



## PRAYERS

### TAKING REFUGE AND GENERATING BODHICHITTA

#### **SANG GYE CHO DHANG TSOG KYI CHOG NAM LA**

I take refuge until I am enlightened

#### **JANG CHUB BAR DU DAG NI KYAB SU CHI**

In the Buddhas, the Dharma and the Sangha.

#### **DAG GYI CHIN YEN GYI PEY SO NAM KYI**

Through the positive potential I create by listening to teachings and the other paramitas,

#### **DRO LA PEN CHIR SANG GYE DRUB PAR SHOG (3X)**

May I attain Buddhahood for the sake of all sentient beings.

### THE FOUR IMMEASURABLE THOUGHTS

May all sentient beings have happiness and the causes of happiness.

May all sentient beings be free from suffering and the causes of suffering.

May all sentient beings be inseparable from the happiness that is free from suffering.

May all sentient beings abide in equanimity, free from attachment for friends and hatred for enemies.

### INVOCATION OF BUDDHAS AND BODHISATTVAS

#### **MA LU SEM CHEN KUN GYI GON GYUR CHIG**

Victorious conqueror and your entourage, you are the refuge of all sentient beings.

#### **DU DE PUNG CHE ME SODH JOM ZED LHA**

The divine, who conquered never-ending armies of Mara;

#### **NGO NAM MA LU YANG DHAG KHEN GYUR PAY**

and the one who perfectly knows the reality of all things.

#### **CHOM DHEN KHOR CHE NE DHIR SHEK SU SOL**

We invite you to please come here.

#### **CHOM DHEN KAL PA DRANG MED DHU MA RU**

You, the Victorious Conqueror! For countless cycles of aeons

#### **DRO LA TSE CHIR THUK JE NAM JANG SHING**

you accomplished infinite love and compassion for the welfare of beings.

#### **MAN LAM GYA CHEN GONG PA YANG ZOK PAY**

You fulfilled great endeavors and aspirations,

#### **KHED SHED DRO DHON ZED CHIR DHI LAK NA**

And here you are to serve all beings, your ultimate objective.

#### **DHE CHIR CHO YING PHO TRANG DHAM PA NE**

From the palatial realms of Dharmadhatu

#### **ZU TRUL JIN LAB NA TSOK TON ZED CHIG**

you demonstrate various feats of miracles and blessings

#### **THA YEH SEM CHEN TSOK NAM DROL JAI CHIR**

In order to release innumerable sentient beings of various kinds

#### **YANG DRAK KHOR DHANG CHE TE SHEK SU SOL**

We respectfully invite you and your stainless entourage to this place of ours.

## SEVEN LIMB PRAYER

Reverently, I prostrate with my body, speech and mind,  
and present clouds of every type of offering, actual and mentally-transformed.  
I declare all my negative actions accumulated since beginningless time,  
and rejoice in the merits of all holy and ordinary beings.  
Please remain until samsara ends,  
And turn the wheel of Dharma for sentient beings.  
I dedicate the merit created by myself and others to the great enlightenment.

## MANDALA OFFERING

### **SA ZHI PÖ KI JUK SHING ME TOK TRAM**

This ground, anointed by perfume and strewn with flowers,

### **RI RAB LING ZHI NI DE GYEN PA DI**

Adorned by Mount Meru, the four continents, the sun, and the moon

### **SANG GYE ZHING DU MIK TE UL WAR GI**

I imagine it as a Buddha-field and offer it.

### **DRO KUN NAM DAK SHING LA CHU PAR SHOK**

May all beings enjoy this pure land!

**Idam Guru Ratna mandalakam nirya tayami**

## DEDICATION PRAYERS

### **Dedication of Merit**

Due to this merit may we soon attain the enlightened state of Guru-Buddha,  
that we may liberate all sentient beings from suffering.

### **JANG CHUP SEM CHOG RIN PO CHE**

May the precious bodhi mind

### **MA KYED PA NAM KYED GYUR CHIG**

not yet born arise and grow;

### **KYED PA NYAM PA MED PA YANG**

May that born have no decline,

### **GONG NE GONG DHU PEL WAR SHOG.**

but increase forever more.

### **TONG NYED TA WA RIN PO CHE**

May the view of emptiness

### **MA KYED PA NAM KYED GYUR CHIG**

Not yet born arise and grow

### **KYED PA NYAM PA MED PA YANG**

May that born have no decline

### **GONG NE GONG DHU PEL WAR SHOG**

But increase forever more.

## GURU DEDICATION

In all my rebirths may I never be separated from perfect spiritual masters and enjoy the magnificent Dharma. Completing all qualities of the stages and paths, May I quickly achieve the state of Vajradhara.

May anyone who merely sees or hears,  
remembers, touches or talks to me,  
be instantly freed from all sufferings  
and abide in happiness forever.

It is only from the kindness of my Guru  
that I have met the peerless teachings of the Buddha.  
Thus, I dedicate all merit so that all sentient beings in the future may be guided by kind and holy Gurus.

## PRAYER FOR THE LONG LIFE OF HIS HOLINESS

In the snowy mountain paradise,  
You're the source of all goodness and happiness;  
Powerful Tenzin Gyatso-Chenresig,  
May you stay until samsara ends.

## REQUEST TO LAMA TZONG KHAPA

### **MIG-ME TZE-WA TER-CHEN CHAN-RA-ZIG**

You are Avalokitesvara, great treasure of compassion not aimed at true existence.

### **DR'I-ME KY'EN-PAI WANG-PO-JAM-PAL YANG**

And Manjushri, master of flawless wisdom,

### **DU-PUNG MA-LU JOM-DZA SANG-WAI- DAG**

As well as Vajrapani, destroyer of endless hordes of demons

### **GANG-CHAN KA-PAI TZUG-GYAN TZONG-KA-PA**

crown jewel of the Land of Snows,

### **LO-ZONG DR'AG-PAI ZHAB-LA SOL-WA DEB**

I make requests at your HOLY feet.

## FINAL DEDICATION

### **KYE WA KUN TU YANG DHAG LAMA DHANG**

In all my lives may I not be separated from true lamas.

### **DREL MED CHO KYI PAL LA LONG CHO CHING**

And so enjoy the splendour of Dharma.

### **SA DHANG LAM KYI YON TEN RAB ZOG NEY**

Fully perfecting the virtues of levels and paths.

### **DORJE CHANG GYI GO PHANG NYUR TOP SHOG**

May I speedily attain the state of Vajradhara.