



The ritual for taking the

Vegetarian Vow



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Vegetarian Vow

Preparations

1. Watch the introductory video on taking the Vegetarian Vow.

- **English**

- <https://youtu.be/72G8XHBlg6Y>

- **Chinese**

- <https://youtu.be/PG6ByVI004s>

2. If you are taking the precepts remotely:

- Download or print out the Vegetarian Vow 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.

3. Join the Vegetarian Vow ceremony.

4. Recite the King of Prayers after you've completed the period of the Vegetarian Vow.

The Vegetarian Vow

1. To refrain from consuming meat, fish and seafood for a set duration of time.
2. You may choose between:
 - **Strict Vegetarian Vow**
Not consuming any food that is in contact with meat, fish or seafood, or that has been cooked in animal-based broth, soup or stock.
 - **Moderate Vegetarian Vow**
Not consuming visible meat, fish and seafood but permitted to consume food that is in contact with meat, fish or seafood, or has been cooked in animal-based broth, soup or stock.
3. You may include refraining from consuming eggs and/or dairy products in your vow if you wish.
4. Whichever variation of vegetarian vow you choose, set it clearly in your mind before taking the vow.

The Vegetarian Vow 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 teachings¹, 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)

¹ Duldzin Dragpa Gyaltsen, Panchen Sonam Dragpa, and Tulku Dragpa Gyaltsen

Preliminaries

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)

The Eight Verses of Mind Transformation

**DAG-NI SEM-CHEN THAM-CHE LA
YI-ZHIN NOR-BU LEY-LHAG PEY
DÖN-CHOG DRUB-PEY SAM-PA YI
TAG-TU CHE-PAR DZIN-PAR SHOG**

By realising that all sentient beings
Are more precious than wish-granting jewels,
For attainment of the supreme goal,
May I always hold them dear to my heart!

**GANG-DU SU-DANG DROG-PEY TSHE
DAG-NYI KÜN-LEY MEN-TA ZHING
ZHEN-LA SAM-PA THAG-PA YI
CHOG-TU CHE-PAR DZIN-PAR SHOG**

Whenever I associate with anyone,
May I view myself as least of all,
And, from the depths of my heart,
May I cherish others as supreme!

**CHÖ-LAM KÜN-TU RANG-GYÜ LA
TOG-CHING NYÖN-MONG KYE-MA THAG
DAG-ZHEN MA-RUNG JEY-PEY NA
TSEN-THAB DONG-NEY DOG-PAR SHOG**

During all actions, as soon as thoughts
Or delusions arise in my mind,
That are harmful to myself and others,
May I stop them with effective means!

**RANG-ZHING NGEN-PEY SEM-CHEN NAM
DIG-DUG DRAG-PÖ NÖN-THONG TSHE
RIN-CHEN TER-DANG THREY-PA ZHIN
NYE-PAR KA-WEY CHE-DZIN SHOG**

As for sentient beings who are bad-natured,
When I see they are oppressed by negativity and pain,
May I cherish them just like I am encountering
A precious treasure that is difficult to find!

**DAG-LA ZHEN-GYI THRAG-DOG GI
SHE-KUR LA-SOG MI-RIG PEY
GYONG-KHA RANG-GI LEN-PA DANG
GYEL-KHA ZHEN-LA BÜL-WAR SHOG**

May I accept unjust loss
Such as others abusing me,
Or slandering me out of jealousy,
And may I offer the victory to others!

**GANG-LA DAG-GI PHEN-TAG PEY
RE-WA CHE-WA GANG-ZHIG GI
SHIN-TU MI-RIG NÖ-JEY NA'ANG
SHE-NYEN DAM-PAR TA-WAR SHOG**

And if someone I have helped,
One for whom I had great hopes,
Harms me without slightest reason,
May I view him as my holy Guru!

**DOR-NA NGÖ-SAM GYÜ-PA YI
PHEN-DE MA-NAM KÜN-LA BÜL
MA-YI NÖ-DANG DUG-NGEL KÜN
SANG-WEY DAG-LA LEN-PAR SHOG**

In brief, directly and indirectly,
I offer aid and joy to all my mothers!
May I secretly take upon myself
All harm and suffering of my mothers!

**DE-DAG KÜN-KYANG CHÖ-GYE KYI
TOG-PEY DRI-MEY MA-BAG SHING
CHÖ-KÜN GYU-MAR SHE-PEY LÖ
ZHEN-MEY CHING-WA LEY-DRÖL SHOG**

May all of this be undefiled
By stains of the eight mundane views,
And through discernment knowing all things as illusion,
Without grasping, may all be released from bondage!

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 beautiful 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!

Short Mandala Offering

**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-WA YI
DRO-KÜN NAM-DAG ZHING-LA CHÖ-PAR SHOG**

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

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.

A Flute Calling to the Guru (optional)

{The Guru Yoga Practice of Tsem Rinpoche}

Composed by H.E. Lama Thubten Phurbu Rinpoche
at the request of His Eminence Drubwang Gangchen Rinpoche

**RANG-DÜN DE-TONG Ö-SEL LHA-LAM-DU
MI-JIG DONG-NGEY TEG-PEY RIN-CHEN-TRIR
KYAB-NEY KÜN-DÜ TSA-WEY LA-MA-CHOG
KAR-MAR DANG-DEN GYE-DZUM ZHI-WEY-NYAM**

Before me, in space of bliss-void clear light,
On a throne of jewels raised up by lions,
Is the root Guru, supreme embodiment of all Refuge.
He glows reddish white, with a peaceful, happy expression.

**NAM-SUM NGUR-MIG SER-DOG PEN-ZHA-SÖL
ZHAB-ZUNG MI-CHEY DO-JE KYIL-MO-TRUNG
CHAG-YE CHÖ-CHEY YÖN-PA NYAM-ZHAG-TENG
ZAG-MEY DÜ-TSI'I CHÜ-TAM BUM-ZANG-DZEY**

Wearing three saffron robes and golden pandit's hat,
Legs crossed in indestructible vajra position,
Right hand in mudra of teaching the Dharma.
On his left hand, in mudra of equipoise,
Rests a beautiful vase filled with undefiled nectar.

**THUG-KAR DE-CHEN GYEL-PO HE-RU-KA
IN-DRA NI-LEY DANG-DEN YUM-LA-KHYÜ
JI-PEY NYAM-DEN ZHEL-ZHI CHAG-CHU-NYI
DO-DRIL THÖ-KAM NA-TSHOG CHAG-TSHEN-DANG
GO-LÖN DO-SHEL TAG-PAG SHAM-THAB-SÖL**

At his heart is Great Bliss King Heruka,
Colour of lapis, embracing his Consort.
With expression of majesty, four faces, twelve arms,
Hand-symbols such as vajra, bell, he wears dry skulls,
A necklace of wet skulls, and tiger skin skirt.

**ZHAB-ZUNG KYANG-KUM SI-DANG ZHI-THA-NEN
PHAG-MO MAR-MO ZHEL-CHIG CHAG-NYI-KYI
DRI-GUG THÖ-PA DZIN-CHING YAB-LA-KHYÜ
TRA-DRÖL CHAG-GYA NGEY-GYEN DE-GA-GYE
JIN-NYI YAB-KYI LA-YI TENG-NEY-TRIL**

His two feet, extended and bent, trample extremes of samsara
and nirvana.
Red Varahi embraces the Father,
Her calves wound around his thighs,
Hair loose, adorned with the five mudra ornaments,
Bliss increasing, holding curved knife and skull.

**THUG-KAR NYI-MEY DEN-TENG HUM-YIG-THAR
NGÖ-DANG GYÜ-PEY LA-MEY TSHOG-NAM-DANG
YI-DAM SANG-GYE JANG-SEM NYEN-RANG-DANG
PA-WO KHA-DRO CHÖ-SUNG GYA-TSHÖ-KOR**

At his heart, on a sun-cushion, around the letter HUM,
Are the root and lineage Gurus, Yidams, Buddhas, Bodhisattvas,
Pratekyabuddhas, Shravakas, Viras, Dakinis,
And Dharmapala Guardians, an infinite ocean!

**LA-MEY NEY-SUM DRU-SUM HUM-Ö-KYI
DRANG-MEY CHOG-CHÜ'I ZHING-KHAM RAB-JAM-NEY
YE-SHE PA-NAM KEY-CHIG CHEN-DRANG-TE
THIM-PEY KYAB-NEY KÜN-DÜ NGO-WOR-GYUR**

The Guru's three places are marked by three letters.
Light from the HUNG invites from the countless,
Infinite Purelands of the ten directions,
The Wisdom Beings who, in an instant,
Dissolve in: He becomes the nature of all Refuge.

**GO-SUM GÜ-PA CHEN-PÖ CHAG-TSHEL-LO
DAG-ZHEN DRO-WEY LÜ-DANG LONG-CHÖ-DANG
DÜ-SUM NAM-PAR KAR-WEY GE-WEY-TSHOG
NGÖ-SU SHAM-DANG YI-KYI TRÜL-PA-YI
DAG-PÖ ZUNG-DANG MA-ZUNG CHÖ-TRIN-CHEY
KYAB-NEY KÜN-DÜ LA-MA KHYE-LA-BÜL**

With great devotion I prostrate, with body, speech, and mind.
O Guru, embodiment of all Refuge,
I offer you my body and wealth, and others' as well,

All pure virtues of the three times,
Clouds of offerings, owned and unowned,
Actually arranged and mentally emanated.

**THOG-MEY KYE-WEY TRENG-WA THAM-CHE-KYI
GO-SUM DIG-TUNG NONG-GYÖ DRAG-PÖ-SHAG
RANG-ZHEN NAM-KAR GE-TSHOG JEY-YI-RANG
ZAB-GYE CHÖ-KYI KHOR-LO KOR-DU-SÖL**

With intense regret I confess bad karma, downfalls
and harmful deeds

I have committed with body, speech and mind in
beginningless lives!

I rejoice in my own and all other's virtuous deeds!

Please turn the wheel of the vast, profound Dharma!

**DI-NEY JANG-CHUB NYING-PO CHI-KYI-BAR
NYING-WÜ PE-MEY GYEN-DU DREL-MEY-ZHUG
DI-TSHÖN LEG-JEY NAM-KAR GE-WEY-TSHOG
PHA-MA TSÖ-PEY RIG-DRUG DRO-WA-KÜN
KÜN-KHYEN LA-MEY DZOG-JANG THOB-CHIR-NGO**

Please remain with me inseparably, adorning the lotus in
my heart,

From this life onwards up to full enlightenment!

All well-accomplished virtue such as this

I dedicate for the attainment of omniscient, unexcelled

Enlightenment of my parents and all beings of the six realms!

LING-ZHI LHÜN-PO NYI-DA JE-WA-TRAG
LHA-LU MI-YI PHÜN-TSHOG LONG-CHÖ-DANG
CHI-NANG SANG-WEY DE-NYI MEN-DEL-CHEY
LO-YI LANG-TE LA-MA CHOG-LA-BÜL

Tens of millions of four continents, Mount Meru, sun and moon,
Perfect wealth of devas, nagas, human beings,
And a mandala of outer, inner and secret nature,
I mentally offer to the Guru supreme!

THUG-JEY DRO-WEY DÖN-DU LEG-ZHEY-NEY
CHOG-THÜN NGÖ-DRUB JIN-LAB CHAR-GYÜN-TSÖL
CHOG-CHÜ'I GYEL-WEY LAB-CHEN DZEY-PEY-KHUR
NYING-TOB PUNG-PA TEN-PÖ LEG-CHANG-NEY
THA-KHOB MÜN-PEY LING-DU PEL-WEY-GÖN
PHA-CHIG LA-MA DRAG-PA GYEL-TSHEN-DÜ

Well accepting with compassion for the sake of living beings,
Please rain down blessings and siddhis, common and supreme!
With steadfast great courage, you took responsibility
To spread the powerful great deeds
Of the ten directions' Conquerors in dark remote lands;
To Protector, Sole Father Guru, Dragpa Gyaltzen, I bow!

LA-MA KÜN-DÜ TSEM-TRÜL DOR-JE-CHANG
YI-DAM KÜN-DÜ DE-CHOG HE-RU-KA
CHÖ-KYONG KÜN-DÜ DOR-JE SHUG-DEN-TSEL
KYAB-NEY KÜN-DÜ KHYÖ-LA SÖL-WA-DEB

Tsem Tulku Vajradhara, embodiment of all Gurus
Heruka Chakrasamvara, embodiment of all Yidams
Mighty Dorje Shugden, embodiment of all Dharmapalas,
I pray to You, who are the embodiment of all Refuge!

**DI-CHI BAR-DOR NEY-KAB THAM-CHE-DU
RE-SA KYAB-NEY LA-MA KHYE-LEY-MEY
THUG-JE'I CHAG-KYÜ NAM-YANG MI-TANG-ZHING
CHOG-DANG THÜN-MONG NGÖ-DRUB DAG-LA-TSÖL**

At all times, in this life, future lifetimes, and bardo,
O Guru, I have no hope for Refuge but You!
Never let go with your hooks of compassion
And grant me common and supreme siddhis!

Name Mantra of H.E. the 25th Tsem Rinpoche

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

Visualisation:

Dissolve the visualisation into the HUM seed syllable at Heruka's heart. Then from the HUM arises the form of Lama Lobsang Thubwang Dorje Chang. The HUM at the heart of Vajradhara, has Tsem Rinpoche's name mantra in a circle around it. The mantra garland is turning in a clockwise direction. As you recite the mantra, light rays emanate from Rinpoche's heart, enter the crown of your head and fill your body, bestowing blessings and attainments.

**DE-TAR DUNG-SHUG DRAG-PÖ SÖL-TAB-PEY
JE-TSÜN LA-MEY KU-YI NEY-NGA-LEY
ZAG-MEY DÜ-TSI Ö-ZER NA-NGEY-GYÜN
BAB-PEY RANG-GI LÜ-KYI NEY-NGAR-THIM
DRIB-ZHI'I DRI-MA DAG-CHING WANG-ZHI-THOB
ZUNG-JUG KU-ZHI'I GO-PHANG NYUR-THOB-SHOG**

Because of thus requesting with intense longing,
From the five places of the Venerable Guru's body
Stream five-coloured light-rays and undefiled nectars.
Descending, they dissolve into my body's five places.
The four obscurations are purified, four empowerments received.
May I soon attain Yuganaddha, the state of four Kayas!

**LA-MEY KU-LEY RANG-DRA THEB-SOR-TSAM
CHI-WO NEY-ZHUG RANG-SEM HUM-YIG-DANG
DREY-NEY CHOG-THÜN NGÖ-DRUB JIN-LAB-TSÖL
JANG-CHUB NYING-PÖ'I BAR-DU TAG-ZHUG-SÖL**

Coming from the Guru's body, a thumb-sized replica
Enters my crown and mixes with my mind-HUM syllable,
Bestowing blessings and attainments, common and supreme:
Please remain, always, until full enlightenment!

**DE-LEG JUNG-NEY DRIN-CHEN LA-MA-LA
TSE-CHIG SÖL-WA TAB-PEY JIN-THU-YI
LAM-TÖN SHEY-NYEN SAM-JOR DAG-PEY-TEN
NOR-BU BUM-LEY LHAG-PEY DEL-JOR-TEN
NYE-PA KA-ZHING DÖN-CHE JIG-PA-LA
NGEN-DRÖ'I NEY-NEY DUG-NGEL ZÖ-KA-WEY**

By blessings and power of praying with single-pointed focus
To the benevolent Guru, source of all goodness and happiness,
Relying, in pure thought and action, on the Spiritual Guide who
shows the path,
On the basis of this precious human life of freedom
and endowments,
Which surpasses a hundred thousand wish-fulfilling jewels,
Which is difficult to find, extremely meaningful, and
easily destroyed,
Since suffering of lower realms is impossible to bear,

**LU-MEY CHOG-SUM TEN-GYI KYAB-SU-DZIN
LEY-DRE LANG-DOR JUG-DOG TSHÜL-ZHIN-BEY
JIG-RUNG NYAM-THAG KHOR-WEY TSÖN-RA-NEY
CHÖ-MIN NGE-JUNG KYE-WAR JIN-GYI-LOB**

Keeping the Three Jewels, supreme, unailing, as my
eternal Refuge,
Striving to adopt and abandon in respect to the natural
law of karma,
Please bless me to develop genuine renunciation,
Wishing to escape this pitiful, terrifying prison of samsara!

**PHA-MA GYUR-PEY RIG-DRUG NYAM-THAG-DRO
YANG-YANG DRIN-CHEN GYUR-PEY TSHÜL-SAM-NEY
SI-ZHI DUG-NGEL TSHO-CHEN LEY-DRÖL-CHIR
JANG-CHUB SEM-CHOG KYE-WAR JIN-GYI-LOB**

Thinking of how poor beings of the six realms, my parents,
Have been so continuously kind to me, in order to liberate them
From samsara and lesser nirvana's vast sea of suffering,
Please bless me to develop supreme Bodhicitta!

**YO-MEY ZHI-NEY SER-GYI LHÜN-PO-LA
DRIB-MEY LHAG-THONG NYI-Ö BUM-TRÖ-PEY
THOG-MEY MA-RIG MÜN-PA DRUNG-CHUNG-TE
DA-MEY TA-WA TOG-PAR JIN-GYI-LOB**

Thousand-fold sunlight of unobscured vipasyana
Shining on golden Mount Meru of immutable shamata,
Uproots the darkness of beginningless ignorance:
Please bless me to realise the incomparable view!

**DE-TAR THÜN-MONG LAM-JONG DAG-PEY-KHAR
THÜN-MIN WANG-ZHI CHU-DZIN RAB-TRIG-NEY
DAM-DOM RAB-TSANG DÜ-TSI LHA-YI-CHAR
YANG-DAG RIM-NYI ZHING-GI SÖ-SU-PHAB
TSHE-CHIG ZUNG-JUG DRE-ZANG MIN-GYUR-CHIG**

Thus, in a pure sky of training in the common path,
From gathered clouds of four uncommon empowerments
Falls divine rain of perfectly pure vows and commitments,
Fertilising the field of Highest Yoga Tantra's two stages;
May the good fruit of Yuganaddha ripen in this very lifetime!

**DE-TAR SÖL-TAB MEY-JUNG SÖ-NAM-DANG
DÜ-SUM NAM-KAR GE-TSHOG DOM-PEY-THÜ
PHA-CHIG LA-MEY YANG-TRÜL YI-ZHIN-WANG
KU-TSHE TEN-CHI DZE-THRIN GYE-GYUR-CHIG**

Thus by meritorious power of this supreme prayer,
And all pure virtues of the past, present, and future,
May the powerful wish-fulfilling jewel of the sole Father
Guru's reincarnation,
Live long with unwavering strength, and enlightened
activities flourish!

**TSE-CHEN GÖN-KHYÖ ZHING-ZHEN SHEG-SHÜL-DU
KYAB-NEY LAM-TÖN DREL-WEY LOB-MEY-KHYU
DAB-SHOG DREL-WEY THANG-TONG JIU-TRUG-ZHIN
ZÖ-KA NYA-NGEN MÜN-PEY THANG-DU-LÜ**

Great loving Protector, having left for another realm
Your amassed disciples, bereft of a Refuge to show them the way,
Are left like chicks without wings on a desolate empty plain
Of darkness and unbearable sorrow!

**DI-CHI'I BAR-DOR NEY-KAB THAM-CHE-DU
RE-WEY MIG-ZUNG TEY-SA KHYE-LEY-MEY
THUG-JE'I MA-DOR LA-MA KA-DRIN-CHEN
JIN-LAB TSÖL-DZÖ GÖN-PO DRO-WEY-GÖN**

In this life, in future lives, and in the bardo,
At all times, we rest our hopes in none but You.
Kind Guru, do not abandon your compassion!
Grant blessings, O Lord Protector of Beings!

**KYE-ZHING KYE-WEY TRENG-WA THAM-CHE-DU
GÖN-PO KHYÖ-KYI GYE-ZHIN JEY-ZUNG-NEY
SUNG-GI DÜ-TSI'I PEL-LA LONG-CHÖ-CHING
HE-RU KA-YI GO-PHANG NYUR-THOB-SHOG**

In this life and all our succession of lives
May you happily care for us, O Lord Protector!
May we enjoy the blissful nectar of Your teachings,
And quickly attain the state of Heruka!

**JE-TSÜN LA-MA KHYE-KU CHI-DRA-DANG
KHOR-DANG KU-TSHE'I TSHEY-DANG ZHING-KHAM-DANG
KHYE-KYI TSHEN-CHOG ZANG-PO CHI-DRA-WA
DE-DRAR KHO-NA DAG-SOG GYUR-WAR-SHOG**

May I and others receive nothing but
A body like yours, O Venerable Guru,
Entourage, lifespan, realm of existence,
And excellent, supreme name, just like Yours!

**KHYÖ-LA TÖ-CHING SÖL-WA TAB-PEY-THÜ
DAG-SOG GANG-DU NEY-PEY SA-CHOG-DER
NEY-DANG BÜL-PHONG THAB-TSÖ ZHI-WA-DANG
CHÖ-DANG TRA-SHI PHEL-WAR DZEY-DU-SÖL**

By the power of praising and supplicating You,
Wherever I and others dwell,
May illness, poverty, and conflicts be pacified,
And may Dharma and auspiciousness increase.

Dorje Shugden Serkym

(While reciting the line marked with * pour tea or offering beverage into the serkym set. Visualise the tea or beverage as divine nectar that expands to fill an entire ocean, which represents all the desirable things in the world that please the five senses.)

HUM

**DÖN-NYI LEG-TSHOG CHAR-BEB LA-MA-DANG
CHOG-THÜN NGÖ-DRUB KÜN-TSÖL YI-DAM-LHAR
* DE-TER DÜ-TSI'I TUNG-WA DI-BÜL-GYI
ZHE-NEY SAM-DÖN NYUR-DU LHÜN-DRUB-DZÖ**

HUM! O Gurus who rain down accumulations of excellence
fulfilling our own and others' purposes,
And yidams who bestow all ordinary and supreme attainments,
* Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously
accomplish our wishes!

**NE-SUM PA-WO KHA-DRÖ'I TSHOG-KÜN-DANG
THU-DEN TEN-SUNG DAM-CHEN GYA-TSHO-LA
* DE-TER DÜ-TSI'I TUNG-WA DI-BÜL-GYI
ZHE-NEY SAM-DÖN NYUR-DU LHÜN-DRUB-DZÖ**

O all hosts of heroes and dakinis of the three places
And ocean of powerful, oath-bound Dharma protectors,
* Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously
accomplish our wishes!

**KHYE-PAR JIG-TEN LEY-DEY TEN-SUNG-CHOG
THU-TOB NYEN-NYUR DOR-JE SHUG-DEN-LA
* DE-TER DÜ-TSI'I TUNG-WA DI-BÜL-GYI
ZHE-NEY SAM-DÖN NYUR-DU LHÜN-DRUB-DZÖ (21x)**

And especially supreme, supramundane Dharmapala,
Forcefully powerful, strict and swift Dorje Shugden.
* Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously
accomplish our wishes! (21x)

**ZHI-GYE WANG-DANG NGÖN-CHÖ RAB-JAM-LEY
THOG-MEY TSÖL-DZE NAM-GYUR RIG-NGA-LA
* DE-TER DÜ-TSI'I TUNG-WA DI-BÜL-GYI
ZHE-NEY SAM-DÖN NYUR-DU LHÜN-DRUB-DZÖ**

O five families who unobstructedly bestow
Infinite activities of peace, increase, power and wrath.
* Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously
accomplish our wishes!

**DZE-DUG YUM-GU NA-DREN GE-LONG-GYE
LEY-KHEN TUM-PEY TAG-SHAR CHU-SOG-LA
* DE-TER DÜ-TSI'I TUNG-WA DI-BÜL-GYI
ZHE-NEY SAM-DÖN NYUR-DU LHÜN-DRUB-DZÖ**

O nine beautiful consorts, eight guiding monks,
And ten fierce, attendant youthful guardians and so on.
* Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously
accomplish our wishes!

**KHYE-PAR GYEL-WEY TEN-PA SUNG-WEY-TSO
SE-YI THRAB-CHEN KHOR-DANG CHE-NAM-LA
* DÖ-GU TSHANG-WEY SER-KYEM CHÖ-PA-DI
BÜL-LO SUNG-KYOB YEL-WA MEY-PA-DZÖ (7x)**

Especially, principal guardian of the Conquerors' Teachings,
Setrap Chen along with entourage to you

* This golden drink replete with all one could wish is offered;
Never waver in your protection! (7x)

**KA-KHOR NYEN-PO DAM-NYAM SOG-GI-SHE
SHIN-TU THRO-TUM KHA-CHE MAR-PO-LA
* DE-TER DÜ-TSI'I TUNG-WA DI-BÜL-GYI
ZHE-NEY SAM-DÖN NYUR-DU LHÜN-DRUB-DZÖ (3x)**

O extremely fierce Kache Marpo, the strict attendant,
Executioner of those with degenerated samaya.

* Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously
accomplish our wishes! (3x)

**DAM-NYAM NYING-THRAG SER-TAR JANG-WA-YI
* SER-KYEM RAB-TU KHÖL-WEY TUNG-WA-DI
NAM-KHA BAR-DZIN KHOR-DANG CHE-LA-BÜL
ZHE-NEY NEL-JOR SAM-DÖN DRUB-PAR-DZÖ**

Heart's blood of those with degenerated samaya,

* Purified like gold, this fully boiling serkyem drink
I offer to Namkha Barzin and entourage!
Accepting, quickly accomplish the yogi's wishes!

(pour the remaining serkym offering throughout this verse)

**ZHEN-YANG TRÜL-PA YANG-TRÜL SAM-YE-DANG
KA-DÖ LHA-SIN TONG-SUM YO-WA-LA
* DE-TER DÜ-TSI'I TUNG-WA DI-BÜL-GYI
ZHE-NEY SAM-DÖN NYUR-DU LHÜN-DRUB-DZÖ**

As well as the inconceivable emanations and their emanations,
Attendant deities and demons who shake the three
thousand worlds.

* Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously
accomplish our wishes!

**DE-TAR CHÖ-CHING THRIN-LEY KÜL-WEY-THÜ
NAM-ZHI'I THRIN-LEY DÜ-DRUG KE-CHIG-KYANG
YEL-WA MEY-PAR PHA-YI BU-ZHIN-DU
TAG-TU KYONG-SHING TAG-TU JEY-ZUNG-DZÖ**

Thus, by the force of this offering and exhortation,
May you grant your activity throughout the six time periods
And, without wavering, always protect me
And care for me like a father for his son!

**KA-DÖ DREG-PEY TSHOG-KYANG DÜL-DZIN-JEY
YAR-DAM NYEN-PÖ'I THA-TSHIG DREN-DZÖ-LA
DAG-GI GANG-DANG GANG-CHÖL LEY-DI-NAM
DA-TA NYUR-DU DRUB-LA MA-YEL-ZHIG**

And you hosts of wrathful attendants, as well,
Remember your sworn oaths of promise to Lord Dulzin
And accomplish swiftly now, without distraction,
Whatever activities I have requested!

Mantra Recitation

**RANG YI-DAM-DU SEL-WEY THUG-KEY SA-BÖN-LEY Ö-ZER
THRÖ CHÖ-KYONG GYEL-CHEN SHUG-DEN RIG-NGA DRAG-
PO-TSEL NAM-KYI THUG-KAR NYI-DEN-GYI TENG-DU HUM-
YIG-GI THAR NGAG-THRENG RANG RANG-GI KHA-DOG-DANG
TSHUNG-PEY KOR-WA-LA PHOG-PEY THUG-GYÜ RANG-WANG
MEY-PAR KÜL-TEY CHI-DÖ-PEY ZHI-GYE WANG-DRAG-GI LEY
THAM-CHE THOG-PA MEY-PAR DRUB-PAR GYUR**

From the heart syllable of myself visualised as the Yidam, light rays emanate. They strike the HUM syllables and surrounding mantra garlands which, matching each deity in colour, stand upon the sun seats at the hearts of Dharmapala Gyalchen Shugden's five fierce families, exhorting them, without choice, to perform whatever desired peaceful, increasing, powerful, or wrathful activity, without obstruction.

Dorje Shugden mantra

OM BENZA WIKI BITANA SOHA (108x)

Entourage mantra

**OM DHARMAPALA MAHA RADZA BENDZA BEGAWAN
RUDRA PANTSA KULA SARWA SHATRUM MARAYA HUM
PHET** (7x)

Vajrasattva mantra

**OM BENZASATTO SAMAYA / MANU PALAYA /
BENZASATTO TENO PA TITA / DRIDHO MAY BHAWA /
SUTO KAYO MAY BHAWA / SUPO KAYO MAY BHAWA /
ANU RAKTO MAY BHAWA / SARWA SIDDHI ME PRA
YATSA / SARWA KARMA SU TSA MEY / TSITAM SHRIYAM
KURU HUM / HA HA HA HA HO / BHAGAWAN / SARWA
TATHAGATA / BENZA MA MAY MUN TSA / BENZA
BHAWA MAHA SAMAYA SATTO / AH HUM PHET**

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

{optional}

**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 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!

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

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

Completion Dedication

**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!

Yonten Zhiggyurma (optional)

{The Foundation of All Good Qualities}

**YÖN-TEN KÜN-GYI ZHIR-GYUR DRIN-CHEN-JE
TSHÜL-ZHIN TEN-PA LAM-GYI TSA-WA-RU
LEG-PAR THONG-NEY BEY-PA DU-MA-YI
GÜ-PA CHEN-PÖ TEN-PAR JIN-GYI-LOB**

Well-realising that the root of the path,
The foundation for every realisation,
Is to properly rely on my kind Guru,
Bless me to do so with great effort and devotion.

**LEN-CHIG NYE-PEY DEL-WEY TEN-ZANG-DI
SHIN-TU NYE-KA DÖN-CHEN SHE-GYUR-NEY
NYIN-TSHEN KÜN-TU NYING-PO LEN-PEY-LO
GYÜN-CHEY ME-PAR KYE-WAR JIN-GYI-LOB**

Knowing that this life of freedom, found but once,
Is difficult to gain and greatly meaningful
Bless me to develop the continual wish
All day and night to take its essence.

**LÜ-SOG YO-WA CHU-YI CHU-BUR-ZHIN
NYUR-DU JIG-PEY CHI-WA DREN-PA-DANG
SHI-WEY JE-SU LÜ-DANG DRIB-MA-ZHIN
KAR-NAG LÜ-DREY CHI-ZHIN DRANG-WA-LA**

Mindful of death, this life disintegrates
As swiftly as a bubble in turbulent water
And after death my good and bad
Karma follows me like my shadow.

**NGE-PA TEN-PO NYE-NEY NYE-PEY-TSHOG
THRA-ZHING THRA-WA NAM-KYANG PONG-BA-DANG
GE-TSHOG THA-DAG DRUB-PAR JE-PA-LA
TAG-TU BAG-DANG DEN-PAR JIN-GYI-LOB**

Having gained firm certainty of this,
Bless me to be ever conscientious
To abandon even the slightest harm
And practise every possible virtue.

**CHE-PEY MI-NGOM DUG-NGEL KÜN-GYI-GO
YI-TEN MI-RUNG SI-PEY PHÜN-TSHOG-KYI
NYE-MIG RIG-NEY THAR-PEY DE-WA-LA
DÖN-NYER CHEN-POR KYE-WAR JIN-GYI-LOB**

Enjoying deceptive samsaric pleasure
Brings no contentment and is the door to all suffering.
Aware of its drawbacks, bless me to develop
A strong wish for the bliss of liberation.

**NAM-DAG SAM-PA DE-YI DRANG-PA-YI
DREN-DANG SHE-ZHIN BAG-YI CHEN-PO-YI
TEN-PEY TSA-WA SO-SOR THAR-PA-LA
DRUB-PA NYING-POR JE-PAR JIN-GYI-LOB**

With mindfulness, introspection, and great care
Induced by that pure aspiration
Bless me to make my essential practice
The Pratimoksha, root of Buddha's teachings.

**RANG-NYI SI-TSHOR LHUNG-WA JI-SHIN-DU
MAR-GYUR DRO-WA KÜN-KYANG DE-DRA-WAR
THONG-NEY DRO-WA DRÖL-WEY KHUR-KHYER-WEY
JANG-CHUB SEM-CHOG JONG-PAR JIN-GYI-LOB**

Just as I've fallen in this sea of suffering
So have all beings, my kind mothers;
Seeing this, bless me to train in Bodhicitta,
Taking up the burden of liberating them.

**SEM-TSAM KYE-KYANG TSHÜL-THRIM NAM-SUM-LA
GOM-PA ME-NA JANG-CHUB MI-DRUB-PAR
LEG-PAR THONG-NEY GYEL-SEY DOM-PA-LA
TSÖN-PA DRAG-PÖ LOB-PAR JIN-GYI-LOB**

And yet, just wishing this, without practising
The three ethics, Enlightenment cannot be attained.
Knowing this well, please bless me to intensively
Strive to train in the Bodhisattva vows.

**LOG-PEY YÜL-LA YENG-WA ZHI-JE-CHING
YANG-DAG DÖN-LA TSHÜL-ZHIN CHÖ-PA-YI
ZHI-NEY LHAG-THONG ZUNG-DU DREL-WEY-LAM
NYUR-DU GYÜ-LA KYE-WAR JIN-GYI-LOB**

Properly analysing the correct object
And pacifying distraction to mistaken objects
Bless me to swiftly realise the path
Which unifies quiescence and special insight.

**THÜN-MONG LAM-JANG NÖ-DU GYUR-PA-NA
THEG-PA KÜN-GYI CHOG-GYUR DOR-JEI-THEG
KEL-ZANG KYE-BÖI JUG-NGOG DAM-PA-DER
DE-LAG NYI-DU JUG-PAR JIN-GYI-LOB**

When I'm a pure vessel, trained in common paths,
Bless me to enter with perfect ease
The sacred gateway of fortunate ones,
The supreme of vehicles, Vajrayana.

**DE-TSHE NGÖ-DRUB NAM-NYI DRUB-PEY-ZHI
NAM-DAG DAM-TSHIG DOM-PAR SUNG-WA-LA
CHÖ-MA MIN-PEY NGE-PA NYE-GYUR-NEY
SOG-DANG DÖ-TE SUNG-WAR JIN-GYI-LOB**

Then, foundation for the two attainments
Is keeping the pure vows and commitments.
Having found unfeigned conviction in this
Bless me to guard them with my life.

**DE-NEY GYÜ-DEI NYING-PO RIM-NYI-KYI
NEY-NAM JI-ZHIN TOG-NEY TSÖN-PA-YI
THÜN-ZHI'I NEL-JOR CHOG-LEY MI-YEL-WAR
DAM-PEY SUNG-ZHIN DRUB-PAR JIN-GYI-LOB**

Having precisely understood the essentials
Of the two stages, heart of the tantras,
Bless me to strive without break in four sessions
To practise Yoga as taught by holy Masters.

**DE-TAR LAM-ZANG TÖN-PEY SHE-NYEN-DANG
TSHÜL-ZHIN DRUB-PEY DROG-NAM ZHAB-TEN-CHING
CHI-DANG NANG-GI BAR-DU CHÖ-PEY-TSHOG
NYE-WAR ZHI-WAR JIN-GYI LAB-TU-SÖL**

May the spiritual guides who reveal this excellent path
And the friends who practise it all live long.
Please grant blessings that outer and inner
Hindrances all be fully pacified.

**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 Masters and enjoy the glory of Dharma.
Perfecting realisations of the paths and stages,
may I swiftly gain the state of Vajradhara.

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!

The King of Prayers

Upon completing the vegetarian vow period, recite this dedication (on your own).

**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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