



Prayers

*to recite before and after
Empowerments and Teachings*



PRAYERS

**TO RECITE BEFORE AND AFTER
EMPOWERMENTS AND TEACHINGS**

OPENING PRAYERS OF REFUGE AND BODHICITTA

Special Prayer of Kyobpa Jigten Sumgön to develop the Mind of Enlightenment (Skrt. Bodhicitta)

DAG LA DANG WAR JE PE DRA/

May all mother sentient beings

NÖ PAR JE PE GEG/

infinite as space –

THAR PA DANG THAM CHE KHYEN PE BAR DU CHÖ PAR
JE PA THAM CHE KYI TSO JE PE/

particularly enemies who despise me, obstructers who do harm

MA NAM KHA DANG NYAM PE SEM CHEN THAM CHE
DE WA DANG DEN/

and those who hinder liberation and omniscience – have happiness,

DUG NGEL DANG DREL/

be free from suffering

NYUR DU LA NA ME PA YANG DAG PAR DZOG PE

JANG CHUB RIN PO CHE THOB PAR JA//

and swiftly attain precious, unsurpassed, perfectly complete enlightenment.

Recite three times.

DE CHE DU SANG MA GYE KYI BAR DU LÜ NGAG YI SUM
GE WA LA KOL/

For that purpose, I will use body, speech and mind for virtue until enlighten-
ment is attained.

MA SHI BAR DU LÜ NGAG YI SUM GE WA LA KOL/

Until death, I will use body, speech and mind for virtue.

DÜ DE RING NE ZUNG TE NYI MA SANG DA TSAM GYI
BAR DU LÜ NGAG YI SUM GE WA LA KOL//

From now until this time tomorrow, I will use body speech and mind for
virtue.

Short Refuge Prayer

SANG GYE CHÖ DANG TSHOG KYI CHOG NAM LA/

In the Buddha, Dharma and the supreme assembly

JANG CHUB BAR DU DAG NI KYAB SU CHI/

I take refuge until enlightenment is attained.

DAG GI JIN SOG GYI PE SÖ NAM KYI/

By the merit of my generosity and so forth,

DRO LA PHEN CHIR SANG GYE DRUB PAR SHOG//

may buddhahood be achieved for the sake of migrators.

Recite three times.

The Four Immeasurables

MA NAM KHA DANG NYAM PE SEM CHEN THAM CHE

May all mother sentient beings infinite as space

DE WA DANG DE WE GYU DANG DEN PAR GYUR CHIG/

have happiness and its causes.

DUG NGEL DANG DUG NGEL GYI GYU DANG DREL WAR
GYUR CHIG/

May they be free from suffering and its causes.

DUG NGEL ME PE DE WA DANG MI DREL WAR GYUR CHIG/

May they never lack the bliss that is free from suffering.

NYE RING CHAG DANG NYI DANG DREL WE TANG NYOM
LA NE PAR GYUR CHIG//

May they abide in equanimity, free from both attachment and aversion.

Recite three times.



Purification-Mantra of Vajrasattva (tib. Dorje Sempa)

OM BAZRA SATTVA SAMAYA/ MANU PĀLAYA/
 BAZRA SATTVA TENOPA/ TISHTHA DRIDO ME BHAVA/
 SUTO KHYO ME BHAVA/ SUPO KHYO ME BHAVA/
 ANU RAKTO ME BHAVA/ SARWA SIDDHI ME PRAYATSHA/
 SARWA KARMA SUTSA ME TSITTAM SCHRĪYA KURU HŪNG/
 HAHA HAHA HO/ BHAGAVAN SARVA TATHĀGATA/
 BAZRA MĀ ME MUN TSA/ BAZRI BHAVA/
 MAHĀ SAMAYA SATTVA Ā//

Recite three times.

Thirty-seven Point Mandala Offering

OM BAZRA BHUMI AH HUNG

SHI NAM PAR DAG PA WANG CHEN SER GYI SA SHI/
The base is the completely pure golden ground.

OM BAZRA REKHE AH HUNG/

CHI CHAG RI MU KHYÜ KYI YONG SU KOR WE Ü SU/
It is completely encircled by an iron fence.

HUNG RI'I GYAL PO RI RAB/

1) At the centre stands Mount Meru, the king of mountains.

SHAR LÜ PHAG PO/

2) To the east is Noble Body.

LHO DZAM BU LING/

3) To the south is Dzambudvipa.

NUB BA LANG CHÖ/

4) To the west is Wish-granting Cow.

JANG DRA MI NYEN/

5) To the north is Unpleasant Sound.

SHAR DU LÜ DANG LÜ PHAG/

6+7) In the east are Body and Superior Body.

LHOR NGA YAB DANG NGA YAB SHEN/

8+9) In the south are Tail and other Tail.

NUB TU YO DEN DANG LAM CHOG DRO/

10+11) in the west are Possessing Movement and Walk in the Supreme Path.

JANG DU DRA MI NYEN DANG DRA MI NYEN GYI DA/

12+13) In the north are Unpleasant Sound and Twin Unpleasant Sound.

- | | | |
|---|--|--|
| RIN PO CHE RI WO/
14) the precious mountain of jewels, | PAG SAM GYI SHING/
15) the wish-fulfilling tree, | |
| DÖ JÖ YI BA/
16) the holy cow that grants wishes, | MA MÖ PE LO TOG/
17) the crops, harvested without toil, | |
| KHOR LO RIN PO CHE/
18) precious wheel, | NOR BU RIN PO CHE/
19) precious jewel, | |
| TSÜN MO RIN PO CHE/
20) precious queen, | LÖN PO RIN PO CHE/
21) precious minister, | |
| LANG PO RIN PO CHE/
22) precious elephant, | TA CHOG RIN PO CHE/
23) precious horse, | |
| MAG PÖN RIN PO CHE/
24) precious general, | TER CHEN PÖ BUM PA/
25) a vase of great treasures, | |
| GEG PA MA/
26) the Goddess of grace, | THRENG WA MA/
27) the Goddess of garlands, | |
| LU MA/
28) the Goddess of song, | GAR MA/
29) the Goddess of dance, | |
| ME TOG MA/
30) the Goddess of flowers, | DUG PÖ MA/
31) the Goddess of incense, | |
| NANG SAL MA/
32) the Goddess of, radiant light | DRI CHAB MA/
33) the Goddess of fragrant water, | |
| NYI MA/
34) the sun, | DA WA/
35) the moon, | RIN PO CHE DUG/
36) the precious parasol, |
| CHOG LE NAM PAR GYAL WE GYAL TSHEN
37) the victory banner triumphant in every direction. | | |

Ü SU LHA DANG MI'I PAL JOR PHUN SUM TSHOG PA MA
TSHANG WA ME PA/

In the centre of this mandala is the most perfect collection of the glorious
wealth of Gods and humans with lacking nothing.

SHING KHAM NAM PAR DAG PA DI NYI

I make this offering before the perfectly pure field of offering,

recite in order to make general mandala offering

DRIN CHEN TSA WA DANG GYÜ PAR CHE PE

PAL DEN LA MA DAM PA NAM DANG/

the kind root and lineage Lamas,

YI DAM KYIL KHOR GYI LHA TSHOG/

the deities of the mandalas of the Yidams,

KÖN CHOG RIN POCHE NAM PA SUM/

the three Precious Jewels,

PA WO KHA DRO CHÖ KYONG SUNG MA DANG CHE PA

NAM LA BUL WAR GYI'O/

the Dakas, Dakinis and Dharma-guardians.

recite with teachings

LAMA DANG KYIL KHOR GYI TSO WO TA MI DE PE DRUNG

DU THEG PA CHEN PÖ SUNG CHÖ ZAB MO ZHUG WE YÖN

DU BUL WAR GYI'O/

the Lama not different from the central deity of the mandala, in order to receive these profound Mahayana Dharma teachings.

recite with empowerment

LAMA DANG KYIL KHOR GYI TSO WO TA MI DE PE DRUNG

DU THEG PA CHEN PÖ MIN CHE GYI WANG KUR ZAB MO

ZHUG WE YÖN DU BUL WAR GYI'O/

the Lama not different from the central deity of the mandala, in order to receive this profound empowerment.

THUG JE DRO WE DÖN DU SHE SU SOL/

Please accept with great kindness for the sake of all beings

SHE NE JIN GYI LAB TU SOL/

and please bestow your blessings.

Short Mandala Offering

SA SHI PÖ CHÜ JUG SHING ME TOG TRAM/
 The ground is anointed with perfumed water and strewn with flowers,
 RI RAB LING SHI NYI DE GYEN PA DI/
 and adorned with the supreme mountain, four continents, sun and moon.
 SANG GYE SHING LA MIG TE PHUL WA YI/
 Through perceiving it as a buddhafield and offering it,
 DRO KÜN NAM DAG SHING DU KYE WAR SHOG//
 may all migrators be reborn in pure realms.

Outer, Inner and Secret Mandala Offering

KU SUM YONG DZOG LA ME TSHOG NAM LA/
 With the realization of suchness, I make outer, inner and secret offerings
 CHI NANG SANG SUM DE SHIN NYI KYI CHÖ/
 to the assembly of gurus who have completely perfected the three kayas.
 DAG LÜ LONG CHÖ NANG SI YÖN SHE LA/
 I beseech you to accept the offerings of my body, wealth and apparent
 existence
 LA ME CHOG GI NGÖ DRUB TSAL DU SOL//
 and to bestow the unsurpassed, supreme siddhi.

**OM GURU DEVA DAKINI
 RATNA MANDALA PRATITSA SVAHA/**

Seven-Limbed Prayer

CHAG TSHEL WA DANG CHÖ CHING SHAG PA DANG/
 Whatever slight virtue I have accumulated through
 JE SU YI RANG KÜL SHING SÖL WA YI/
 prostration, offering, confession,
 GE WA CHUNG ZE DAG GI CHI SAG PA/
 rejoicing, beseeching and requesting,
 THAM CHE DZOG PE JANG CHUB CHIR NGO'O//
 I dedicate it all for the sake of complete enlightenment.

Supplication to Kyobpa Jigten Sumgon

KYAB DREN GYI DO ME DZAM LING GYEN/

Unequaled refuge, ornament of the world,

DRAG PE TONG SUM YONG LA KHYAB/

Your fame pervades the three thousand worlds.

TSÖ ME GYAL WA DOR JE CHANG/

You are the victor, Vajradhara, without a doubt.

PHA JIG TEN GÖN PÖ SHAB LA DÜ/

I bow at the feet of the father, Jigten Sumgon.

DÜ TAG TU SAM GYU KHYÖ LE ME/

Continually, I think of no one but you.

JIN GYI LOB SHIG THUG JE CHEN/

Compassionate One, grant your blessings.

NYING GI MÜN PA SEL NE KYANG/

Dispel the darkness that surrounds my heart.

SEM TRÖ DRAL DU TOG PAR JIN GYI LOB//

Please bless me so that I can realize the unelaborated nature of mind.

Request to turn the wheel of Dharma

SEM CHEN NAM KYI SAM PA DANG/

Please turn the wheel of the greater

LO YI JE DRAG JI TAR WAR/

and the lesser vehicles and their common goals

CHE CHUNG THÜN MONG THEG PA YI/

according to the dispositions

CHÖ KYI KHOR LO KOR DU SÖL//

and mental capacities of beings.

DEDICATION PRAYERS

DOR JE CHANG CHEN TILLI NA RO DANG/

Great Vajradhara, Tilopa, Naropa,

MAR PA MI LA CHÖ JE GAM PO PA/

Marpa, Milarepa, Dharma Lord Gampopa,

PHAG MO DRU PA GYEL WA DRI GUNG PA/

Phagmodrupa, Conqueror Drikungpa –

KA GYÜ LA MA NAM KYI TRA SHI SHOG//

may the Kagyü Lamas illumine our awareness.

SÖ NAM DI YI THAM CHE ZIG PA NYI/

By this merit may the all-seeing state be attained

THOB NE NYE PE DRA NAM PHAM JE TE/

or else may all negative emotions be conquered.

KYE GA NA CHI BA LONG TR'UG PA YI/

Thus may migrators be liberated from samsara's ocean

SI PE TSHO LE DRO WA DRÖL WAR SHOG//

which is agitated by the vortex of birth, aging, illness and death.

LA MA KU KHAM SANG WAR SÖL WA DEB/

I pray that the guru have good health

CHOG TU KU TSHE RING WAR SÖL WA DEB/

and supreme long life

THRIN LE DAR SHING GYE PAR SÖL WA DEB/

and that his enlightened activity spread and increase.

LA MA DANG DREL WA ME PAR JIN GYI LOB//

Bless me to become inseparable from the guru.

JAM PEL PA WÖ JI TAR KHYEN PA DANG/
 So as the courageous Manjushri
 KÜN TU SANG PO DE YANG DE SHIN TE/
 and also Samantabhadra attained exalted wisdom,
 DE DAG KÜN GYI JE SU DAG LOB CHING/
 I train following their example
 GE WA DI DAG THAM CHE RAB TU NGO//
 and completely dedicate all these virtues.

SANG GYE KU SUM NYE PE JIN LAB DANG/
 By the blessing of the Buddha who obtained the three kayas,
 CHÖ NYI MI GYUR DEN PE JIN LAB DANG/
 by the blessing of the authenticity of phenomena's changeless nature,
 GE DÜN MI CHE DÜ PE JIN LAB KYI/
 by the blessing of the indivisible assembly of the Sangha,
 JI TAR NGÖ SHIN MÖN LAM DRUB PAR SHOG//
 may these aspiration prayers be accomplished as I have dedicated.

KÖN CH'OG SUM GYI DEN PA DANG/
 By the truth of the three precious jewels – Buddha, Dharma and Sangha
 SANG GYE DANG JANG CHUB SEM PA THAM CHE KYI
 JIN GYI LAB DANG TSHOG NYI JONG SU DZOG PA'I
 NGA THANG CHEN PO DANG/
 and by the blessing of all the Buddhas and Bodhisattva and by the glory of
 the perfection of the two kinds of merits
 CHÖ KYI YING NAM PAR DAG CHING SAM GYI MI KHYAB
 PA'I TOB KYI/
 and by the power of dharmadhatu which is perfectly pure and beyond the
 capacity of human thought
 DE DE SHIN DU DRUB PAR GYUR CHIG//
 may this dedication prayer be fulfilled accordingly.

DAG DANG KHOR DE THAM CHE KYI/

Through the [virtuous] accumulations in the past, present and future

DÜ SUM DU SAG PA DANG/

by myself and all [beings] in samsara and nirvana,

YÖ PE GE WE TSA WA DI/

and through the intrinsic basis of virtue,

DAG DANG SEM CHEN THAM CHE NYUR DU LA NA ME PA

YANG DAG PAR DZOG PE JANG CHUB RIN PO CHE THOB

PAR GYUR CHIG//

may all sentient beings and I swiftly attain precious, perfectly complete enlightenment.

SHE JA KÜN ZIG KÜN KHYEN CHÖ KYI JE/

May the teachings of the Drigungpa Ratna Shri,

TEN DREL NE LA WANG THOB DRI GUNG PA/

the master of interdependent abiding,

RIN CHEN PEL GYI TEN PA SI THE BAR/

the Dharma Lord who sees and knows all objects of knowledge,

SHE DRUB THÖ SAM GOM PE DZIN GYUR CHIG//

be upheld through teaching, practice, hearing, reflection and meditation until the end of cyclic existence.

GONG PA NAM DAG KA DANG THÜN PA YI/

Through pure intent with Buddha words consistent

MA NOR LAM TÖN GE WA CHI DRUB PA/

and virtues gained by showing the path faultless,

SA CHU GÖN PO DRI GUNG RIN CHEN GYI/

May all the teachings of the ten grounds' guardian,

TEN PA DAR GYE YÜN RING NE GYUR CHIG//

Lord Drigung Ratna, flourish and abide long!

Long life prayer for H.H. Dalai Lama

GANG RI RA WE KOR WE SHING KHAM SU/
 In the pure realm encircled by snow mountains,

PHEN DANG DE WA MA LÜ JUNG WE NE/
 You are the source of all benefit and happiness without exception.

CHEN RE ZIG WANG TEN DZIN GYA TSHO YI/
 May the lotus feet of Tenzin Gyatso, powerful Chenrezig,

ZHAB PE SI THE BAR DU TEN GYUR CHIG//
 remain steadfast until the end of cyclic existence!

Long life prayer for H.H. Drikung Kyabgon Chetsang

KÖN CHOG SUM DÜ SHĀKYA SENG GE YI/
 You are the great being holding and propagating the teachings

TEN PA DZIN CHING PEL WE DAG NYI CHE/
 of the lion of Shākyā (Buddha Shākyamuni) embodiment of the triple gem;

KÜN ZANG CHÖ PE DRO DREN THRIN LE CHOG/
 By leading beings through his conduct of universal goodness,

LHÜN DRUB JE TSÜN LA MAR SOL WA DEB/
 he has the effortless buddha activity; I pray to the exalted lama.

Long life prayer for H.H. Drikung Kyabgon Chungtsang

KÖN CHOG SUM GYI DAG NYI DRI GUNG PE/
 As embodiment of the three jewels, who holds the teachings

of the Drikung lineage,
 TEN PA DZIN LA DA DRAL THUG KYE THÜ/
 You cultivated peerless bodhicitta.

DAM PE CHÖ KYI ZHI SIL NANG WA YI/
 To You, the supreme One, who relieves beings by the light and peace

KYE GÜ UG JIN CHOG LA SOL WA DEB/
 of the true dharma , I supplicate.

Long life prayer for H.E. Garchen Rinpoche

PHAG PE YÜL NA ARYA DE WA ZHE/
The one know in the Holy Land as Āryadeva,

DO KHAM CHOG SUM GAR GYI RIG SU TRÜL/
emanated into the Gar clan in Dokham as

JIG TEN GÖN PÖ THUG SE CHÖ DING PA/
Chödingpa, the heart son of Jigten Sumön.

PAL DEN GAR CHEN KU TSHE KAL GYAR TEN/
May the life of glorious Garchen remain steadfast for a hundred aeons!

NYIG DÜ GYAL TEN NYAG THRE NE KAB DIR/
In this age of degeneration when the Victor's teaching

THU TOB DOR JE TA BÜ TÜL ZHUG KYI/
is feeble, through his powerful, vajra-like conduct,

RI ME TEN PE KHUR CHI DAG GIR ZHE/
he takes on heavy responsibility of the unbiased teaching.

TEN PE NYI MA GAR CHEN ZHAB TEN SÖL/
May the life of Garchen, the sun of the teaching, remain steadfast!

Mantra of Avalokiteshvara (tib. Chenrezig)

OM MANI PADME HÜNG/ HRĪ

GE WA DI YI NYUR DU DAG/
Through the virtue of this practice,

CHEN RE ZIG WANG DRUB GYUR NE/
may I achieve the great realization of powerful Avalokiteshvara.

DRO WA CHIG KYANG MA LÜ PA/
To this state may I come to lead every being –

DE YI SA LA GÖ PAR SHOG//
leaving not one behind.

Sukhavati Aspiration Prayer

E MA HO

E Ma Ho!

NGO TSHAR SANG GYE NANG WA THA YE DANG/

In space is wondrous Buddha Limitless Illumination (Amitabha),

YE SU JO WO THUG JE CHEN PO DANG/

with the Great Compassionate Lord (Chenrezig) to his right

YÖN DU SEM PA THU CHEN THOB NAM LA/

and the Courageous Being of Great Might (Vajrapani) to his left.

SANG GYE JANG SEM PAG ME KHOR GYI KOR/

They are surrounded by a retinue of innumerable Buddhas and Bodhisattvas.

DE KYI NGO TSHAR PAG TU ME PA YI/

Immediately on transmigrating from here,

DE WA CHEN ZHE JA WE SHING KHAM DER/

uninterrupted by other kinds of birth,

DAG SHEN DI NE TSHE PHÖ GYUR MA THAG/

may I and others take rebirth in that pure realm

KHE WA SHEN GYI BAR MA CHÖ PA RU/

of infinite, wondrous bliss and happiness known as Sukhavati.

DE RU KYE NE NANG THE SHEL THONG SHOG/

Thus may we behold the countenance of limitless Illuminations.

DE KE DAG GI MÖN LAM TAB PA DI/

I beseech all the Buddhas and Bodhisattvas of the ten directions

CHOG CHÜ SANG GYE JANG SEM THAM CHE KYI/

to bless that this aspiration prayer I have made

GEG ME DRUB PAR JIN GYI LAB TU SÖL/

be accomplished without hindrance.

TA YATHA PANTSA DRI YA AVA BODHA NAYA SVAHA//

Final Auspicious Prayer

JANG CHUB SEM CHOG RIN PO CHE/

May precious, supreme bodhicitta arise

MA KYE PA NAM KYE GYUR CHIG/

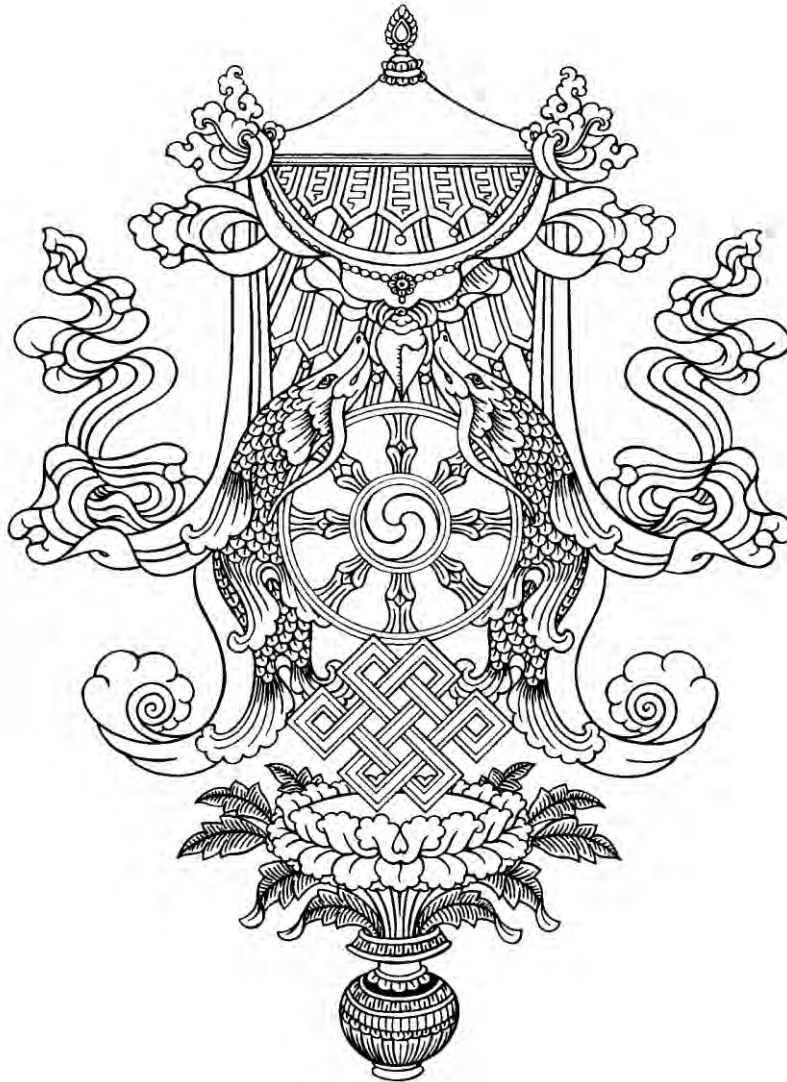
in whom it has not been generated.

KYE PA NYAM PA ME PAR YANG/

May that which has been generated not decline,

GONG NE GONG DU PHEL WAR SHOG//

but exponentially increase.



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His Holiness
Dalai Lama



His Holiness
Drikung Kyabgön Chungtsang

His Holiness
Drikung Kyabgön Chetsang



His Eminence
Garchen Rinpoche



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