

# Daily Prayers

## *Taking Refuge and Generating Bodhichitta*

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

**I go for refuge until I am enlightened**

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

**To the Buddha, the Dharma, and the Supreme Assembly.**

DAG GI JIN SOG GYI PÄ SÖ NAM GYI

**By my practice of giving and other perfections,**

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG

**May I become a buddha to benefit all sentient beings. (3x)**

## *The Four Immeasurables*

SEM CHÄN THAM CHÄ DE WA DANG DE WÄI GYU DANG DÄN PAR  
GYUR CHIG

**May all sentient beings have happiness and the causes of  
happiness.**

SEM CHÄN THAM CHÄ DUG NGÄL DANG DUG NGÄL GYI GYU DANG DRÄL  
WAR GYUR CHIG

**May all sentient beings be free from suffering and the causes  
of suffering.**

SEM CHÄN THAM CHÄ DUG NGÄL ME PÄI DE WA DANG MI DRÄL WAR  
GYUR CHIG

**May all sentient beings be inseparable from the happiness  
that is free from suffering.**

SEM CHÄN THAM CHÄ NYE RING CHHAG DANG NYI DANG DRÄL WÄI  
TANG NYOM LA NÄ PAR GYUR CHIG

**May all sentient beings abide in equanimity, free from attachment for friends and hatred for enemies.**

### *Seven-Limb Prayer*

GO SUM GÜ PÄI GO NÄ CHHAG TSHÄL LO

**Reverently, I prostrate with my body, speech, and mind;**

NGÖ SHAM YI TRÜL CHHÖ TRIN MA LÜ BÜL

**I present clouds of every type of offering, actual and imagined;**

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG

**I declare all my negative actions accumulated since beginningless time**

KYE PHAG GE WA NAM LA JE YI RANG

**And rejoice in the merit of all holy and ordinary beings.**

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

**Please, remain until the end of cyclic existence**

DRO LA CHHÖ KYI KHOR LO KOR WA DANG

**And turn the wheel of Dharma for living beings.**

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

**I dedicate my own merits and those of all others to the great enlightenment.**

### *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, four continents, the sun and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI

**I imagine this as a buddha-field and offer it.**

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**May all living beings enjoy this pure land!**

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

## *Dedication Prayers*

GE WA DI YI NYUR DU DAG

**Due to the merits of these virtuous actions,**

LA MA SANG GYÄ DRUB GYUR NÄ

**May I quickly attain the state of a Guru-Buddha**

DRO WA CHIG KYANG MA LÜ PA

**And lead all living beings, without exception,**

DE YI SA LA GÖ PAR SHOG

**Into that enlightened state.**

JANG CHHUB SEM CHHOG RIN PO CHHE

**May the supreme jewel bodhichitta**

MA KYE PA NAM KYE GYUR CHIG

**That has not arisen, arise and grow;**

KYE WA NYAM PA ME PA YANG

**And may that which has arisen not diminish**

GONG NÄ GONG DU PHEL WAR SHOG

**But increase more and more.**

## *Short Long Life Prayers*

### *For His Holiness the Dalai Lama*

GANG RI 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 Lama Zopa Rinpoche*

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN

**You who uphold the Subduer's moral way, who serve as  
the bountiful bearer-of-all,**



DZIN KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ  
**Sustaining, preserving, and spreading Manjunath's victorious doctrine;**

CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA  
**Who masterfully accomplish magnificent prayers honoring the Three Jewels:**

DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG  
**Savior of myself and others, your disciples, please, please live long!**

### *Praise and Request to Lama Tsongkhapa (Migtsema)*

MIG ME TSE WÄI TER CHHEN CHÄN RÄ ZIG  
**Avalokiteshvara, great treasure of non-objectifying compassion;**

DRI ME KHYEN PÄI WANG PO JAM PÄI YANG  
**Manjushri, master of stainless wisdom;**

[DÜ PUNG MA LÜ JOM DZÄ SANG WÄI DAG]  
**[Vajrapani, destroyer of the entire host of maras;]**

GANG CHÄN KHÄ PÄI TSUG GYÄN TSONG KHA PA  
**Tsongkhapa, crown jewel of the sages of the land of snows,**

LO ZANG DRAG PÄI ZHAB LA SOL WA DEB (3x)  
**To Losang Dragpa, at your feet I make requests. (3x)**



**The Method to Transform a  
Suffering Life into Happiness  
(Including Enlightenment)**

**with Blessing the Speech and Daily Mantras**





# **The Method to Transform a Suffering Life into Happiness (Including Enlightenment)**

*At the beginning of each day, after you open your eyes, until enlightenment is achieved and until death, and especially today, so that all the activities of your body, speech, and mind – hearing, thinking, and meditating, as well as walking, sitting, sleeping, doing your job, and so on – do not become causes of suffering and become causes of happiness, and especially that they become causes to achieve buddhahood, (that is, that you transform them into a method for accomplishing benefit and happiness for all sentient beings), here is a method for transforming the mind into holy Dharma and especially into bodhichitta.*

## **A Direct Meditation on the Graduated Path Containing All the Important Meanings**

**By Dorje Chang Losang Jinpa**

Essence encompassing all the buddhas,  
Originator of all the holy Dharma of scripture and realization,  
Principal of all the aryas intending virtue:<sup>1</sup>  
In the glorious holy gurus, I take refuge.

Please, gurus, bless my mind to become Dharma,  
Dharma to become the path,  
And the path to be without obstacles.<sup>2</sup>

Until I achieve buddhahood, please bless me  
To be like Youthful Norsang and Bodhisattva Always Crying  
In correctly following the virtuous friend with pure thought  
and action,  
Seeing whatever is done as pure,  
And accomplishing whatever is said and advised.

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

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Please bless me to see that this greatly meaningful body  
with freedoms and riches  
Is difficult to find and easily perishes,  
That action and result are so profound,  
And that the sufferings of the evil-gone transmigratory beings  
are so difficult to bear.  
Therefore, please bless me to take refuge from the depths  
of my heart in the Three Rare Sublime Ones,<sup>3</sup>  
Abandon negative karma, and accomplish virtue  
according to Dharma.

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This is the graduated path of the lower capable being.

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In dependence upon that, even if I achieve the mere higher  
rebirth of a deva or human,  
I will still have to experience suffering endlessly in samsara  
Because of not having abandoned, and being under  
the control of, the disturbing-thought obscurations.  
Therefore, please bless me to reflect well upon the way of  
circling in samsara  
And to continuously follow, day and night,  
The path of the three types of precious trainings –  
The principal method for becoming free from samsara.



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This is the graduated path of the middle capable being.

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In dependence upon that, even if I achieve mere liberation,  
Since there is no sentient being of the six types who has not  
    been my father and mother,  
Please bless me to think, "I must fulfill their purpose,"  
And turn away from the lower happiness of nirvana.  
Then, please bless me to generate precious bodhichitta  
By equalizing and exchanging myself with others,  
And follow the conduct of the Conquerors' Sons,  
    the six paramitas and so forth.

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This is the common graduated path of the great capable being.

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Having trained my mind in the common path in that way,  
I will not be upset even if I have to experience the sufferings of  
    samsara for a long time.  
However, please bless me to look at sentient beings  
    with extraordinary unbearable compassion,  
And to enter the quick path of the Vajrayana teachings.  
Then, please bless me to protect my vows and samayas  
    more than my life,  
And to quickly accomplish the unified Vajradhara state  
In one brief lifetime of this degenerate time.

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This is the graduated path of the secret mantra vajra vehicle of  
the greatest capable being.

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

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May I not give rise to heresy for even a second  
In regard to the actions of the glorious Guru.  
May I see whatever actions are done as pure.  
With this devotion, may I receive the Guru's blessings  
in my heart.

Magnificent and precious root Guru,  
Please abide on the lotus seat at my heart,  
Guide me with your great kindness,  
And grant me the realizations of your holy body, speech,  
and mind.

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Then recite the following verses on how to live your life  
for sentient beings.

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*From Kadampa Geshe Langri Thangpa's  
Eight Verses of Thought Transformation*

Determined to obtain the greatest possible benefit  
From all sentient beings,  
Who are more precious than a wish-fulfilling jewel,  
I shall hold them most dear at all times.

*From Aryasura's Prayer in Seventy Stanzas<sup>4</sup>*

May I become like a wish-granting jewel  
Fulfilling all the wishes,  
And like a wish-granting tree,  
Fulfilling all the hopes of transmigratory beings.