

**LAND OF
ENLIGHTENED WISDOM**



PRAYER BOOK

In Praise of Dependent Origination

Je Tsongkhapa

Homage to my guru, Manjughosha,

Since it is due to my teacher's kindness
I have met with the teaching of the unexcelled teacher,
I dedicate this virtue too toward the cause, For all
beings to be sustained by sublime spiritual mentors.

May the teaching of this Beneficent One till worlds end
Be unshaken by the winds of evil thoughts; May it
always be filled with those who find conviction In the
teacher by understanding the teachings true nature.

May I never falter even for an instant, To uphold the
excellent way of the Sage, Which illuminates the
principle of dependent origination, Through all my
births even giving away my body and life.

May I spend day and night carefully reflecting,
By what means can I enhance
This teaching achieved by the supreme savior
Through strenuous efforts over countless eons.

May we console those who are distressed by delusion.
May those who have not yet realized the unobstructive
wisdom, that does not grasp at phenomena, actualize
the omniscient wisdom.

May we never be separated from the sublime Bodhi-
citta – Enlightened Attitude.

(An excerpt from Great Atisha's Profound Prayer
titled Tsan-Bum or 100,000 Names of Tathagatas).

Praises to Shakyamuni Buddha

Ton pa chom dän dä de shin sheg pa dra
chom pa yang dag par dzog pai sang gyä rig
pa dang shab su dän pa. De bar sheg pa. Jig
ten khyen pa. Kye bu du wa'i. Kha lo gyur
wa. La na me pa. Lha dang mi nam kyi tön
pa sang gyä chom dän dä pal gyal wa sha kya
thub pa la chag tsäl lo. Chöd do kyab su
chio. *(Recite 3xs)*

Gang tse kang nyi tso wo khyöd tam tse
Sa chen di la gom pa dun bor nä
Nga ni jig ten di na chog che sung
De tse khä pa khyöd la chag tsäl lo.

Nam dag ku mga chog tu zug zang wa
Ye she gya tso ser gyi lhun po dra
Drag pa jig ten sum na lham me wa
Gon po chog gyur khyöd la chag tsäl lo.

Tsän chog dän pa dri me da wa'i shal.
Ser dog dra wa khyöd la chag tsäl lo.
Dul dra khyöd dra srid pa sum ma chi
Nyam me khyen chän khyöd la chag tsäl lo.

Gon po thug je che dän pa
Tham chäd khyen pa ton pa po
Sod nam yon tän gya tso'i shing
De shin sheg la chag tsäl lo

Dag pä död chag dral war gyur
Ge wa'i ngän song lä drol ching
Chig tu don dam chog gyur pa
Shi gyur chöla chag tsäl lo

Dröl nä dröl wä'i lam yang ton
Lap pa dag la rab tu nä
Shing gi dam pa yon tän dän
Ge dun la yang chag tsäl lo.

Dig pa chi yang mi ja shing
Ge wa pun sum tsong par gyur
Rang gi sem ni yong su dul
De nyi sang gyä ten pay yin.

Kar ma rab rib mar me dang
Gyu ma zil pa chu bur dang
Mi lam log dang drin ta bur
Du ja chö nam de tar ta.

Sod nam di yi tham chäd zig pa yi
Go phang thob nä kyon gyi dra dul te
Ga dang na dang chi wa'i lab drug pa'i
Srid pa'i tso lä dro wa drol war shog.

Praises to Shakyamuni Buddha

To the Teacher, the Blessed One, the One Gone Beyond, the Foe Destroyer, the Completely Perfected, Fully Awakened Being, perfect in knowledge and in good conduct, Sugata, Knower of the World, Supreme Guide of beings to be tamed, teacher of gods and humans: to you, the Completely and Fully Awakened One, the Blessed One, the Glorious Conqueror, the Subduer from the Shakya clan, I prostrate, make offerings and go for refuge. (3 times)

When, O supreme among humans, you were born on this earth, You paced out seven strides, Then said, "I am supreme in this world."
To you, who were wise then, I prostrate.

With pure bodies, form supremely pure;
Wisdom ocean, like a golden mountain;
Fame that blazes in the three worlds,
Winner of the best – to you I prostrate.

With the supreme signs, face like spotless moon, Color like gold – to you, I prostrate.
You are immaculate, the three worlds are not.
Incomparably wise one – to you, I prostrate.

The Saviour having great compassion,
The Teacher having all understanding,
The field of merit with qualities like a vast ocean – To you, the One Gone to Thusness, I prostrate.

The purity which makes one free from attachment, The virtue which frees one from the lower realms, The one path, the sublime pure reality – To that Dharma which pacifies, I prostrate.

Those who are liberated and who also show the path to liberation, The holy field qualified with realizations, Who are devoted to the moral precepts – To you, the sublime community intending virtue, I prostrate.

Do not commit any non-virtuous actions,
Perform only perfect virtuous actions,
Subdue your mind thoroughly -
This is the teaching of the Buddha.

A star, a mirage, a flame of a lamp,
An illusion, a drop of dew, or a bubble,
A dream, a flash of lightning, a cloud –
See conditioned things as such!

Through these merits may sentient beings
Attain the rank of all-seeing, subdue the foe
of faults, And be delivered from the ocean of
suffering Of aging, sickness and death.

Shakyamuni's Mantra

OM MUNI MUNI MAHA MUNI YE SOHA

**Taking Refuge
Generating Altruistic Intention**

**Sang gye cho dang tsog kyi chog nam la
Jang chub bar du dag ni kyab su chi
Dag gi *jin sok* gyi pay tsok nam kyi
Dro la pen chir sang gye drub par shog.
(Recite 3xs)**

I go for refuge, until I am enlightened,
To the Buddha, the Dharma and the
Sangha
Through the merit I create by practicing
giving. And the other perfections,
May I quickly attain the state of
Buddhahood. For the benefit of all
sentient beings.
(Recite 3xs)

**Short Mandala
Offering**

**Sa shi po kyi jug shing may tog tram
Ri rab ling shi nyi day gyen pa di
Sang gye shing du mig tay ull war gyi
Dro kun nam dag shing la cho par shog**

The ground with scent is blessed,
and with flowers strewn,
adorned with Mount Meru,
the Four Lands, the sun and moon,
transformed into a Buddha Land
and then offered. May all wandering
beings enjoy this pure realm.

Four Immeasurables

**Sem chän tam chä de wa dang de wai gyu dang
dän par gyur chig**

**Sem chän tam chä dug ngal dang dug ngäl gyi
gyu dang dräl war gyur chig**

**Sem chän tam chä dug ngäl me pai de wa dang
mi dräl war gyur chig**

**Sem chän tam chä nye ring chag dang nyi dang
dräl wai tang nyam la nä par gyur chig**

(Recite 3xs)

May all sentient beings have happiness and its cause.

May all sentient beings be freed from suffering and its cause.

May all sentient beings never be separated from the happiness that is beyond all suffering.

May all sentient beings abide in equinity, free from attraction that holds some close and aversion that keeps others distant.

(Recite 3xs)

Praises to Manjurshri

Obeisance to my guru and protector, Manjushri, Who holds to his heart a scriptural text symbolic of his seeing all things as they are:

Whose understanding shines forth as the sun, unclouded by defilements or traces of ignorance:

Who teaches in sixty ways, with the patient love of a father for his only child, all creatures caught in the prison of samsara, confused in the darkness of their ignorance, overwhelmed by their suffering. You, whose dragon thunder-like proclamation of the Dharma arouses us from the stupor of our delusion, and frees us from the iron chains of our karma:

Whose powerful sword of wisdom hews down suffering wherever its sprouts appear, clearing away the darkness of all ignorance: I entreat you, O Manjushri, Whose princely body is adorned with the one hundred and twelve marks of a Buddha.

Who has completed the ten stages achieving the highest perfection of a bodhisattva. Who has been pure from the beginning:

O Manjushri, all loving one, with the brilliance of your wisdom, Illuminate the darkness enclosing my mind. Enlighten my intelligence and wisdom so that I may gain insight into Buddha's words and the texts that explain them.

Dedication Prayers

Jang chub sem chog rin po che
May kye pa nam kye gyur chig
Kye pa nyam pa may pa yang
Gong nay gong du pel war shog

Töng nyi ta wa rinpoche
May kye pa nam kye gyur chig
Kye pa nyam pa may pa yang
Gong nay gong du pel war shog

Gang ri ra way kor way shing kam dir
Pän dang de wa ma lun jung way nay
Chen re zig wang ten zin gya tso yi
Shap pay si te bar du ten gyur chig

Pan dei jung nä tan pa dar zhing gyä
tan dzin kye bu tam chä ku kam zang
lu chan kun la de kyi jung wä nä
sang gye tan pa tag tu gyä gyur chig

Gay wa di yi nyur du dag
La ma sang gye drub gyur nay
Dro wa chig kyang ma lu pa
Kye kyi sa la go par shog

Dedication Prayers

May the precious Bodhi mind
Not yet born, arise and grow.
May that born have no decline
But increase forever more.

May the precious mind realizing emptiness
Not yet born, arise and grow.
May that born have no decline
But increase forever more.

In the sacred land surrounded by snow
mountains You are the source of
all benefit and happiness,
Oh, Powerful Chenrezig, Tenzin Gyatso,
Remain in this world until samsara ends.

May the source of benefit and goodness,
The Dharma, spread and expand. May
the beings upholding the Dharma Have ex-
cellent health. May the source of happi-
ness and well-being for all embodied be-
ings, The Dharma taught by the Buddha,
Always increase.

Due to this merit may I soon attain
The enlightened state of Guru Buddha
So that I may be able to liberate
All sentient beings from their suffering