva, Jetsün Tārā, and the rest –

# मक्व र्यं में माना प्रमाना गाव में भारती।

#### tsen tsam töpé jikpa kün selwé

Buddhas, the mere sound of whose names dispels all fear;

# श्चित्रमाव्यास्य स्वार्यस्य स्वार्यस्य स्वार्यस्य ।

### kyabné tukjé daknyi gong su sol

Compassionate sources of refuge, pray grant me heed.

# केंद्र स्व क्षेत्रावायाः स्व प्रदेश विषयाः स्व स्वया।

#### tsöden nyikma nga dö semchen nam

In this time when individuals experience an oceanic surge

### यश्रद्धास्याद्याः अर्के केवायदेशया यशा ।

#### lé ngen trakdok tso chen dolwa lé

Of negative karma and jealousy – the age of fivefold decadence and strife –

# उध्यः कुर्-क्रिया यक्ता र्यया मृश्या अवस्य या ।

### tabtsö dukngal drakpö narwa na

As intense suffering, fighting and quarrelling oppress us,

# 

#### yeshe tukjé shyuk kyi kempar dzö

Pray burn it all in the fires of your compassionate wisdom.

# बे.इंट.बे.ट्संट.उनर.चरे.उर्बे.च.जा।

#### shyedang mepung barwé drowa la

Shower the nectar of love

# चित्रमान्येन्तर्राङ्गेत्रकरकेवायममाव्यासा

### jampé dütsi char chen pab né kyang

Upon those who fan the flames of hatred.

# तवःक्ष्यःतःमःकःसंतुः ५८-वेशःक्षेश।

### pentsün pama tabü dushé kyi

Bless them to recognize each other as parents,

# तर्भेत्रिर्प्यान्वेशरकेशत्रस्य द्वेत्रः क्वेशर्भेत्रशा

### dekyi tashi pelwar jingyi lob

And thereby usher in auspiciousness and happiness

# यार.मी.मुँट.ज.खेयाश.ततु.भेट.कुया.मीशा ।

### gang gi gyü la shyukpé kechik gi

May the mischievous elemental spirits

# मुंसिक्षिक्षेत्राचीत्राचीत्राचीत्राचीत्राचीत्राचीत्राचीत्राची

### lona lhamin shyindu gyur jepé

That enter the minds of beings

# उर्विट.मू.चिरिचा.तपु.कूर्यामा.क्ष्मा.क्ष्मा.चन्नट.वमा ।

### jungpo dukpé tsok nam tsarché né

And instantaneously transform their hosts into warring titans,

# त्रीवाकर प्रेमाना पर्दरम् । पराया शुरुर हिना

### chinché chok dir gyuwar magyur chik

Never hold sway in this region again.

### मासुभार्देर् नेवी पादे बोसाबा उत्राधसा ।

#### yulngor shiwé semchen tamché kyang

May all who have died in battles, fighting and wars,

# ट्रेट.वंश.जग्न.टव.क्. उत्तंश.गीव.सट्श.वंश।

### deng né lé ngen gyundré künpang né

Immediately give up their indulgence in destructive action, cause and effect,

# चर्नारव्द्वस्थाने भ्रेषाव्यास्य

#### dewachen du dzü té kyé né kyang

And, having taken birth in the pure realm of Sukhāvatī,

# वयमः उद्विद्दे र विद्वद्यार यहित्तु वार्येय।

#### tamché shying der tripar dzé du sol

Lead all to that same buddha realm.

### क्रेंक् व्यवस्थालय

### kyegu tamché tsering nemé ching

May all beings have long, healthy lives,

# व्यमः हेर्गुवलि द्योग्म महुत्यः हेरि।।

tabtsö kün shyi gewa chu la chö

Be free of guarrels and strife, live according to the ten virtues,

# क्रमःकःरीमा अपना ज्ञीनामा हेना है। ज्ञाना ।

charchu dü bab lo chuk taktu lek

And experience timely rains and bountiful harvests;

# ब्रूट्-पर्द्रन्-प्रग्-विशावयेशापरासहिन्द्रम्बर्गा।

nöchü tashi pelwar dzé du sol

And may the auspiciousness of the environment and beings increase exponentially.

# कुर्याभ्रेट.सर.मधुव.इस्रा.तस.ट्या.त.ट्रा ।

chönyi rangshyin nampar dakpa dang

May these pure, vast prayers be accomplished

# क्रेंग उव्यक्त त्यंग पश्चित क्रेंप प्रति । chöchen gyundré luwa mepa dang

Through the compassion of the Guru, Yidam, and Three Rare and Sublime Ones;

# न्नायाधारमान्यान्यां व्यक्तास्याधारम्

lama yidam könchok tukjé yi

Suchness, which by its very nature is utterly pure:

# द्यान्याः श्रेवः यथाः मुः केवः वर्षानः यन्ते ।

namdak mönlam gyachen drubpar shok

And the appearance of things, the undeceiving nature of cause and effect.

कर्। विविनामाञ्चास्त्राम्यानामानीमास्त्रास्त्रम्यान्त्रम्यान्त्रम्यान्त्रम्यान्त्रम्यान्त्रम्यान्त्रम्यान्त्रम्

When war raged in Minyak, Kham, and it looked as if there was no end in sight, for no one was able to pacify the warring factions, the great yogin Thangtong Gyalpo arrived. He generated bodhicitta, and by merely reciting these verses and scattering flowers, quelled the anger and jealousy in the minds of the warring factions so that the conflict came to an end. All came to have bountiful harvests and enjoy prosperity, auspiciousness and реасе.

Translated by Sean Price. Lotsawa House. 2020

### Tashi

# पञ्च परे प्रायक्त स्त्रा अरे विषय पर पहुंचा। Ten-pe pal-gyur la-me zhab-pe-ten

May Lamas live long who glorify the dharma.

# प्रमृत व्हेंत् भ्रेषात्र्वा वा केंद्र व्योद्रवा व्याप्ति।। Ten-zin kye-bü sa-teng yong-la-kyab

May the earth be filled by those who uphold it.

# चर्नेथ.तपु.ब्रैथ.चर्चा.अस्ट.घर.ठव्रे<u>च</u>.च.क्रिशा

Ten-pe jin-dag nga-thang jor-pa-gye

May all those who support the teachings flourish.

# नक्षेत्रम् सुव देर मावश्रम् देन मान्वेश विन ।

Ten-pa yun-ring ne-pe ta-shi-shog

May the dharma live long and all be auspicious.

Ţ	DD	AVEDC	BEFORE	and AF	TED A	TEA	CHING
	′K	AYEKS	BEFURE	and AF	IFK A	$-\mathbf{I} \mathbf{P}_{i} \mathbf{A}_{i}$	

द्याना वु: अक्ट्यं आद्या जन्मेना । चिटः क्ष्यः मुन्नमा द्यः क्ष्यः क्ष्यः क्ष्यः च्याः । कु: श्रीयः जन्म वु: क्ष्यः नेमा होया । चै: पाजमा वु: म्येन्यं नेमा नेमा ।

Just as one infers the presence of fire by seeing smoke,
Or the presence of water by seeing aquatic birds,
The presence of the intelligent bodhisattvas' disposition
Can be understood from certain signs.

Buddha Shakyamuni, Sutra of the Ten Bhumis

### শ্বিনমার্থমমারী

### **Refuge Prayers**

### यट्याम्बराक्र्यान्टराक्र्यायाणीयक्रियास्ययाया

sang gye chö dang tsok kyi chok nam la In the Buddha, Dharma and noblest Sangha,

### | वृष्टः कुषः प्रस्तुः प्रद्याः वे सुप्रसः सुः सके।

jang chup bar du dak ni kyap su chi I take refuge until enlightenment is reached.

### **प्रपामीय येत सेंग्या प्रमीय प्रेंप्य प्राप्त प्राप्त प्रमा**या

dak gi jin sok gyi pay sö nam kyi Through generosity and other paramitas,

# विमें तास्तर सेर सद्यामुख त्यू नासर र्मेग ।

**dro la pen chir sang gye drup par shok**May I attain Buddhahood for the sake of all beings.

প্রব:নাগ্রমা

Repeat three times.

### The Four Limitless Aspirations

# 

semchen tamché dewa dang dewé gyu dang denpar gyur chik May all sentient beings enjoy happiness and the causes of happiness!

# र्वतात्मर्यात्राच्यात्राच्याः कृष्मु प्राप्तराष्ट्राच्याः प्राप्तराष्ट्राच्याः प्राप्तराष्ट्राच्याः प्राप्तराष्ट्राच्याः

dukngal dang dukngal gyi gyu dang dralwar gyur chik May they be free from suffering and the causes of suffering!

# ष्या नष्ट्या से द प्यते प्रदे प्राप्त प्र प्राप्त प्राप्त प्राप्त प्र प्राप्त प्र प्राप्त प्राप्त प्र प्राप्त प्र प्राप्त प्र प्राप्त

dukngal mepé dewa dang mindralwar gyur chik

May they never be separated from the sacred happiness devoid of suffering!

# त्रे<sup>.</sup>देट'ळग्रास्टरम्बेस'न्ट'न्यःय'नदे'नहट'र्स्नेस'र्क्टर्सेन'स'य'ग्राम्बस'सर'ग्रुर'ठेग्

nyering chakdang nyi dang dralwé tang nyom tsemepa la nepar gyur chik And may they dwell in boundless equanimity that is free from attachment and aversion!

Lotsawa House.

### **Invoking Guru's Blessing**

# 

### Pal den tsa way la ma rin po che

Wonderful, precious, Root Guru,

### यदमामी है। चें राय इति मादव यल्माया

### Dag gi chi wor pe day den shuk la

Resting on a lotus and moon seat above my head.

### नगाय देव केव येंदे क्षें वब हेब न इट है।

#### Ka drin chen poy go ne je sung te

I pray that you take me into your care with your vast kindness

# भुगाशुर त्रुमाश कुरिंदिश मुनि स्थार मार्थिया | Ku sung tuk kyi ngö drup tsal du söl

And give to me the siddhis of body, speech and mind.

### सङ्गास्यानाती

### **Short Mandala Offering**

# यानिर्धेयाक्याचुनायानिटासेर्मनानामा

#### sa shi pö chü juk shing me tok tram

The ground is purified with scented water and strewn with flowers,

### |रे·र्यामीटायले<sup>-</sup>छे'त्त्रश्चम्यस्य प्रदी।

#### ri rap ling shi nyi day gyen pa di

It is adorned with Sumeru, the king of mountains, the four quarters of the universe, and the sun and moon.

# यत्यामुयावितातुः न्याम्याने सुयानाधिया

#### sang gye shing du mik te pül wa yi

Thinking of it as the blessed buddha-fields, I offer it.

### ादमीं गुत्र इस दमा बिट या र्सेट यम र्सेम ।

#### dro kün nam dak shing la chö par shok

By virtue of this offering, may all beings here and now attain the happiness of that pure land.

Rigpa

### कॅबागी'त्रॉर्यर त्यें नर्बेर नायामर्बेवान तर्नेनबायां की

### Requesting the Teachings.

# बेबब उद्यक्षय में नब्बय पर्टी

### Semchen nam kyi sampa dang

I implore you: according to the temperament

# |र्ने'भै'तु'त्वग'हे'क्ष'नर||

### Lo yi jedrak jitawar

and mental capacity of sentient beings

# के'कुट'घुक'र्भेट'घेग'य'थे।

### Chechung tünmong tekpa ti

Please turn the Wheel of Dharma

# किंगमी पर्विर में पर्वेर पुराने में राष्ट्र मार्थेया।

### Chö kyi khorlo kor du sol

Of all the vehicles- lesser, greater, and general.

Rigpa

### नर्से न ५८ सेंत यम है।

### **Dedication Prayers**

### पर्से ५ दसमा पर्दे प्रोमा वसमा उद्गानी माना पर्दे द्वा

### sönam di yi tamché zikpa nyi

Through this merit, may all beings attain the omniscient state of enlightenment,

### वित्रान्यानेयाये.रचा.स्थयात्रयाच्या

### top né nyepé dra nam pamjé ne

Defeat the enemy, wrongdoing

# मुःमानायकेतामानाया

### kyé ga na chi barlong trukpa yi

And so free all beings from this ocean of samsara,

# |शेर्-परि:शर्के:ताबादम्नीयःम्ब्रीतायरःर्वमा |

### si pay tso le dro wa drol war shok

With its pounding waves of birth, old age, sickness and death.

### नुदःढ्यःबेबबःबर्ळेगःदेवःयंःके।।

#### jang chup sem chok rin po che

May precious and sublime bodhichitta

### श्राभुशायाद्गश्रयाभुग्युराठेग

### ma kye pa nam kye gyur chik

Arise in those for whom it has not arisen,

### श्चेषायाक्षयायायेदायाद्रा

### kye pa nyam pa me pa dang

Wherever it has arisen may it never diminish,

### मॅटि'क्रामॅटि'तु'त्येवा'नरःर्वेग

#### gong ne gong du pel war shok

But grow ever more and more.

For as long as space endures
And for as long as sentient beings remain
Until then may I, too, remain
To dispel the misery of the world.

From The Way Of the Bodhisattva

Like a shooting star, hallucination, candle,

Magical illusion, dewdrop, bubble,

Dream, lightning or a cloud—

Know all compounded phenomena to be like this.

Buddha Shakyamuni, Diamond Cutter Sutra

### ये धर्मा हेतु प्रभवा हेतुं तेषां तथागतः ह्यवदत् ॥ तेषां च यो निरोध एवं वादी महाश्रमण स्वाहा॥

Om ye dharma hetu-prabhava hetum tesam tathagato hyavadat tesam ca yo nirodha evam, vadi maha-sramanah svaha

# ଊୖ୕୕୴ॱ<sub>ड़ॺॖ</sub>ॱॸ॓ॱॸॖॱय़ॱॹॱज़॒ॱॸ॓ॱढ़ॖॾ॓ऀॱढ़ॖॹज़ॱॸ॓॔ॱॸॖॱज़ॱॸॸऻॱॸ॓ॱढ़ॖॐॱज़॓ॱॸ॓॔ॱक़ॱॵॱॺ॑ॱज़ॗॱॸॖऀॱॴज़ॗॱॶॴढ़**॰**ॷॗज़ॗ:

र्क्यः इस्रयः वस्य वस्त्रः वस् वस्त्रः वस्त्रे वस्त्रः वस्त्र वस्त्रः वस्त्र

All dharmas originate from causes.

The Tathagata has taught these causes,

And also that which puts a stop to these causes—
This too has been taught by the Great Shramana.

Buddha Shakyamuni: Essence of Dependent Origination Dharani

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#### **NOTES**

#### **Green Tara**

- 1. an fine and Jamgön Kongtrül Lodrö Tayé. A condensed version of the famous Zaptik Drolchok by Chokgyur Dechen Zhikpo Lingpa and Jamgön Kongtrül Lodrö Tayé. A condensed version of the famous Zaptik Drolchok practice arranged by Jamgön Kongtrul Rinpoche for daily recitation. The full title of the practice is The Essence of the Two Accumulations: The Ritual for the Elaborate and Condensed Outer Practice together with its Empowerment (dgongs gter sgrol ma'i zab tig las/phyi sgrub rgyas bsdus rig gtad dang bcas pa'i cho ga tshogs gnyis snying po). Since this arrangement of the practice does not include the elaborate version of the ritual and the empowerment, they have been omitted from the title here.
- 2. For the 'daily practice' Jamgön Kongtrül Rinpoche merely gives the explanation below. Following his instruction, here, we are providing the full outline of the daily practice.
- 3. This implies that as in the elaborate practice, 1) the offering and mandala is recited followed by two repetitions of the Praise; 2) the offering and mandala is repeated followed by three repetitions of the Praise; 3) the offering and mandala is repeated followed by seven repetitions of the Praise.
- 4. Tib. *dge slong ma dpa' mos mdzad pa'i yan lag bdun pa*. This seven-branch offering, found in many Tārā sadhanas, is said to have been written by the famous nun Gelongma Palmo, founder of the Nyungné tradition. ↑ Tib. *padma'i bkod pa*. Skt. *Padmavyūha*.
- 5. According to Orgyen Tobgyal Rinpoche the '*Lotus Arrayed Realm*' is the realm of Turquoise Leaves (*zhing g.yu lo bkod pa*) the pure-land suffused ny the compassionate capacity of Noble Ārya Tārā.
- 6. Here, the 'Magical Net' (sgyu 'phrul drwa ba) is a collective term for the manifestations of enlightenment who tame whoever needs to be tamed in whichever way is necessary.
- 7. As Jamgön Kongtrül Rinpoche says in his practice instructions, this Prayer for the Accomplishment of Wishes is optional.
- 8. *Jamgön Guna*, that is, Jamgön Kongtrül Rinpoche. The main sādhana was translated according to the wish of Kyapjé Tulku Urgyen Rinpoche, by Erik Pema Kunsang at Nangkyi Gompa, Spring 2002, with the help of Marcia Binder Schmidt, Graham Sunstein, Michael Tweed, and Shenpen Lhamo. It was further improved at Rangjung Yeshe Gomdé, USA, 2007 with the help of Lama Sherab Dorje and Joanne Larson. It was later reworked by Lea Ortet and the Khenpos at Pulihari, Nepal. The Seven-Branch Offering is from the Zangchö Mönlam, translated by Rigpa Translations. Additional edits were added by Stefan Mang. And the whole translation was finalized by Marcia, 2020, after the Venerable Sean Price looked at it. Verses marked with an \* were translated by Lhasey Lotsawa. Phonetics and spelling adjusted to Lhasey Lotsawa Style.

#### White Tara

9. White Tara is the colour of moonlight, sitting in the vajra posture, very beautiful, young and energetic. The right hand is in the giving mudra, the left holds an utpala flower. At her back is a moon disc. There is a white *OM* at her forehead, a red *AH* at her throat and at her heart is a blue *HUNG*. She is adorned with ornaments and precious jewels and a lower garment made of finest silk. She has seven eyes: three on her face, the third being in the centre of her forehead, one in the palm of each hand and one in the centre of the sole of each foot. At the centre of her heart on a lotus and moon disc is a small wheel with white spokes, each spoke is also hollow inside as are the circumference and the centre. In the hollow centre of the wheel is the white seed syllable *TAM*, on top of that is *OM* and below is *HA*. In the inner circle is the mantra garland radiating light, both the short and long mantras. The mantras are standing up, clockwise, and facing inside, so that you can read from inside.

- 10. *Jnanasattva*: is not "awareness aspect" nor is it *yeshe* as "wisdom," or "awareness." This is *yeshe* <u>pa</u>. meaning *jnanasattva*. The Tara that we have visualize ourselves is called *damzig pa* or *samayasattva*, and then the real enlightened beings, or enlightened deities who we invite and who dissolve into, or integrate, or become one with us are called *yeshe sempa*, the wisdom beings, or wisdom deities.
- 11. Every Buddha, or every Vajrayana practice we do can be categorized in one of the Five Buddha types of Families. Each family has its *rig dag*, the family head, or the Lord of that particular aspect of wisdom. Tara belongs to the Padma Family, therefore the *rig dag* is *nangwa ta yi*. Amitabha. A small Amitabha resides on top of the head of Tara that you have become.
- 12. These are not the gross five elements, but the most purified essence of the five elements. Our body and everything is made of five elements. And the essence of the five elements nourishes the five elements in our body. Therefore our body rejuvenates, becomes more youthful and is completely invigorated. *dang ma*. So these five pure essences of the five elements are brought by these lights and enter into you.
- 13. The TAM dissolves slowly from the bottom of the lotus to the tip of the nadi and melts into light.

#### The Treasury of Blessings:: A Practice of Buddha Śākyamuni

- These four lines are not part of the original text but are added here in most recent editions
- 15. i.e., 1900. This would mean he only completed the text in the year of Orgyen Tenzin Norbu's death.

#### The Powerful Prayer of Aspiration: Kuntuzangpo Aspiration Prayer.

- 16. Literally 'by outer and inner'.
- 17. An alternative version of this line reads: "There is no fear, even at the triple world's alarm ('jigs)."
- 18. Some versions of this line have colour (kha dog) in place of the five poisons (dug lnga).
- 19. Note that the word 'peaceful' here is only implied in the original Tibetan.
- 20. An alternative version of this line reads: "And realise the wisdom of equality."
- 21. In other words, during a solar or lunar eclipse.
- 22. An alternative version of this line reads: "And swiftly awaken as a buddha."