

## Appendix 2

# Abbreviated Request to the Lineage Gurus

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When recited with Pabongkha Dechen Nyingpo's tune, the last line of each verse is recited twice. With the first recitation, white purifying light flows from the Guru into you. With the second, you receive all the qualities of the Guru. When recited with the tune of His Holiness' Namgyal Monastery, the last line is recited only once.

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### *To the Root Guru*

PÄL DÄN TSA WÄI LA MA RIN PO CHHE

**Magnificent and precious root Guru,**

DAG GI CHI WOR PÄ DÄI TENG ZHUG LA

**Please abide on the lotus and moon on my crown,**

KA DRIN CHHEN PÖI GO NÄ JE ZUNG TE

**Guide me with your great kindness,**

KU SUNG THUG KYI NGÖ DRUB TSÄL DU SÖL

**And grant me the realizations of your holy body, speech, and mind.**

### *To Guru Shakyamuni Buddha*

PHÜN TSHOG GE LEG JE WÄ TRÜN PÄI KU

**Holy body created by ten million excellent virtues,**

THA YÄ DRO WÄI RE WA KONG WÄI SUNG

**Holy speech fulfilling the hopes of infinite transmigratory beings,**

MA LÜ SHE JA JI ZHIN ZIG PÄI THUG

**Holy mind seeing all objects of knowledge just as they are,**

SHA KYÄI TSO WO KYE LA SÖL WA DEB<sup>39</sup>

**To the principal of the Shakyas, I make requests.**

### *To Maitreya and Manjushri*

DA ME TÖN PA DE YI SE KYI CHHOG

**Supreme heirs of the unequaled Teacher,**

GYÄL WÄI DZÄ PA KÜN KYI KHUR NAM NÄ

**Having assumed the burden of all the conquerors' deeds,**

DRANG ME ZHING DU TRÜL PÄ NAM RÖL PA

**Emanating in innumerable buddha lands.**

MI PHAM JAM PÄI YANG LA SÖL WA DEB

**To Maitreya and Manjughosha, I make requests.**

### *To Nagarjuna, Asanga, and All the Great Indian Pandits*

SHIN TU PAG PAR KA WA GYÄL WÄI YUM

**Thoroughly renowned throughout the three levels,**

Ji ZHIN GONG PA DREL DZÄ DZAM LING GYÄN

**Ornaments of Jambudvipa who wrote exact commentaries  
on the intent**

LU DRUB THOG ME CHE NI SA SUM NA

**Of the Mother of Conquerors, so difficult to fathom,**

YONG SU DRAG PÄI ZHAB LA SÖL WA DEB

**At the feet of Nagarjuna and Asanga, I make requests.**

### *To Lama Atisha and the Gurus of the Kadam Tradition*

SHING TA CHHEN PO NYI LÄ LEG GYÜ PÄI

**Bearer of the treasury of instructions that comprise  
the key points,**

ZAB MÖI TA WA GYA CHHEN CHÖ PÄI LAM

**Unmistaken and complete, of the paths of profound view and  
vast conduct,**

MA NOR YONG SU DZOG PÄI NÄ DÜ PÄI

**Transmitted well from the two great trailblazers,**

DAM PÄI DZÖ DZIN MAR ME DZÄ LA DÜ

**To Dipamkara Atisha, I make requests.**

*To Lama Tsongkhapa, His Two Disciples, and  
the Gurus of the New Kadam Tradition*

GANG CHÄN SHING TÄI SÖL JE TSONG KHA PA

**Je Tsongkhapa, trailblazer of spiritual doctrine in the Land  
of Snow,**

NGÖ TON RIG PÄI WANG CHHUG GYÄL TSHAB JE

**Gyältsab Je, lord of factual reasoning,**

DO NGAG TÄN PÄI DAG PO KHÄ DRUB JE

**Khedrub Je, keeper of the teachings on sutra and tantra,**

YAB SÄ GYÜ PAR CHÄ LA SÖL WA DEB

**To the lineage of father and sons, I make requests.**

*To Kyabje Trījang Rinpoche*

LO ZANG GYÄL WA KÜN GYI YE SHE NI

**Sole embodiment of the transcendental wisdom of all  
the noble conquerors,**

CHIG DÜ DRI ME GYÄL TÄN DZIN PÄI TSO

**Foremost of upholders of the Conqueror's stainless teachings,**

RAB JAM KYIL KHOR GYA TSHO TRO DÜI GÖN

**Savior who emanates an ocean of infinite mandalas,**

DRIN CHÄN LA MÄI ZHAB LA SÖL WA DEB

**Kind guru, Lozang Yeshe Tenzin Gyatso, at your feet I make  
requests.**

## To His Holiness the Dalai Lama

JAM PÄL PA WÖI NGAG LA WANG GYUR ZHING

**You who have control over Hero Manjushri's speech,**

LO ZANG YE SHE GYÄL TÄN DZIN PA LA

**With a fine mind and transcendental wisdom upholding  
the Victorious One's teachings,**

GYA TSHO TAR ZAB SI SUM WANG GYUR GÖN

**Deep as the ocean, savior conquering the three levels of  
existence:**

TSHUNG PA ME PÄI DE LA SÖL WA DEB

**To you, incomparable one, Jampäl Ngawang Lozang Yeshe  
Tenzin Gyatso, I make requests.**

## To Kyabje Thubten Zopa Rinpoche

THUB TÄN CHI DANG KHYÄ PAR TSONG KHA PÄI

**With your strong shoulders of learning and practice**

DRI ME TÄN PÄI GYÄL TSHÄN CHHOG KÜN TU

**You patiently establish in all directions the stainless banner of**

DZUG LA ZÖ DANG SHÄ DRUB PUNG PA NI

**The Muni's teachings, and especially the teachings of Lama  
Tsongkhapa.**

RAB TÄN THUB TÄN ZÖ PAR SÖL WA DEB

**To the extremely steadfast Thubten Zopa, I make requests.**

## To All Spiritual Friends

RAB JAM SUNG RAB KÜN LA TA WÄI MIG

**Eyes viewing all the infinite scriptures,**

KÄL ZANG THAR PAR DRÖ PÄI JUG NGOG CHHOG

**Supreme gateway for the fortunate traveling to liberation,**

TSE WÄ KYÖ PÄI THAB KHÄ DZÄ PA YI

**Engaging with skillful means moved by love:**

SÄL DZÄ SHE NYEN NAM LA SÖL WA DEB

**To the illuminating spiritual friends, I make requests.**

## *Request to Not Give Rise to Heresy*

PÄL DÄN LA MÄI NAM PAR THAR PA LA

**May I not give rise to heresy for even a second**

KÄ CHIG TSAM YANG LOG TA MI KYE ZHING

**In regard to the actions of the glorious guru.**

CHI DZÄ LEG PAR THONG WÄI MÖ GÜ KYI

**May I see whatever actions are done as the stainless [actions of a buddha].**

LA MÄI JIN LAB SEM LA JUG PAR SHOG

**With this devotion, may I receive the guru's blessings in my heart.**

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When performing *Lama Chöpa Jorchö*, continue with *LC 43* on page 139.

When performing the *Prayers for the Beginning of Teachings*, either continue with *The Foundation of All Good Qualities* (page 249) or the *Mandala Offering to Request Teachings* (page 238).

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