



**TIBETAN MEDITATION CENTER**  
**Book of Prayers**  
(English)  
v.1

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ALTRUISTIC MOTIVATION

*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  
omniscience –

May they experience happiness, be separated from suffering and  
Swiftly will I establish them in the state of unsurpassed,  
Perfect, complete, and precious buddhahood.

DAG LA DANG WAR JE PA'I DRA

NÖ PAR JE PA'I GEG

THAR PA DANG THAM CHE KHYEN PA'I BAR DU

CHÖ PAR JE PA THAM CHE KYI TSO JE PA'I

MA NAM KHA DANG NYAM PA'I SEM CHEN

THAM CHE DE WA DANG DEN

DUG NGEL DANG DREL NYUR DU LA NA ME PA

YANG DAG PAR DZOG PA'I JANG CHUB

RIN PO CHE THOB PAR JA

ACTION BODHICITTA PRAYER

*Recite once*

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.

DE'I CHE DU SANG MA GYE KYI BAR DU LU NGAG  
YI SUM GE WA LA KOL  
MA SHE'I BAR DU LU NGAG YI SUM GE WA LA KOL  
DU DE RING NE ZUNG TE NYI MA SANG DA  
TSAM GYI BAR DU LU NGAG YI SUM GE WA  
LA KOL

## LONG REFUGE PRAYER

*Recite three times*

We take refuge in the kind root and lineage lamas.  
We take refuge in the deities of the mandalas of the yidams.  
We take refuge in all the exalted Buddhas.  
We take refuge in the perfect Dharma.  
We take refuge in the excellent order of the sanghas.  
We take refuge in all the noble dakas, dakinis and  
Dharma-guardians – possessors of the eye of wisdom.

DRIN CHEN TSA WA DANG GYU PAR CHE PA'I  
PEL DEN LA MA DAM PA NAM LA KYAB SU CHI-O  
YI DAM KYIL KHOR GYI LHA TSHOG NAM LA  
KYAB SU CHI-O  
SANG GYE CHOM DEN DE NAM LA KYAB SU CHI-O  
DAM PA'I CHÖ NAME LA KYAB SU CHI-O  
PHAG PA'I GEN DUN NAM LA KYAB SU CHI-O  
PA WO KHAN DRO CHÖ KYONG SUNG MA'I TSHOG  
YE SHE KYI CHEN DANG DEN PA NAM LA  
KYAB SU CHI-O

## TAKING THE BODHISATTVA VOW

*Recite three times*

Until I attain the heart of enlightenment, I take refuge  
in all the buddhas.

I take refuge in the Dharma and likewise in the  
assembly of bodhisattvas.

As the previous buddhas cultivated the enlightened  
mind and progressed on the bodhisattva's path,  
I, too, for the benefit of all sentient beings, give birth to  
bodhicitta

And apply myself to accomplish the stages of the path.

JANG CHUB NYING POR CHI KYI BAR  
SANG GYE NAM LA KYAB SU CHI  
CHÖ DANG JANG CHUB SEM PA YI  
TSHOG LA-ANG DE SHIN KYAB SU CHI  
JI TAR NGON GYI DE SHEG KYI  
JANG CHUB SEM PA'I LAB PA LA  
DE DAG RIM SHIN NE PA TAR  
JANG CHUB SEM NI KYE GYI ZHING  
DE ZHIN DU NI LAB PA LA  
RIM PA ZHIN DU LAB PAR GYI

## SHORT REFUGE PRAYER

*Recite three times*

In the Buddha, Dharma and 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.

SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA  
JANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI JIN SOG GYI PA'I SÖ NAM KYI  
DRO LA PHEN CHIR SANG GYE DRUB PAR SHOG

THE FOUR IMMEASURABLES

*Recite three times*

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 that is  
free from sorrow.

May they rest equanimity, free from attachment and  
aversion.

MA NAM-KHA DANG NYAM PA'I SEM CHEM  
THAM CHE DE WANG DE WA'I GYU DANG  
DEN PAR GYUR CHIG  
DUG NGEL ME PA'I DE WA DANG MI DREL WAR  
GYUR CHIG  
NYE RING CHAG DANG NYI DANG DREL WA'I  
TANG NYOM LA NE PR GYUR CHIG



## SEVEN LIMB PRAYER

I bow down respectfully with my body, speech, and  
Faithful mind

To all tathagathas in the ten directions:

Those who have already reached the tathagatha state,

Those who are reaching it at present, and those

Tathagathas still to come.

JI NYE SU DAG CHOG CHU JIG TEN NA  
DU SEM SHEG PA MI YI SENG GE KUN  
DAG GI MA LÜ DE DAG THAM CHE LA  
LU DANG NGAG YI DANG WA'I CHAG GYO

Through the power of Samantabhadra's prayers,

May all buddhas manifest vividly in my mind.

I prostrate to them,

Multiplying my body a many times as there are atoms

Of the earth.

ZANG PO CHÖ PA'I MON LAM TOB DAG GI  
GYEL WAY THAM CHE YI KYI NGON SUM DU  
ZHING GI DUL NYE LÜ RAB TU PA YI  
GYEL WA KUN LA RAB TU CHAG TSEL LO

In each atom,

I visualize as many buddhas as there are atoms

Surrounded by countless bodhisattvas.

Thus, all space is filled with buddhas and

Bodhisattvas.

DUL CHIG TENG NA DUL NYE SANG GYE NAM  
SANG GYE SA KYI Ü NA SHUG PA DAG  
DE TAR CHÖ KYI YING NAM MA LÜ PA  
THAM CHE GYEL WA DAG GI GANG WAR MÖ

## SEVEN LIMB PRAYER

I praise all buddhas  
Thorough magnificent chanting,  
Expressing the great ocean  
Of their excellent qualities.

DE DAG NGAG PA MI ZE GYA TSO NAM  
YANG YI YEN LAG GYA TSO'I DRA KUN GYI  
GYEL WA KUN GYI YON TEN RAB JÖ CHING  
DE WAR SHEG PA THAM CHE DAG GI TÖ

To all buddhas, I make offerings  
Of various pure flowers, flower garlands,  
Music, anointing oils,  
Magnificent light, and fragrant incense.

ME TOG DAM PA THREG WA DAM PA DANG  
SIL NYEN NAM DANG JUP PA DUG CHOG DANG  
MAR ME CHOG DANG LA NI CHÖ PAR GYI

I make offerings to them  
Of fine garments, perfume, and pot-pourri  
Piled high as Mount Meru  
And arranged in the most beautiful way.

NA ZA DAM PA NAM DANG DRI CHOG DANG  
CHE MA PUR MA RI RAB NYAM PA DANG  
KÖD PA'I KYE PAR PHAG PE'I CHOG KUN GI  
GYEL WA DE DAG LA NI CHÖ PAR GYI

I visualize the highest and most extensive offerings,  
And offer them with great faith to all buddhas.  
I prostrate to the buddhas and make offerings to them,  
Following the deeds of the great bodhisattva,  
Samantabhadra.

## SEVEN LIMB PRAYER

CHÖ PA GANGG NAM LE ME GYA CHE WA  
DE DAG GYEL WA THAM CHE LA YANG MÖ  
ZANG PO CHÖ LA DE PA'I TOB DAG GI  
GYEL WA KUN LA CHAG TSEL CHÖ PAR GYI

I confess to you, buddhas,  
Whatever negative actions I have done  
Due to the power  
Of anger, desire, and ignorance.

DÖD CHAG ZHE DANG TI MUG WANG GI NI  
LÜ DANG NGAG DANG DE ZHIN YI KYI KYANG  
DIG PA DAG GI GYI PA CHI CHI PA  
DE DAG THAM CHE DAG GI SO SOR SHAG

I rejoice in the merit of all the buddhas in the ten  
Directions,  
Of the great bodhisattvas and pratyeka-buddhas,  
Those who have attained arhatship,  
Those who have entered the path to arhatship, and all  
Other beings.

CHOG CHU GYEL WA KUN DANG SANG GYE SE  
RANG GYEL NAM DANG LOB DANG MI LOB DANG  
DRO WA KUN GYI SÖ NAM GANG LA YANG  
DE DAG KUN GYI JE SU DANG YI RANG

I request all great protectors and buddhas  
To turn the highest wheel of Dharma –  
The light that dispels the darkness of the beings in the ten  
Directions  
And leads them gradually to the enlightened state.

## SEVEN LIMB PRAYER

GANG NAM CHOG CHU'I JIG TEN DRON ME NAM  
JANG CHUB RIM PAR SANG GYE ME CHAG NYE  
GON PO DE TAG DAG GI THAM CHE LA  
KHOR LO LA NA ME PA KOR WA KUL

I request those buddhas  
Intending to pass into parinirvana  
To live long, for as many aeons as there are atoms of  
    The earth,  
In order to benefit all beings.

NYA NGEN DE TON GANG SHIG DE TAG LA  
DRO WA KUN LA PHEN ZHING DE WE CHIR  
KAL PA ZHING GI DUL NYE ZHUG PAR YANG  
DAG GI THEL MO RAB JAR SOL WAR GYI

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.

CHAG TSEL WA DANG CHÖ CHING SHAG PA DANG  
JE SU YI RANG KUL ZHING SO WA YI  
GE WA CHUNG ZE DAG GI CHI SAG PA  
THAM CHE ZOK PE JAG CHUB CHIR NGO-O

SUPPLICATION TO LORD JIGTEN SUMGÖN

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.

KYAB-DREN-GYI DODME ZAM LING GYEN  
DRAG PA'I TONG SUM YON LA KHYAB  
TSÖ ME GYEL WA DOR JE CHANG  
PHA-JIG-TEN GON PA'I SHAB LA DÜ

DÜ-TAG-TU SAM GYU KHYÖ LE ME  
JIN GYI LOB SHIG THUG JE CHEN  
NYING GI MUN PA SEL-NE KYANG  
SEM-TRÖ-DREL DU TOG PAR JIN GYI LOB

SHORT MANDALA OFFERING – ENGLISH

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 moon.

As a buddhaheld, I offer it.

May all sentient beings attain the happiness of the  
buddhahelds.

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.

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.

OM GURU DEWA DAKINI RATNA MANDALA PRATI-TSA  
SVAHA

REQUEST FOR TEACHINGS  
(*ENGLISH*)

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.

SHORT MANDALA OFFERING (TIBETAN)

SA SHI PÖ CHÜ JUG ZHINGH ME TOG TRAM  
RI RAB LING ZHI NYI DE GYEN PA DI  
SANG GYE ZHING LA MIG TE PHUL WA YI  
DRO KUN NAM DAG ZHING DU KYE WAR SHOG

KU SUM YONG ZOG LA MA'I TSOG NAM LA  
CHI NANG SANG SUM DE ZHIN NYI KYI CHÖ  
DAG LÜ LONG CHÖ NANG SI YON SHE LA  
LA ME CHOG GI NGÖ DRUB TSEL DU SOL

CHAG TSEL WA DANG CHÖ CHING SHAG PA DANG  
JE SU YI RANG KUL ZHING SO WA YI  
GE WA CHUNG ZE DAG GI CHI SAG PA  
THAM CHE ZOG PA'I JANG CHUB CHIR NGO-O

OM GURU DEWA DAKINI RATNA MANDALA PRATI-TSA  
SVAHA

REQUEST FOR TEACHINGS  
(TIBETAN)

SEM CHEN NYAM KYI SAM PA DANG  
LÖ YI JE DAG JI TA WA  
CHE CHUNG THUN MÖNG THEG PA YI  
CHÖ KYI KHOR LO KOR DU SOL

SHORT CHENREZIG PRACTICE

Lord not veiled by any faults,  
Body white in color, your head adorned with a perfect  
buddha,  
Your compassionate eyes see all beings:  
To you, Chenrezig, I pray.

OM MANI PADME HUNG

By this virtue,  
May I quickly realize the state of Chenrezig,  
And may all sentient beings without exception  
Attain the glorious state of Chenrezig.

JO WO CHON GYI MA GÖ KU DOGKAR  
DZOG SANG GYE KYI U LA GYEN  
THUG JE CHEN GYI DRO LA ZIG  
CHE RE ZIG LA SOL WA DEB

OM MANI PADME HUNG

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



SHORT MANJUSHRI PRACTICE

You who are the perfect youthful body,  
Whose flame of wisdom blazes  
And dispels the darkness of worldly ignorance:  
I prostrate before you and praise you, Manjushri.

OM WA GHI SHWA RI MUM

To realize all the sutra and commentaries,  
Please grant me the power of radiant wisdom.  
By the light of your wisdom, Compassionate One,  
May the darkness of ignorance in my mind be dispelled.

SHON NU'I KU LU CHANG WA PO  
YE SHE DRON ME RAB TU BAR  
JIGTEN TI MUG MUN SEL WA  
JAM PEL YANG LA CHAG TSEL LO

OM WA GHI SHWA RI MUM

TSE DEN KYOP KYI KHYEN RAB WO SER GYI  
DAK LO'I TI MUG MUN PA RAB SEL NE  
KA DANG TEN CHO HUNG LUG TO PA YI  
LO DRO POB PA'I NANG WA TSEL DU SOL

## SHORT VAJRAPANI PRACTICE

The combined power and energy of all the buddhas,  
Supreme holder of the treasure of the secret teachings,  
Subjugator of all the maras and obscurers without

Exception:

I praise and pay homage to Vajrapani.

HUNG VAZRA PHAT

Through the virtue of this practice,  
May I achieve Vajrapani's great realization,  
And to this state may I come to lead  
Every sentient being—not one left behind.

DE SHEG THU TOP CHIG DU SHING  
SANE WA NGAG KYI DZO DZIN CHOG  
DU GEGEMA LU DUL DZE PA  
DOR JE DZIN LA CHAG TSEL LO

HUNG BAZRA PHAT

GE WA DI YI NYUR DU DAG  
SANG WE DAG PO DRUB GYUR CHIG  
DRO WA HIG KYANG MA LU PA  
DE YI SA LA GHO PAR SHOG

## SHORT TARA PRACTICE

The crowns of gods and demigods  
Pa homage to your lotus feet.  
You who liberate from all unfavorable conditions:  
I praise and prostrate to Mother Tara.

OM TA RE TU TA RE TU RE SVA HA

By this virtue, the virtues accumulated in samsara and  
nirvana, and the innate nature,  
May all mother sentient beings, countless as infinite space,  
attain the form of Noble Tara,  
Free from rejection and acceptance,  
The state of great wisdom that is liberated from the five  
poisons.

LHA DANG LHA MIN CHO PAN GYI  
ZHAB KYI PE MO LA TU NE  
PHONG PA KUN LE DROL DZE MA  
DROL MA YUM LA CHAG TSEL LO

OM TA RE TU TA RE TU RE SVA HA

GE WA DI ANAG KHOR DAG SAG YO KYI  
KHA NYAM MA GEN DRO WA YO DO CHOG  
DUG NGA RANG DROL YE SHE CHEN PO LONG  
GAG DRUB DROL WA'I PAHG MA'I KU THOB SHOG

SHORT AMITAYUS PRACTICE

Boundless Life, the principal guide of this world,  
The one who saves all sentient beings from untimely death,  
Refuge for helpless, suffering beings:  
I prostrate to Buddha Amitayus.

OM A MA RA NI DZI WAN TI YE SWA HA

By this virtue,  
May I swiftly attain Buddha Amitayus' state.  
May all sentient beings,  
Without exception, attain this state.

JIG TEN DREN PA'I TSO WO TSE PAG ME  
DU MIN CHI WA MA LÜÜ JOM DZE PA'I  
GON ME DUG NGEL GYUR PA NAM KYI KYAB  
SANE GYE TSE PAG ME LA CHAG TSEL LO

OMA MA RA NI DZI WAN TO YE SWA HA

GE WA DI YI NYURT DU DAG  
TSHE PAG ME GON HLA TSOG DRUB GYUR NE  
DRO WA CHIG KYANG MA LÜ PA  
DE YI SA LA GO PAR SHOG

SHORT MEDICINE BUDDHA PRACTICE

I praise and prostrate to Medicine Buddha,  
Who radiates the light of the vaidurya jewel.  
Exalted One, your compassion permeates all beings,  
Dispelling the suffering of the lower realms.

TA DYA THA

OM BHE KHA ZE BHE KHA ZE MA HA BE KHA ZE  
BHE KHA RA ZA SA MUN GA TE SWA HA

By this virtue,  
May I quickly accomplish Medicine Buddha.  
May I establish all sentient beings without exception  
In that state.

THUG JE KUN LA NYOM PE'I CHOM DEN DE  
TSEN TSAM THÖ PE NGEN DRO'I DUG NGEL SEL  
DUG SUM NE SEL SANG GYE MEN LYI LA  
BE DUR YA'I WÖ LA CHAG TSEL TÖ

TA DYA THA

OM BHE KHA ZE BHE KHA ZE MA HA BE KHA ZE  
BHE KHA RA ZA SA MUN GA TE SWA HA

GE WAQ DI YI NYUR DU DAG  
SANG GYE MEN LA DRUB GYUR NE  
DRO WA CHIG KYANG ME LU PA  
DI YI SA LA GÖ PAR SHOG

## SHORT VAJRASATTVA PRACTICE

Vajrasattva, Mahasattva, the Great Mind,  
The embodiment of all the buddhas,  
The Samantabhadra:  
I prostrate to you, Holder of the Vajra.

OM BAZRA SATTWA SAMAYA  
MANU PLAYA  
BAZRA SATTWA TENOPA TISHTHA  
DRIDO ME BHAWA  
SUTO KYOME BHAWA  
SUPO KYOME BHAWA  
ANU ARKTO ME BHAWA  
SARWA SIDDHIM-ME PRA-YATSHA  
SARWA KARMA SUTSA-ME TSIT-TAN SHRIYA  
KURU HUNG  
HAHA HAHA HO  
BHAGAWAN SARWA TATHAGATA  
BAZRA-MAME MUN TSA  
BAZRI BHAWA  
MAHA SAMAYA SATTWA AH

By the virtue of this practice,  
May I achieve Vajrasattva's great realization.  
To this state may I come to lead every being—  
Not one left behind.

SHORT VAJRASATTVA PRACTICE

DOR JE SEM PA CHE  
DOR JE DE ZHIN SHEG PA KÜN  
CHAG TSEL CHAG NE DOR JE LA-O

OM BAZRA SATTWA SAMAYA  
MANU PLAYA  
BAZRA SATTWA TENOPA TISHTHA  
DRIDO ME BHAWA  
SUTO KYOME BHAWA  
SUPO KYOME BHAWA  
ANU ARKTO ME BHAWA  
SARWA SIDDHIM-ME PRA-YATSHA  
SARWA KARMA SUTSA-ME TSIT-TAN SHRIYA  
KURU HUNG  
HAHA HAHA HO  
BHAGAWAN SARWA TATHAGATA  
BAZRA-MAME MUN TSA  
BAZRI BHAWA  
MAHA SAMAYA SATTWA AH

GE WA DI YI NYUR DU DAG  
DOR JE SEM PA DRUB GYUR NE  
DRO WA CHIG KYANG MA LU PA  
DE YI SAL LA GO PAR SHOG

## LAMA SUPPLICATION

I pray to the glorious lama—  
Master of the four buddhas' bodies  
Crown jewel of the entire Dagpo Kaygu,  
Leader of sentient beings, Teacher of the ultimate path,  
Lord of compassion, Regent of the Buddha,  
Of peerless kindness, Incomparable teacher,  
Vajradhara.

Heed my prayer, Great Drigunpa.

I pray to you!

Look upon me with compassion!

Empower me with the blessing!

The two attainment –

Bestow them now!

Spontaneously establish the two benefits!

Here bestow the fruit!

PAL DEN LA MA

KU ZHI WANG CHUG

DAGPO KA GYU YONGG KYI TSUG GYEN

DRO WA'I DE PON DAM PA'I LAM TON

THUG JE'I NGA DAG

GYAL WAY GYAL TSHAB

KA DRIN DA DREL

TON PA DA ME

DOR JE CHANG WANG

GON PO DRI GUNG PA CHEN PO KHYEN NO

SOL WA DEB SO

THUG JE ZIG SHIG

JYIN GYI LOB SHIG

NGÖ DRUB NAM NYI

DA TA TSOL CHIG

DON NYI LHUN DRUB

DRE BU TSOL CHIG



## PURIFICATION PRACTICE

First, visualize a white OM at your forehead, a red AH at the throat, and a blue HUNG at the heart. Then, recite the mantra OM AH HUNG.

As the first mala round is recited, a white fire will emanate from the OM and burn all physical obscurations. All the sickness, negative karma, and bodily obscurations are consumed by the wisdom fire of the OM.

During the recitation of the second mala round, a red fire will emanate from the red AH at the throat and burn all the obscurations and negative karma that were made through speech.

During the third mala round, a blue fire emerges from the blue HUNG at the heart and envelop the entire body. All the negative karma and obscurations of the mind are consumed, burned away. During the fourth mala round, three colored lights emanate from the three syllables and radiated in directions, fully purifying the outer universe and freeing all sentient beings from suffering and its causes.

### Dissolution

After the mantra recitation, the white OM dissolves into the red AH; the red AH dissolves into the blue HUNG; and the blue HUNG disappears slowly from the bottom up into emptiness.

Then just relax, rest the mind without any investigation or discrimination, and be aware. Get a glimpse into the nature of mind and meditate in that state.

*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 ae 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 we 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.

TAYA THA/PAN TSA DRI YA A WA BO DHA NA YA  
SVA HA

DEDICATION

*Recite three times*

Bodhicitta, the excellent and precious mind:

Where it is unborn, may it arise;  
Where it is born, may it never decline,  
But ever increase higher and higher.

*Recite three times*

EH MA HO  
NGO TSAR SANG GYE NANG WA THA YE DANG  
YE SU JO WO THUG JE CHEN PO DANG  
YON DU SEM PA THUB CHEN THOB NAM LA  
SANG GYE CHANG SEM PAG ME KHOTR GYI KOR  
DE KID NGO TSAR PAG TU ME PA YI  
DE WA CEN ZHEN CHA WA'I SHING KHAM GYI KOR  
DAG ZHEN DI NE TSHE PHO GYUR MA THAG  
KYE WA ZHEN GYI BAR MA CHÖ PA RU  
DE RU KYI NE NANG THA'I ZHEL THONG SHOG  
DE KE DAG GI MON LAN TAB PA DI  
CHOG CHU SANG GYE CHANG SEM THAM CHE KYI  
GEG ME DRUB PAR JIN GYI LAB TU SOL  
TA YA THA/PAN TSA DRI YA A WA BO DHA NA YA  
SVA HA

DEDICATION

*Recite three times*

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

## USING WISDOM AND COURAGE

*Repeat this often, without expectation or fear, in order to train the mind. This is one of the most well-known verses practiced by many great bodhisattvas, through which they achieved excellent results. This is a special method to free ourselves from hope and fear so that we can transmute suffering into the path of enlightenment.*

I rely on you, buddhas and bodhisattvas,  
Until I achieve enlightenment.  
Please grant me enough wisdom and courage to be free  
From delusion.

If I am supposed to get sick, let me get sick,  
And I'll be happy.  
May this sickness purify my negative karma  
And the sickness of all sentient beings.

If I am supposed to be healed, let all my sickness and  
Confusion be healed,  
And I'll be happy.  
May all sentient beings be healed  
And filled with happiness.

If I am supposed to die, let me die,  
And I'll be happy.  
May all the delusion  
And the causes of suffering of beings die.

If I am supposed to live a long life, let me live a long life,  
And I'll be happy.  
May my life be meaningful  
In service to sentient beings.

If my life is to be cut short, let it be cut short,  
And I'll be happy.  
May I and all others be free  
From attachment and aversion.

## FOOD OFFERING PRAYERS

The precious Buddha is the supreme teacher.  
The precious Dharma is the supreme protection.  
The precious Sangha is the supreme guide.  
To these Three Jewels, the objects of refuge, I make this offering of food.

TON PA LA ME SANG GYE RIN PO CHE  
KHYOP PA LA ME DAM CHÖ RIN PO CHE  
DEN PA LA ME GE DUN RIN PO CHE  
KYAB NE ON CHO GH SUM LA CHÖD PA BUL

This well-prepared, delightful food with a hundred tastes  
I offer with faith to the Buddhas and Bodhisattvas.  
Through this, may all living beings  
Enjoy the rich food of deep meditation.

ZHEL ZE TO GYA DEN ZHING YI TROG PA  
LEG JAR DI NI GYEL WA SE CHE LA  
DE PE BUL WE DRO WA DI DAG KUN  
JOR DEN TING DZIN ZE LA CHO PAR SHOG

By seeing the food as medicine,  
I will partake of it without attachment or aversion.  
It shall not serve to increase my pride, arrogance, or strength,  
but will only maintain my body.

KHA ZE MA NDANG DRA WAR RIG PA YI  
DO CHAG ZHE DANG ME PAR TEN GYI TE  
GYAG CHIR MA LAG MYEM PA'I CHIR MA LAG  
TSAG CHIR LAG LU NE BA ZHI CHIR

## LONG LIFE PRAYERS

*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 with exception.  
Tenzin Gyatso, you who are one with Avalokiteshvara:  
May you remain steadfast until samsara's end!

*His Holiness, Drikung Kyabgon Chetsang Rinpoche:*

Embodiment of the three precious jewels,  
Padmapani, who holds the teaching of the Victorious One,  
Seeing the all-goodness meaning with the wisdom eye:  
May you who are Spontaneously Established Activities live  
long for hundreds of kalpas!

*His Holiness, Drikung Kyabgon Chungtsang Rinpoche:*

Noble Manjushri, the Lord of Speech,  
Who manifests to hold the teachings of the Triple Gem,  
Who raises the lamp of the Sage's teachings:  
May you who are the Light of the Dharma live long  
For hundreds of kalpas!

*His Eminence, Garchen Rinpoche:*

The one known in the holy land as Aryadeva  
Emanated into the Far clam of eastern Tibet as Chödingpa,  
The heart-son of Jigten Sumgön.  
May the life of glorious Garchen remain steadfast for a  
hundred aeons.

*Khenchen Rinpoche, Konchog Gyaltshen:*

You 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!

## LONG LIFE PRAYERS

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

KANG RI RA WE KOR WE SHING KAM SU  
PHEN DANG DE WA MA LÜ JUNG WE NE  
CHEN RE ZIG WANG TEN IN GYA TSO YE  
ZHAP PE SER TI BAR DU TEN JYUR CHIG

*His Holiness, Drikung Kyabgon Chetsang Rinpoche:*

KON CHOG RIN CHEN SUN GYI NGO WO KYI  
GYEL TEN DZIN PA TRUL PA'I PE KAR CHANG  
DÖN KUN SANG PO CHÄN GYI SIG DZE PA  
THRIN LE LUN DRUB KEL GYAR SHAB TEN SHOG

*His Holiness, Drikung Kyabgon Chungtsang Rinpoche:*

KON CHOG SUM GYI TEN PA DZIN PA LA  
NGAG GIWANG CHUG JE TSUN JAM PE YANG  
THUB TEN RIN CHEN DRON ME DEG DZE PA  
CHÖ KYI NANG WA KEL GYAR SHAB TEN SHOG

*Khenchen Rinpoche, Konchog Gyaltshen:*

DZUNG MANG THÖ PE NOR GYI PEL CHUG CHING  
SAM DANG GOM PE RANG RIG NYAG CHIG TOG  
GYEL TEN TSEL TRIM ÖD BUM GYED DZE CHE  
KHEN CHEN KON CHOG GYAL TSHEN SHAB TEN SOL

DEDICATION PRAYERS – ENGLISH

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



DEDICATION PRAYERS – TIBETAN

DOR JE CHANG CHEN TI LI NA RO DANG  
MAR PA MIL LA CHÖ JE GAMP PO PA  
PHAGMO DUR PA GYEL WA DRIGUNG PA  
KA GYU LA ME NAM KYI TA SHI SHOG

SÖ NAM DI YI THAM CHE ZIG PA NYI  
THOB NE NYE PA'I DRA NAM PHAM CHE TE  
KYE GA NA CHI BA LONG TRUG PA YI  
SI PA'I TSHO 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 PHEL WAR SHOG

LA MA KU KHAM ZANG WAR SOL WA DEB  
CHOG TU KU TSHE RING WAR SOL WA DEB  
TRIN LE DAR SHING GE PAR SOL WA DEB  
LA-MA-DANG DREL WA ME PAR JIN GYI LOB

JAM PEL PA WÖ JI TAR KHYEN PA DANG  
KUN TU SANG P DE YANG DE SHIN TE  
DE DAG KUN GYI JE SU DAG LOB CHING  
GE WA DI DAG THAM CHE RAB TU NGO

SANG GYE KU SUM KYE PA'I JIN LAB DANG  
CHÖ NYI MI GYUR DEN PA'I JIN LAB DANG  
GEN DUN MI CHE DÜ PA'I JIN LAB KYI  
JI TAR NGÖ SHIN MON LAM DRUB PAR SHOG

## DEDICATION PRAYER

*By Lord Jigten Sumgön*

Glorious, holy, venerable, precious kind root and lineage  
Lamas,  
Divine assembly of vidams and assemblies of buddhas,  
Bodhisattvas, yogins, yoginis and dakinis dwelling in the  
Ten directions:  
Please hear my prayer!

May the virtues collected in the three times by myself and all  
sentient beings in samsara and nirvana  
and the innate root of virtue  
Not result in the eight worldly concerns, the four causes of  
samsara, or rebirth as a shravaka or pratyekabuddha.

May all mother sentient beings,  
Especially those enemies who hate me and mine,  
Obstructors who harm, misleading maras, and the hordes of  
demons  
Experience happiness, be separated from suffering  
and swiftly attain unsurpassed, perfect, complete, and  
precious Buddhahood.

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 attachment to fame, reputation, wealth, honor, and  
concern for this life not arise for even a moment.

## DEDICATION PRAYER

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  
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  
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 on in the bardo.

WELL-KNOWN PRAYER CALLED DAKHORMA

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.

DAG DANG KHOR DE THAM CHE KI  
DUY SUM DU SAG PA DANG  
YÖ PA'I GE WA'I TSA WA DI  
DAG DANG SEM CHEN THAM CHE  
NYUR DU LA NA ME PA  
YANG-DAG-PAR DZOG PA'I JANG CHUB RIN PO CHE  
THOB PAR GYUR CHIG

May the teachings of the Great Drigungpa, 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.

SHE JA KUN ZIG KUN KHYEN CHÖ KYI JE  
TEN DREL NE LA WANG THOB DRI GUNG PA  
RIN CHEN PEL GYI TEN PA SI TA'I BAR  
SHE DRUB THÖ SAM GOM PE ZIN GYUR CHIG

## Guidelines for Dharma Practitioners-1

### *Four Foundations:*

- Recollecting the blessedness and possibilities of a precious human life
- Contemplating ever-changing impermanence
- Contemplating the nature of samsara, the wheel of transmigration
- Action and its result

### *Four Seals of Dharma:*

- All composite phenomena are impermanent.
- All the afflicted states are suffering
- All phenomena are devoid of self
- The unconditional, ultimate peace is nirvana

### *Four Noble Truths:*

- The truth of suffering
- The truth of the cause of suffering
- The truth of the cessation of suffering
- The path to cessation of suffering

### *Four Immeasurables:*

- Friendliness of loving-kindness
- Compassion
- Joy of rejoicing
- Equanimity

Practitioners should contemplate these four by directing them sincerely toward all sentient beings.

### *Three Refuges:*

- Buddha, the fully awakened and enlightened one
- Dharma, the teaching of scripture and experience
- Sangha, those highly accomplished in the experience of meditation.

These three are the goal to be achieved, as well as the path toward the goal – the gateway to be entered in order to be free from samsara.

## Guidelines for Dharma Practitioners-2

### *Two Accomplishments:*

To actualize bodhicitta and experience emptiness, the two accumulations of virtue and wisdom are the indispensable method.

### *Four-fold Statement of Emptiness:*

- Dependent origination – that nature is declared to be emptiness.
- Dependent designation – that itself is the middle way.

### *Four Practices of the Bodhisattva:*

- Contemplating these topics
- Having the wisdom which has insight into the meaning of these topics
- Following the path joyfully
- Purifying the mind for the welfare of all sentient beings

### *Six Perfections:*

- Generosity moral ethics
- Enduring patience
- Joyous effort
- Meditative concentration
- Wisdom

These six constitute the perfection of the mind and achievement of enlightenment.

### *Purity of Deity Yoga:*

- Having the mind of enlightenment for all sentient beings
- Emptiness of all phenomena
- Perceiving all sentient beings in the enlightened state
- Dedication of the virtues of the practices

These are the key points were assembled so that practitioners may be reminded of their Dharma practice and reflect on them repeatedly.

## Thank You

We are extremely grateful to Khenchen Rinpoche, Konchog Gyaltshen, who translated most of these prayers and practices from the Tibetan prepared the phonetic transliteration. He has edited and polished these prayers several times with assistance from many different practitioners.

Please treat this booklet with respect as it contains the precious teachings of the Dharma. It should not be placed on the floor or stepped over; other objects should not be placed on top of it. When you no longer have use for it, please share it with someone else or burn it.

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