



The ritual for taking the

# 8 Mahayana Precepts



The Ritual for Taking the  
Eight Mahayana Precepts

# Preparations

1. Watch the introductory video on taking the Eight Precepts.

- **English**

- <https://youtu.be/RiD00uJ9scg>

- **Chinese**

- <https://youtu.be/ZXUJ8beS7z0>

2. Observe a no black food diet on the day of the ceremony

- No meat, fish, eggs, onions, garlic, alcohol, dairy.

3. If you are taking the precepts remotely:

- Download or print out the Eight Precept prayers so you can recite along.
- Clean your altar and surrounding area.
- Have an image of the Buddha and your spiritual teacher on your altar.
- Make fresh offerings to the Three Jewels.

4. Wear white clothing.

5. Join the Taking the Eight Precepts ceremony.

6. Recite the King of Prayers after you've completed the 24-period of taking the Eight Precepts.

# The Eight Precepts

1. To refrain from killing, whether directly or indirectly.
2. To refrain from stealing and taking what is not given.
3. To refrain from sexual activity.
4. To refrain from lying and deceptive speech.
5. To refrain from using intoxicants.
6. To refrain from eating after noon.
7. To refrain from dancing, singing, playing music, and wearing cosmetics, perfume, and jewellery.
8. To refrain from using luxurious beds and seats with pride.

## The Eight Precepts Ceremony

### Preliminary Mantras

Reciting these mantras at the beginning of each day multiplies the merits of virtuous activities and mantra recitations that we engage in throughout the day.

#### Multiplying Mantra

**OM SAMBHARA SAMBHARA VIMANA SARA MAHA JAVA HUNG**

**OM MARA MARA VIMANA SARA MAHA JAVA HUNG** (7x)

#### Blessing the Rosary

**OM RUTSIRA MANI PRAWA TAYA HUNG** (7x)

# Requesting the Blessings of H.E. Kyabje Tsem Rinpoche

Composed by H.E. Drubwang Gangchen Rinpoche

**GANG-ZHIG LEY-KEL ZANG-PÖ DÜL-JA-LA  
DRAG-PA NAM-SUM LUNG-TOG GYEL-WEY-TEN  
DZIN-CHING CHOG-GYAR PEL-LA ZÖ-PEY-KHUR  
PEL-DEN LA-MEY ZHAB-LA SÖL-WA-DEB**

Performer of whatever actions for those with great fortune and  
karmic connection,  
Holder of the three Dragpas teachings<sup>1</sup>, granting transmission  
and highest realisations,  
With patience and great effort increasing the teachings in one  
hundred directions,  
To the feet of this glorious and splendid lama, I offer my prayer  
request.

Name mantra of Kyabje Tsem Rinpoche

**OM AH GURU KIRTI DATSA SHASANA DHARA VIRYIA  
SIDDHI HUM HUM** (21x)

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<sup>1</sup> Duldzin Dragpa Gyaltsen, Panchen Sonam Dragpa, and Tulku Dragpa Gyaltsen

# Preliminaries

(Stand up and recite the following prayers)

## Taking Refuge

**NAMO GURU BEH**  
**NAMO BUDDHA YA**  
**NAMO DHARMA YA**  
**NAMO SANGHA YA** (3x)

I take refuge in the Guru  
I take refuge in the Buddha  
I take refuge in the Dharma  
I take refuge in the Sangha (3x)

## Generating Bodhicitta

**SANG-GYE CHÖ-DANG TSHOG-KYI CHOG-NAM LA**  
**JANG-CHUB BAR-DU DAG-NI KYAB-SU CHI**  
**DAG-GI JIN-SOG GYI-PEY TSHOG-NAM KYI**  
**DRO-LA PHEN-CHIR SANG-GYE DRUB-PAR SHOG** (3x)

In the Buddha, Dharma, and Sangha  
Until enlightened, I seek refuge.  
Through giving and other perfections,  
To aid all, may I become a Buddha! (3x)

## The Four Immeasurables

**SEM-CHEN THAM-CHE DEY-WA-DANG DEY-WEY GYU-DANG  
DEN-PAR GYUR-CHIG**

**SEM-CHEN THAM-CHE DUG-NGEL-DANG DUG-NGEL-GYI GYU-  
DANG DREL-WAR GYUR-CHIG**

**SEM-CHEN THAM-CHE DUG-NGEL MEY-PEY DEY-WA-DANG MI-  
DREL-WAR GYUR-CHIG**

**SEM-CHEN THAM-CHE NYE-RING CHAG-DANG NYI-DANG  
DREL-WEY TANG-NYOM-LA NEY-PAR GYUR-CHIG (3x)**

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

May all sentient beings be free of suffering  
and the causes of suffering!

May all sentient beings never be parted from happiness,  
free of suffering!

May all sentient beings abide in equanimity free from  
bias, attachment and aversion! (3x)

## Purifying the Place

**TAM-CHE DU-NI SA-ZHI DAG  
SEG-MA LA-SOG MEY-PA DANG  
LAG-THIL TAR-NYAM BAI-DUR YE  
RANG-ZHIN JAM-POR NEY-GYUR CHIG**

May the ground in every place be pure,  
And free of the roughness of pebbles and so forth.

May the ground be of the nature of lapis  
And as smooth as the palm of one's hand.

## Offering Prayers

**LHA-DANG MI-YI CHÖ-PEY DZE  
NGÖ-SU SHAM-DANG YI-KYI TRÜL  
KÜN-ZANG CHÖ-TRIN LA-NA MEY  
NAM-KHE KHAM-KÜN KHYAB-GYUR CHIG**

May these offerings both human and divine,  
Those actual and emanated,  
Unsurpassed Samantabhadra clouds of offerings,  
Fill the entire space.

## Offering Cloud Dharani

It is taught in the sutras that recitation of this dharani brings infinite benefits such as raining a great rain of offerings in front of the conquerors and their children.

**OM NAMO RATNA TRAYAYA NAMO BHAGAWATE BENZA  
SARA PRAMADINYE TATHAGATAYA ARHATE SAMYAK  
SAM BUDDHAYA TAYATHA OM BENZE BENZE MAHA  
BENZE MAHA TESHU BENZE MAHA VIDHYA BENZE  
MAHA BODHICHITTA BENZE MAHA BODHI MANDROPA  
SAM KRAMANA BENZE SARVA KARMA VARONA  
BHIKSHU DANA BENZE SOHA**

## Heart of Dependent Arising

**OM YE DHARMA HETU PRABHAVA HETUN TESHAN  
TATHAGATO HAYWADAT TESHAN CHAYO NIRODHA  
EVAM VADI MAHA SHRAMANA YE SOHA**

## Condensed Heart Sutra

**MA-SAM JÖ-MEY SHE-RAB PHA-RÖL CHIN  
MA-KYE MI-GAG NAM-KHE NGO-WO NYI  
SO-SOR RANG-RIG YE-SHE CHÖ-YÜL WA  
DÜ-SUM GYEL-WEY YUM-LA CHAG-TSHEL LO**

Prajnaparamita, you transcend words, thought, and description.  
You are unborn, unceasing, the nature of space,  
The sphere of self-aware primordial wisdom.  
Mother of victors past, present, and future, I pay homage to you!

## Mantra

**TAYATHA OM GATEY GATEY PARAGATEY  
PARASAMGATEY BODHI SOHA (7x)**

## Power of Truth

**KON-CHOG SUM-GYI DEN-PA-DANG  
SANG-GYE-DANG JANG-CHUB SEM-PA TAM-CHE-KYI JIN-GYI  
LAB-DANG  
TSOG-NYI YONG-SU DZOG-PEY NGA-TANG CHEN-PO-DANG  
CHO-KYI YING NAM-PAR DAG-CHING SAM-GYI MI-KYAB-PEY  
TOB-KYI DE-ZHIN NYI-DU GYUR-CHIG**

By the force of the truth from the Three Jewels of Refuge,  
By the firm inspiration from all Bodhisattvas and Buddhas,  
By the power of all the Buddhas who have fully completed  
Their collections of both good merit and insight,  
By the might of the void,  
Inconceivable and pure,  
May all of these offerings be hereby transformed  
Into their actual nature of voidness.

## Invocation

**MA-LÜ SEM-CHEN KÜN-GYI GÖN-GYUR CHING  
DÜ-DE PUNG-CHE MI-ZEY JOM-DZE LHA  
NGÖ-NAM MA-LÜ YANG-DAG KHYEN-GYUR PEY  
CHOM-DEN KHOR-CHE NEY-DIR SHEG-SU SÖL**

Protector of all beings without exception,  
Divine subduer of innumerable negative forces,  
Deity, perfect knower of all things,  
Bhagawan and attendants, please come here.

## Prostrations

(perform 3 prostrations while reciting)

**OM NAMO MANJUSHRIYE** (fold hands at crown)

**NAMAH SU SHRIYE** (fold hands at forehead)

**NAMAH UTTAMA SHRIYE** (fold hands at throat)

**SOHA** (fold hands at heart) (3x)

(sit down)

## Homage to the Buddha

**LA-MA TÖN-PA CHOM-DEN-DEY DE-ZHIN-SHEG-PA DRA-  
CHOM-PA YANG-DAG-PAR DZOG-PEY SANG-GYE PEL-GYEL-  
WA SHA-KYA THUB-PA-LA CHAG-TSHEL-CHING / KYAB-SU-  
CHI'O / CHÖ-DO JIN-GYI LAB-TU-SÖL**

To the Guru and founder, the endowed transcendent destroyer, the one gone beyond, the foe destroyer, the completely perfected, fully awakened, glorious conqueror, the subduer of the Shakya clan, I prostrate, go for refuge and make offerings. Inspire me thus!

Buddha Shakyamuni mantra

**OM MUNI MUNI MAHA MUNI SHAKYAMUNI YE SOHA**

(3x, 7x, 21x, 108x or more)

# Gaden Lhagyama

{The Guru Yoga of Lama Tsongkhapa}

A meditation, prayer and recitation method to increase wisdom, memory, compassion, patience, and to ward off negative energies, spells and spirits. With this practice, one makes a connection to Maitreya Buddha. It is simple, complete and effective for today's modern individual.

Invocation

**GA-DEN LHA-GYE GÖN-GYI THUG-KA-NEY  
RAB-KAR ZHO-SAR PUNG-DRE CHU-DZIN-TSER  
CHÖ-KYI GYEL-PO KÜN-KHYEN LO-ZANG-DRAG  
SEY-DANG CHE-PA NE-DIR SHEG-SU-SÖL**

From Tushita's hundreds of gods' Protector's (Maitreya Buddha) heart,

To the tip of this fresh, pure white, heaped curd-like cloud,  
O Losang Drakpa, Dharma's Omniscient King,  
Please come to this place, with your disciples!

Requesting to stay

**DÜN-GYI NAM-KHAR SENG-TRI PEY-DEY-TENG  
JE-TSÜN LA-MA GYE-PEY DZUM-KAR-CHEN  
DAG-LO DEY-PEY SÖ-NAM ZHING-CHOG-TU  
TEN-PA GYE-CHIR KEL-GYAR ZHUG-SU-SÖL**

In the space ahead on a lion-throne, lotus and moon,  
Venerable Gurus smile brightly with delight.  
Please stay hundreds of eons to spread the Dharma  
As the supreme merit field for my mind of faith!

Prostration and praise

**SHEY-JEY KHYÖN-KÜN JEL-WEY LO-DRÖ-THUG  
KEL-ZANG NA-WEY GYEN-GYUR LEG-SHEY-SUNG  
DRAG-PEY PEL-GYI LHAM-MER DZEY-PEY-KU  
THONG-THÖ DREN-PEY DÖN-DEN LA-CHAG-TSHEL**

Your wisdom mind sees the full range of existence,  
Your eloquent speech adorns the fortunate's ears,  
Your beauteous body, famed glory outstanding,  
Homage to you, worthwhile to think of, hear, and see.

Offering

**YI-ONG CHÖ-YÖN NA-TSHOG ME-TOG-DANG  
DRI-ZHIM DUG-PÖ NANG-SEL DRI-CHAB-SOG  
NGÖ-SHAM YI-TRÜL CHÖ-TRIN GYA-TSHO-DI  
SÖ-NAM ZHING-CHOG KHYE-LA CHÖ-PAR-BÜL**

Pleasant offerings of water, various flowers,  
Fragrant incense, light, perfume, and so on,  
Oceans of offerings, set out and envisioned,  
Offered up to you, supreme field of merit.

Confession

**GANG-ZHIG THOG-MEY DÜ-NEY SAG-PA-YI  
LÜ-NGAG YI-KYI MI-GE CHI-GYI-DANG  
KHYE-PAR DOM-PA SUM-GYI MI-THÜN-CHOG  
NYING-NEY GYÖ-PA DRAG-PÖ SO-SOR-SHAG**

Non-virtue committed with body, speech, and mind,  
Which I have heaped up since beginningless time,  
Especially what has transgressed the three vows,  
Each I confess from my heart with strong regret.

Rejoicing

**NYIG-MEY DÜ-DIR MANG-THÖ DRUB-LA-TSÖN  
CHÖ-GYE PANG-PEY DEL-JOR DÖN-YÖ-JEY  
GÖN-PO KHYÖ-KYI LAB-CHEN DZEY-PA-LA  
DAG-CHAG SAM-PA THAG-PEY YI-RANG-NGO**

In time of strife you strove to learn and practise,  
Shunned the eight mundane concerns and made life essenceful,  
O Protector, from the depths of our hearts,  
We rejoice in your powerful great deeds.

Request to turn the wheel of Dharma

**JE-TSÜN LA-MA DAM-PA KHYE-NAM-KYI  
CHÖ-KÜ KHA-LA KHYEN-TSE TRIN-TRIG-NEY  
JI-TAR TSHAM-PEY DÜL-JEY DZIN-MA-LA  
ZAB-GYE CHÖ-KYI CHAR-PA AB-TU-SÖL**

Venerable Gurus, from love and wisdom,  
Clouds densely massed in your Dharmakaya sky,  
Please loose a rain of vast and profound Dharma  
On the fields of disciples as needed.

Requesting to remain

**NAM-DAG Ö-SEL YING-LEY ZHENG-PA-YI  
ZUNG-JUG KU-LA CHAR-NUB MI-NGA-YANG  
THA-MEL NANG-NGOR ZUG-KU RAG-PA-NYI  
SI-THEY BAR-DU MI-NUB TEN-PAR-ZHUG**

Risen from the pure sphere of clear light,  
Union's form is unborn, undying.  
Still, to ordinary view, in this gross form,  
Please stay on, undying, until the end of samsara.

Dedication

**DAG-SOG JI-NYE SAG-PEY GE-WA-DI  
TEN-DANG DRO-WA KÜN-LA GANG-PHEN-DANG  
KHYE-PAR JE-TSÜN LO-ZANG DRAG-PA-YI  
TEN-PEY NYING-PO RING-DU SEL-JEY-SHOG**

May whatever virtue that I have gathered here,  
Bring benefit to all beings and the Dharma,  
And may it make Venerable Losang Drakpa's  
Essence teachings specially shine forever!

Migtsema (Mantra of Je Tsongkhapa)

**MIG MEY TSE WEY TER CHEN CHENREZIG  
DRI MEY KHYEN PEY WANG PO JAMPHEL YANG  
DÜ PUNG MA LÜ JOM DZEY SANG WEY DAG  
GANG CHEN KHE PEY TSUG GYEN TSONGKHAPA  
LO ZANG DRAG PEY ZHAB LA SÖL WA DEB (21x)**

Objectless compassion, Chenrezig  
Lord of stainless wisdom, Manjushri,  
Conquering mara's hordes, Vajrapani,  
Crown jewel of the Sages of the Land of Snows, Tsongkhapa,  
Losang Drakpa, at your feet, I pray. (21x)

Lama Tsongkhapa's Name Mantra

**OM AH GURU BENZA DHARA SUMATI KIRTI SIDDHI  
HUNG HUNG (7x)**

Supplication to Lama Tsongkhapa

**TÖ-SAM GOM-PEY SHE-RAB PHEL-DU-SÖL  
CHE-TSÖ TSOM-PEY LO-DRÖ GYE-SU-SÖL  
CHOG-DANG TÜN-MONG NGÖ-DRUB TSEL-DU-SÖL  
NYUR-DU KHE-RANG TA-BUR JIN-GYI-LOB**

I supplicate you—increase the wisdom which is listening,  
contemplating, and cultivating;

Expand the intelligence which is explaining, debating,  
and composing;

Grant the supreme and common attainments.

Bless me to quickly become like you.

**DE-CHEN LHEN-KYE YE-SHE CHAR-DU-SÖL  
NGÖ-ZIN TRÜL-PEY DRI-MA SEL-DU-SÖL  
SEM-NYI THE-TSOM DRA-WA CHE-DU-SÖL  
NYUR-DU KHE-RANG TA-BUR JIN-GYI-LOB**

Again, I supplicate you—manifest the co-emergent  
great bliss wisdom;

Clear away the stain of mistaken self-grasping;

Cut off the net of confusion regarding the mind's nature.

Bless me to quickly become like you.

(repeat this section 3x)

Dissolving Je Rinpoche into ourselves

**PEL-DEN TSA-WEY LA-MA RIN-PO-CHE  
DAG-SOG CHI-WOR PEY-MÖ TENG-ZHUG-LA  
KA-DRIN CHEN-PÖ GO-NEY JE-ZUNG-TE  
KU-SUNG THUG-KYI NGÖ-DRUB TSEL-DU-SÖL**

O Glorious and precious root Guru,  
Pray sit on the lotus-moon seat at my head.  
Caring for me in your great kindness,  
Please grant me the attainments of body, speech and mind!

**PEL-DEN TSA-WEY LA-MA RIN-PO-CHE  
DAG-SOG NYING-KAR PEY-MÖ TENG-ZHUG-LA  
KA-DRIN CHEN-PÖ GO-NEY JE-ZUNG-TE  
CHOG-DANG THÜN-MONG NGÖ-DRUB TSEL-DU-SÖL**

O Glorious and precious root Guru,  
Pray sit on the lotus-moon seat at my heart.  
Caring for me in your great kindness,  
Please grant attainments, common and supreme!

**PEL-DEN TSA-WEY LA-MA RIN-PO-CHE  
DAG-SOG NYING-KAR PEY-MÖ TENG-ZHUG-LA  
KA-DRIN CHEN-PÖ GO-NEY JE-ZUNG-TE  
JANG-CHUB NYING-PÖ BAR-DU TEN-PAR-ZHUG**

O Glorious and precious root Guru,  
Pray sit on the lotus-moon seat at my heart.  
Caring for me in your great kindness,  
Until I attain supreme awakening, remain steadfast!

Aspirational prayers to Lama Tsongkhapa

**TSE-RAB KUN-TU GYAL-WA TSONG-KHA-PEY  
THEG-CHOG ZHEN-YIN NGO-SU ZEY-PEY-THÜ  
GYEL-WEY NGAG-PEY LAM-SANG DHE-NYI-LEY  
KHE-CHIG TSAM-YANG DHOG-PAR MA-GYUR-CHIG**

By Conqueror Tsongkhapa's power of activity  
As the actual Mahayana spiritual friend,  
May I not be turned away in any of my lives, even for a moment,  
From this excellent path praised by the Conqueror.

**MEY-JUNG NAM-THAR TSANG-MEY TRIM-DANG-DHEN  
LAB-CHEN GYEL-SEY CHÖ-PEY NYING-TOP-CHE  
DE-TONG CHOG-GI RIM-NYI NEL-JOR-CHÖ  
LO-ZANG GYEL-WEY TEN-DANG JEL-WAR-SHOG**

And may I meet the teachings of Conqueror Losang,  
Whose marvellous holy life was endowed with a pure discipline,  
The great courageous actions of a magnificent  
bodhisattva's career,  
And guarding the two-stage yoga of supreme bliss and  
emptiness.

**TSUL-TRIM TSANG-ZHING MANG-DU TÖ-PA-DANG  
JANG-SEM JONG-DANG TA-CHÖ TSANG-WA-SOG  
LO-ZANG GYEL-WA NYI-PEY TEN-PA-LA  
SE-LHEY MEY-PEY NAM-THAR KYONG-PAR-SHOG**

May I nurture a pure holy life maintaining pure discipline,  
Making efforts in learning, training in bodhicitta,  
And completing the view, enjoyments, and so forth  
As united in the second Conqueror Losang's teaching.

# Long Mandala Offering

**OM BENZA BHUMI AH HUM**

**WANG-CHEN SER-GYI SA-ZHI**

**OM BENZA REKHE AH HUM**

**CHI-CHAG-RI KOR-YUG-GYI KOR-WEY Ü-SU**

**RI'I GYEL-PO RI-RAB /**

**SHAR LÜ-PHAG-PO / LHO DZAM-BU-LING /**

**NUB BA-LANG-CHÖ / JANG DRA-MI-NYEN**

**LÜ-DANG LÜ-PHAG / NGA-YAB-DANG NGA-YAB-ZHEN /**

**YO-DEN-DANG LAM-CHOG-DRO /**

**DRA-MI-NYEN-DANG DRA-MI-NYEN GYI-DA**

**RIN-PO-CHE'I RI-WO / PAG-SAM-GYI SHING /**

**DÖ-JO'I BA / MA-MÖ PA'I LO-TOG**

**KHOR-LO RIN-PO-CHE / NOR-BU RIN-PO-CHE /**

**TSÜN-MO RIN-PO-CHE / LÖN-PO RIN-PO-CHE /**

**LANG-PO RIN-PO-CHE / TA-CHOG RIN-PO-CHE /**

**MAG-PÖN RIN-PO-CHE / TER-CHEN PO'I BUM-PA**

**GEG-MA / TRENG-WA MA / LU-MA / GAR-MA /**

**ME-TOG MA / DUG-PÖ MA / NANG-SEL MA / DRI-CHAB MA**

**NYI-MA / DA-WA / RIN-PO-CHE'I DUG /**

**CHOG-LEY NAM-PAR GYEL-WEY GYEL-TSEN**

Ü-SU LHA-DANG MI'I

PEL-JOR PHÜN-SUM TSHOG-PA MA-TSANG-WA ME-PA /  
TSANG-ZHING YI-DU ONG-WA DI-DAG DRIN-CHEN TSA-WA-  
DANG GYÜ-PAR / CHE-PEY PEL-DEN LA-MA DAM-PA NAM-  
DANG / KYE-PAR DU-YANG / LA-MA LOB-SANG THUB-WANG  
DOR-JE CHANG CHEN-PO / LHA-TSHOG KHOR-DANG CHE-PA  
NAM-LA / ZHING-KHAM ÜL WAR GYI WO / THUG-JEY DRO-  
WEY DÖN-DU ZHE-SU-SÖL

ZHE-NEY-KYANG / DAG-SOG DRO-WA MA-GYUR NAM-KEY TA-  
DANG NYAM-PEY / SEM-CHEN THAM-CHE-LA THUG-TSE-WA  
CHEN-PÖ GO-NEY JIN-GYI LAB-TU SÖL

SA-ZHI PÖ-KYI JUG-SHING ME-TOG TRAM  
RI-RAB LING-ZHI NYI-DEY GYEN-PA DI  
SANG-GYE ZHING-DU MIG-TE ÜL-WAR YI  
DRÖ-KÜN NAM-DAG ZHING-LA CHÖ-PAR SHOG

**IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**

Om Benza Bhumi Ah Hum  
Great powerful golden ground

Om Benza Rekhe Ah Hum  
Edge, iron mounted surrounded,

In centre, King of Mountains, Meru,  
East, Lupagpo, South, Dzambuling,  
West, Balangchö, North, Draminyen,

Lu and Lupag, Ngayab and Ngayabzhan,  
Yoden and Lamchogdro, Draminyen and Draminyen Gyida,

Precious mountain, wish-granting tree,  
Wish-fulfilling cow, harvests reaped though untilled,

Precious wheel, precious jewel,  
Precious queen, precious minister,  
Precious elephant, precious horse,  
Precious general, great treasure-vase,

Goddess of grace, goddess of garlands,  
Song-goddess, dance goddess,  
Flower-goddess, incense-goddess,  
Light-goddess, perfume-goddess,

Sun, moon, precious parasol,  
Banner of victory over all,

In the centre, god's and human's perfect wealth,  
Lacking nothing, pure and pleasing, all these,

To my glorious, holy and most kind root Guru, the lineage Gurus,  
And in particular to the great Lama Tsongkhapa,  
Buddha who is the King of Sages, Vajradhara,  
And the entire assembly of deities,  
I offer these as a Buddha-field.  
Please accept them with compassion,  
For the sake of migrating beings.

Having accepted them, please bestow on me  
And on mother sentient beings  
Abiding as far as the limits of space,  
Your inspiration with loving compassion.

Ground, perfume anointed, flowers strewn,  
Meru, four lands, sun and moon adorned,  
Seen as Buddha-fields and offered, thus,  
May all sentient beings enjoy pure lands!

**IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**

# Taking the Eight Precepts

(Kneel down on your right knee and place your right palm on top of your left, hands lightly clasped, while reciting these prayers.)

**CHOG CHU-NA ZHUG-PEY SANG-GYE-DANG / JANG-CHUB  
SEM-PA / THAM-CHE DAG-LA GONG-SU SÖL**

All Buddhas and Bodhisattvas dwelling in the ten directions,  
please pay attention to me.

(recite this line only if taking the lineage of the precepts from a teacher/preceptor)

**[LOB-PÖN DAG-LA GONG-SU SÖL]**

[Master, please pay attention to me.]

**JI-TAR NGÖN-GYI DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-  
DAG-PAR / DZOG-PEY SANG-GYE / TA-CHANG SHE-TA-BU /  
LANG-PO CHEN-PO / JA-WA JEY-SHING / JEY-PA JEY-PA**

Just as the Tathagatas of the past, the Arhats, the complete and  
perfect Buddhas who, like the wise horse and the great elephant,  
have done what was to be done, have performed their tasks,

**KHUR-BOR-WA / RANG-GI DÖN / JE-SU THOB-PA / SI-PAR KÜN-  
TU JOR-WA / YONG-SU ZEY-PA / YANG-DAG PEY-KA / LEG-PAR  
NAM-PAR DRÖL-WEY THUG / LEG-PAR NAM-PAR DRÖL-WEY  
SHE-RAB CHEN**

have laid down the burden, have accomplished their own  
purpose, have cut their ties with existence and who possess  
perfect speech, well-liberated minds, and well-liberated wisdom,

**DE-DAG-GI / SEM-CHEN THAM-CHE-KYI DÖN-GYI CHIR-DANG  
PHEN-PAR JA-WEY CHIR-DANG / DRÖL-WAR JA-WEY CHIR-  
DANG / MU-GE MEY-PAR JA-WEY CHIR-DANG / NEY-MEY-PAR  
JA-WEY CHIR-DANG**

have taken fast-day vows for the sake of all sentient beings, in order to benefit them, in order to liberate them, in order to eliminate famine, in order to eliminate sickness,

**JANG-CHUB-KYI CHOG-KYI CHÖ-NAM YONG-SU DZOG-PAR  
JA-WEY CHIR-DANG / LA-NA MEY-PA YANG-DAG-PAR DZOG-  
PEY JANG-CHUB NGE-PAR TOG-PAR JA-WEY CHIR / SO-JONG  
YANG-DAG-PAR DZE-PA**

in order that the thirty-seven aids to enlightenment be perfected, and in order that the highest, complete and perfect enlightenment be truly realised,

**DE-ZHIN-DU / DAG [...SAY YOUR NAME...] ZHE-GYI-WEY KYANG /  
DÜ-DI-NEY ZUNG-TE / JI-SI SANG-NYI-MA MA-SHAR-GYI BAR-  
DU / SEM-CHEN THAM-CHE-KYI DÖN-GYI CHIR-DANG**

so do I, called [...SAY YOUR NAME...], from now until tomorrow sunrise, for the sake of all sentient beings,

**PHEN-PAR JA-WEY CHIR-DANG / DRÖL-WAR JA-WEY CHIR-DANG / MU-GE MEY-PAR JA-WEY CHIR-DANG / NEY-MEY-PAR JA-WEY CHIR-DANG**

in order to benefit them, in order to liberate them, in order to eliminate famine, in order to eliminate sickness,

**JANG-CHUB-KYI CHOGE-KYI CHÖ-NAM YONG-SU DZOG-PAR JA-WEY CHIR-DANG / LA-NA MEY-PA YANG-DAG-PAR DZOG-PEY JANG-CHUB NGE-PAR TOG-PAR JA-WEY CHIR / SO-JONG YANG-DAG-PAR LANG-WAR GYI'O**

in order that the thirty-seven aids to enlightenment be perfected, and in order that the highest, complete and perfect enlightenment be truly realized, take the Mahayana fast-day VOWS.

(repeat section 3x)

(The following lines are recited if a teacher/preceptor is giving the lineage.)

(Preceptor says:)

**[THAB-YIN-NO / This is the method.]**

(Student says:)

**[LEG-SO / Excellent.]**

(After the third repetition, think you have received the ordination in the form of light and that your whole body is radiant with light. You should feel very pleased. Remember the Bodhicitta motivation.)

## Prayer of the Precepts

DENG-NEY SOG-CHÖ MI-JA ZHING  
ZHEN-GYI NOR-YANG LANG-MI JA  
THRIG-PEY CHÖ-KYANG MI-CHÖ CHING  
DZÜN-GYI TSHIG-KYANG MI-MA'O  
KYÖN-NI MANG-PO NYER-TEN PEY  
CHANG-NI YONG-SU PANG-WAR JA  
THRI-TEN CHE-THO MI-JA ZHING  
DE-ZHIN DÜ-MA YIN-PEY ZEY  
DRI-DANG THRENG-WA GYEN-DANG NI  
GAR-DANG LU-SOG PANG-WAR JA

Henceforth I shall not take life  
I shall not take other's goods  
I shall not do sexual acts,  
I shall not lie  
I shall avoid all alcohol,  
the cause of many faults  
I shall not use great or high seats and beds  
Likewise, food at the wrong time,  
perfumes, garlands, ornaments,  
dance, song and so forth I shall avoid.

JI-TAR DRA-CHOM TAG-TU NI  
SOG-CHÖ LA-SOG MI-JEY TAR  
DE-ZHIN SOG-CHÖ LA-SOG PANG  
LA-MEY JANG-CHUB NYUR-THOB SHOG  
DUG-NGEL MANG-THRUG JIG-TEN DIR  
SI-PEY TSHO-LEY DRÖL-WAR SHOG

Just as Arhats never do actions such as taking life,  
I too shall abandon these.  
May I quickly gain supreme Bodhi  
May this world, disturbed by many sorrows, be freed from the  
ocean of samsara.

(sit down)

## Dharani of Immaculate Morality

**OM AMOGHA SHILA SAMBHARA / BHARA BHARA /  
MAHA SHUDDHA SATTVA PADMA VIBHUSHITE  
BHUDZA / DHARA DHARA / SAMANTA / AWALOKITE /  
HUM PHET SOHA** (21x)

## Prayer to Keep Immaculate Morality

**THRIM-KYI TSHÜL-THRIM KYÖN-MEY CHING  
TSHÜL-THRIM NAM-PAR DAG-DANG DEN  
LOM-SEM ME- PEY TSHÜL-THRIM KYI  
TSHÜL-THRIM PHA-RÖL CHIN-DZOG SHOG**

By keeping moral law  
Purely and without pride,  
May we attain the ethics-gone-beyond.

## Dedication

**JAM-PEL PA-WÖ JI-TAR KHYEN-PA DANG  
KÜN-TU ZANG-PO DE-YANG DE-ZHIN TE  
DE-DAG KÜN-GYI JE-SU DAG-LOB CHIR  
GE-WA DI-DAG THAM-CHE RAB-TU NGO**

I fully dedicate all these virtues  
To be able to train just like  
The hero Manjushri, who knows reality,  
And just like Samantabhadra as well.

**DÜ-SUM SHEG-PEY GYEL-WA THAM-CHE KYI  
NGO-WA GANG-LA CHOG-TU NGAG-PA DEY  
DAG-GI GE-WEY TSA-WA DI-KÜN KYANG  
ZANG-PO CHÖ-CHIR RAB-TU NGO-WAR GYI**

I fully dedicate all my roots of virtue  
With the dedication praised as the best  
By all the gone-beyond victorious ones of the three times,  
In order to have good conduct.

# Prayer for the Long Life of His Eminence the 26th Tsem Rinpoche

**GYEL-KÜN YE-SHE PAG-MEY TSHE-YI-DZÖ  
TSHE-YI LHA-CHOG CHOM-DEN NAM-SUM-GYI  
DENG-DIR ZAG-MEY DÜ-TSI'I CHAR-GYÜN-BEB  
JE-TSÜN LA-MEY KU-TSHE SI-THAR-GYE**

Inconceivable wisdom of all Victors — the treasury of life;  
The three buddhas — the supreme deities of life:  
Shower here now rains of stainless nectar,  
Expanding to samsara's end the lifespan of our glorious master!

**RAB-JAM ZHING-KÜN DRAG-PA'I PEL-DANG-DEN  
JAM-GÖN TEN-PA DZIN-CHING PEL-WA-LA  
YE-SHE GYU-THRÜL LEY-ONG PHA-THAR-CHIN  
THU-TOB TEN-DZIN DAM-PEY KU-TSHE-TEN**

Manjunath, a name gloriously renowned in all enlightened  
realms:  
Upholder and propagator of this master's teaching who  
Comes from Wisdom's illusion plays and has reached perfection:  
May the mighty, noble Dharma upholder's life endure!

**ZAG-MEY DE-TONG GYU-MEY RÖL-PA-LEY  
NAM-GYUR CHIR-YANG TÖN-PEY RÖL-GAR-CHEN  
JAM-PEL ZHI-THRÖ LHA-TSHOG PUNG-GI-KYANG  
PEL-DEN LA-MEY KU-TSHE RAB-TU-TEN**

From illusory patterns of uncontaminated bliss and emptiness,  
The dancer who enacts any role from this sphere,  
Who is nurtured by deity hosts of peaceful and fierce Manjushri:  
May this glorious spiritual master's life endure!

**MI-ZEY NYIG-MEY DÜ-KYI SEM-CHEN-NAM  
LANG-DOR CHÖL-WAR CHÖ-PEY MONG-MÜN-TSHOG  
DRO-WA NA-TSHOG DUG-NGEL NAR-WA-KÜN  
TSE-CHEN THUG-JEY MI-DOR KU-TSHE-TEN**

Sentient beings of ceaseless pains of degenerate times,  
Masses living in darkness with lopsided dos and don'ts,  
For all these diverse migrators afflicted by suffering:  
Live long without your great love and kindness giving up  
on them!

**LHAG-SAM NAM-PAR DAG-PEY DAM-TSHIG-THÜN  
CHÖ-YING MI-GYUR DEN-PEY JIN-LAB-DANG  
DAG-SOG TSE-CHIG SÖL-WA TAB-PEY-THÜ  
MÖN-PEY DÖN-KÜN GEG-MEY LHÜN-DRUB-SHOG**

With united and pure superior intent, harmony in commitment,  
With power of truth of unchanging sphere of Suchness,  
By the power of single pointed prayer of both us and others,  
May all aspired goals be fulfilled without obstacle!

**JE-TSÜN LA-MEY KU-TSHE RAB-TEN-CHING  
NAM-KAR THRIN-LEY CHO-CHUR GYE-PA-DANG  
LO-ZANG TEN-PEY DRÖN-MEY SA-SUM-GYI  
DRO-WEY MÜN-SEL TAG-TU NEY-GYUR-CHIG**

May the Venerable Guru's life be completely stable,  
May pure deeds spread to the ten directions,  
And may the lamp of Lama Tsongkhapa's Teachings  
Always remain, dispelling the darkness of the ignorance  
of beings!

Name Mantra of H.E. the 26th Tsem Rinpoche

**OM AH GURU BENZADHARA KIRTI SHASANA GYANA  
PARANG GATA SARWA SIDDHI HUNG HUNG (21x)**

# Precept Dedication Prayer

from Shantideva's Bodhicharyavatara

**CHOG-NAM KÜN-NA LÜ-DANG-SEM  
DUG-NGEL NEY-PA JI-NYE-PA  
DE-DAG DAG-GI SÖ-NAM-GYI  
DE-GA GYA-TSHO THOB-PAR-SHOG**

Whatever beings throughout space  
Are tormented in body and mind,  
Through my merit, may they all  
Receive oceans of comfort and joy!

**SEM-CHEN GA-YANG DUG-MA-GYUR  
DIG-PAR MA-GYUR NA-MA-GYUR  
JIG-DANG NYE-PAR MI-GYUR-ZHING  
GA-WAR YI-MI DE-MA-GYUR**

May no sentient being be in pain!  
May no one act harmfully or be sick!  
May no one be terrorised or disparaged!  
And may no one be unhappy!

**LONG-WA NAM-KYI ZUG-THONG-ZHING  
ÖN-PEY TAG-TU DRA-THÖ-SHOG  
LHA-MO GYU-TRÜL JI-ZHIN-DU  
DRUM-MA'ANG NO-ME TSA-WAR-SHOG**

May the blind attain eyes of sight!  
May the deaf always hear sounds!  
As easily as an illusory drama  
May those pregnant give birth unharmed!

**CHER-WU NAM-KYI GÖ-DAG-DANG  
TRE-PA NAM-KYI ZEY-DAG-DANG  
KOM-PA NAM-KYI CHU-DAG-DANG  
TUNG-WA ZHIM-PO THOB-PAR-SHOG**

May the naked receive clothes,  
The hungry find food,  
May those thirsty receive water  
And other delicious drinks!

**TREN-PA NAM-KYI NOR-THOB-SHOG  
NYA-NGEN NYAM-THAG GA-THOB-SHOG  
YI-CHE NAM-KYANG YI-SÖ-SHING  
TEN-PA PHÜN-SUM TSHOG-PAR-SHOG**

May the poor obtain wealth!  
May those destitute with sorrow attain happiness!  
May the exhausted be renewed,  
And may all be consistently, perfectly well!

**LHA-YANG DÜ-SU CHAR-BEB-SHING  
LO-TOG PHÜN-SUM TSHOG-PAR-SHOG  
MEN-NAM THU-DANG DEN-PA-DANG  
SANG-NGAG DEY-JÖ DRUB-PAR-SHOG**

May the deities let fall timely rain,  
And may the harvests be perfect!  
May medicines be endowed with power,  
And may practices of Vajrayana be accomplished!

**SEM-CHEN NEY-PA JI-NYE-PA  
NYUR-DU NEY-LEY THAR-GYUR-CHIG  
DRO-WEY NEY-NI MA-LÜ-PA  
TAG-TU JUNG-WA MEY-PAR-SHOG**

May sentient beings, whoever are sick  
Be swiftly cured of their illness!  
May all diseases of beings, without exception,  
Never arise again!

**TRAG-PA NAM-NI JIG-MEY-SHOG  
CHING-PA NAM-NI DRÖL-WAR-GYUR  
THU-MEY NAM-NI THU-DEN-ZHING  
PHEN-TSHÜN SEM-NI NYEN-GYUR-CHIG**

May the frightened become fearless!  
May those living in bondage be freed!  
May the disempowered gain their rights,  
And may all live in mutual friendship!

**JI-SI NAM-KHA NEY-PA-DANG  
DRO-WA JI-SI NEY-GYUR-PA  
DE-SI DAG-NI NEY-GYUR-NEY  
DRO-WEY DUG-NGEL SEL-WAR-SHOG**

As long as space exists,  
And sentient beings remain,  
Remaining that long as well,  
May I dispel the suffering of beings!

# Completion Dedication

After taking the Eight Precepts for 24 hours, recite these dedications (on your own).

**JANG-CHUB SEM-CHOG RIN-PO-CHE  
MA-KYE PA-NAM KYE-GYUR-CHIG  
KYE-PA NYAM-PA MEY-PAR-YANG  
GONG-NEY GONG-DU PHEL-WAR-SHOG**

Precious supreme Bodhi mind,  
May it, where unborn, arise,  
And, where born, never decline,  
But increase forever more!

**TONG-NYI TA-WA RIN-PO-CHE  
MA-KYE PA-NAM KYE-GYUR-CHIG  
KYE-PA NYAM-PA MEY-PAR-YANG  
GONG-NEY GONG-DU PHEL-WAR-SHOG**

Precious view of Shunyata  
May it, where unborn, arise,  
And, where born, never decline,  
But increase forever more!

**DAG-SOG JI-NYE SAG-PEY GE-WA-DI  
TEN-DANG DRO-WA KÜN-LA GANG-PHEN-DANG  
KHYE-PAR JE-TSÜN LO-ZANG DRAG-PA-YI  
TEN-PEY NYING-PO RING-DU SEL-JEY-SHOG**

May whatever virtue that I have gathered here,  
Bring benefit to all beings and the Dharma,  
And may it make Venerable Losang Drakpa's  
Essence teachings specially shine forever!

Prayer by Je Tsongkhapa

**KYE-WA KÜN-TU YANG-DAG LA-MA-DANG  
DREL-MEY CHÖ-KYI PEL-LA LONG-CHÖ-CHING  
SA-DANG LAM-KYI YÖN-TEN RAB-DZOG-NEY  
DOR-JE CHANG-GI GO-PHANG NYUR-THOB-SHOG**

In all lives may I never be parted  
From perfect Gurus and may I enjoy the glory of Dharma.  
By perfecting the qualities of the paths and stages,  
May I quickly attain the state of Vajradhara!

Dedication of virtue

**GE-WA DI-YI NYUR-DU-DAG  
LA-MA SANG-GYE DRUB-GYUR-NEY  
DRO-WA CHIG-KYANG MA-LU-PA  
DE-YI SA-LA GO-PAR-SHOG**

Through this virtue may I swiftly  
Attain the Guru Deva's state,  
And place each and every being,  
Without exception, in that state!

**CHÖ-KYI GYEL-PO TSONG-KHA-PEY  
CHÖ-TSHÜL NAM-PAR PHEL-WA-LA  
GEG-KYI TSHEN-MA ZHI-WA-DANG  
THÜN-KYEN MA-LÜ TSHANG-WAR-SHOG**

May all obstacles be pacified  
And all good conditions be complete  
For the fully pure Dharma system  
Of Dharma King, Tsongkhapa, to flourish!

**DA-DANG ZHEN-GYI DÜ-SUM-DANG  
DREL-WA TSHOG-NYI LA-TEN-NEY  
GYEL-WA LO-ZANG DRAG-PA-YI  
TEN-PA YÜN-RING BAR-GYUR-CHIG**

Because of the combined two accumulations  
Of myself and others in the three times,  
May the Teachings of the Conqueror Tsongkhapa  
Losang Drakpa, brightly blaze forever!

Auspicious dedication

**NYI-MO DE-LEG TSEN-DE-LEG  
NYI-ME GUNG-YANG DE-LEG-SHIN  
NYI-TSEN TAG-TU DE-LEG-PEL  
KÖN-CHOG SUM-GYI JIN-GYI-LOB  
KÖN-CHOG SUM-GYI NGOR-DRUB-TSOL  
KÖN-CHOG SUM-GYI TRA-SHI-SHOG**

May all be auspicious, day and night!  
May auspiciousness increase both day and night  
Like the sun rising to its highest in the heavens!  
Three Jewels of Refuge, please bless us!  
Three Jewels of Refuge, please bestow attainments!  
May there be auspiciousness of the Three Jewels!

Dedication for the Guru's long life

**JE-TSÜN LA-MEY KU-TSHE RAB-TEN-CHING  
NAM-KAR THRIN-LEY CHOG-CHUR GYE-PA-DANG  
LO-ZANG TEN-PEY DRÖN-MEY SA-SUM-GYI  
DRO-WEY MÜN-SEL TAG-TU NEY-GYUR-CHIG**

May the Venerable Guru's life be completely stable,  
May pure deeds spread to the ten directions,  
And may the lamp of Lama Tsongkhapa's Teachings  
Always remain, dispelling the darkness of the ignorance  
of beings!

Dedication for the long life of H.H. the 14th Dalai Lama

**GANG-RI RA-WEY KOR-WEY ZHING-KHAM-DIR  
PHEN-DANG DE-WA MA-LÜ JUNG-WEY-NEY  
CHEN-RE ZIG-WANG TEN-DZIN GYA-TSHO-YI  
ZHAB-PEY SI-THEY BAR-DU TEN-GYUR-CHIG**

In this land encircled by snow mountains,  
Source of every benefit and joy,  
May Lord Tenzin Gyatso, Chenrezig,  
Remain in this life until samsara's end!

Request for attainments

**HUM! THÜN-PEY NGÖ-DRUB MA-LÜ-PA  
DENG-DIR DAG-LA TSEL-DU-SÖL  
KHOR-DANG TEN-PA LONG-CHÖ-NAM  
GYE-PAR DZÖ-CHIG SHUG-DEN-TSEL**

HUM! Grant me here and now,  
Appropriate attainments without exception!  
Grant increase of the entourage, teachings, and wealth,  
O mighty Shugden!

# The King of Prayers

**JINYÉ SUDAG CHOG CHU'I JIGTEN NA  
DÜSUM SHÉKPA MIYI SENGÉ KÜN  
DAGI MALÜ DÉDAG TAMCHÉ LA  
LÜ TANG NGAYI DANGWÉ CHAG GYI-O**

O lions amongst men,  
Buddhas past, present, and future,  
To as many of you as exist in the ten directions  
I bow down with my body, speech, and mind.

**ZANGPO CHÖPÉ MÖNLAM TOBDAG GI  
GYELWA TAMCHÉ YIKYI NGÖN SUM DU  
ZHINGI DÜLNYÉ LÜRAB TÜPA YI  
GYELWA KÜNLA RABTU CHAG TSHEL LO**

On wave of strength of this king  
Of prayers for the exalted sublime ways,  
With bodies as numerous as atoms of the world  
I bow down to the Buddhas pervading space.

**DÜL CHIG TENG NA DÜL NYÉ SANGYÉ NAM  
SANGYÉ SÉKYI ÜNA ZHUGPA DAG  
DÉTAR CHÖKYI YING NAM MA LÜ PAR  
TAMCHÉ GYALWA DAGI GANG WAR MÖ**

On every atom is found a Buddha  
Sitting amongst countless Buddha sons,  
I look with eyes of faith to the victorious ones  
Thus filling the entire Dharmadhatu.

**DÉDAG NGAGPA MIZÉ GYATSO NAM  
YANGI YENLAG GYATSO'I DRA KÜN GYI  
GYALWA KÜN GYI YÖNTEN RAB JÖ CHING  
DÉWAR SHÉKPA TAMCHÉ DAGI TÖ**

Of these with endless oceans of excellence  
Endowed with an ocean of wondrous speech  
I sing praises of the greatness of all Buddhas,  
A eulogy to those gone to bliss.

**MÉTOG DAMPA TRÉNGWA DAMPA TANG  
SILNYEN NAM TANG JUGPÉ DUG CHOG TANG  
MARMÉ CHOG TANG DUGPÖ DAMPA YI  
GYALWA DÉDAG LANI CHÖPAR GYI**

Garlands of flowers I offer them,  
And beautiful sounds, supreme perfumes,  
Butter lamps and sacred incense,  
I offer to all the victorious ones.

**NAZA DAMPA NAM TANG DRI CHOG TANG  
CHÉMÉ PURMA RIRAB NYAMPA TANG  
KÖPA KYÉPAR PAGPÉ CHOG KÜN GYI  
GYALWA DÉDAG LANI CHÖ PAR GYI**

Excellent food, supreme fragrances,  
And a mound of mystic substances high as Mount Meru  
I arrange in a special formation  
And offer to those who have conquered themselves.

**CHÖPA GANGNAM LAMÉ GYA CHÉWA  
DÉDAG GYALWA TAMCHÉ LA YANG MÖ  
ZANGPO CHÖLA DÉPÉ TOBDAG GI  
GYALWA KÜNLA CHAGTSAL CHÖPAR GYI**

And all peerless offerings I hold up  
In admiration of those gone to bliss;  
With strength of faith in sublime ways  
I prostrate and make offerings to the conquerors.

**DÖCHAG ZHÉDANG TIMUG WANGI NI  
LÜ TANG NGAG TANG DÉZHIN YIKYI KYANG  
DIGPA DAGI GYIPA CHICHI PA  
DÉDAG TAMCHÉ DAGI SOSOR SHAG**

Long overpowered by attachment, aversion, and ignorance  
Countless evils I have committed  
With acts of body, speech, and mind.  
Each and every one of these I now confess.

**CHOG CHU'I GYALWA KÜN TANG SANGYÉ SÉ  
RANG GYAL NAM TANG LOB TANG MILOB TANG  
DROWA KÜN GYI SÖNAM GANG LA YANG  
DÉDAG KÜN GYI JÉ SU DAYI RANG**

In the perfections of the Buddhas and Bodhisattvas,  
The arhats, training and beyond,  
And in the latent goodness of every living being,  
I lift up my heart and rejoice.

**GANG NAM CHOG CHU'I JIGTEN DRÖNMA DAG  
JANGCHUB RIMPAR SANGYÉ MA CHAG NYÉ  
GÖNPO DÉDAG DAGI TAMCHÉ LA  
KHORLO LANA MÉPAR KORWAR KÜL**

O lights into the ten directions,  
Buddhas who have found the passionless stage of  
enlightenment,  
To all of you I direct this request:  
Turn the incomparable wheel of Dharma.

**NYA NGEN DATÖN GANGZHÉ DÉDAG LA  
DROWA KÜN LA PEN ZHING DÉWÉ CHIR  
KALPA ZHINGI DÜL NYÉ ZHUG PAR YANG  
DAGI TALMO RAB JAR SÖLWAR GYI**

O masters wishing to show parinirvana,  
Stay with us and teach, I pray  
For as many aeons as there are specks of dust,  
In order to bring goodness and joy to all beings.

**CHAG TSALWA TANG CHÖ CHING SHAGPA TANG  
JÉ SU YIRANG KÜL ZHING SÖLWA YI  
GÉWA CHUNG ZÉ DAGI CHI SAGPA  
TAMCHÉ DAGI JANGCHUB CHIR NGO-O**

May any small merits that I may have amassed  
By thus prostrating, making offerings, confessing, rejoicing,  
And asking the Buddhas to remain and teach the Dharma,  
Be dedicated now to supreme and perfect Enlightenment.

**DÉPÉ SANGYÉ NAM TANG CHOG CHU YI  
JIGTEN DAG NA GANG ZHUG CHÖPAR GYUR  
GANGYANG MA JÖN DÉDAG RAB NYURWAR  
SAM DZOG JANGCHUB RIMPAR SANGYÉ JÖN**

May my offerings be received by all past Buddhas  
And by all those now abiding in the ten directions,  
And may all the Buddhas who have not yet come  
Quickly perfect their minds and reach Buddhahood,  
the state of supreme full awakening.

**CHOG CHU GALÉ ZHING NAM JI NYÉ PA  
DÉDAG GYACHÉR YONGSU DAGPAR GYUR  
JANGCHUB SHING WANG DRUNG SHÉG GYALWA TANG  
SANGYÉ SÉKYI RABTU GANGWAR SHO**

May all Buddha-realms of the ten directions  
Remain forever vast and completely pure,  
May the world be completely filled with Buddhas  
who have attained illumination under sacred trees,  
And may they all be surrounded by Bodhisattvas.

**CHOG CHU'I SEMCHEN GANG NAM JI NYÉPA  
DÉDAG TAGTU NÉ MÉ DÉWAR GYUR  
DROWA KÜNGYI CHÖKYI DÖN NAM NI  
TÜNPAR GYUR CHING RÉWA'ANG DRUB PAR SHO**

May all living beings in the ten directions  
Always abide in health and joy.  
May they live in accord with the way of Dharma  
And may their every wish become fulfilled.

**JANGCHUB CHÖPA DAGNI DA CHÖ CHING  
DROWA KÜNTU KYÉWA DRENPARGYUR  
TSÉRAB KÜNTU CHIPO KYÉWA NA  
TAGTU DANI RABTU JUNGWAR SHO**

By my living in the ways of enlightenment  
May I remember my past lives in all my reincarnations,  
And in all cycles of death, migration, and rebirth  
May a sensitivity for truth be ever strong in me.

**GYALWA KÜN GYI JÉ SU LOB GYUR TÉ  
ZANGPO CHÖPA YONG SU DZOG JÉ CHING  
TSÜLTRIM CHÖPA DRIMÉ YONG DAGPAR  
TAGTU MA NYAM KYÖNMÉ CHÖPAR SHO**

By my living in the footsteps of the Buddhas  
May I utterly perfect the sublime ways of the Bodhisattvas,  
And may I practice the faultless, undegenerating, stainless,  
And pure ways of self control.

**LHAYI KÉ TANG LU TANG NÖJIN KÉ  
DRULBUM DAG TANG MIYI KÉ NAM TANG  
DROWA KÜN GYI DRA KÉ JI TSAMPAR  
TAMCHÉ KÉDU DAGI CHÖ TEN TO**

May I master all languages that exist, including those of  
The gods, yakshas, spirits, and varieties of men,  
As well as all forms of communication of living beings,  
That I may be able to show the Dharma in every way.

**DÉSHING PARÖL JIN LA RAB TSÖN TÉ  
JANGCHUB SEMNI NAMYANG JÉ MA GYUR  
DIGPA GANG NAM DRIBPAR GYURWA DAG  
DÉDAG MALÜ YONGSU JANGWAR SHO**

Striving thus and in the transcending perfections  
May I never forget the bodhi mind,  
And may I totally cleanse from within my mindstream  
All negativities and mental veils.

**LÉ TANG NYÖNMONG DÜKYI LÉ NAM LÉ  
DRÖL ZHING JIGTEN DROWA NAMSU YANG  
JITAR PÉMO CHÜ MI CHAGPA ZHIN  
NYIDA NAMKHAR TOKPA MÉ TAR CHÉ**

May I gain freedom from karma, delusion, and karmic maras  
To be able to live in the world unaffected by its stains  
Like an unstained lotus grows in the mud,  
And like the sun and moon shine without obstruction in the sky.

**ZHINGI KHYÖN TANG CHOG NAM JI TSAM PAR  
NGEN SONG DUG NGAL RABTU ZHIWAR JÉ  
DÉWA DAGLA DROWA KÜN GÖ CHING  
DROWA TAMCHÉ LANI PENPAR CHÉ**

For as long as there are Buddha-fields and directions  
May I strive to quell the misery of the lower realms,  
May I place all beings only in happiness  
And bring them all only happiness and joy.

**JANGCHUB CHÖPA YONGSU DZOG JÉ CHING  
SEMCHEN DAGGI CHÖ TANG TÜNPAR JUG  
ZANGPO CHÖPA DAGNI RAB TÖN CHING  
MA'ONG KALPA KÜNTU CHÖPAR GYUR**

May I strive to complete the ways of enlightenment  
And to abide in ways harmonious with the world;  
May I expose to others the ways most sublime  
And myself abide in them throughout all future aeons.

**DAGI CHÖ TANG TSUNGPARGANG CHÖPA  
DÉDAG TANGNI TAGTU DROKPAR SHO  
LÜ TANG NGAG NAM TANG NI SEMKYI KYANG  
CHÖPA DAG TANG MÖNLAM CHIG TU CHÉ**

May my ways and the ways of a Bodhisattva  
Always go together hand in hand,  
In body, speech, and mind  
May I attune to their sublime ways.

**DALA PENPAR DÖPÉ DROKPO DAG  
ZANGPO'I CHÖPA RABTU TÖNPA NAM  
DÉDAG TANG YANG TAGTU TRÉPAR SHO  
DÉDAG DAGI NAMYANG YI MI YUNG**

May I never be separated from the good friends  
Who reveal the path of the sublime ways  
And who wish only to benefit me;  
May I never disappoint them for even a moment.

**SANGYÉ SÉKYI KORWÉ GÖNPO NAM  
NGÖNSUM TAGTU DAGI GYALWA TA  
MA'ONG KALPA KÜNTU MI KYOWAR  
DÉDAG LA YANG CHÖPA GYACHÉR GYI**

May I constantly envision the perfect Buddhas,  
The protectors who are surrounded by Bodhisattvas,  
And in the future may I never weary  
Of devoting myself to them with all my strength.

**GYALWA NAMKYI DAMPÉ CHÖ DZIN CHING  
JANGCHUB CHÖPA KÜNTU NANGWAR JÉ  
ZANGPO CHÖPA NAMPAR JANGWA YANG  
MA'ONG KALPA KÜNTU CHÉPAR GYI**

May I forever uphold the holy Dharma of the Buddhas  
And illumine the sublime way of Enlightenment;  
May I practice throughout all future ages  
The ways of deeds of the sublime path.

**SIPA TAMCHÉ DU YANG KHORWA NA  
SÖNAM YÉSHÉ DAGNI MIZÉ NYÉ  
TAB TANG SHÉRAB TING DZIN NAMTAR TANG  
YÖNTEN KÜNGYI MIZÉ DZÖ DU GYUR**

Circling in the various realms of existence  
May I amass inexhaustible goodness and wisdom,  
And may I become an unending treasure of qualities  
Such as methods, wisdom, samadhi, and the experience of a  
Bodhisattva.

**DÜL CHIG TENG NA DÜL NYÉ ZHING NAM TÉ  
ZHING DÉR SAMGYI MI KHYAB SANGYÉ NAM  
SANGYÉ SÉKYI ÜNA ZHUG PA LA  
JANGCHUB CHÖPA CHÖ CHING TAWAR GYI**

In every atom are Buddha-fields numberless as atoms,  
Each field is filled with Buddhas beyond conception,  
And each Buddha is surrounded by myriad Bodhisattvas:  
To all these dwellers in sublime ways I turn my attention.

**DÉTAR MALÜ TAMCHÉ CHOG SU YANG  
TRA TSAM KHYÖN LA DÜ SUM TSÉ NYÉ KYI  
SANGYÉ GYATSO ZHING NAM GYATSO TANG  
KALPA GYATSOR CHÖCHING RABTU JUG**

Thus, in all atoms within the directions  
Abide within the space of a single hair  
An ocean of Buddhas within an ocean of Buddha-fields  
Performing enlightened activities for an ocean of aeons.

**SUNG CHIG YENLAG GYATSO'I DRA KÉ KYI  
GYALWA KÜN YANG YENLAG NAMDAG PA  
DROWA KÜN GYI SAMPA JI ZHIN YANG  
SANGYÉ SUNG LA TAGTU JUG PAR GYI**

Each Buddha with his perfect speech releases  
An ocean of sounds with every word he says  
To satisfy the infinitely diverse tendencies of beings:  
Thus does the speech of a Buddha constantly flow.

**DÜSUM SHÉKPÉ GYALWA TAMCHÉ DAG  
KHORLO'I TSÜLNAM RABTU KORWA YI  
DÉDAG GI YANG SUNG YANG MIZÉ LA  
LO YI TOB KYI DAGYANG RABTU JUG**

All these conquerors past, present, and future  
Continually turn the methods of Dharma wheels;  
With all the powers of my mind I listen  
For the inexhaustible sound of their words.

**MA'ONG KALPA TAMCHÉ JUGPAR YANG  
KÉCHIG CHIKI DAGYANG JUG PAR GYI  
GANG YANG KALPA DÜSUM TSÉ DÉDAG  
KÉCHIG CHASHÉ KYI NI ZHUG PAR CHÉ**

All future aeons that could possibly be,  
Manifest within me in a single instant;  
And I myself in a fraction of a moment  
Enter into all these aeons of the three times.

**DÜSUM SHÉKPA MIYI SÉNGÉ GANG  
DÉDAG KÉCHIG CHIG LA DAGI TA  
TAGTU DÉDAG GI NI CHÖYUL LA  
GYUMAR GYURPÉ NAMTAR TOBKYI JUG**

All past, present, and future lions among men  
I envision with instantaneous wisdom  
And by the power of the Bodhisattvas' examples  
I focus upon the objects of their experience.

**GANGYANG DÜSUM DAGGI ZHING KÖPA  
DÉDAG DÜLCHIG TÉNGDU NGÖNPAR DRUP  
DÉTAR MALÜ CHOKNAM TAMCHÉ DU  
GYALWA NAMKYI ZHINGI KÖLA JUG**

I manifest Buddha-fields past, present, and future  
Upon one single atom of existence,  
And then I transform every single atom  
Of existence into a Buddha-field.

**GANGYANG MA JÖN JIGTEN DRÖNMA NAM  
DÉDAG RIMPAR TSANG GYA KHORLO KOR  
NYA NGEN DÉPA RABTU ZHITA TÖN  
GÖNPO KÜNGYI DRUNGDU DACHI-O**

By this, when the lights of the worlds  
Eventually gain bodhi, turn the Dharma wheels;  
And reveal the passing to nirvana's supreme peace,  
May I take rebirth in their very presence.

**KÜNNÉ NYURWÉ DZUTRÜL TOB NAM TANG  
KÜNNÉ GOYI TÉKPÉ TOB DAG TANG  
KÜNTU YÖNTEN CHÖPÉ TOB NAM TANG  
KÜNTU KHYABPA JAMPA DAGGI TOB  
KÜNTU GÉWÉ SÖNAM TOB NAM TANG  
CHAGPA MÉPAR GYURWÉ YÉSHÉ TOB  
SHÉRAB TAB TANG TING DZIN TOB DAGGI  
JANGCHUB TOB NAM YANGDAG DRUPAR JÉ**

Then may I attain the ten powers:  
The power of instant magical emanation,  
The power of which is a vehicle with every door,  
The power of excellent activity,  
The power of all pervading love,  
The power of constantly positive energy,  
The power of passionless wisdom,  
The powers of knowledge, method, and samadhi,  
And the power of Enlightenment itself.

**LÉKYI TOBNAM YONGSU DAG JÉ CHING  
NYÖNMONG TOB NAM KÜNTU JOMPAR JÉ  
DÜKYI TOB NAM TOB MÉ RAB JÉ CHING  
ZANGPO CHÖPÉ TOBNI DZOKPAR GYI**

May I purify the power of karma,  
May I crush the powers of delusion,  
May I render powerless the powerful maras,  
And may I perfect the powers of sublime ways.

**ZHINGNAM GYATSO NAMPAR DAG JÉ CHING  
SEMCHEN GYATSO DAGNI NAMPAR DRÖL  
CHÖNAM GYATSO RABTU TONG JÉ CHING  
YÉSHÉ GYATSO RABTU GOMPAR JÉ**

May I purify an ocean of realms,  
May I liberate an ocean of sentient beings,  
May I see an ocean of truths,  
And may I realise an ocean of wisdom.

**CHÖPA GYATSO NAMPAR DAG JÉ CHING  
MÖNLAM GYATSO RABTU DZOKPAR JÉ  
SANGYÉ GYATSO RABTU CHÖ JÉ CHING  
KALPA GYATSOR MIKYO CHÉPAR GYI**

May I perform an ocean of perfect deeds,  
May I perfect an ocean of prayers,  
May I revere an ocean of Buddhas,  
And may I practice untiringly for an ocean of aeons.

**GANGYANG DÜSUM SHÉKPÉ GYALWA YI  
JANGCHUB CHÖPÉ MÖNLAM JÉDRAG NAM  
ZANGPO CHÖPÉ JANGCHUB SANGYÉ NÉ  
DÉ KÜN DAGI MALÜ DZOG PAR GYI**

Through my practice of the sublime Bodhisattva ways  
May I gain the Enlightenment of Buddhahood  
And then fulfill the enlightened and the sublime aspiration  
Of the Buddhas past, present, and future.

**GYALWA KÜNGYI SÉKYI TUBO PA  
GANI MING NI KÜNTU ZANG ZHÉ JA  
KHÉPA DÉ TANG TSUNGPARG CHÉPÉ CHIR  
GÉWA DIDAG TAMCHÉ RABTU NGO**

In order to match the ways of the sage  
Called Samantabhadra, the always-sublime one,  
Chief amongst the Awakened Ones' sons,  
I now dedicate all virtues that I possess.

**LÜ TANG NGAG TANG YI KYANG NAMDAG CHING  
CHÖPA NAMDAG ZHINGNAM YONGDAG TANG  
NGOWA'ANG ZANGPO KHÉPA CHI DRAWA  
DÉDRAR DAGYANG DÉTANG TSUNG PAR SHO**

Just as the sublime sage Samantabhadra  
Dedicated all pure practices of body, speech, and mind  
To the attainment of a pure state and pure realms,  
So do I now dedicate the fruit of all my efforts.

**KÜNNÉ GÉWA ZANGPO CHÖPÉ CHIR  
JAMPEL GYI NI MÖNLAM CHÉPAR GYI  
MA'ONG KALPA KÜNTU MI KYOWAR  
DÉYI JAWA MALÜ DZOKPAR GYI**

In order to engage in all sublime virtues  
I offer the prayer of Manjushri;  
In the future may I never become faint  
In striving to perfect the exalted Bodhisattvas' way.

**CHÖPA DAGNI TSÉYÖ MAGYUR CHIG  
YÖNTEN NAM KYANG TSÉZUNG MÉPAR SHO  
CHÖPA TSÉMÉ PA LA NÉ NÉ KYANG  
DÉDAG TRULPA TAMCHÉ TSALWAR GYI**

May my deeds never reach a limit,  
May my qualities of excellence become boundless,  
And by abiding in immeasurable activity  
May I find Buddhahood, the state of limitless manifestation.

**NAMKHÉ TARTUG GYURPA JI TSAMPAR  
SEMCHEN MALÜ TAYANG DÉ ZHIN TÉ  
JI TSAM LÉ TANG NYÖNMONG TAR GYUR PA  
DAGI MÖNLAM TAYANG DÉ TSAMMO**

Limitless is the extent of space,  
Limitless is the number of sentient beings,  
And limitless is the karma and delusion of beings  
Such are the limits of my aspirations.

**GANGYANG CHOKCHU'I ZHINGNAM TAYÉ PA  
RINCHEN GYEN TÉ GYALWA NAM LA PÜL  
LHA TANG MIYI DÉWÉ CHOG NAM KYANG  
ZHINGI DÜL NYÉ KALPAR PÜLWA WÉ**

One may offer supreme ornaments of the Buddha-fields  
Of the ten directions to the conquerors,  
And also offer the highest joys of men and gods  
For aeons numerous as atoms of the world.

**GANGI NGOWÉ GYALPO DI TÖ NÉ  
JANGCHUB CHOKGI JÉ SU RAB MÖ SHING  
LEN CHIG TSAM YANG DÉPA KYÉPA NI  
SÖNAM DAMPÉ CHOKTU DI GYUR RO**

But to read or hear the King of Prayers  
With eyes looking toward supreme illumination  
And faith shining in one's heart for even an instant  
Gives birth to a far more supreme merit.

**GANGI ZANGCHÖ MÖNLAM DI TAB PÉ  
DÉNI NGEN SONG TAMCHÉ PANGPAR GYUR  
DÉNI DROKPO NGENPA PANGPA YIN  
NANGWA TAYÉ DÉYANG DÉ NYUR TONG**

Should anyone recite this aspiration of sublime ways  
They will pass beyond all states of sorrow,  
Rise above all inferior beings, and gain  
A vision of Amitabha, Buddha of Infinite Light.

**DÉDAG NYÉPA RAB NYÉ DÉWAR TSO  
MI TSÉ DIRYANG DÉDAG LÉKPAR ONG  
KÜNTU ZANGPO DÉYANG CHI DRAWAR  
DÉDAG RINGPOR MITOG DÉZHIN GYUR**

Even in this very lifetime  
All sublime joys will be theirs;  
The experiences of the all-sublime Samantabhadra,  
Without obstructions, will quickly be theirs.

**TSAM MÉ NGAPO DAGI DIGPA NAM  
GANGI MISHÉ WANGI JÉPA DAG  
DÉYI ZANGPO CHÖPA DI JÖ NA  
NYURDU MALÜ YONGSU JANGWAR GYUR**

Whoever by the power of ignorance  
Has committed the five heinous deeds,  
If he should recite this prayer of Samantabhadra,  
Will rapidly dissolve them without a trace.

**YÉSHÉ TANG NI ZUG TANG TSEN NAM TANG  
RIG TANG KHADOG NAM TANG DENPAR GYUR  
DÜ TANG MUTÉG MANGPÖ DÉ MI TUB  
JIGTEN SUMPO KÜN NA'ANG CHÖPAR GYUR**

One will become endowed with wisdom knowledge,  
Beauty, enlightened marks, good lineage, and race.  
Hordes of maras and tirthikas dare not attack one  
Who is so honored throughout the three realms.

**JANGCHUB SHINGWANG DRUNGDU DÉ NYUR DRO  
SONG NÉ SEMCHEN PENCHIR DÉR DUG TÉ  
JANGCHUB SANGYÉ KHORLO RABTU KOR  
DÜNAM DÉ TANG CHÉPA TAMCHÉ TÜL**

Swiftly one reaches the royal bodhi tree  
To sit beneath it for the welfare of all beings.  
Swiftly one awakens to enlightenment, then turns the Dharma  
wheel,  
Overcoming the maras and their host.

**GANGYANG ZANGPO CHÖPÉ MÖNLAM DI  
CHANGWA TANG NI TÖNTAM LOKPA YI  
DÉYI NAMPAR MINPA SANGYÉ KHYEN  
JANGCHUB CHOKLA SOM NYI MA JÉCHIG**

Merely by giving voice to these aspirations  
Of the sublime ways of a Bodhisattva,  
The effect can only be known by an omniscient Buddha.  
Therefore, doubt not that it leads to Enlightenment.

**JAMPEL JITAR KHYEN CHING PAWA TANG  
KÜNTU ZANGPO DÉYANG DÉZHIN TÉ  
DÉDAG KÜNGYI JÉ SU DALOB CHING  
GÉWA DIDAG TAMCHÉ RAB TU NGO**

In order to follow the excellent examples set  
By the wisdom of the Bodhisattva Manjushri  
And the always-sublime Samantabhadra,  
All virtues I dedicate to their peerless ideals.

**DÜSUM SHÉKPÉ GYALWA TAMCHÉ KYI  
NGOWA GANG LA CHOG TU NGAGPA DÉ  
DAGI GÉWÉ TSAWA DI KÜN KYANG  
ZANGPO CHÖ CHIR RABTU NGOWAR GYI**

All conquerors passed into the three times  
Have praised as supreme this peerless dedication.  
Therefore, I also surrender all roots of my activities  
To the sublime goals of a Bodhisattva.

**DANI CHIWÉ DÜJÉ GYURPA NA  
DRIBPA TAMCHÉ DAGNI CHIR SAL TÉ  
NGÖN SUM NANGWA TAYÉ DÉ TONG NÉ  
DÉWACHEN GYI ZHING DÉR RABTU DRO**

When the moment of my death arrives,  
May I remain free from the spiritual obscurations;  
May I perceive the face of Amitabha  
And transmigrate to Sukhavati, the pure land of joy.

**DÉR SONG NÉ NI MÖNLAM DIDAG KYANG  
TAMCHÉ MALÜ NGÖNDU GYURWAR SHO  
DÉDAG MALÜ DAGI YONGSU KANG  
JIGTEN JISI SEMCHEN PENPAR GYI**

Having arrived there, may I fulfill  
All aims of this prayer of aspirations  
And benefit the countless living beings  
Residing throughout the ten directions.

**GYALWÉ KYILKHOR ZANG ZHING GAWA DÉR  
PÉMO DAMPA ZHINTU DZÉ LÉ KYÉ  
NANGWA TAYÉ GYALWÉ NGÖN SUM DU  
LUNG TENPA YANG DAGI DÉR TOB SHO**

In the joyous mandala of Amitabha Buddha  
May I be reborn from a beautiful lotus,  
And may I there have the pleasure of gaining  
A pure prophecy from Amitabha himself.

**DÉRNI DAGI LUNGTEN RAB TOB NÉ  
TRÜLPA MANGPO JÉWA TRAG GYA YI  
LOYI TOB KYI CHOG CHU NAM SU YANG  
SEMCHEN NAMLA PENPA MANGPO GYI**

Having won this word of prophecy,  
By the power of mind may I fill all directions  
With many millions of mystical emanations  
And bring limitless benefits to the world.

**ZANGPO CHÖPÉ MÖNLAM TABPA YI  
GÉWA CHUNGZÉ DAGI CHI SAG PA  
DÉ NI DROWÉ MÖNLAM GÉWA NAM  
KÉCHIG CHIGGI TAMCHÉ JORWAR SHO**

If by reciting this prayer of the sublime ways  
I have amassed a tiny fragment of goodness,  
May it work immediately to fulfill  
All Dharmic hopes of living beings.

**ZANGPO CHÖPA YONGSU NGÖPA LÉ  
SÖNAM TAYÉ DAMPA GANG TOB DÉ  
DROWA DUG NGAL CHUBOR JINGWA NAM  
ÖPA MÉPÉ NÉRAB TOB PAR CHO**

Through the supreme merit I have gained  
By my dedication of the sublime deeds of the bodhisattva,  
May all living beings drowning in the flood of suffering  
Be reborn in the immaculate realm of Amitabha Buddha.

**MÖNLAM GYALPO DIDAG CHOKGI TSO  
TAYÉ DROWA KÜNLA PEN JÉ CHING  
KÜNTU ZANGPO GYENPÉ ZHUNG DRUB TÉ  
NGEN SONG NÉNAM MALÜ TONGPAR SHO**

May this supreme unsurpassable king of vows  
Benefit all infinite migrating beings.  
This text adorned by Samantabhadra being accomplished,  
May all streams of ill fortune be emptied.

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