

MANTRAS

Amitabha (Buddha of Boundless Light)

OM AMI DEWA HRI

Chenrezig (Buddha of Compassion)

OM MANI PADME HUNG HRI

Guru Rinpoche (Padmasambhava)

OM AH HUNG VAJRA GURU PADMA SIDDHI HUNG

Tara (Female Buddha of Compassionate Protection)

OM TARE TUTTARE TURE SOHA

Achi (Protectress Diety)

OM MAMA TSAKRA SO HA

YAR DÜ SARWA DÜ

RADZA RADZA DÜ MAMA DÜ

HUNG PHAT SO HA



Achi, Protectress Diety



## Drikung Seattle Prayer Book

### Showing Respect for Buddha Dharma Texts

Please treat this prayer book with respect as it contains the precious teachings of the Dharma.

Please do not place it on the floor, and please do not step over it or place other objects on top of it.

When you no longer have use for it, please give it to someone or burn it.

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## Grateful Appreciation

We offer our most grateful appreciation to Khenchen Konchog Gyaltsen Rinpoche, who translated these prayers from Tibetan, and to the many practitioners who have assisted with translation, transliteration and graphics for this and other texts. Lama Guyersam Acharya translated the *Request for Teachings*. His Eminence Garchen Rinpoche and Traga Rinpoche have slightly revised the order of some prayers. *Praise to Manjushri* prayer was translated for Traga Rinpoche by Sara Dechen Wangmo with the assistance of Eric Yonten Gyatso, and is free for reproduction.

By virtue of this Dharma work, may all sentient beings be free from suffering and attain perfect, complete Enlightenment.

If you would like to take this prayer book home,  
please make a donation of \$2 to cover  
printing replacement costs.  
Thank you.

# OPENING PRAYERS

## ALTRUISTIC MOTIVATION

[Tibetan]

(Recite three times)

DAG LA DANG WAR CHE PAI DRA/  
NÖ PAR CHE PAI GEG/  
TAR PA DANG TAM CHE KYEN PAI BAR DU  
CHÖ PAR CHE PA TAM CHE KYI TSO CHE PAI/  
MA NAM KA DANG NYAM PAI SEM CHEN TAM CHE  
DE WA DANG DEN/  
DUG NGAL DANG DRAL/ NYUR DU LA NA ME PA YANG  
DAG PAR DZOG PAI JANG CHUB RIN PO CHE TOB PAR JA//

\*\*\*\*\*

## ALTRUISTIC MOTIVATION

[English]

(Recite three times)

All mother sentient beings –  
Especially those enemies who hate me,  
Obstructors who harm me,  
And those who create obstacles on my path to  
liberation and all-knowingness –  
May they experience happiness, be separated from  
suffering, and  
Swiftly will I establish them in the state of unsurpassed,  
perfect, complete, and precious Buddhahood.

(x3)

**ACTION BODHICITTA PRAYER**  
*(Recite once)*

DEI CHE DU SANG MA GYE KYI BAR DU LÜ NGAG YI SUM  
GE WA LA KOL/  
MA SHI'I BAR DU LÜ NGAG YI SUM GE WA LA KOL/  
DÜ DE RING NE ZUNG TE NYI MA SANG DA TSAM GYI BAR DU LÜ NGAG  
YI SUM GE WA LA KOL//

\*\*\*

Thus, until I achieve enlightenment, I perform virtuous deeds  
with body, speech and mind.  
Until death, I perform virtuous deeds with body, speech and mind.  
From now until this time tomorrow, I perform virtuous deeds  
with body, speech and mind.

**SHORT REFUGE PRAYER**  
*(Recite three times)*

SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA/  
JANG CHUB BAR DU DAG NYI KYAB SU CHI/  
DAG GI JIN SOG GYI PAI SÖ NAM KYI/  
DRO LA PEN CHIR SANG GYE DRUB PAR SHOG//

\*\*\*

In the Buddha, the Dharma and the Sangha most excellent,  
I take refuge until enlightenment is reached.  
By the merit of generosity and other good deeds,  
May I attain Buddhahood for the sake of all sentient beings.  
(x3)

**THE FOUR IMMEASURABLES**  
*(Recite three times)*

MA NAM KA DANG NYAM PAI SEM CHEN TAM CHE DE WA  
DANG DE WAI GYU DANG DEN PAR GYUR CHIG/  
DUG NGAL DANG DUG NGAL GYI GYU DANG  
DRAL WAR GYUR CHIG/  
DUG NGAL ME PAI DE WA DANG MIN DRAL WAR GYUR CHIG/  
NYE RING CHAG DANG NYI DANG DRAL WAI  
TANG NYOM LA NE PAR GYUR CHIG//

\*\*\*

May all mother sentient beings, boundless as the sky,  
have happiness and the causes of happiness.  
May they be liberated from suffering and the causes of suffering.  
May they never be separated from the happiness  
which is free from sorrow.  
May they rest in equanimity, free from attachment and aversion.

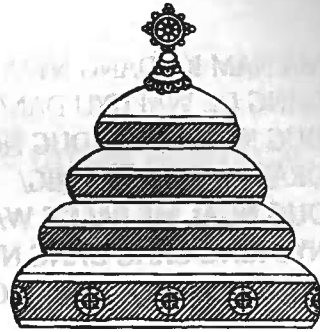


Tara, Female Buddha of Compassionate Protection

## SHORT MANDALA OFFERING

SA ZHI PÖ CHÜ JUG SHING ME TOG TRAM/  
RI RAB LING ZHI NYI DE GYEN PA DI/  
SANG GYE ZHING LA MIG TE PUL WA YI/  
DRO KÜN NAM DAG ZHING DU KYE WAR SHOG

KU SUM YONG DZOG LA MAI TSOG NAM LA/  
CHI NANG SANG SUM DE ZHIN NYI KYI CHÖ/  
DAG LÜ LONG CHÖ NANG SI YÖN ZHE LA/  
LA ME CHOG GI NGÖ DRUB TSAL DU SOL/



OM GURU DEWA DAKINI RATNA  
MANDALA PRATITSA SO HA

CHAG TSAL WA DANG CHÖ CHING SHAG PA DANG/  
JE SU YI RANG KUL ZHING SOL WA YI/  
GE WA CHUNG ZE DAG GI CHI SAG PA/  
TAM CHE DZOG PAI JANG CHUB CHIR NGO'O//

\*\*\*

The ground is sprinkled with scented water and strewn with flowers.  
It is adorned with Meru, the supreme mountain, the four continents,  
and the sun and the moon.

As a Buddhafield, I offer it.

May all sentient beings attain the happiness of the Buddhafields.

To the Lamas who possess the three kayas,  
I offer the outer, inner and secret offerings  
With my body, wealth and all that is visible.  
Please grant me the supreme realization – Enlightenment.

OM GURU DEWA DAKINI RATNA MANDALA PRATITSA SO HA

Whatever merit I have gathered through prostrations, offerings,  
Confession, rejoicing, beseeching and praying –  
For the sake of the enlightenment of all sentient beings,  
All this I dedicate.

## SUPPLICATION TO LORD JIGTEN SUMGÖN

KYAB DREN GYI DO ME DZAM LING GYEN/  
DRAG PE TONG SUM YONG LA KYAB/  
TSÖ ME GYAL WA DOR JE CHANG/  
PA JIG TEN GÖN PÖ ZHAB LA DÜ/

DÜ TAG TU SAM GYU KYÖ LE ME/  
JIN GYI LOB SHIG TUG JE CHEN/  
NYING GI MÜN PA SAL NE KYANG/  
SEM TRÖ DRAL DU TOG PAR JIN GYI LOB//

\*\*\*

Unequaled refuge, ornament of the world,  
Your fame pervades the three thousand worlds.  
You are the victor, Vajradhara, without a doubt.  
I bow at the feet of the father, Jigten Sumgön.

Continually, I think of no one but you.  
Compassionate One, grant your blessings.  
Dispel the darkness that surrounds my heart.  
Please bless me so that I realize the unelaborated nature of mind.

## REQUEST FOR TEACHINGS

SEM CHEN NAM KYI SAM PA DANG/  
LO YI JE DRAG JI TA WAR/  
CHE CHUNG TÜN MONG TEG PA YI/  
CHÖ KYI KOR LO KOR DU SOL//

\*\*\*

Please turn the wheel of the Dharma  
Of the two vehicles and their combination  
According to the dispositions and  
Likewise, the mental capacities of sentient beings.

# DEDICATION PRAYERS

[English text on next page]

DOR JE CHANG CHEN TILLI NA RO DANG/  
MAR PA MI LA CHÖ JE GAM PO PA/  
PAG MO DRU PA GYAL WA DRI GUNG PA/  
KA GYÜ LA MA NAM KYI TA SHI SHOG//

SÖ NAM DI YI TAM CHE ZIG PA NYI/  
TOB NE NYE PAI DRA NAM PAM CHE TE/  
KYE GA NA CHI BA LONG TRUG PA YI/  
SI PAI TSO LE DRO WA DROL WAR SHOG//

JANG CHUB SEM CHOG RIN PO CHE/  
MA KYE PA NAM KYE GYUR CHIG/  
KYE PA NYAM PA ME PAR YANG/  
GONG NE GONG DU PEL WAR SHOG//

LA MA KU KAM ZANG WAR SOL WA DEB/  
CHOG TU KU TSE RING WAR SOL WA DEB/  
TRIN LE DAR ZHING GYE PAR SOL WA DEB/  
LA MA DANG DRAL WA ME PAR JIN GYI LOB//

JAM PAL PA WÖ JI TAR KYEN PA DANG/  
KÜN TU ZANG PO DE YANG DE ZHIN TE/  
DE DAG KÜN GYI JE SU DAG LOB CHING/  
GE WA DI DAG TAM CHE RAB TU NGO//

SANG GYE KU SUM NYI PAI JIN LAB DANG/  
CHÖ NYI MIN GYUR DEN PAI JIN LAB DANG/  
GEN DÜN MI CHE DÜ PAI JIN LAB KYI/  
JI TAR NGÖ ZHIN MÖN LAM DRUB PAR SHOG//

# DEDICATION PRAYERS

Dorje Chang, Tilopa, Naropa,  
Marpa, Milarepa, Dharma Lord Gampopa,  
Phagmo Drupa, and Lord Drikungpa.  
Please bestow upon us the most auspicious blessing  
of all the Kagyu Lamas.

By this virtue may I achieve omniscience  
By defeating all enemies – confusion.  
May all who travel on the waves of birth, old age, sickness and death  
Cross the ocean of samsara.

Bodhicitta, the excellent and precious mind –  
Where it is unborn, may it arise;  
Where it is born, may it not decline,  
But ever increase higher and higher.

I pray that the Lama may have good health.  
I pray that the Lama may have long life.  
I pray that your Dharma activities spread far and wide.  
I pray that I may not be separated from you.

As Manjushri, the warrior, realized the ultimate state,  
And as did Samantabhadra,  
I will follow in their path  
And fully dedicate all the merit for all sentient beings.

By the blessing of the Buddha who attained the three kayas,  
By the blessing of the truth of the unchanging Dharma-as-such,  
By the blessing of the indivisible Sangha order,  
May the merit I share bear fruit.

## WELL KNOWN PRAYER CALLED DAKORMA

DAG DANG KOR DE TAM CHE KYI/  
DÛ SUM DU SAG PA DANG/  
YÖ PAI GE WAI TSA WA DI/  
DAG DANG SEM CHEN TAM CHE/  
NYUR DU LA NA ME PA YANG DAG PAR DZOG PAI JANG CHUB  
RIN PO CHE TOB PAR GYUR CHIG//

SHE JA KÛN ZIG KÛN KYEN CHÖ KYI JE/  
TEN DREL NE LA WANG TOB DRI GUNG PA/  
RIN CHEN PAL GYI TEN PA SI TAI BAR/  
SHE DRUB TÖ SAM GOM PE DZIN GYUR CHIG//

\*\*\*

By the virtues collected in the three times  
By myself and all beings in samsara and nirvana  
And by the innate root of virtue,  
May I and all sentient beings quickly attain  
Unsurpassed, perfect, complete, precious Enlightenment.

May the teachings of the Great Drikungpa, Ratnashri,  
Who is omniscient, Lord of the Dharma, Master of Interdependence,  
Continue and increase through study, practice, contemplation  
and meditation  
Until the end of samsara.

## DEDICATION PRAYER BY LORD JIGTEN SUMGÖN

Glorious, holy, venerable, precious, kind root and lineage lamas,  
Divine assembly of Yidams and assemblies of Buddhas, bodhisattvas,  
yogins, yoginis and dakinis dwelling in the ten directions,  
Please hear my prayer!

By the power of this vast root of virtue,  
May I benefit all beings through my body, speech and mind.  
May the afflictions of desire, hatred, ignorance, arrogance, and  
jealousy not arise in my mind.  
May thoughts of fame, reputation, wealth, honor, and  
concern for this life not arise for even a moment.  
May my mind stream be moistened by loving kindness, compassion,  
and bodhicitta

And, through that, may I become a spiritual master  
With good qualities equal to the infinity of space.  
May I gain the supreme attainment of Mahamudra in this very life.  
May the torment of suffering not arise even at the time of my death.  
May I not die with negative thoughts.  
May I not die confused by wrong view.  
May I not experience an untimely death.  
May I die joyfully and happily  
in the great luminosity of the Mind-as-such  
And the pervading clarity of Dharmata.  
May I, in any case, gain the supreme attainment of Mahamudra  
at the time of death or in the bardo.



Lord Jigten Sumgön

## LONG LIFE PRAYERS

### His Holiness Tenzin Gyatso, the XIV Dalai Lama:

GANG RI RA WE KOR WAI ZHING KAM SU/  
PEN DANG DE WA MA LÜ JUNG WAI NE/  
CHEN RE ZIG WANG TEN DZIN GYAM TSO YI/  
ZHAB PE SI TAI BAR DU TEN GYUR CHIG//

### His Holiness Drikung Kyabgon Chetsang Rinpoche:

KÖN CHOG KÜN DÜ SHAKYA SENG GE YI/  
TEN PA DZIN CHING PEL WAI DAG NYI CHE/  
KÜN ZANG CHÖ PA DRO DÖN TRIN LE CHOG/  
LHÜN DRUB JE TSÜN LA MAI ZHAB TEN SOL//

### His Holiness Drikung Kyabgon Chungtsang Rinpoche:

KÖN CHOG SUM GYI DAG NYI DRI GUNG PAI  
TEN PA DZIN LA DA DRAL TUG KYI TÛ  
DAM PAI CHÖ KYI ZHI SIL NANG WA YI  
KYI GÛ WUG JIN CHOG GI ZHAB TEN SOL//

### His Eminence Garchen Rinpoche:

PAG PAI YUL NA ARYA DE WA ZHE/  
DO KAM CHOG SU GAR GYI RIG SU TRUL/  
JIG TEN GÖN PÖ TUG SE CHÖ DING PA/  
PAL DEN GAR CHEN KU TSE KAL GYAR TEN/

NYIG DÜ GYAL TEN NYAG TRAI NE KAB DIR/  
TU TOB DOR JE TA BÜ TUL ZHUG KYI/  
RI ME TEN PAI KUR CHI DAG GIR ZHE/  
TEN PAI NYI MA GAR CHEN ZHAB TEN SOL//

### Khenchen Konchog Gyaltsen Rinpoche:

ZHUNG MANG TÖ PE NOR GYI PAL CHUG ZHING/  
SAM DANG GOM PE RANG RIG NYAG CHIG TOG/  
GYAL TEN TSUL TRIM Ö BUM GYE DZE CHE/  
KEN CHEN KÖN CHOG GYAL TSEN ZHAB TEN SOL//

### Drubwang Konchog Norbu Rinpoche:

DRUB CHOG GONG MAI DAM PAI DZÖ LA WANG/  
KÖN CHOG RIN CHEN YI CHEN KÜN GYI KYAB/  
NOR BU DÖ GU YI ZHIN JUNG WAI TER/  
DRUB WANG KÖN CHOG NOR BU ~~TSUN LA MAI~~ ~~ZHAB TEN SOL~~ //

Sol wa deb.

### Traga Rinpoche:

DAG CHAG MÖ GE PÜN SUM TSOG PA DANG/  
TSA SUM LHA DANG SUNG MAI TU TOB KYI/  
PAL GÖN LA MAI KU TSE RAB TEN ZHING/  
TRIN LE GOG ME CHOG CHUR PEL GYUR CHIG//



## LONG LIFE PRAYERS (English)

### His Holiness Tenzin Gyatso, the XIV Dalai Lama:

For this realm encircled by snow-covered mountains  
You are the source of every benefit and bliss without exception.  
Tenzin Gyatso, you who are one with Avalokiteshvara,  
May you remain steadfast until samsara's end!

### His Holiness Drikung Kyabgon Chetsang Rinpoche:

You are the embodiment of all the Precious Ones.  
You, a great being, are the holder and promoter of the teachings of the Shakya Lion,  
Your perfect actions are for the liberation of sentient beings.  
May you, the Jetsun lama whose enlightened activities are spontaneously  
present, live long!

### His Holiness Drikung Kyabgon Chungtsang Rinpoche:

Precious holder of the Triple Gem of Drikungpa,  
Who preserves the indisputable practice of the profound Dharma,  
Who has realized the sublime truth which reveals peace and illumination,  
May you, who relieve the suffering of limitless beings, live long!

### His Eminence Garchen Rinpoche:

The one known in the Holy Land as Aryadeva  
Emanated into the Gar clan of Eastern Tibet as Chödingpa,  
The heart son of Jigten Gönpö.  
May the life of glorious Garchen remain steadfast for a hundred aeons!

In this age of strife when the Victor's teaching faces hardship,  
Through his powerful, vajra-like conduct,  
He takes on himself the heavy responsibility of the unbiased teaching.  
May Garchen, the *Sun of the Teachings*, live long!

### Khenchen Konchog Gyaltsen Rinpoche:

You who are richly endowed with the glorious wealth of Dharma knowledge,  
Who, through reflecting and meditating, have actualized  
the self-aware absolute reality  
And shine with the hundred-thousand light rays of ethical discipline  
of the Buddha-Dharma,  
May you, Khenchen Ratna Dwaza, live long!

### Drubwang Konchok Norbu

You possess the repository of the essence-teachings of the past Supreme Siddhas.  
You, the precious Konchok, are the refuge of all beings.  
You are the treasure-trove of all the wish fulfilling Norbus.  
May you, Drubwang Konchok Norbu, ~~live long!~~ *I supplicate you!*

### Traga Rinpoche

Through our devotion, virtue and excellence,  
And the vast power of the three roots and Dharma protectors  
May the life of the Lama, the glorious protector, hold steadfast.  
May the Lama's enlightened activities unceasingly flourish throughout  
the ten directions!

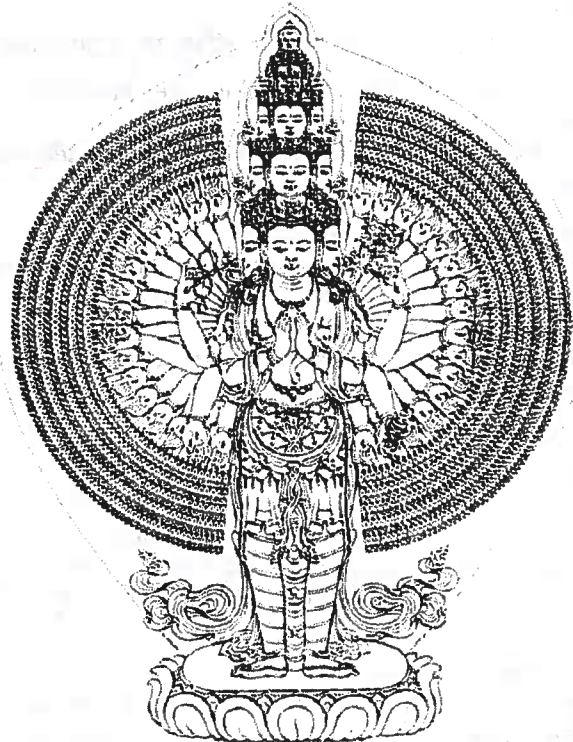
## CLOSING PRAYER

Your thousand arms are the thousand Chakravartin kings;  
Your thousand eyes are the thousand Buddhas of this fortunate era.  
I prostrate to the venerable Chenrezig who shows  
Whatever is needed to subdue those to be subdued.

OM MANI PADME HUNG HRI

GE WA DI YI NYUR DU DAG/  
CHEN RE ZIG WANG DRUB GYUR NE/  
DRO WA CHIG KYANG MA LÜ PA/  
DE YI SA LA GÖ PAR SHOG//

Through this virtue may I swiftly attain the state of Chenrezig  
and thus establish all sentient beings without exception  
in that glorious state of Chenrezig.



Thousand-arm Chenrezig, Buddha of Compassion

## SUPPLEMENTAL PRAYERS

### BRIEF PRAYER TO BE REBORN IN THE BLISSFUL PURE LAND OF AMITABHA

[English on next page]

*(Recite three times:)*

EH MA HO/  
NGO TSAR SANG GYE NANG WA TA YE DANG/  
YE SU JO WO TUG JE CHEN PO DANG/  
YÖN DU SEM PA TU CHEN TOB NAM LA/  
SANG GYE JANG SEM PAG ME KOR GYI KOR/  
DE KYI NGO TSAR PAG TU ME PA YI/  
DE WA CHEN ZHE JA WAI ZHING KAM DER/  
DAG ZHEN DI NE TSE PÖ GYUR MA TAG/  
KYE WA ZHEN GYI BAR MA CHÖ PA RU/  
DE RU KYE NE NANG TAI ZHAL TONG SHOG  
DE KE DAG GI MÖN LAM TAB PA DI/  
CHOG CHÜ SANG GYE JANG SEM TAM CHE KYI/  
GEG ME DRUB PAR JIN GYI LAB TU SOL/  
TE YA TA/  
PANTSA DRI YA AH WA BO DHA NA YA SO HA/

*(Recite three times:)*

JANG CHUB SEM CHOG RIN PO CHE/  
MA KYE PA NAM KYE GYUR CHIG/  
KYE PA NYAM PA ME PAR YANG/  
GONG NE GONG DU PEL WAR SHOG//



**BRIEF PRAYER TO BE REBORN  
IN THE BLISSFUL PURE LAND OF AMITABHA**

*(Recite three times)*

Eh Ma Ho!

In the center is the marvelous Buddha Amitabha of Boundless Light,  
On the right side is the Lord of Great Compassion  
And on the left is Vajrapani, the Lord of Powerful Means.  
All are surrounded by limitless Buddhas and Bodhisattvas.  
Immeasurable peace and happiness is the blissful pureland of Dewachen.  
When I and all beings pass from samsara,  
May we be born there without taking samsaric rebirth.  
May I have the blessing of meeting Amitabha face to face.  
By the power and blessings of the Buddhas and Bodhisattvas  
of the ten directions,  
May we attain this aspiration without hindrance.

*(Recite three times:)*

Bodhicitta, the excellent and precious mind –  
Where it is unborn, may it arise;  
Where it is born, may it not decline,  
But ever increase higher and higher.



Amitabha, Buddha of Boundless Light  
(visualize Amitabha as red in color)

**HUNDRED-SYLLABLE MANTRA OF VAJRASATTVA**

OM

The most excellent exclamation of praise  
BENZRA SATTWA SAMAYA  
Vajrasattva's samaya  
MANU PALAYA / BENZRA SATTWA  
Oh Vajrasattva, protect the samaya  
TENOPA TISHTA / DRIDO ME BHAWA  
May you remain firm in me  
SUTO KHAYO ME BHAWA  
Grant me complete satisfaction  
SUPO KHAYO ME BHAWA  
Grow within me (increase the positive within me)  
ANU RAKTO ME BHAWA  
Be loving toward me  
SARWA SIDDHIM-ME PRA YATSHA/  
Grant me all the siddhis  
SARWA KARMA SUTSA ME  
Show me all the karma (activities)  
TSIT-TAM SHRIYA KURU  
Make my mind good, virtuous and auspicious  
HUNG/  
The heart essence seed syllable of Vajrasattva  
HA HA HA HA  
Symbolizes the four immeasurables, the four empowerments,  
the four joys, and the four kayas  
HO  
The exclamation of joy at this accomplishment  
BHAGAWAN SARWA TATHAGATA  
Oh, all the blessed tathagatas  
BENZRA MAME MUN TSA  
May i be fully liberated in the Vajra  
BAZRI BHAWA  
Grant me the realization of the Vajra nature  
MAHA SAMAYA SATTWA AH//  
Oh great samaya sattva, Ah