

FPMT Prayers for Teaching Occasions



English Translation with Tibetan Phonetics

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Set in Calibri 12/15, Century Gothic, Helvetica Light, and Lydian BT.

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Practice Requirements:

Anyone can do the practices in this book.

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Note: The sequence of prayers in the first two sections above is arranged according to the instructions of Lama Zopa Rinpoche in 2008.

Technical Note

Comments by the compiler or editor are contained in instruction boxes. For example:

Recite these two verses three times.

Instructions or advice by Lama Zopa Rinpoche are contained in instruction boxes marked by the symbol ❖ before the instruction. For example:

❖ Then recite the following verses and meditate on the guru entering your heart.

Italics and a small font size indicate instructions and comments found in the Tibetan text that are not meant to be recited. Words in square brackets have been added by the translator for clarification. For example:

This is how to correctly follow the virtuous friend, [the root of the path to full enlightenment].

Prayers for the Beginning of Teachings

Praise to Shakyamuni Buddha

[LA MA] TÖN PA CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA
YANG DAG PAR DZOG PÄI SANG GYÄ

**[Guru], Teacher, Bhagavan, Tathagata, Arhat, Perfectly
Complete Buddha,**

RIG PA DANG ZHAB SU DÄN PA / DE WAR SHEG PA / JIG TEN KHYEN PA
**Perfect in Knowledge and Good Conduct, Sugata, Knower of
the World,**

KYE BU DÜL WÄI KHA LO GYUR WA LA NA ME PA / LHA DANG MI NAM
KYI TÖN PA

**Supreme Guide of Beings to be Subdued, Teacher of Gods
and Humans;**

SANG GYÄ CHOM DÄN DÄ PÄL GYÄL WA SHA KYA THUB PA LA

To you, Buddha Bhagavan, Glorious Conqueror Shakyamuni,

CHHAG TSHÄL LO / CHHÖ DO KYAB SU CHHI O (3x)

I prostrate, make offerings, and go for refuge. (3x)

GANG TSHE KANG NYI TSO WO KHYÖ TAM TSHE

When, supreme amongst humans, you were born on this earth,

SA CHHEN DI LA GOM PA DÜN BOR NÄ

You paced out seven strides,

NGA NI JIG TEN DI NA CHHOG CHE SUNG

Then said, "I am supreme in this world."

DE TSHE KHÄ PA KHYÖ LA CHHAG TSHÄL LO

To you, who were wise then, I prostrate.

NAM DAG KU NGA CHHOG TU ZUG ZANG WA

With pure bodies, form supremely pure;

YE SHE GYA TSHO SER GYI LHÜN PO DRA

Wisdom ocean, like a golden mountain;

DRAG PA JIG TEN SUM NA LHAM ME WA

Fame that blazes in the three worlds,

GÖN PO CHHOG NYE KHYÖ LA CHHAG TSHÄL LO

Winner of the best—Savior, to you I prostrate.

TSHÄN CHHOG DÄN PA DRI ME DA WÄI ZHÄL

With the supreme signs, face like spotless moon,

SER DOG DRA WA KHYÖ LA CHHAG TSHÄL LO

Color like gold—to you, I prostrate.

DÜL DRÄL KHYÖ DRA SI PA SUM MA CHHI

Dust-free like you, the three worlds are not.

NYAM ME KHYEN CHÄN KHYÖ LA CHHAG TSHÄL LO

Incomparably wise one—to you, I prostrate.

GÖN PO THUG JE CHHE DÄN PA

The savior having great compassion,

THAM CHÄ KHYEN PÄI TÖN PA PO

The teacher having all understanding,

SÖ NAM YÖN TÄN GYA TSHÖI ZHING

The field of merit with qualities like a vast ocean—

DE ZHIN SHEG LA CHHAG TSHÄL LO

To you, the One Gone to Thusness, I prostrate.

DAG PÄI DÖ CHHAG DRÄL WAR GYUR

The purity that frees one from attachment,

GE WÄ NGÄN SONG LÄ DRÖL ZHING

The virtue that frees one from the lower realms,

CHIG TU DÖN DAM CHHOG GYUR PA

The one path, the sublime pure reality—

ZHI GYUR CHHÖ LA CHHAG TSHÄL LO

To the Dharma that pacifies, I prostrate.

DRÖL NÄ DRÖL WÄI LAM YANG TÖN

Those who are liberated and who also show the path to liberation,

LAB PA DAG LA RAB TU NÄ

The holy field qualified with realizations,

ZHING GI DAM PA YÖN TÄN DÄN

Who are devoted to the moral precepts—

GEN DÜN LA YANG CHHAG TSHÄL LO

To you, the sublime community intending virtue, I prostrate.

DIG PA CHI YANG MI JA ZHING

Do not commit any unwholesome actions.

GE WA PHÜN SUM TSHOG PAR CHÄ

Engage in perfect, wholesome actions.

RANG GI SEM NI YONG SU DÜL

Subdue your mind thoroughly.

DI NI SANG GYÄ TÄN PA YIN

This is the teaching of the Buddha.

❖ Recite the following verse from the *Vajra Cutter Sutra* one time in English followed by the Tibetan, chanting slowly while meditating on the meaning:

KAR MA RAB RIB MAR ME DANG

A star, a defective view, a butter lamp flame,

GYU MA ZIL PA CHHU BUR DANG

An illusion, a dew drop, a water bubble,

MI LAM LOG DANG TRIN TA BUR

A dream, lightning, a cloud:

DÜ JÄ CHHÖ NAM DI TAR TA

See all causative phenomena like this.

SÖ NAM DI YI THAM CHÄ ZIG PA YI

Through these merits may sentient beings

GO PHANG THOB NÄ KYÖN GYI DRA TÛL TE

Attain the rank of all seeing, subdue the foe of faults,

GA DANG NA DANG CHHI WÄI LAB TRUG PÄI

And be delivered from samsara's ocean,

SI PÄI TSHO LÄ DRO WA DRÖL WAR SHOG

Perturbed by the waves of aging, sickness, and death.

Praise to the Perfection of Wisdom

Lama Zopa Rinpoche sometimes recites this verse before *The Heart of Perfection of Wisdom Sutra*:

MA SAM JÖ ME SHE RAB PHA RÖL CHHIN

**The inexpressible, inconceivable, and indescribable
perfection of wisdom,**

MA KYE MI GAG NAM KHÄI NGO WO NYI

Unproduced, unceasing, the nature of space,

SO SOR RANG RIG YE SHE CHÖ YÛL WA

Object of the uniquely knowing transcendental wisdom:

DÜ SUM GYÄL WÄI YUM LA CHHAG TSHÄL LO

**To the Mother of the Victorious Ones of the three times,
I prostrate.**

The Heart of the Perfection of Wisdom Sutra

PHAG PA KÖN CHHOG SUM LA CHHAG TSHÄL LO

I prostrate to the Three Noble Rare Sublime Ones.

DI KÄ DAG GI THÖ PA DÜ CHIG NA

Thus did I hear at one time.

CHOM DÄN DÄ GYÄL PÖI Khab JA GÖ PHUNG PÖI RI LA

The Bhagavan was dwelling on Mass of Vultures Mountain in Rajagriha

GE LONG GI GEN DÜN CHHEN PO DANG JANG CHHUB SEM PÄI GEN

DÜN CHHEN PO DANG THAB CHIG TU ZHUG TE

together with a great community of monks and a great community of bodhisattvas.

DEI TSHE CHOM DÄN DÄ ZAB MO NANG WA ZHE JA WÄI CHHÖ KYI

NAM DRANG KYI TING NGE DZIN LA NYOM PAR ZHUG SO

At that time, the Bhagavan was absorbed in the concentration on the categories of phenomena called “Profound Perception.”

YANG DEI TSHE JANG CHHUB SEM PA SEM PA CHHEN PO PHAG PA

CHÄN RÄ ZIG WANG CHHUG

Also, at that time, the bodhisattva mahasattva arya Avalokiteshvara

SHE RAB KYI PHA RÖL TU CHHIN PA ZAB MÖI CHÖ PA NYI LA NAM PAR

TA ZHING

looked upon the very practice of the profound perfection of wisdom

PHUNG PO NGA PO DE DAG LA YANG RANG ZHIN GYI TONG PAR

NAM PAR TA O

and beheld those five aggregates also as empty of inherent nature.

DE NÄ SANG GYÄ KYI THÜ TSHE DANG DÄN PA SHA RII BÜ JANG

CHHUB SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG WANG

CHHUG LA DI KÄ CHE MÄ SO

**Then, through the power of Buddha, the venerable
Shariputra said this to the bodhisattva mahasattva arya
Avalokiteshvara:**

RIG KYI BU / GANG LA LA SHE RAB KYI PHA ROL TU CHHIN PA ZAB MÖI
CHÖ PA CHÄ PAR DÖ PA DE JI TAR LAB PAR JA / DE KÄ CHE MÄ PA
DANG

**“How should any son of the lineage train who wishes to
practice the activity of the profound perfection of wisdom?”**

JANG CHHUB SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG WANG
CHHUG GI TSHE DANG DÄN PA SHA RA DA TII BU LA DI KÄ CHE MÄ SO

**He said that, and the bodhisattva mahasattva arya
Avalokiteshvara said this to the venerable Sharadvatiputra.**

SHA RII BU / RIG KYI BU AM RIG KYI BU MO GANG LA LA SHE RAB KYI
PHA RÖL TU CHHIN PA ZAB MÖI CHÖ PA CHÄ PAR DÖ PA DE

**“Shariputra, any son of the lineage or daughter of the
lineage who wishes to practice the activity of the profound
perfection of wisdom**

DI TAR NAM PAR TA WAR JA TE / PHUNG PO NGA PO DE DAG KYANG
**should look upon it like this, correctly and repeatedly
beholding**

RANG ZHIN GYI TONG PAR NAM PAR YANG DAG PAR JE SU TA O
those five aggregates also as empty of inherent nature.

ZUG TONG PA O / TONG PA NYI ZUG SO

Form is empty. Emptiness is form.

ZUG LÄ TONG PA NYI ZHÄN MA YIN / TONG PA NYI LÄ KYANG ZUG
ZHÄN MA YIN NO

**Emptiness is not other than form; form is also not other than
emptiness.**

DE ZHIN DU TSHOR WA DANG / DU SHE DANG / DU JE DANG / NAM
PAR SHE PA NAM TONG PA O

**In the same way, feeling, discrimination, compositional
factors, and consciousness are empty.**

SHA RII BU / DE TAR CHHÖ THAM CHÄ TONG PA NYI DE / TSHÄN NYI ME PA

“Shariputra, likewise, all phenomena are emptiness; without characteristic;

MA KYE PA / MA GAG PA / DRI MA ME PA / DRI MA DANG DRÄL WA
ME PA / DRI WA ME PA / GANG WA ME PA O

unproduced, unceased; stainless, not without stain; not deficient, not fulfilled.

SHA RII BU / DE TA WÄ NA TONG PA NYI LA ZUG ME / TSHOR WA ME / DU
SHE ME / DU JE NAM ME / NAM PAR SHE PA ME

**“Shariputra, therefore, in emptiness there is no form,
no feeling, no discrimination, no compositional factors,
no consciousness;**

MIG ME / NA WA ME / NA ME / CHE ME / LÜ ME / YI ME

no eye, no ear, no nose, no tongue, no body, no mind;

ZUG ME / DRA ME / DRI ME / RO ME / REG JA ME / CHHÖ ME DO

**no visual form, no sound, no odor, no taste, no object of
touch, and no phenomenon.**

MIG GI KHAM ME PA NÄ YI KYI KHAM ME / YI KYI NAM PAR SHE PÄI
KHAM KYI BAR DU YANG ME DO

**There is no eye element and so on up to and including no
mind element and no mental consciousness element.**

MA RIG PA ME / MA RIG PA ZÄ PA ME PA NÄ

There is no ignorance, no extinction of ignorance, and so on

GA SHI ME / GA SHI ZÄ PÄI BAR DU ANG ME DO

**up to and including no aging and death and no extinction of
aging and death.**

DE ZHIN DU DUG NGÄL WA DANG / KÜN JUNG WA DANG / GOG PA
DANG / LAM ME

Similarly, there is no suffering, origination, cessation, and path;

YE SHE ME / THOB PA ME / MA THOB PA YANG ME DO

**there is no exalted wisdom, no attainment, and also no
nonattainment.**

SHA RII BU DE TA WÄ NA / JANG CHHUB SEM PA NAM THOB PA ME
PÄI CHHIR SHE RAB KYI PHA RÖL TU CHHIN PA LA TEN CHING NÄ TE /
SEM LA DRIB PA ME PÄ TRAG PA ME DE

**“Shariputra, therefore, because there is no attainment,
bodhisattvas rely on and dwell in the perfection of wisdom,
the mind without obscuration and without fear.**

CHHIN CHI LOG LÄ SHIN TU DÄ NÄ / NYA NGÄN LÄ DÄ PÄI THAR CHHIN
TO

**Having completely passed beyond error, they reach the end-
point of nirvana.**

DÜ SUM DU NAM PAR ZHUG PÄI SANG GYÄ THAM CHÄ KYANG SHE
RAB KYI PHA RÖL TU CHHIN PA LA TEN NÄ / LA NA ME PA YANG DAG
PAR DZOG PÄI JANG CHHUB TU NGÖN PAR DZÖG PAR SANG GYÄ SO

**All the buddhas who dwell in the three times also manifestly,
completely awaken to unsurpassable, perfect, complete
enlightenment in reliance on the perfection of wisdom.**

DE TA WÄ NA / SHE RAB KYI PHA RÖL TU CHHIN PÄI NGAG / RIG PA
CHHEN PÖI NGAG

**Therefore, the mantra of the perfection of wisdom,
the mantra of great knowledge,**

LA NA ME PÄI NGAG / MI NYAM PA DANG NYAM PÄI NGAG

the unsurpassed mantra, the mantra equal to the unequaled,

DUG NGÄL THAM CHÄ RAB TU ZHI WAR JE PÄI NGAG / MI DZÜN PÄ NA
DEN PAR SHE PAR JA TE

**the mantra that thoroughly pacifies all suffering, should be
known as truth since it is not false.**

SHE RAB KYI PHA RÖL TU CHHIN PÄI NGAG MÄ PA

The mantra of the perfection of wisdom is declared:

TADYATHÄ GATE GATE PÄRAGATE PÄRASAMGATE
BODHI SVÄHÄ

SHA RII BU / JANG CHHUB SEM PA SEM PA CHHEN PÖ DE TAR SHE RAB
KYI PHA RÖL TU CHHIN PA ZAB MO LA LAB PAR JA O

“Shariputra, the bodhisattva mahasattva should train in the profound perfection of wisdom like that.”

DE NÄ CHOM DÄN DÄ TING NGE DZIN DE LÄ ZHENG TE JANG CHHUB
SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG WANG CHHUG LA
LEG SO ZHE JA WA JIN NÄ

Then the Bhagavan arose from that concentration and commended the bodhisattva mahasattva arya

Avalokiteshvara saying:

LEG SO LEG SO / RIG KYI BU / DE DE ZHIN NO / RIG KYI BU DE DE ZHIN
TE

“Well said, well said, son of the lineage, it is like that.

JI TAR KHYÖ KYI TÄN PA DE ZHIN DU / SHE RAB KYI PHA RÖL TU CHHIN
PA ZAB MO LA CHÄ PAR JA TE / DE ZHIN SHEG PA NAM KYANG JE SU
YI RANG NGO

It is like that; one should practice the profound perfection of wisdom just as you have indicated; even the tathagatas rejoice.”

CHOM DÄN DÄ KYI DE KÄ CHE KA TSÄL NÄ / TSHE DANG DÄN PA
SHA RI DVA TII BU DANG

The Bhagavan having thus spoken, the venerable Sharadvatiputra,

JANG CHHUB SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG
WANG CHHUG DANG THAM CHÄ DANG DÄN PÄI KHOR DE DAG DANG

the bodhisattva mahasattva arya Avalokiteshvara, and those surrounding in their entirety

LHA DANG / MI DANG / LHA MA YIN DANG / DRI ZAR CHÄ PÄI JIG TEN
YI RANG TE / CHOM DÄN DÄ KYI SUNG PA LA NGÖN PAR TÖ DO

along with the world of gods, humans, asuras, and gandharvas were overjoyed and highly praised that spoken by the Bhagavan.

This completes the Ārya-bhagavatī-prajñāpāramitā-hṛidaya-sūtra.

Extensive Dispelling of Hindrances (according to the Heart Sutra)

I and all surrounding sentient beings take refuge in the Buddha, take refuge in the Dharma, take refuge in the Sangha.

We prostrate to the Great Mother Prajnaparamita,
Surrounded by all the children and by the assemblies of buddhas
and bodhisattvas of the ten directions.

By depending on my prostrations to all of you,
May these words of truth be actualized.

In the past the deva king, Indra, dispelled the maras by reflecting on the profound meaning of the wisdom gone beyond and reciting the profound words in daily recitation. In that same way I also reflect on the profound meaning of the Great Mother Prajnaparamita and recite the profound words in daily recitation.

May all diseases, spirit possessions, bad conditions, all the negative directions, which happened due to past karma and immediate conditions, be dispelled! (clap 1x) May they become nonexistent! (clap 1x) May they be pacified! (clap 1x)

Prayer to the Lion-Face Dakinī

KHA LA CHÖ PÄI NÄ CHHOG DAM PA NÄ

From the holy supreme realm of Khechara,

NGÖN SHE DZÜ THRÜL NGA WÄI THU TOB CHÄN

You, who possess powers of clairvoyance and magical emanation,

DRUB PA PO LA MA YEL BU ZHIN ZIG

Look after practitioners without distraction as you would a child.

NÄ SUM KHA DRÖI TSHOG LA CHHAG TSHÄL LO

To the host of dakinis of the three abodes, I prostrate.

AḤ KAḤ SAḤ MAḤ RAḤ CHAḤ ŚHAḤ DAḤ RAḤ SAḤ MAḤ
RAḤ YAḤ PHAḤ (21x)

TADYATHĀ GATE GATE PĀRAGATE PĀRASAMGATE
BODHI SVĀHĀ (1x)

PHAG PA KÖN CHHOG SUM GYI KÄI DEN PÄI TOB KYI CHHIR
**By the teachings of the noble Three Rare Sublime Ones
possessing the power of truth,**

DOG PAR GYUR CHIG (clap 1x)
May hindrances be averted. (clap 1x)

ME PAR GYUR CHIG (clap 1x)
May they be eliminated. (clap 1x)

ZHI WAR GYUR CHIG (clap 1x)
May they be pacified. (clap 1x)

DRA GEG BAR CHHÄ MI THÜN PÄI CHHOG NGÄN PA THAM CHÄ
SHANTIM KURU SOHA
**May all enemies and negative forces opposed to Dharma
ŚHĀNTIM KURU SVĀHĀ.**

GEG RIG TONG THRAG GYÄ CHU ZHI WA DANG
May the host of 80,000 obstacles be pacified,
MI THÜN NÖ PÄI KYEN DANG DRÄL WA DANG
May we be free from harmful conditions to Dharma,

THÜN PAR DRUB CHING PHÜN SUM TSHOG GYUR PÄI
May all excellences be in accord with the Dharma,
TRA SHI DE KYANG DENG DIR DE LEG SHOG
**And may there be auspiciousness and perfect happiness
here right now.**

For *Abbreviated Request to the Lineage Gurus*, go to page 39.

The Foundation of All Good Qualities

YÖN TÄN KÜN GYI ZHIR GYUR DRIN CHÄN JE

The foundation of all good qualities is the kind and perfect guru;

TSHÜL ZHIN TEN PA LAM GYI TSA WA RU

Correct devotion to him is the root of the path.

LEG PAR THONG NÄ BÄ PA DU MA YI

By clearly seeing this and applying great effort,

GÜ PA CHHEN PÖ TEN PAR JIN GYI LOB

Please bless me to rely upon him with great respect.

LÄN CHIG NYE PÄI DÄL WÄI TEN ZANG DI

Understanding that the precious freedom of this rebirth is found only once,

SHIN TU NYE KA DÖN CHHEN SHE GYUR NÄ

Is difficult to find again, and is greatly meaningful,

NYIN TSHÄN KÜN TU NYING PO LEN PÄI LO

Please bless me to generate the mind that unceasingly,

GYÜN CHHÄ ME PAR KYE WAR JIN GYI LOB

Day and night, takes its essence.

LÜ SOG YO WA CHHU YI CHHU BUR ZHIN

This life is as impermanent as a water bubble;

NYUR DU JIG PÄ CHHI WA DRÄN PA DANG

Remember how quickly it decays and death comes.

SHI WÄI JE SU LÜ DANG DRIB MA ZHIN

After death, just like a shadow follows the body,

KAR NAG LÄ DRÄ CHHI ZHIN DRANG WA LA

The results of black and white karma follow.

NGE PA TÄN PO NYE NÄ NYE PÄI TSHOG

Finding firm and definite conviction in this,

THRA ZHING THRA WA NAM KYANG PONG WA DANG

Please bless me always to be careful

GE TSHOG THA DAG DRUB PAR JE PA LA

To abandon even the slightest negative action

TAG TU BAG DANG DÄN PAR JIN GYI LOB

And accomplish all virtuous deeds.

CHÄ PÄ MI NGOM DUG NGÄL KÜN GYI GO

Seeking samsaric pleasures is the door to all suffering:

YI TÄN MI RUNG SI PÄI PHÜN TSHOG KYI

They are uncertain and cannot be relied upon.

NYE MIG RIG NÄ THAR PÄI DE WA LA

Recognizing these shortcomings,

DÖN NYER CHHEN POR KYE WAR JIN GYI LOB

Please bless me to generate the strong wish for the bliss of liberation.

NAM DAG SAM PA DE YI DRANG PA YI

Led by this pure thought,

DRÄN DANG SHE ZHIN BAG YÖ CHHEN PO YI

Mindfulness, alertness, and great caution arise.

TÄN PÄI TSA WA SO SOR THAR PA LA

The root of the teachings is keeping the pratimoksha vows:

DRUB PA NYING POR JE PAR JIN GYI LOB

Please bless me to accomplish this essential practice.

RANG NYI SI TSHOR LHUNG WA JI ZHIN DU

Just as I have fallen into the sea of samsara,

MAR GYUR DRO WA KÜN KYANG DE DRA WAR

So have all mother transmigratory beings.

THONG NÄ DRO WA DRÖL WÄI KHUR KHYER WÄI

Please bless me to see this, train in supreme bodhichitta,

JANG CHHUB SEM CHHOG JONG PAR JIN GYI LOB

And bear the responsibility of freeing transmigratory beings.

SEM TSAM KYE KYANG TSHÜL THRIM NAM SUM LA

**Even if I develop only bodhichitta, but I don't practice
the three types of morality,**

GOM PA ME NA JANG CHHUB MI DRUB PAR

I will not achieve enlightenment.

LEG PAR THONG NÄ GYÄL SÄ DOM PA LA

With my clear recognition of this,

TSÖN PA DRAG PÖ LOB PAR JIN GYI LOB

**Please bless me to practice the bodhisattva vows with great
energy.**

LOG PÄI YÜL LA YENG WA ZHI JE CHING

Once I have pacified distractions to wrong objects

YANG DAG DÖN LA TSHÜL ZHIN CHÖ PA YI

And correctly analyzed the meaning of reality,

ZHI NÄ LHAG THONG ZUNG DU DREL WÄI LAM

Please bless me to generate quickly within my mindstream

NYUR DU GYÜ LA KYE WAR JIN GYI LOB

The unified path of calm abiding and special insight.

THÜN MONG LAM JANG NÖ DU GYUR PA NA

Having become a pure vessel by training in the general path,

THEG PA KÜN GYI CHHOG GYUR DOR JE THEG

Please bless me to enter

KÄL ZANG KYE WÖI JUG NGOG DAM PA DER

The holy gateway of the fortunate ones:

DE LAG NYI DU JUG PAR JIN GYI LOB

The supreme vajra vehicle.

DE TSHE NGÖ DRUB NAM NYI DRUB PÄI ZHI

At that time, the basis of accomplishing the two attainments

NAM DAG DAM TSHIG DOM PAR SUNG WA LA

Is keeping pure vows and samaya.

CHÖ MA MIN PÄI NGE PA NYE GYUR NÄ

As I have become firmly convinced of this,

SOG DANG DÖ TE SUNG WAR JIN GYI LOB

Please bless me to protect these vows and pledges like my life.

DE NÄ GYÜ DEI NYING PO RIM NYI KYI

Then, having realized the importance of the two stages,

NÄ NAM JI ZHIN TOG NÄ TSÖN PA YI

The essence of the Vajrayana,

THÜN ZHII NÄL JOR CHÖ LÄ MI YEL WAR

By practicing with great energy, never giving up the four sessions,

DAM PÄI SUNG ZHIN DRUB PAR JIN GYI LOB

Please bless me to realize the teachings of the holy guru.

DE TAR LAM ZANG TÖN PÄI SHE NYEN DANG

Like that, may the gurus who show the noble path

TSHÜL ZHIN DRUB PÄI DROG NAM ZHAB TÄN CHING

And the spiritual friends who practice it have long lives.

CHHI DANG NANG GI BAR DU CHÖ PÄI TSHOG

Please bless me to pacify completely

NYE WAR ZHI WAR JIN GYI LAB TU SÖL

All outer and inner hindrances.

KYE WA KÜN TU YANG DAG LA MA DANG

In all my lives, never separated from perfect gurus,

DRÄL ME CHHÖ KYI PÄL LA LONG CHÖ CHING

May I enjoy the magnificent Dharma.

SA DANG LAM GYI YÖN TÄN RAB DZOG NÄ

By completing the qualities of the paths and bhumis,

DOR JE CHHANG GI GO PHANG NYUR THOB SHOG

May I quickly attain the state of Vajradhara.

Mandala Offering to Request Teachings

Long Mandala Offering

The first paragraph is recited only by the chant leader:

GYÄL WA KHYAB DAG DOR JE CHANG CHHEN PO DANG NGO WO
YER MA CHI PA YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU
TSHÄN NÄ MÖ TE JE TSÜN LA MA LO ZANG THUB WANG DOR JE
CHANG CHHEN PO *KYABJE THUBTEN ZOPA RINPOCHE PÄL ZANG PÖI*
SHÄL NGA NÄ *THEG PA CHHEN PÖI SUNG CHHÖ** ZAB MO LEG PAR
ZHU WÄI YÖN DU ZHING KHAM BÜL WAR ZHU...

Group joins in:

OM VAJRA BHUMI AH HUM / WANG CHHEN SER GYI SA ZHI

OM VAJRA BHUMI ÄH HÜM, mighty golden ground.

OM VAJRA REKHE AH HUM / CHHI CHAG RI KHOR YUG GI KOR
WÄI Ü SU / RII GYÄL PO RI RAB

**OM VAJRA REKHE ÄH HÜM, encircled by a wall of iron
mountains; in the center, Mount Meru, King of Mountains;**

SHAR LÜ PHAG PO / LHO DZAM BU LING / NUB BA LANG CHÖ /
JANG DRA MI NYÄN

**In the east, Noble Body; in the south, Rose-Apple; in the
west, Cattle Using; in the north, Unpleasant Sound;**

LÜ DANG LÜ PHAG / NGA YAB DANG NGA YAB ZHÄN

Body and Noble Body; Yak Tail and Other Yak Tail;

YO DÄN DANG LAM CHHOG DRO / DRA MI NYÄN DANG DRA MI NYÄN
GYI DA

**Deceitful and Traveling the Supreme Path; Unpleasant Sound
and Companion Unpleasant Sound;**

RIN PO CHHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ PA
YI LO TOG

**Precious mountain, wish-granting tree, wish-fulfilling cow,
uncultivated harvest;**

KHOR LO RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN MO RIN PO
CHHE / LÖN PO RIN PO CHHE / LANG PO RIN PO CHHE / TA CHHOG
RIN PO CHHE / MAG PÖN RIN PO CHHE / TER CHHEN PO YI BUM PA

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

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG
PÖ MA / NANG SÄL MA / DRI CHHAB MA

**Grace goddess, garland goddess, song goddess, dance
goddess, flower goddess, incense goddess, light goddess,
perfume goddess;**

NYI MA / DA WA / RIN PO CHHEI DUG / CHHOG LÄ NAM PAR GYÄL
WÄI GYÄL TSHÄN

**Sun and moon; precious parasol and banner of victory over
all directions.**

Ü SU LHA DANG MII / PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA
ME PA / TSANG ZHING YI DU ONG WA

**In the center, the riches of gods and humans, perfect, lacking
nothing, pure, and enchanting.**

DI DAG DRIN CHÄN TSA WA DANG GYÜ PAR / CHÄ PÄI PÄL DÄN LA
MA DAM PA NAM DANG

To the glorious, holy, kind root and lineage gurus, and

KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ
DU TSHÄN NÄ MÖ TE JE TSÜN LA MA LO ZANG THUB WANG DOR JE
CHANG CHHEN PO *KYABJE THUBTEN ZOPA RINPOCHE* PÄL ZANG PÖI
ZHÄL NGA NÄ THEG PA CHHEN PÖ SUNG CHHÖ* ZAB MO LEG PAR
ZHU WÄI YÖN DU ZHING KHAM ÜL WAR GYI O

**Especially to you, the great, perfect pure Lama Lozang
Thubwang Dorje Chang, the gloriously good *Kyabje Thubten
Zopa Rinpoche*, the possessor of the complete teachings,
whose holy name is being uttered here with good reason,
that we may excellently receive the profound Mahayana
teachings, we offer this as a buddha field.**

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NE KYANG DAG SOG
DRO WA MA GYUR NAM KHÄI THA DANG NYAM PÄI SEM CHEN THAM
CHÄ LA THUG TSE WA CHHEN PÖ GO NÄ JIN GYI LAB TU SÖL

**Please accept it with compassion for the sake of trans-
migratory beings. Having accepted it, out of your great
compassion for sentient beings, please bless me and all
mother transmigratory beings equaling the extent of space.**

* For an initiation, insert the name of the initiation in place of THEG PA CHHEN PÖ SUNG CHHÖ (Mahayana teachings). Alternatively, the general WANG ZHI (four empowerments), KA WANG (empowerment), or JE NANG (subsequent permission) can be used. For commentaries, insert SANG CHHEN DOR JE THEG PÄI KA THRI (commentary on the great secret vajrayana).

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

This ground, anointed with perfume, strewn with flowers,

RI RAB LING ZHI NYI DÄ GYÄN PA DI

**Adorned with Mount Meru, the four continents, the sun,
and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

I imagine this as a buddha land and offer it.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

May all transmigratory beings enjoy this pure land.

Request to Turn the Wheel of Dharma

JE TSÜN LA MA DAM PA KHYE NAM KYI

Perfect, pure, holy gurus, from the billowing clouds of

CHHÖ KÜI KHA LA KHYEN TSEI CHHU DZIN THRIG

Wisdom and compassion in the sky of the dharmakaya,

JI TAR TSHAM PÄI DÜL JÄI DZIN MA LA

Please let fall a rain of profound and extensive Dharma

ZAB GYÄ CHHÖ KYI CHHAR PA WAB TU SÖL

**Upon the receptacle of those to be subdued, exactly
as they need.**

IDAM GURU RATNA MAṄḌALAKAṂ NIRYĀTAYĀMI

Taking Refuge and Generating Bodhichitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

I take refuge until I am enlightened

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

In the Buddha, the Dharma, and the Supreme Assembly.

DAG GI CHHÖ NYEN GYI PÄI SÖ NAM KYI

By my merits of *listening to the Dharma*,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)

May I become a buddha to benefit transmigratory beings. (3x)

Prayers for the Conclusion of Teachings

Dedicating the Merits of Listening

DAG GI JI NYE SAG PÄI GE WA DI

May whatever virtue I have collected

TÄN DANG DRO WA KÜN LA GANG PHÄN DANG

Benefit the teachings and all transmigratory beings,

KHYÄ PAR JE TSÜN LO ZANG DRAG PA YI

And, in particular, may it cause the essence of

TÄN PÄI NYING PO RING DU SÄL JE SHOG

Perfect, pure Lozang Dragpa's teachings to shine forever.

Mandala Offering of Thanks for Teachings

Long Mandala Offering

The first paragraph is recited only by the chant leader:

GYÄL WA KHYAB DAG DOR JE CHANG CHHEN PO DANG NGO WO
YER MA CHI PA YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU
TSHÄN NÄ MÖ TE JE TSÜN LA MA LO ZANG THUB WANG DOR JE
CHANG CHHEN PO *KYABJE THUBTEN ZOPA RINPOCHE* PÄL ZANG
PÖI SHÄL NGA NÄ *THEG PA CHHEN PÖI SUNG CHHÖ** ZAB MO LEG
PAR THOB PÄI KA DRIN TANG RAG GI YÖN DU ZHING KHAM BÜL WAR
ZHU...

Group joins in:

OM VAJRA BHUMI AH HUM / WANG CHHEN SER GYI SA ZHI

OM VAJRA BHUMI ĀḤ HŪḤ, mighty golden ground.

OM VAJRA REKHE AH HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI
Ü SU / RII GYÄL PO RI RAB

**OM VAJRA REKHE ĀḤ HŪḤ, encircled by a wall of iron
mountains; in the center, Mount Meru, King of Mountains;**

SHAR LÜ PHAG PO / LHO DZAM BU LING / NUB BA LANG CHÖ /
JANG DRA MI NYÄN

**In the east, Noble Body; in the south, Rose-Apple; in the
west, Cattle Using; in the north, Unpleasant Sound;**

LÜ DANG LÜ PHAG / NGA YAB DANG NGA YAB ZHÄN

Body and Noble Body; Yak Tail and Other Yak Tail;

YO DÄN DANG LAM CHHOG DRO / DRA MI NYÄN DANG DRA MI NYÄN
GYI DA

**Deceitful and Traveling the Supreme Path; Unpleasant Sound
and Companion Unpleasant Sound;**

RIN PO CHHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ PA
YI LO TOG

**Precious mountain, wish-granting tree, wish-fulfilling cow,
uncultivated harvest;**

KHOR LO RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN MO RIN PO
CHHE / LÖN PO RIN PO CHHE / LANG PO RIN PO CHHE / TA CHHOG RIN
PO CHHE / MAG PÖN RIN PO CHHE / TER CHHEN PO YI BUM PA

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minister, precious elephant, precious horse, precious
general, great treasure vase;**

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG
PÖ MA / NANG SÄL MA / DRI CHHAB MA

**Grace goddess, garland goddess, song goddess, dance
goddess, flower goddess, incense goddess, light goddess,
perfume goddess;**

NYI MA / DA WA / RIN PO CHHEI DUG / CHHOG LÄ NAM PAR GYÄL
WÄI GYÄL TSHÄN

**Sun and moon; precious parasol and banner of victory over
all directions.**

Ü SU LHA DANG MII / PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA
ME PA / TSANG ZHING YI DU ONG WA

**In the center, the riches of gods and humans, perfect, lacking
nothing, pure, and enchanting.**

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MA DAM PA NAM DANG

To the glorious, holy, kind root and lineage gurus, and

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THOB PÄI KA DRIN TANG RAG GI YÖN DU ZHING KHAM ÜL WAR GYI O

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Thubwang Dorje Chang, the gloriously good *Kyabje Thubten
Zopa Rinpoche*, the possessor of the complete teachings,
whose holy name is being uttered here with good reason, as
a thanksgiving for your great kindness in having excellently
given us the profound Mahayana teachings, we offer this as
a buddha field.**

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NE KYANG DAG SOG
DRO WA MA GYUR NAM KHÄI THA DANG NYAM PÄI SEM CHEN THAM
CHÄ LA THUG TSE WA CHHEN PÖ GO NÄ JIN GYI LAB TU SÖL

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migratory beings. Having accepted it, out of your great
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of THEG PA CHHEN PÖ SUNG CHHÖ (Mahayana teachings).

Alternatively, the general WANG ZHI (four empowerments), KA WANG (empowerment), or JE NANG (subsequent permission) can be used. For tantric commentaries, insert SANG CHHEN DOR JE THEG PÄI KA THRI (commentary on the great secret vajrayana).

Short Mandala Offering

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**Adorned with Mount Meru, the four continents, the sun
and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

I imagine this as a buddha land and offer it.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

May all transmigratory beings enjoy this pure land.

Request for the Guru to Remain for a Long Time

JE TSÜN LA MÄI KU TSHE RAB TÄN CHING

May my perfect, pure guru's life be long

NAM KAR THRIN LÄ CHHOG CHUR GYÄ PA DANG

And his white actions flourish in the ten directions.

LO ZANG TÄN PÄI DRÖN ME SA SUM GYI

**May the torch of the teachings of Lozang Dragpa always
remain,**

DRO WÄI MÜN SEL TAG TU NÄ GYUR CHIG

**Dispelling the darkness of the transmigratory beings of
the three levels.**

IDAM GURU RATNA MAṄḌALAKAṂ NIRYĀTAYĀMI

❖ Recite the long life prayer of the lama at this point, followed by dedication prayers.

Long life prayers for Lama Zopa Rinpoche can be found on page 43 and page 46.

Extensive Dedication Prayers

According to Lama Zopa Rinpoche, the two dedication prayers *To Actualize Bodhichitta* (see below) and *To Seal the Merits with Emptiness* (page 34) are the very minimum to recite at the conclusion of any session. The long life prayer for His Holiness (GANG RII RA WÄ) can also be recited (page 30).

To Actualize Bodhichitta

JANG CHHUB SEM CHHOG RIN PO CHHE

May the precious supreme bodhichitta

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.

Lama Zopa Rinpoche does many extensive versions of this dedication prayer, but one common one is:

Due to all the past, present, and future merits collected by me, the numberless buddhas, and the numberless sentient beings, may bodhichitta be generated in the hearts of all the sentient beings of the six realms, and especially in the hearts of everybody in this world, including all the students, benefactors, and volunteers in the FPMT organization. May it be generated in the hearts of all those who rely upon me, all those for whom I have promised to pray, and all those whose names have been given to me. May it be generated in my heart and in the hearts of all my family members, those who are living and those who have died. May the bodhichitta that has already been generated increase.

To Realize Emptiness

❖ Recite either of these two verses:

TONG NYI TA WA RIN PO CHHE

May the precious view of emptiness

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.

KHOR DÄ RANG ZHIN DÜL TSAM ME PA DANG

Samsara and nirvana lack even an atom of inherent existence

GYU DRÄ TEN DREL LU WA ME PA NYI

And cause and effect and dependent arising are unbetraying.

PHÄN TSHÜN GÄL ME DROG SU CHHAR WA YI

**I seek your blessings to discern the meaning of Nagarjuna's
thought—**

LU DRUB GONG DÖN TOG PAR JIN GYI LOB

**That these two are mutually complementary and not
contradictory.**

To Realize the Two Stages of Tantra

RIM NYI TOG PA RIN PO CHHE

May the precious realization of the two stages

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.

For the Long Life of His Holiness the Dalai Lama

GANG RII RA WÄ KOR WÄI ZHING KHAM DIR

In the land encircled by snow mountains,

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ

You are the source of all happiness and good.

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

All-powerful Chenrezig, Tenzin Gyatso,

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

Please remain until samsara ends.

For His Holiness' Wishes to be Spontaneously Fulfilled

TÖNG NYI NYING JE ZUNG DU JUG PÄI LAM

**Savior of the Land of Snow's teachings and transmigratory
beings,**

CHHE CHHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN

**Who extensively clarifies the path that unifies emptiness and
compassion,**

CHHAG NA PÄ MO TÄN DZIN GYA TSHO LA

To the Lotus Holder, Tenzin Gyatso, I beseech—

SÖL WA DEB SO ZHE DÖN LHÜN DRUB SHOG

May all your holy wishes be spontaneously fulfilled.

For Tibet

DOR NA GÖN PO CHÄN RÄ ZIG WANG GI

In short, may the good fruit of any extensive prayer to

SÄ CHÄ GYÄL WÄI CHÄN NGAR GANG CHÄN ZHING

**Fully protect the Land of Snow, made by the Powerful Savior
Chenrezig**

YONG ZUNG GYA CHHEN MÖN LAM GANG DZÄ PÄI

In the presence of the buddhas and their sons,

DRÄ ZANG DENG DIR NYUR DU CHHAR WAR SÖL

Appear soon here and now.

To Be Able to Correctly Devote to His Holiness the Dalai Lama and Fulfill All His Advice

CHHAG NA PÄ MÖI JIN LAB DÜ TSII GYÜN

May the nectar stream of the blessings of the Lotus Holder

DAG SOG NYING GI ZUNG SU TAG MIN CHING

Always enter our hearts and nourish them with strength.

KA ZHIN DRUB PÄI CHHÖ PÄ RAB NYEN NÄ

May we please you with offerings of dedicated practice,

KÜN ZANG CHÖ CHHOG GYA TSHO THAR SÖN SHOG

**And may we reach beyond the shores of perfect
compassionate deeds.**

MÄ JUNG SÄ CHÄ GYÄL WÄI JIN LAB DANG

**Due to the blessings of the eminent victorious ones and
their sons,**

TEN DREL LU WA ME PÄI DEN PA DANG

The truth of infallible dependent arising,

DAG GI LHAG SAM DAG PÄI THU TOB KYI

**And the power of my pure special attitude of taking
responsibility,**

MÖN PÄI DÖN KÜN DE LAG NYUR DRUB SHOG

May all the aims of my pure prayers be accomplished.

*For Lama Tsongkhapa to Be Our Direct Mahayana Guru
in All Our Future Lives*

TSHE RAB KÜN TU GYÄL WA TSONG KHA PÄ

By the force of the victorious one, Tsongkhapa,

THEG CHHOG SHE NYEN NGÖ SU DZÄ PÄI THÜ

Acting as our direct Mahayana virtuous friend in all our lives,

GYÄL WÄ NGAG PÄI LAM ZANG DE NYI LÄ

May we never turn away for even a second

KÄ CHIG TSAM YANG DOG PAR MA GYUR CHIG

From the pure path highly admired by the victorious ones.

*To Be Able to Meet, Practice, and Actualize the Teachings of
Lama Tsongkhapa*

MÄ JUNG NAM THAR TSANG MÄI THRIM DANG DÄN

**May I and all sentient beings meet the teachings of
the victorious one, Lozang Dragpa,**

LAB CHHEN GYÄL SÄ CHÖ PÄI NYING TOB CHÄN

Who lived an eminent life endowed with pure morality,

DE TONG CHHOG GI RIM NYI NÄL JOR CHÖ

A brave heart in doing the bodhisattva's extensive deeds,

LO ZANG GYÄL WÄI TÄN DANG JÄL WAR SHOG

**And the yoga of the two stages, the essence of which is
the transcendental wisdom of nondual bliss and emptiness.**

To Be Like Lama Tsongkhapa in All Our Future Lives

PÄL DÄN LA MA KHYE KU CHI DRA DANG

Glorious guru, whatever your body,

KHOR DANG KU TSHEI TSHÄ DANG ZHING KHAM DANG

Retinue, life span, and realm,

KHYE KYI TSHÄN CHHOG ZANG PO CHI DRA WA

Whatever your supreme and excellent name,

DE DRA KHO NAR DAG SOG GYUR WAR SHOG

May I and others become exactly like that.

For Peace and Happiness to Prevail in the World

KHYE LA TÖ CHING SÖL WA TAB PÄI THÜ

By the force of the praises and requests made to you,

DAG SOG GANG DU NÄ PÄI SA CHHOG DER

May all diseases, evil spirits, poverty, and quarrels be calmed,

NÄ DÖN ÜL PHONG THAB TSÖ ZHI WA DANG

And may the Dharma and good fortune increase

CHHÖ DANG TRA SHI PHEL WAR DZÄ DU SÖL

In the regions in which I and others dwell.

Lama Zopa Rinpoche sometimes elaborates on this prayer as follows:

Due to all the past, present, and future merits collected by me, the numberless buddhas, and the numberless sentient beings, may all wars, sickness, famine, and economic problems in the world, and all dangers of earth, water, fire, and wind, be pacified immediately, and may perfect peace and happiness prevail in everyone's hearts and lives. By their generating loving kindness, compassion, and bodhichitta, may the Buddhadharma last for a long time, and may the sentient beings in this world meet the Buddhadharma and achieve enlightenment as quickly as possible.

To Not Give Rise to Heresy Toward the Guru

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 pure.

LA MÄI JIN LAB SEM LA JUG PAR SHOG

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

To Be Able to Cherish All Sentient Beings

DAG NI SEM CHÄN THAM CHÄ LA

Determined to obtain the greatest possible benefit

YI ZHIN NOR BU LÄ LHAG PÄI

From all sentient beings,

DÖN CHHOG DRUB PÄI SAM PA YI

Who are more precious than a wish-fulfilling jewel,

TAG TU CHE PAR DZIN PAR SHOG

I shall hold them most dear at all times.

To Be Wish-Fulfilling for Others

BÄ DANG TSÖL WA MA GÖ PÄI

Like a wish-fulfilling jewel and wish-granting tree,

YI ZHIN NOR BU PAG SAM SHING

May I fulfill the hopes of sentient beings

SEM CHÄN RE WA KONG DZÄ PÄI

Without need for effort and exertion.

SAM PA DRUB PÄI TRA SHI SHOG

May all be auspicious for me to accomplish their wishes.

To Seal the Merits with Emptiness

Lama Zopa Rinpoche uses a variation of the common dedication prayer “Due to these virtues, may I quickly become a guru-buddha and lead all transmigratory beings, without exception, to that state” (GE WA DI YI NYUR DU DAG LA MA SANG GYÄ DRUB GYUR NÄ / DRO WA CHIG KYANG MA LÜ PA / DE YI SA LA GÖ PAR SHOG) to seal all the previous dedications with emptiness. One possible version of this dedication is:

Due to all the past, present, and future merits collected by me, the numberless buddhas, and the numberless sentient beings, which are completely empty of existing from their own side, may I, who am completely empty of existing from my own side, achieve the state of full enlightenment, which is completely empty of existing from its own side, and lead all sentient beings, who are completely empty of existing from their own side, to that state, which is completely empty of existing from its own side, by myself alone, who am completely empty of existing from my own side.

Final Lamrim Prayer

DER NI RING DU BÄ LÄ TSHOG NYI NI

**From my two types of merits, vast as space, that I have
amassed**

KHA TAR YANG PA GANG ZHIG SAG PA DE

**From working with effort at this practice for a great length
of time,**

LO MIG MA RIG GI DONG DRO WA KÜN

May I become the chief leading buddha for all those

NAM DREN GYÄL WÄI WANG POR DAG GYUR CHIG

Whose mind's wisdom eye is blinded by ignorance.

DER MA SÖN PÄI TSHE RAB KÜN TU YANG

Even if I do not reach this state, may I be held

JAM PÄI YANG KYI TSE WÄ JE ZUNG NÄ

In your loving compassion for all lives, Manjushri,

TÄN PÄI RIM PA KÜN TSHANG LAM GYI CHHOG

May I find the best of complete graded paths of the teachings,

NYE NÄ DRUB PÄ GYÄL NAM NYE JE SHOG

And may I please all the buddhas by my practice.

RANG GI JI ZHIN TOG PÄI LAM GYI NÄ

Using skillful means drawn by the strong force of compassion,

SHUG DRAG TSE WÄ DRANG WÄI THAB KHÄ KYI

May I clear the darkness from the minds of all beings

DRO WÄI YI KYI MÜN PA SÄL JÄ NÄ

With the points of the path as I have discerned them:

GYÄL WÄI TÄN PA YÜN RING DZIN GYUR CHIG

May I uphold Buddha's teachings for a very long time.

TÄN PA RIN CHHEN CHHOG GI MA KHYAB PAM

With my heart going out with great compassion

KHYAB KYANG NYAM PAR GYUR WÄI CHHOG DER NI

In whatever direction the most precious teachings

NYING JE CHHEN PÖ YI RAB KYÖ PA YI

Have not yet spread, or once spread have declined,

PHÄN DEI TER DE SÄL WAR JE PAR SHOG

May I reveal this treasure of happiness and aid.

SÄ CHÄ GYÄL WÄI MÄ JUNG THRIN LÄ LÄ

**May the minds of those who wish for liberation be granted
bounteous peace**

LEG DRUB JANG CHHUB LAM GYI RIM PÄ KYANG

And the buddhas' deeds be nourished for a long time

THAR DÖ NAM KYI YI LA PÄL TER ZHING

By even this graded path to enlightenment completed

GYÄL WÄI DZÄ PA RING DU KYONG GYUR CHIG

**Due to the wondrous virtuous conduct of the buddhas and
their sons.**

LAM ZANG DRUB PÄI THÜN KYEN DRUB JE CHING

May all human and nonhuman beings who eliminate adversity

GÄL KYEN SEL JE MI DANG MI MIN KÜN

**And create conducive conditions for practicing the excellent
paths**

TSHE RAB KÜN TU GYÄL WÄ NGAG PA YI

Never be parted in any of their lives

NAM DAG LAM DANG DRÄL WAR MA GYUR CHIG

From the purest path praised by the buddhas.

GANG TSHE THEG PA CHHOG LA CHHÖ CHÖ CHÜI

Whenever someone makes effort to act

TSHÜL ZHIN DRUB LA TSÖN PA DE YI TSHE

In accordance with the ten-fold Mahayana virtuous practices

THU DÄN NAM KYI TAG TU DROG JE CHING

May he always be assisted by the mighty ones,

TRA SHI GYA TSHÖ CHHOG KÜN KHYAB GYUR CHIG

And may oceans of prosperity spread everywhere.

*To Dedicate in the Same Way as All the Past Buddhas
and Bodhisattvas*

JAM PÄL PA WÖ JI TAR KHYEN PA DANG

I fully dedicate all these virtues

KÜN TU ZANG PO DE YANG DE ZHIN TE

To be able to train just like

DE DAG KÜN GYI JE SU DAG LOB CHHIR

The hero Manjushri, who knows reality,

GE WA DI DAG THAM CHÄ RAB TU NGO

And just like Samantabhadra as well.

DÜ SUM SHEG PÄI GYÄL WA THAM CHÄ KYI

I fully dedicate all my roots of virtue,

NGO WA GANG LA CHHOG TU NGAG PA DE

With the dedication praised as the best

DAG GI GE WÄI TSA WA DI KÜN KYANG

By all the gone-beyond victorious ones of the three times,

ZANG PO CHÖ CHHIR RAB TU NGO WAR GYI

In order to have good conduct.

*For Lama Tsongkhapa's Teachings to Spread in the Hearts of
All Sentient Beings*

CHHÖ KYI GYÄL PO TSONG KHA PÄI

For the Dharma king Tsongkhapa's

CHHÖ TSHÜL NAM PAR PHEL WA LA

Way of Dharma to flourish,

GEG KYI TSHÄN MA ZHI WA DANG

May all signs of obstacles be pacified

THÜN KYEN MA LÜ TSHANG WAR SHOG

And all conducive conditions be complete.

DAG DANG ZHÄN GYI DÜ SUM DANG

Due to the two types of merits

DREL WÄI TSHOG NYI LA TEN NÄ

Of the three times of myself and others,

GYÄL WA LO ZANG DRAG PA YI

May the teachings of the victorious one, Lozang Dragpa,

TÄN PA YÜN RING BAR GYUR CHIG

Shine resplendent forever.

Additional Prayers

Abbreviated Request to the Lineage Gurus

❖ When recited with Phabongkha Dechen Nyingpo's tune, recite the last line of each verse 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, recite the last line only once.

To the Root Guru

PÄL DÄN TSA WÄI LA MA RIN PO CHHE

Magnificent and precious root guru,

DAG GI CHI WOR PÄ MÖI TENG ZHUG LA

Please abide on the lotus seat 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

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 unequalled 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 Trījāng Rīnpochē

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 the Muni's teachings,**

DZUG LA ZÖ DANG SHÄ DRUB PUNG PA NI

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 pure.

LA MÄI JIN LAB SEM LA JUG PAR SHOG

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

Extensive Long Life Prayers for Lama Zopa Rinpoche

Recite either the following long life prayer or the one composed by Khadrola on page 46.

Bestowing Supreme Immortality A Supplication for the Long Life of Lama Zopa Rinpoche

Composed by Kyabje Trijang Rinpoche

OM SVASTI

TSHÄN GYI RIG NGAG SIL ZER THRA MÖ KYANG

**Vijaya—all-conquering goddess, whose lunar-like face
changes with our changing fates,**

THAR JE DUNG WA CHIL WÄI TSHE YI CHAR

**The faintest cooling ray of whose mantra name allays
the fiery pain of our life's final end;**

BEB KHÄ DA DONG YO WÄI BI DZA YÄ

**Rainmaker adept who brings forth life's rain; here, now,
grant your greatest of gifts:**

DENG DIR CHHI ME SOG GI CHHOG JIN DZÖ

Victorious goddess, grant life without end.

TSHÄ THUB DRI DRÄL GYÄL TÄN NYING PÖI SOG

**Hear our prayer, lama whom we revere; you who bear
the name**

DZIN LA DA ME KÜN ZÖ GYÄN CHIG PU

**Of he who peerlessly holds the living essence of the pure,
paradigmatic doctrine of the victors,**

ZHI YING THAR PA CHHOG GI SA KHÄN CHHE

Of he, a lone adornment of the earth,

TSHÄN DÄN JE TSÜN LA MAR SÖL WA DEB

Of he, a guide to sublime liberation, the sphere of peace.

KHYEN RAB DAG TSANG SER GYI Ö NÖN GYI

Precious treasure of precise and subtle reasoning,

DEN NYI SHE JÄI ZUG NANG MA DRE PAR

Golden laser light of bright, unerring wisdom,

SÄL JE THRA ZHIB RIG PÄI TER CHHEN PO

**Clarifying without confusion the two truths amongst
the multiplicity of things:**

YONG DAG CHHÖ KYI NYI MAR ZHAB TÄN SHOG

**Lama, remain immutably amongst us—a radiant Dharma
sun.**

CHHÖ DÜL DA WA DAG PÄI O TSHÖI LONG

**Skilled in sprinkling the waters of healing, fulfilling needs,
benefiting all,**

TÄN KHÄ ZHI DÜL MU TIG GÖ PÄI DZUM

**A laughing smile revealing pearls of skill, humility, and
constancy,**

KÜN PHÄN DÖ JUNG MÄN GYI SANG TOR DU

A deep milky sea of the liquid moon of morality:

GYE KHÄ TSÜN PÄI CHHOG TU ZHAB TÄN SHOG

**Lama, remain immutably amongst us—one supremely
worthy of veneration.**

LHAG SAM DRI DRÄL YI ONG GA BUR GYÜN

The moon of your Mahayana mind ringed 'round

THEG CHHOG SEM KYI DA WAR YONG KHYIL WÄ

**By the fever cooling camphor of unsullied, unsurpassed
resolve, brilliantly swirls to the bounds of space,**

MI ZÄ PHÄN DEI CHHU TER CHHOG KYI THAR

Unbounded seas of the happiness of now and bliss of always:

TRO KHÄ MA WÄI DA WAR ZHAB TÄN SHOG

**Lama, remain immutably amongst us—a moon guiding our
way.**

CHÄ PA KAB SUM DÜ TSII LUNG GYA DREM

Your teachings are vast spreading rivers of celestial nectars;

TSÖ PA MI ZÄ DOR JEI TSHÖN CHHA NO

Your dialectics, an invincible, cutting vajra weapon;

TSOM PA DAB TONG PÄ MÄI TSHAR DUG NGOM

Your writings, thousand-petal lotuses unfolding their glory:

DA ME TÄN PÄI NYEN DU ZHAB TÄN SHOG

**Lama, remain immutably amongst us—a guardian of highest
knowledge.**

LA MA YI DAM TÄN SUNG GYA TSHO DANG

**By the might of seas of spiritual masters, deities, and
doctrine protectors,**

NANG TONG MI CHHE TEN JUNG ZAB MÖI THÜ

By the power of profound dependent arising

DAG CHAG MÖN PÄI RE DRÄ MA LÜ PA

And the unvarying emptiness of all that appears,

DE LAG NYI DU LHÜN GYI DRUB GYUR CHIG

**May all the hopes of our prayers with effortless ease,
be spontaneously fulfilled.**

*Sarva mangalam!
May all be auspicious!*

A Long Life Prayer for Lama Zopa Rinpoche

*Spontaneously Composed by
Rangjung Neljorma Khadro Namsel Drönme*

KÜN TU NANG WÄ MÜN PA Ö SÄL WA

**Through illuminating all, your appearance dispels
the darkness;**

NYON MONG GYÄ THRI ZHI TONG NYEN PÖI TOB

Your clear mind knows the 84,000 heaps of Dharma,

CHHÖ PHUNG GYÄ THRI ZHI TONG LO SÄL RIG

The power of the remedy to the 84,000 delusions;

TEN JUNG MA WÄ DE NYI YÜL LÄ GYÄL

**Your proclaiming dependent arising itself is victorious in
battle [with the maras]:**

DRIN CHHEN DOR JE CHHANG CHHEN CHI WOR CHHÖ

I worship the supremely kind, great Vajradhara on my crown.

THUB PÄI TÄN PA LUNG TOG SÄL DZÄ NÄ

**Clarifying the scriptures and realizations, the teachings of
the Muni,**

TÄN PA MA KHYAB KHYAB SÄL DZAM BÜI LING

**You spread and illuminate those teachings wherever they
have not yet spread in the world.**

ZÖ PÄ KA THUB GYÄL SÄ NGÖ GYUR NÄ

**Having become an actual son of the conquerors, you bear
hardships with patience.**

PA RA TEN JUNG THRA MO GYÜ TOG PA

**In your continuum is realization of the perfection of wisdom,
subtle dependent arising.**

RIN CHHEN NOR BU JAM NYING THONG DRÖL JE

**Precious jewel, lord possessing love and compassion, who
liberates upon seeing,**

PO TI DRANG NGE KÜN JUNG OB CHHUB DZÖ

**Treasury of mastery of the alluring interpretative and
definitive scriptures,**

CHHE WÄI CHHE CHHOG TONG NYI NYING JEI DÖN

**Supremely great among the great, fully comprehending and
clarifying the meaning of emptiness and compassion,**

RANG CHHUB SÄL DZÄ KYE GU THAR LAM DREN

You guide all beings in the path to liberation.

TSHE DÄN SHE NYEN LA MAR ZHAB TÄN SÖL

**Perfectly qualified spiritual friend, my guru, please remain
forever.**

DÜ SUM JIG KYOB PHAG MA DRÖL MA YI

**She who protects from the fears of the three times,
Arya Tara,**

TÄN DZIN KYE BU KU TSHE DZÄ THRIN PEL

**Please increase the life spans and activities of the beings
who preserve the holy Dharma,**

MI DRÄL THRIN LÄ LHÜN DRUB DÜ KÜN KYONG

**And always, without separation, develop their spontaneous
actions.**

LU ME TSA SUM LHA YI TRA SHI SHOG

**By the infallible deities of the three roots, may all be
auspicious.**

Prayers for Multiplying Merit

At the end of the day, recite these holy names (in Tibetan or English) and the mantra, which multiply all the merits you collected during the day by a hundred thousand:

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR
DZOG PÄI SANG GYÄ NAM PAR NANG DZÄ Ö KYI GYÄL PO LA CHHAG
TSHÄL LO (1x)

**To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha,
Vairochana, King of Light, I prostrate. (1x)**

JANG CHHUB SEM PA SEM PA CHHEN PO KÜN TU ZANG PO LA CHHAG
TSHÄL LO (1x)

To Bodhisattva Mahasattva Samantabhadra, I prostrate. (1x)

TADYATHÄ / OM PAÑCHA DRIYA AVA BODHANI SVÄHÄ
OM DHURU DHURU JAYA MUKHE SVÄHÄ (7x)

❖ To actualize all the prayers you have made, as well as to multiply their benefits by a hundred thousand, recite the holy names.

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR
DZOG PÄI SANG GYÄ MÄN GYI LA BAI DUR YÄI Ö KYI GYÄL PO LA
CHHAG TSHÄL LO (1x)

**To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha,
Medicine Guru, King of Sapphire Light, I prostrate. (1x)**

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR
DZOG PÄI SANG GYÄ NGO WA DANG MÖN LAM THAM CHÄ RAB TU
DRUB PÄ GYÄL PO LA CHHAG TSHÄL LO (1x)

**To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha,
King Fully Accomplishing All Dedications and Prayers,
I prostrate. (1x)**

MÄ JUNG SÄ CHÄ GYÄL WÄI JIN LAB DANG

**Due to the blessings of the eminent victorious ones and
their sons,**

TEN DREL LU WA ME PÄI DEN PA DANG

The truth of infallible dependent arising,

DAG GI LHAG SAM DAG PÄI THU TOB KYI

**And the power of my pure special attitude of taking
responsibility,**

NAM DAG MÖN PÄI NÄ KÜN DRUB PAR SHOG

May all the aims of my pure prayers be accomplished.

Migtsema Prayer to Lama Tsongkhapa

Four-Line Migtsema

MIG ME TSE WÄI TER CHHEN CHÄN RÄ ZIG

**Avalokiteshvara, great treasure of nonobjectifying
compassion;**

DRI ME KHYEN PÄI WANG PO JAM PÄL YANG

Manjushri, master of stainless wisdom;

GANG CHÄN KHÄ PÄI TSUG GYÄN TSONG KHA PA

**Tsongkhapa, crown ornament of the sages of the Land
of Snow:**

LO ZANG DRAG PÄI ZHAB LA SÖL WA DEB (3x)

Lozang Dragpa, at your feet I make requests. (3x)

Colophon:

Prayers excerpted from *FPMT Retreat Prayer Book*, Portland: FPMT Education Services, 2016. Small corrections to the *Foundation of All Good Qualities* by Ven. Steve Carlier and Ven. Joan Nicell, FPMT Education Services, 2018. Mandala offering inserts translated by Ven. Steve Carlier and Joona Repo, FPMT Translation Services, August 2018.

Care of Dharma Materials



Dharma materials contain the teachings of the Buddha and thus protect against lower rebirth and reveal the path to enlightenment. Therefore, they should be treated with respect.

Printed Dharma materials, as well as phones, tablets, laptops, and hard drives containing Dharma, should be kept off the floor, beds, chairs, meditation cushions, and all other places where people sit or walk. Dharma materials should not be stepped over or put in places where the feet or buttocks will point at them. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects, including statues, stupas, ritual implements, malas, reading glasses, and so forth, should not be placed on top of Dharma books and devices containing Dharma materials. Avoid licking the fingers to turn the pages of Dharma texts.

If it is necessary to dispose of printed Dharma materials, they should be burned rather than thrown in the trash. When burning Dharma texts, visualize that the letters transform into an A (ॐ) and the A absorbs into your heart. Imagine burning blank paper. As the paper burns, recite OM ĀḤ HŪḤ or the *Heart Sutra*, while meditating on emptiness.

Lama Zopa Rinpoche recommends that images of holy beings, deities, and holy objects not be burned. Ideally, if undamaged, they should be put in a stupa. Otherwise, put them high up in a tree inside a well-sealed structure, something like a bird house, so that the images are protected from the weather and do not end up on the ground.



Foundation for the Preservation of the Mahayana Tradition