

Essential Buddhist Prayers, Vol. 1

Updates to the 2008 Edition

This packet contains updates to the 2008 Edition of Essential Buddhist Prayers, Vol. 1. These updates were made by Lama Zopa Rinpoche during the 100 Million Mani Retreat in May of 2009, and the Lamp of the Path Retreat in September of 2009.

A list of corrections is included below, followed by the actual pages from the corrected prayer book. You may either make the corrections with a pen, or cut the pages from this document and tape them in over the existing pages in your prayer book.

PAGE 15

Lama Zopa Rinpoche has added a mantra to increase the merit of recitations (second mantra on page is the new one).

PAGE 19

Lama Zopa Rinpoche has changed the phonetics and pronunciation of the first mantra on the page.

PAGE 26

In the Invocation, Lama Zopa Rinpoche has changed the word Protector to Savior.

PAGE 27

The second verse of the mandala offering is not an Inner Mandala and according to Rinpoche's wishes, we have removed the heading.

PAGE 28

In the second full line of the Prayer to Take the Precepts, we have added in a missing part of the translation – Master, please pay attention to me. It and the corresponding Tibetan are in brackets. When you take the precepts from a lama, you recite this line. When you take them on your own, you do not recite it.

PAGE 28-29

There are a few phonetics corrections and also the English has been rearranged to better fit the Tibetan.

PAGE 30-31

Lama Zopa Rinpoche mentioned that the Commitment Prayer to Keep the Precepts wasn't translated properly. Geshe Gelek of Kadampa Center in North Carolina provided us with this accurate translation.

PAGE 91-92

The verses for His Holiness the Dalai Lama and Lama Zopa Rinpoche have changed.

PAGE 125-128

Lama Zopa Rinpoche has changed "please look after me" to "please guide me" in each verse.

Rinpoche has also changed the word "families" to "types" when referring to the Buddha families at the bottom of p. 127.

PAGE 132

Rinpoche has added instructions at the bottom of the page.

PAGE 266

Rinpoche has added a mantra to the Multiplying Mantras.

ALL CHANGES are included below as actual pages from the corrected prayer book.

Morning Activities

The increasing effect mantra¹

OM SAMBHARA SAMBHARA BIMANA SARA MAHA JAVA HUM
OM SMARA SMARA BIMANA SKARA MAHA JAVA HUM (7x)

This mantra increases the merit of the day 100,000 times

Mantra to increase the merit of recitation

TADYATHA DHARE DHARE BENDHARE SVAHA (7x)

This mantra increases the merit of the Dharma texts and sadhanas you recite. For mantras, it is like having recited the mantra many millions of times. So much merit.

The mala blessing mantra²

OM RUCHIRA MANI PRAVARTAYA HUM (7x)

Recite seven times then blow on the mala. This increases the power of the mantras you recite over one million times.

Mantra for blessing the feet³

OM KHRECHA RAGHANA HUM HRI SVAHA (7x)

Recite seven times then blow on the sole of each foot, or shoe, whatever directly touches insects as you walk (one may also recite this mantra then blow on the tires of your car or bicycle.)

Zung of the Exalted Completely Pure Stainless Light

NAMA NAWA NAWA TEENEN TATHAAGATA GANGA NAM
DIVA LUKAA NEN / KOTINI YUTA SHATA SAHA SRAA NEN / OM
VOVORI / TSARI NI* TSARI / MORI GOLI TSALA WAARI SVAHA
(a few times)

*[*indicates a high tone.]*

ॐ །།ཀ་མེ་ ཀ་བ་ན་བ་རྒྱུ་ལྷོ། ཏ་ཐུ་ག་ཏ་གོ་གུ་ཀློ་རྒྱུ་
ལུ་གུ་ཀློ། ཀོ་ཏི་ནི་ཡུ་ཏ་ཤ་ཏ་ས་ཏ་སྒྲུ་ལྷོ། ཨོ་བོ་བོ་རི། ཅ་རི་
ཅི་ཅ་རི། མོ་རི་གོ་ལི་ཅ་ལ་བུ་རི་སྒྲུ་ལྷོ།།

Mantra Taught by Buddha Drogen Gyälwa Chhö

OM HRI YA DHE SARVA TATHAAGATA HRIDAYA GARBE /
ZOLA DHARMA DHATU GARBE / SANGHA HARANA AYU
SANGSHODHAYA / PAPAM SARVA TATHAAGATA SAMENDRA
AUSHNI KHA VIMALE BISHUDHE SVAHA *(a few times)*

ॐ །།ཨོ་རི་ཡ་རྗེ་སཐ་ཏ་ཐུ་ག་ཏུ་རི་ད་ཡ་གུ་རྗེ།
རྗེ་ལ་རྗེ་མ་རྗེ་ཏུ་གུ་རྗེ། སི་ཏ་ར་ན་ཡུ་ཡུམ་སི་ཤོ་རྗེ་ཡ། ཐུ་ཤི་
སཐ་ཏ་ཐུ་ག་ཏུ་ས་མ་རྗེ་ཡུ་རྗེ་ཁ་བི་མ་ལེ་རྗེ་ཤུ་རྗེ་སྒྲུ་ལྷོ།།

Then recite:

OM MANI PÄDME HUM

ཨོ་མ་ཎི་པདྨེ་ཧཱུྃ།

For commentary on these mantras, see p. 56.

CHHÖ KYI YING NAM PAR DAG CHING SAM GYI MI KHYAB PÄI TOB KYI

And the sphere of phenomena being pure and inconceivable;

CHHOG CHU NA ZHUG PÄI SANG GYÄ DANG JANG CHHUB SEM PA
THAM CHÄ DANG PHAG PA JAM PÄL DANG KUN TU ZANG PO LA SOG
PÄI NAM PAR CHHÖ PÄI TRIN GYI PHUNG PO SAM GYI MI KHYAB PA ZÄ
MI SHE PA NAM KHA GANG WAR GYUR

May these piles of clouds of offerings arising through transformation by the bodhisattvas Arya Samantabhadra, Manjushri, and so forth – unimaginable and inexhaustible, equaling the sky – arise and, in the eyes of the buddhas and bodhisattvas of the ten directions, be received.

Invocation

MA LÜ SEM CHÄN KÜN GYI GÖN GYUR CHING

Savior of all beings without exception;

DÜ DE PUNG CHÄ MI ZÄ JOM DZÄ LHA

Perfect knower of all things;

NGÖ NAM MA LÜ YANG DAG KHYEN GYUR PÄI

Divine destroyer of the intractable legions of Mara;

CHOM DÄN KHOR CHÄ NÄ DIR SHEG SU SÖL

Bhagavan and retinue, please come here.

Mantra and Praise with Prostrations

OM NAMO MANJUSHRIYE / NAMAH SUSHRIYE / NAMA
UTTAMA SHRIYE SVAHA *(3x with prostrations)*

LA MA TÖN PA CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG
DAG PAR DZOG PÄI SANG GYÄ PÄL GYÄL WA SHAKYA THUB PA LA/
CHHAG TSHÄL LO CHHÖ DO KYAB SU CHHI WO/ JIN GYI LAB TU SÖL *(3x
with prostrations)*

To the Guru, founder, bhagavan, tathagata, arhat, perfectly completed buddha, glorious conqueror Shakyamuni Buddha, I prostrate, make offerings, and go for refuge. Please grant me your blessings. *(3x with prostrations)*

Then sit down to do the following prayers:

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!

DAG GI CHHAG DANG MONG SUM KYE WÄI YÜL

The objects of my attachment, aversion and ignorance –

DRA NYEN BAR SUM LÜ DANG LONG CHÖ CHÄ

Friends, enemies, strangers – and my body, wealth, and enjoyments;

PHANG PA ME PAR BÜL GYI LEG ZHE NÄ

Without any sense of loss I offer this collection.

DUG SUM RANG SAR DRÖL WAR JIN GYI LOB

Please accept it with pleasure and bless me with freedom from the three poisons.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Prayer for Taking the Precepts

Now stand up and make three prostrations. Then, kneel on your right knee with your hands together in prostration and your head bowed. Visualize Guru Avalokiteshvara before you, generate the profound bodhichitta motivation for taking the precepts, and repeat three times:

CHHOG CHU NA ZHUG PÄI SANG GYÄ DANG JANG CHHUB SEM PA
THAM CHÄ DAG LA GONG SU SÖL

All buddhas and bodhisattvas dwelling in the ten directions, please pay attention to me.

[LOB PÖN GONG SU SÖL] / JI TAR NGÖN GYI DE ZHIN SHEG PA DRA

[Master, please pay attention to me.] Just as the previous tathagatas,

CHOM PA YANG DAG PAR DZOG PÄI SANG GYÄ TA CHANG SHE

foe destroyers, perfectly completed buddhas who, like the divine wise horse and the great elephant,

TA WU LANG PO CHHEN PO JA WA JÄ SHING JE PA JÄ PA KHUR BOR WA

did what had to be done, performed actions, laid down the burden, subsequently attained their own welfare,

RANG GI DÖN JE SU THOB PA / SI PAR KÜN TU JOR WA YONG SU ZÄ PA

completely exhausted the fetters to existence, and had perfect speech,

YANG DAG PÄI KA / LEG PAR NAM PAR DRÖL WÄI THUG / LEG PAR NAM
PAR DRÖL WÄI SHE RAB CHÄN /

well-liberated minds, and well-liberated wisdom,

DE DAG GI / SEM CHÄN THAM CHÄ KYI DÖN GYI CHHIR DANG /

for the welfare of all sentient beings, in order to benefit,

PHÄN PAR JA WÄI CHHIR DANG / DRÖL WAR JA WÄI CHHIR DANG /
in order to liberate, in order to eliminate famine,

MU GE ME PAR JA WÄI CHHIR DANG / NÄ ME PAR JA WÄI CHHIR DANG
**in order to eliminate war, in order to stop the harm of the four
 elements,⁹ in order to eliminate sickness,**

JANG CHHUB KYI CHHOG KYI CHHÖ NAM YONG SU DZOG PAR JA WÄI
 CHHIR DANG /
**in order to fully complete the thirty-seven practices harmonious
 with enlightenment,**

LA NA ME PA YANG DAG PAR DZOG PÄI JANG CHHUB NGE PAR TOG PAR
 JA WÄI CHHIR DANG SO JONG YANG DAG PAR DZÄ PA
**and in order to definitely actualize the unsurpassed result of
 perfect, complete enlightenment perfectly performed the re-
 storing and purifying ordination;**

DE ZHIN DU DAG [MING] DI ZHE GYI WÄ KYANG DÜ DI NÄ ZUNG TE JI SI
 SANG NYI MA MA SHAR GYI BAR DU /
**similarly, also I, who am called [say your name], from this time
 until sunrise tomorrow,**

SEM CHÄN THAM CHÄ KYI DÖN GYI CHHIR DANG PHÄN PAR JA WÄI CHHIR
 DANG DRÖL WAR JA WÄI CHHIR DANG
**for the welfare of all sentient beings, in order to benefit, in or-
 der to liberate, in order to eliminate famine,**

MU GE ME PAR JA WÄI CHHIR DANG NÄ ME PAR JA WÄI CHHIR DANG
**in order to eliminate war, in order to stop the harm of the four
 elements, in order to eliminate sickness,**

JANG CHHUB KYI CHHOG KYI CHHÖ NAM YONG SU DZOG PAR JA WÄI
 CHHIR DANG
**in order to fully complete the thirty-seven practices harmoni-
 ous with enlightenment,**

LA NA ME PA YANG DAG PAR DZOG PÄI JANG CHHUB NGE PAR TOG PAR
 JA WÄI CHHIR SO JONG YANG DAG PAR LANG WAR GYI O. (3x)
**and in order to definitely actualize the unsurpassed result of
 perfect, complete enlightenment, shall perfectly undertake the
 restoring and purifying ordination. (3x)**

Then the Guru will say, “This is the method,” (Tab yin-no) upon which you say, “Excellent.” (Leg-so)

Upon completing the third recitation, think that you have received the vows in your continuum and rejoice. Then regenerate the thought of bodhichitta, the altruistic aspiration to attain enlightenment for the sake of all sentient beings, by thinking:

The Commitment Prayer to Keep the Precepts

DENG NÄ SOG CHÖ MI JA ZHING

From now on I shall not kill.

ZHÄN GYI NOR YANG LANG MI JA

I shall not steal others’ possessions.

THRIG PÄI CHHÖ KYANG MI CHÖ CHING

I shall not engage in sexual activity.

DZÜN GYI TSHIG KYANG MI MA O

I shall not speak false words.

KYÖN NI MANG PO NYER TEN PÄI

Because many mistakes arise [from intoxicants],

CHHANG NI YONG SU PANG WAR JA

I shall avoid intoxicants.

THRI TÄN CHHE THO MI JA ZHING

I shall not sit on large, high, or expensive beds.

DE ZHIN DÜ MA YIN PÄI ZÄ

I shall not eat food at the wrong times.

DRI DANG THRENG WA GYÄN DANG NI

I shall not use perfumes, garlands, or ornaments.

GAR DANG LU SOG PANG WAR JA

I shall avoid singing, dancing, and playing music,

JI TAR DRA CHOM TAG TU NI

Just as the arhats

SOG CHÖ LA SOG MI JE TAR

Have avoided wrong actions, such as taking the lives of others,

DE ZHIN SOG CHÖ LA SOG PANG

So shall I avoid wrong actions such as taking the lives of others.

LA ME JANG CHHUB NYUR THOB SHOG

May I quickly attain enlightenment,

DUG NGÄL MANG THRUG JIG TEN DI

And may living beings who are experiencing the various sufferings

SI PÄI TSHO LÄ DRÖL WAR SHOG

Be released from the ocean of cyclic existence.

The Mantra of Pure Morality

OM AMOGHA SHILA SAMBHARA / BHARA BHARA / MAHA
SHUDDHA SATTVA PADMA VIBHUSHITA BHUJA / DHARA
DHARA SAMANTA / AVALOKITE HUM PHAT SVAHA (21x)

ཨོཾ་ཨ་མོ་གླ་ལྷི་ལ་མི་རྩ་ར། རྩ་ར་རྩ་ར། མདུ་ཤུ་མདུ་ཤུ་པདྨ་བེ་བྱུ་
ཤི་ཏུ་བྱུ་ཇ། རྩ་ར་རྩ་ར། ས་མཁྲ། ཨ་བ་ལོ་གི་ཏི་རྩུ་མཎ་སྐྱུ་

Prayer to Keep Pure Morality

THRIM KYI TSHÜL THRIM KYÖN ME CHING

May I maintain faultless morality of the rules

TSHÜL THRIM NAM PAR DAG DANG DÄN

And immaculate morality.

LOM SEM ME PÄI TSHÜL THRIM KYI

May the perfection of moral conduct be completed

TSHÜL THRIM PHA RÖL CHHIN DZOG SHOG

By keeping morality purely and untainted by pride.

Make three prostrations. Then think:

This is my contribution to the peace and happiness of all sentient beings and, in particular, to the peace and happiness of all the sentient beings of this world.

RAB JAM KYIL KHOR GYA TSHO TRO DÜI GÖN

At your feet, most precious Guru, I now make this request:

DRIN CHÄN LA MÄI ZHAB LA SÖL WA DEB

Send forth to me waves of inspiring strength.

H. H. Serkong Rinpoche

ZUNG JUG NYEN GYÜ NOR BÜI ZÖ CHE NÄ

Jeweled treasure of the close lineage to the unified state.

ZUNG JUG TSE DIR DRUB PÄI KÄL DÄN DOR

By attaining the unified state in this very life, you liberate the fortunate.

ZUNG JUG LAM TEN NGA WANG GEN DÜN LA

You who show the path to that unified state, Ngawang Gendün-la,

SÖL WA DEB SO LHEN KYE YE SHE TSÖL

I request you please, bestow the simultaneous transcendental wisdom.

H. H. Song Rinpoche

LO ZANG GYÄL WA DO NGAG CHHÖ KYI TSHÜL

With great admiration for your perseverance

MA LÜ THUG CHÜ MÄ JUNG TSÖN DRÜ KYI

In generating within your mind the entire method of the Conqueror Losang's sutra and tantra teachings;

THUB TÄN GYÄL TSHÄN DZIN KÄ DRIN CHÄN JE

Venerable kind and skillful holder of the banner of Buddha's teachings:

PÄL DÄN LA MÄI ZHAB LA SÖL WA DEB

I make requests at the holy feet of the glorious and magnificent Guru.

H. H. the Dalai Lama

NGA WANG LO ZANG GYÄL TSHÄN NYING PÖ SOG

Noble heart with all the wisdom of the Conqueror,

DZIN KÄ GYÄL TSHÄN LAB TENG CHUR WÄ TSO

**Principal embodiment of all the stainless teachings of
the conquerors -**

SI SUM WANG GYUR TSUNG PA MÄ PÄ SI

Protector emanated from an ocean of infinite mandalas,

NAM PAR DRÖL WÄ DE LA SÖL WA DEB

**To you, kind Guru Ngawang Losang (Tenzin Gyatso), I make
requests.**

Lama Thubten Zopa Rinpoche

THUB TÄN CHI DANG KHÄ PAR TSUNG KHA PÄI

With your strong shoulders of learning and practice

DRI ME TÄN PÄI GYÄL TSHÄN CHHOG KUN TU

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

DZUG LA ZÖ DANG SHÄ DRUB PUNG PA NI

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

RAB TÄN THUB TÄN ZÖ PAR SOL WA DEB

I make requests to you, Thubten Zopa.

Request to All Spiritual Friends

RAB JAM SUNG RAB KÜN LA TA WÄI MIG

Eyes to view all the vast teachings,

KÄL ZANG THAR PA DRÖ PÄI JUG NGOG CHHOG

Supreme gateway to liberation for the fortunate,

TSE WÄ KYÖ PÄI THAB KHÄ DZÄ PA YI

Using skillful means to lovingly subdue:

SÄL DZÄ SHE NYEN NAM LA SÖL WA DEB

To the illuminating spiritual friends, I make requests.

PÄL DÄN LA MÄI NAM PAR THAR PA LA

May I not arise heresy even for a second

KÄ CHIG TSAM YANG LOG TA MI KYE ZHING

About the actions of the glorious Guru.

Calling the Guru from Afar

༄༅། །ལྷ་མ་རྒྱུད་འབོད་སྐྱེ་གསུམ་དབྱེར་མེད་ལྷ་མའི་
བྱིན་རྒྱལ་སྐྱུར་འདྲིན་གདུང་དབྱེས་ཞེས་བྱ་བ་བཞུགས་སོ་

*A Tormented Wail, Quickly Drawing Forth the
Blessing of the Lama, the Inseparable Three Kayas*

LA MA KHYEN
Lama, think of me.

LA MA KHYEN
Lama, think of me.

LA MA KHYEN
Lama, think of me.

SANG GYÄ KÜN GYI YE SHE DE CHHEN CHHÖ KUR RO CHIG
**The wisdom of great bliss of all buddhas, one taste with the
dharmakaya,**

DE NYI DRIN CHÄN LA MA KÜN GYI RANG ZHIN THAR THUG
Is itself the ultimate nature of all kind lamas.

LA MA CHHÖ KYI KU LA NYING NÄ SÖL WA DEB SO
I beseech you, Lama, dharmakaya,

DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG
**Please guide me always without separation, in this life, future
lives, and the bardo.**

YE SHE GYU MÄI RANG NANG GYÄL WA YÄN LAG DÜN DÄN
**Wisdom's own illusory appearance, the conqueror with seven
branches,**

DE NYI DRIN CHÄN LA MA KÜN GYI TRÜL ZHI THAR THUG
Is itself the ultimate basis of emanation of all kind lamas.

LA MA LONG CHÖ DZOG KUR NYING NÄ SÖL WA DEB SO
I beseech you, Lama, sambhogakaya,

DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG
**Please guide me always without separation, in this life, future
lives, and the bardo.**

JI NYE DÜL JÄI KHAM ZHIN NA TSHOG TRÜL PÄI RÖL GAR
**The play of various emanations, suiting the dispositions of the
many to be subdued,**

DE NYI DRIN CHÄN LA MA LONG CHÖ DZOG KÜI NAM GYUR
Is itself the behavior of the sambhogakaya of the kind lamas.

LA MA TRÜL PÄI KU LA NYING NÄ SÖL WA DEB SO
I beseech you, Lama, nirmanakaya,

DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG
**Please guide me always without separation, in this life, future
lives, and the bardo.**

KU SUM YER ME RÖL PA LA MÄI ZUG SU SHAR WA
**The play of the inseparable three kayas, appearing in the form
of the lama,**

DE NYI DRIN CHÄN LA MA KÜN GYI NGO WO CHIG NYI
Is itself one with the very essence of all kind lamas.

KU SUM YER ME LA MAR NYING NÄ SÖL WA DEB SO
I beseech you, Lama, the inseparable three kayas,

DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG
**Please guide me always without separation, in this life, future
lives, and the bardo.**

YI DAM ZHI THRO RAB JAM KÜN KYANG LA MÄI RANG ZHIN
**All the infinite peaceful and wrathful yidams are also the
lama's nature,**

DRIN CHÄN LA MA NYI LÄ YI DAM LOG SU ME PÄ
And since no yidam exists apart from the kind lama himself,
YI DAM KÜN DÜ LA MAR NYING NÄ SÖL WA DEB SO
I beseech you, Lama, who comprises all yidams,
DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG
**Please guide me always without separation, in this life, future
lives, and the bardo.**

SANG GYÄ KÜN GYI CHI ZUG LA MÄI NAM PAR SHAR WÄ
**The ordinary form of all buddhas arises in the aspect of the
lama,**
DRIN CHÄN LA MA NYI LÄ SANG GYÄ LOG SU MI MIG
**Therefore no buddhas are observed apart from the kind lama
himself.**

SANG GYÄ KÜN DÜ LA MAR NYING NÄ SÖL WA DEB SO
I beseech you, Lama, who comprises all buddhas,
DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG
**Please guide me always without separation, in this life, future
lives, and the bardo.**

GYÄL KÜN KHYEN TSE NÜ PÄI RANG ZUG LA MAR SHAR WÄ
**The very form of all conquerors' wisdom, compassion, and
power arises as the lama;**
PHAG CHHOG RIG SUM GÖN KYANG DRIN CHÄN LA MA NYI YIN
**Therefore, the supreme arya lords of the three types are also
the kind lama himself.**

RIG SUM CHIG DÜ LA MAR NYING NÄ SÖL WA DEB SO
I beseech you, Lama, who combines three families in one,
DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG
**Please guide me always without separation, in this life, future
lives, and the bardo.**

RIG GYA RIG NGA RIG SUM JI NYE TRO YANG LA MA
**The hundred, five, and three types, however many elaborated,
are the lama.**

DE KÜN GANG DU DU WÄI KHYAB DAG NYI KYANG LA MA

The pervasive master himself in whom they are all included is also the lama.

LA MA RIG KÜN DAG POR NYING NÄ SÖL WA DEB SO

I beseech you, Lama, as master of all the families,

DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG

Please guide me always without separation, in this life, future lives, and the bardo.

SANG GYÄ CHHÖ DANG GE DÜN KÜN GYI JE PO LA MA

The creator of all buddhas, Dharma, and Sangha is the lama.

CHIG CHHOG KYAB SUM KÜN DÜ DRIN CHÄN LA MA NYI YIN

The one who combines all three refuges is the kind lama himself.

KYAB KÜN DÜ ZHÄL LA MAR NYING NÄ SÖL WA DEB SO

I beseech you, Lama, whose presence combines all refuges,

DI CHHI BAR DO KÜN TU DRÄL ME JE SU ZUNG SHIG

Please guide me always without separation, in this life, future lives, and the bardo.

SANG GYÄ KÜN GYI RANG ZUG LA MÄI NAM PAR SHAR NÄ

Thinking of how the actual form of all buddhas arises in the aspect of the lama

TSE WÄ JE SU DZIN TSHÜL SAM KYIN LA MA DRÄN NO

And mercifully guides me – reminds me of you, Lama.

SANG GYÄ KÜN GYI PANG PÄI KÄL CHHÄ NYAM THAG DAG LA

Thinking of how you show the excellent unmistakable path to me,

MA NOR LAM ZANG TÄN TSHÜL SAM KYIN LA MA DRÄN NO

An unfortunate wretched being, abandoned by all the buddhas – reminds me of you, Lama.

NYE KA DÖN CHHEI TEN ZANG KHE NYEN KYI DUG DAM GA

Thinking of this excellent body, highly meaningful and difficult to obtain,

ZUNG DZIN SHÜN PA BÜ PÄI NYUG MÄI RANG ZHÄL JEN PA

Please bless me to meet the ultimate lama – the bare face of my innate mind

NÄ LUG DÖN GYI LA MA JÄL WAR JIN GYI LOB SHIG

With the covering of perception (of true existence) and perceiving (it as true) removed.

DRIB NYI TRÖ PA ZÄ PÄI DE CHHEN CHHÖ KÜI LONG DU

Please bless me to be one with your three secrets, Lama, in the vast dharmakaya of great bliss,

RANG DANG LA MÄI SANG SUM CHIG TU JIN GYI LOB SHIG

Which has exhausted the elaborations of the two obscurations.

DOR NA JANG CHHEN BAR DU NYING Ü DRÄL ME ZHUG NÄ

In short, please abide inseparably in the center of my heart until the great enlightenment,

PHA JE BU YI ZIN PAR TSE WÄ JIN GYI LOB SHIG

And mercifully bless me, the child, to follow after you, the father.

LA MA KHYEN

Lama, think of me.

LA MA KHYEN

Lama, think of me.

LA MA KHYEN

Lama, think of me.

Then turn to p. 135 and recite and meditate on the two verses there.

Multiplying Mantras

To increase by 100,000 times the merit created, recite these special mantras at the end of the session:

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)

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

TADYATHA PÄNCHA GRIYA AVA BODHANI SVAHA
OM DHURU DHURU JAYA MUKHE SVAHA (7x)

To actualize all our prayers as well as to multiply the benefits by 100,000:

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG
PAR DZOG PÄI SANG GYÄ MÄN GYI LHA BAIDURYA Ö KYI
GYÄL PO LA CHHAG TSHÄL LO (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)

Due to the power of the blessings of the eminent buddhas and bodhisattvas, the power of infallible dependent arising, and the power of my pure special attitude, may all my pure prayers succeed immediately.