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

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.
SHOWING RESPECT FOR BUDDHA DHARMA TEXTS

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GRATEFUL APPRECIATION

We offer our most grateful appreciation to Khenchen Konchog Gyaltshen 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 Guyensam 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
[English]
(Recite three times)

DAG LA DANG WAR CHE PAI DRA/
NÔ PAR CHE PAI GEG/
TAR PA DANG TAM CHE KYEN PAI BAR DU
CHÔ 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/

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ALTRUISTIC MOTIVATION
[Tibetan]
(Recite three times)

DAG LA DANG WAR CHE PAI DRA/
NÔ PAR CHE PAI GEG/
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DAG PAR DZOG PAI JANG CHUB RIN PO CHE TOB PAR JA/

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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 KHYI 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 Pái JANG CHUB CHIR NGO'O/


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 CHUN 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]

DORJE 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/
DÜ 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 KÜN ZIG KÜN 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 Dharma.
May I, in any case, gain the supreme attainment of Mahamudra
at the time of death or in the bardo.
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 Shaky 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 Gonpo.
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!

Khchen Konchog Gyaltshen 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, Khchen Ratna Dwaza, live long!

Drubwang Konchog Norbu Rinpoche:
You possess the repository of the essence-teachings of the past Supreme Siddhas.
You, the precious Konchog, are the refuge of all beings.
You are the treasure-trove of all the wish fulfilling Norbus.
May you, Drubwang Konchog Norbu, 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.

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 PÔ 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 MÔN LAM TAB PA DI/
CHOG CHÛ 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)