



LAND OF ENLIGHTENED WISDOM



THE SADHANA OF ARYA TARA

PRAISES TO BUDDHA SHAYAMUNI	
Tibetan	2
English	4
HOMAGE AND REFUGE	
6	
FOUR IMMEASUREABLES	
7	
MANDALA OFFERING	
7-8	
21 PRAISES TO TARA	
12 - 19	
TARA'S ACTIVITIES AND BENEFITS	
Tibetan	20
English	21
TARA'S MANTRA	
26	
DEDICATION PRAYER	
Tibetan	28
English	29
ASPIRATION PRAYER	
30	
IN PRAISE OF DEPENDENT ORIGINATION	
31	

Praises to Shakyamuni Buddha

Ton pa chom dân dã de shin sheg pa dra chom pa
yang dag par dzog pai sang gyä rig pa dang shab
su dân 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 dân dã
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 dân 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 dân 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 dân
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. (Recite 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.

HOMAGE TO THE LAMA

*Balen tsa-we lam-ma rin-po-che
Dak-gi chi-wor pe-me
Ga-trin chen-po go-ne je-sung-de
Gu-sung tuk-kyi ngo -drup tsal-du-so*

Splendid and precious Root Lama
Sitting on the lotus seat on the crown of
my head, Out of your great kindness
may you care for me And bestow the
attainments of body, speech, and mind.

REFUGE AND BODHICHITTA (3x)

*Sang-gye-cho -tang tsok-kyi chok-nam-la
Chang-chup par-du dak-ni kyap-su-chi
Dak-gi jin-sok gyi-pe so -nam-gyi
Dro-la pen-chir sang-gye drup-par-sho*

In the Buddha, the Dharma, and the
Noble Sangha I take refuge until
enlightenment. By the merit I made
through giving and so forth May I
become enlightened for the benefit
of all beings.

THE FOUR IMMEASUREABLES THOUGHTS

***Sem chen tam che de wa dang de
way gyu dang den par gyur chig
Sem chen tam che dug ngel dang
dug ngel kyi gyu drel war gyur chig
Sem chen tam che dug ngel may
pay de wa dang mi drel war gyur chig
Sema chen tam che nye ring chag dang
nyi dang drel way dang nyom la nay
par gyur chig***

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 equanimity,
free from attraction that holds some close
and aversion that keeps others distant.

MANDALA OFFERING

***Sa-shi bo chu chuk-shing me-tok-tram
Ri-rap ling-shi nyin-de gyen-pa-di
Sang gye shing-du mik-de pul-wa-yi
Dro-kun nam-tak shing-du cho par-sho***

MANDALA OFFERING

The earth is perfumed with scented
water and is strewn with flowers.
Adorned as well with Sumeru,
the four continents, the sun and moon,
By imaging and offering these as a
Buddha realm
May all living beings here come to
enjoy pure realms.

**Idam Guru Ratna Mandalakam
Nirya Taya Mi**

To you oh Precious Guru,
I send forth this jeweled mandala.



***Po-ta-la-yi ne-chok-ne
Tam-yik jang-khu le-trung-shing
TAM-yik o-kyi dro-wa-drol
Drol-ma kor-che shek-su-sol***

***Hla-tang hla-min cho-pen-gyi
Shap-kyi pemo la-du-de
Pong-pa gun-le drol-dze-ma
Drol-ma yum-la chak-tsal-lo***

**Jetsum Pak-ma Drol-ma-dang
Cho-chu tu-sum shuk-pa-yi
Gyal-wa se-che tam-che-la
Gun-ne tang-we chak-gyi-o
Me-tol duk-po mar-me-tri
Shal-se rol-rno la-sok-pa
Ngo-jor yi-kyi tru-ne-bul
Pak-me tsok-kyi she-au-sol**

**Tok-ma me-ne tan-te-par
Mi-ge chu-tang tsam-me-nga
Sem-ni-nyon-mong wang-gyur-pe
Dik-pa tam-che shak-par-gyi**

**Nyen-to rang-gyal chang-chup-sem
So-so kye-wo la-sok-pe
Tu-sum ge-wa chi-sak-pe
So-nam la-ni dak-yi-rang**

**Sem-chen nam-kyi sam-pa-tang
Lo-yi che-trak ji-da-war
Che-chung tun-mong tek-pa-yi
Cho-kyi kor-lo gor-du-sol
Kor wa ji-si ma-dong-par
Nya-ngen mi-da tukj-je-yi
Duk-ngal gyan-tsor ching-wa-yi
Sem-chen nam-la si-su-sol**

**Dak-gi so-nam chi-sak-pa
Tam-che chang-chup gyur-gyur-ne
Ring-por mi-tok dro-wa-yi
Dren-pe bal-du dak-gyur-chi**

From the excellent region of the Potala,
out of the green letter TAM arises Tara,
You liberate beings with the light of the letter
TAM. Pray come Tara with your retinue.

The crowns of devas and asuras
bow to your lotus feet.
Liberator from all poverty,
homage to Tara, Mother.

To Reverend, Noble Tara and
all the Victors and Bodhisattvas
Who dwell in the ten directions and
three times I most sincerely pay homage.

Flowers, incense, lamps, fragrances,
food, music and other such,
Goods I offer having mentally created
them; I pray that the assembly of
Noble Ones accept them.

From time without beginning until now,
I have committed The ten unwholesome
deeds and the five of immediate
retribution. With a mind under the
power of defilement; all these sins I confess

Shravakas, Pratyekabuddhas,
Bodhisattvas, ordinary beings, and so forth
Have accumulated wholesome deeds
in the three times; I rejoice in their merit.

In accordance with the classes of thoughts
and minds of beings, I pray that you turn the
Wheel of Dharma of the Great, Small
and Ordinary Vehicle

So long as samsara is not empty,
pray do not enter nirvana, and with
compassion, Look upon beings
who are bound in the ocean of suffering.

All the merit I have accumulated, being the
cause of enlightenment, Before long may I
attain to the Splendor of the Guide of Beings.



21 PRAISES TO TARA

Om Je-tsum-ma Pak-ma

Drol-ma-la chak-tsal-lo

OM! Homage to the Reverend, Noble Tara!

Chak-tsal Drol-ma nyur-ma ba-mo

Homage, Tara, quick one, heroine,

Chen-ni ge-chik lok-tang dra-ma

whose eyes flash like lightening,

Jik-den sum-gon chu-kye shal-gyi

Born from the opening corolla of the

Ge-sai che-was le-ni chung-ma

Lotus face of the Lord of the three worlds

Chak-tsal don-ke da-wa gun-du

Homage, Lady, whose face is filled

Kang-wa gya-ni tsek-pe shal-mal

with a hundred full autumn moons,

Gar-ma dong-trak tsok-pa nam-kyi

Blazing with the resplendent beams

Rap-du che-wa o-rap bar-ma

of a thousand starry clusters,

Chak-tsal ser-ng chu-ne kye-kyi

Homage, Lady, whose hand is adorned

Pe-me cha-ni nam-par gyen-ma

with a lotus, a lotus blue and gold

Jin-pa tson-drun ga-trup shi-wa

Whose field of practice is giving, exertion,

So-pa sam-den cho-yel nyi-ma

austerity, peace, patience and meditation.

Chak-tsal te-shin shek-pe tsuk-tor

Homage, Lady, ushnisha of the

Tathagatas,

Ta-ye nam-par gyal-war cho-ma.

Abiding in endless triumph

Ma-lu pa-rol chin-pa top-pe

Honored by the children of the Jina,

Gyal-we se-kyi shin-tu dem-ma

Having attained every perfection.

Chak-tsal TUTTARE HUNG yi-ge

Homage, Lady, who fills all directions

Do-dang cho-dang nam-ka kang-ma

Of space with syllables TUTTARE and

HUNG

Jik-den dun-po shap-kyi nen-te

Tampling the seven worlds with her feet,

Lu-pa me par guk-par nu-ma

Able to summon all before her.

Chak-tsal gya-chin me hla tsang-pa
Homage, Lady, worshipped by Indra, Agni
Lung-hla na-tsok wang-chuk cho-ma
Brahma, the Maruts, and Vishveshvara
Chung-po ro-lang tri-sa nam-dang
Honored by hosts of monsters, zombies,
No-jin tsok-kyi dun-ne do-ma
Gandharvas, and yakshas.

Chak-tsal TRE-che cha-dang PHE-kyi
Homage, lady who destroys others magic devices
Pa-rol trul-kor rap-du jom-ma
With the sounds of TRE and PHE
Ye-gum yon-kyang shap-kyi nen-te
Trampling with right foot up and left extended
Me-bar truk-pa shin-tu bar-ma
Posed gracefully amidst a blazing fire, radiant

Chak-tsal TURE jik-pa chen-mo
Homage, Lady, TURE, the terrible lady,
Du-kyi pa-wo nam-par jom-ma
who annihilates the hero of Mara,
Chu-kye shak-ni tro-nyer den-dze
Lotus-faced, frowning-browed,
Dra-wo tam-che ma-lu so-ma
who slays all enemies without exception.

Chak-tsal gon-chok sum-tson chak-gye
Homage, Lady, who adorns her heart
Sor-mo tuk-kar nam-par gyen-ma
with a hand-gesture, symbol of the
Three Jewels,
Ma-lu cho-kyi kor-lo gyen-pe
Her right palm, adorned with the
universal wheel,
Rang-gi o-kyi tso-nam truk-rna
emits beams of light.

Chak-tsal rap-du ga-wa ji-pe
Homage, Lady, whose delightfully
brilliant diadem
Ur-gyan u-kyi treng-wa pel-ma
spreads a garland of light,
She-pa rap-she TUTTARA-yi
Subjugating Mara and the world
Du-dang jik-den wang-du dze-ma
with a laughing, mocking TUTTARE.

Chak-tsal sa-shi kyong-we tsok-nam

Homage, Lady able to summon

Tam-che gu-par nu-pa nyi-ma

before her all the hosts of protectors
of the earth,

Tro-nyer yo-we yi-ge HUNG-gi

Saving from all misfortune

Pon-pa tam-che nam par drol-ma

By a shaking, frowning syllable HUNG

Chak-tsal da-we tum-bu ur-gyen

Homage, Lady, whose diadem is a
crescent moon

Gyen-pa tam-che shin-tu bar-ma

blazing with all its ornaments,

Ral-pe tro-ne o-pak me-le

Ever lit by the radiance of Amitabha

Dak-par shin-tu o-ni dze-ma

upon her piled hair.

Chak-tsal gal-pa ta-me me-tar

Homage, Lady who lives amidst a garland

Bar-we tren-we tren-we u-na ne-ma

that blazes like the fire of the final aeon,

Ye-kyang yon-kum gun-ne gor-ge

At ease in the royal of posture,

Dra-yi pung-ni nam-par jom-ma

overcoming the enemy army.

Chak-tsal sa-shi ngo-la chak-gi

Homage, Lady who strikes with the palm
of the hand

Til-gyi nun-ching shap-kyi dung-ma

And pounds with her feet the surface of the earth,

Tro-nyer chen-dze yi-ge HUNG-gi

Who frowning, shatters the seven underworlds

Rim-pa dun-po nam-ni gem-ma

with the syllable HUNG

Chak-tsal de-ma ge-ma-shi-ma

Homage, Lady blissful, virtuous, calm

Nya-ngen de-shi cho-yul nyi-ma

whose field of practice is calm nirvana,

SOHA OM-dang yang-dak den-me

Endowed with SOHA and OM,

Dik-pa chen-po jom-pa nyi-rna

destroying great sin.

Chak-tsal gun-ne gor-rap ga-we

Homage, Lady of joyous posture

Dra-yi lu-ni rap-tu gem-ma

who shatters the bodies of enemies,

Yi-ge chu-pe nga-ni go-pe

The liberator sprung from HUNG

Rik-pa HUNG-le Drolma nyi-ma

in the *mantra* arraying the sound of ten
syllables.

Chak-tsal TURE shap-ni dap-pe

Homage, Lady who strikes with the
feet of TURE,

HUNG-gi nam-pe sa-bon nyi-ma

whose seed has the form of HUNG,

Ri-rap Man-da ra-dang bikche

Shaking Mount Meru, Mandara,

Jik-den sum-nam yo-wa nyi-ma

Kailsha, and the three realms.

Chak-tsal hla-yi tso-yi nam-pe

Homage, Lady, who holds in her hand

Ri-dak dak-chen cha-na nam-ma

The hare-marked moon in the form of
the ocean of the gods,

TARA nyi-jo PHE-kyi yi-ge

Totally dispelling poisons with the

TUK-nam ma-lu par-ni sel-ma

Twice-spoken TARA and the sound of PHE.

Chak-tsal hla-yi tsok-nam gyal-po

Homage, Lady, honored by the ruler of
hosts of gods,

Hla-ang mi-am chi-yi den-ma

by the gods and kinnaras.

Gun-ne go-cha ga-we ji-kyi

Dispelling contention and bad dreams

So-dang mi-lam ngen-pa sel-ma

with the brilliance of her joyous armor.

Chak-tsal nyima da-wa gye-pe

Homage, Lady, whose eyes are brilliant

Che-nyi pola o-rap sal-ma

with the light of the sun and the full moon,

HARA nyi-jo TUTTARA-yi

Dispelling terrible fevers

Shin-tu trak-po rim-ne sel-ma

with twice-spoken HARA and TUTT TARE.

Chak-tsal de-nyi sum-nam go-pe

Homage, Lady perfectly endowed

Shi-we tu-dang yang-dak den-ma

with the power of calm by the array Of
the three truths

(OM - *Body*, AH - *Speech*, HUNG - *Mind*)

Don-dang ro-lang no-jin tsok-nam

Destroying the hosts of evil spirits, zom-
bies, and yakshas,

Jom-pa TURE rap-chok nyi-ma TURE,

most excellent lady!

Tsa-we nga-kyi do-pa di-dang

This is the praise with the basic *mantra*

Chak-tsal wa ni nyi-shu tsa-chik

and the twenty-on verses of homage.

(Repeat The Praises of 21 Tara 2, 3, 7, or 21x)

TARA'S ACTIVITIES AND BENEFITS

***Hla-mo la-gu yang-dak den-pe
Lo-den kang-gi rap-dang jo-de
So-dang to-rang lang-par che-ne
Tren-pe mi-jik tam-che rap-der***

***Dik-pa tam-che rap-du shi-wa
Ngen-dro tam-che jom-pa nyi-do
GyaJ-wa che-wa trek-dun nam-kyi
Nyur-du went-ni gur-war gyur-la
Di-le che-wa nyi-ni top ching
Sang-gye ko-pang tar-tuk ter-dro***

***Te-yi tuk-ni trak-po chen-po
Den-ne pa-am shen-yang dro-wa
So-pa tang-ni tung-pa nyi-kyang
Tren-pe rap-du sel-wa nyi-do
Don-dang rim-dang tuk-gi sir-we
Duk-ngal tsok-ni nam-par bong-te***

***Sem-chen shen-pa nam-la yang-ngo
Nyi-sum dun-du ngon-par jo-na
Pu-do pe-ni pu-top gur-shing
Nor-do pe-ni nor-nam nyi-top
Do-pa tam-che top-par gyur-de
Gek-nam me-ching so-sor jom-gyur***

TARA'S ACTIVITIES AND BENEFITS

To the wise, devoted to the goddess,
who recite these stanzas
At evening or upon arising at dawn, who
recollect them,
Jetsun Tara grants total fearlessness,
Pacifies all their unwholesome actions,
and destroys all lower destinies,

Seventy million Blessed Ones will quickly
initiate the wise;
Greatness beyond this is obtained and
the wise go to the final Buddhahood.
If a dreadful poison, whether animal or
vegetable, eaten or drunk, for the wise who
recollect, it is completely nullified.

The wise are freed from sufferings inflicted
by spirits, poisons or diseases;
And as it works for them, it works for other
beings, too. If they recite these stanzas clearly,
two, three, seven times, By wishing for sons,
they will have sons, wishing for wealth, they
will gain wealth. They will obtain all they de-
sire, and there will be no obstacles to hinder
them.

*Je-tsun Chom-den-de-ma tuk-je-chen
Dak-dang ta-ye sem-chen tam-che-kyi
Drip-nyi chang-shing tsok-nyi nyur-dzok-ne
Dzok-pe sang-gye top-par dze-du-sol*

*Te-ma top-kyi tse-rap gun-du-yang
Hla-dang mi-yi de-ws chok-top-ne
Tam-che khyen-pa drup-par che-pe-la*

*Par-che don-gek rim-dang ne-la-sok
Tu-min chi-war gyur-pa na-sok-dang
Mi-lam ngen-dang tsen-ma ngen-pa-dang
Jik-pa gye-sok nye-war tse-wa-nam
Nyur-du shi-shing me-par dze-du-sol
fik-den jik-den le-ni de-pa-yi
Ta-shi de-lek pun-sum tshok-pa-nam
Pel-shing gye-pe ton-tram ma-lu-pa
Be-me lhun-gyi drup-par dze-du-sol
Drup-la tson-sbing tam-cho pel-wa-tang
Dek-du kyo-drup shal-chok tong-wa-tang
Dong-nyi ton-dok chang-sem rin-po-cbe
Yar-ngo da-dar pe1-shing gye-par-dzo*

*Gyal-we kyil-kor sang-shing ga-wa-der
Pe-mo tam-pa sbin-tu dze-le-kye
Nang-wa ta-ye gyal we ngon-sum-du
Lung-den pa-yang dak-gi ter-top-sho*

*Dak-gi tse-rap ngon-ne drup-pe-hla
Tu-sum sang gye gun-gyi trin-le-ma
Ngo-jang shal-chik cha-nyi nyur-shi-ma
Yum-gyur ut-pal nam-pe te-sbi-sho
(Jetsun Drakpa Gyaltsen)*

*Gyal-yum Drol-ma kye-gu chin-dra-dang
Kor-tang gu-tse tse-dang shing kam-dang
Kye-kyi tsen-chok sang-po chin-dra-wa
Ten-dra kho-nar dek-sok gyur-war-sho
(Sutra)*

*Kyo-la do-cbing sol-w« dep-pe-tu
Dak-sok kang-na ne-pe ss-cho-su
Ne-dtin ul-pong tap-tso shi-wa-dang
Cho-dang ta-shi pel-war dze-du-sol
(Dharma King Tri-song de-tsen)*

*Gu-yi kyon-pang tsen-dang pe-che-dea
Sung-gi kyon-pang ka-la ping-ge-yang
Tuk-kyi kyon-pang she-cha tak dak-khyen
Ta-shi pal-bar ma-yi ta-sbi-sho*



Reverend, Blessed, Compassionate One,
Having purged my and all the limitless beings'
Two obstructions and quickly completed the two
accumulations, I pray that we attain complete
Buddhahood.

In all my lifetimes before attaining that,
Having obtained the supreme divine and human
bliss, May I attain omniscience and
I pray that obstacles, evil spirits, plagues, illness
and so forth, The various causes of untimely
death, and Bad dreams, bad signs, and
The eight dangers and other such threats
Be quickly eliminated and brought to nothing.

I pray that the worldly and transcendental
Auspicious joys of excellences
Vastly increase and that all such objects
Be spontaneously realized without effort.

May I be diligent in practice, increase the Holy
Dharma, Always do your practice, behold
your countenance, and May the precious
enlightened mind that realized emptiness
Vastly increase like the waxing moon.
In the good and joyous mandala of the
Victor, Born from the very beautiful, holy lotus,
Actually predicted by the Victor Amitabha,
May I attain that too.

Deity who I evoked in previous lifetimes,
The activities of all the Buddhas of the
three times, Dark green, one face, two
hands, serene, Mother who holds the lotus:
May we have the good fortune of you.

(by Jetsun Drakpa Gyaltsen)

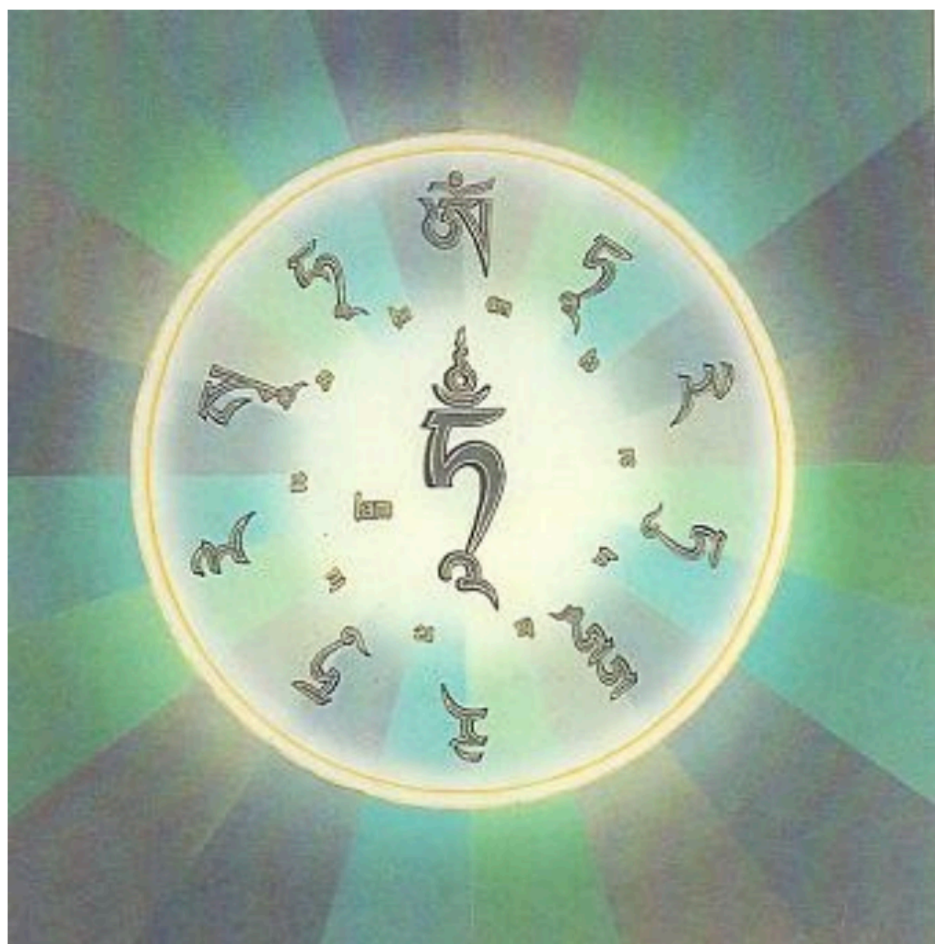
Mother of the Victors, a form such as yours,
A retinue, life-span, and Buddha-realm,
And excellent marks and signs like yours:
May I and others become just like that.

(Sutras)

By the force of praising and supplicating you,
May I and others who dwell in the ten
Directions, Be freed from sickness, evil
spirits, poverty and fighting and May the
Dharma and good fortune increase.

(Dharma King Tri-song de-tsen)

Eliminating the faults of body, you possess
the signs and marks of enlightenment,
Eliminating the faults of speech, the melody
of the kalinga bird, Eliminating the faults of
the mind, you know all that is to be known:
May we have the good fortune of she
who is radiant with the glory of good
auspices.



OM TARE TUTTARE TURE SOHA

ཨོཾ་ཏཱ་རེ་ཏུ་ ཏཱ་རེ་ཏུ་རེ་ཏུ་

10 SYLLABLE MANTRA OF NOBLE TARA

(RECITE MANTRA at least 21 Times)

DEDICATION

*Ge-wa di-yi nyur-du-dak
Je-tsum Drol-ma drup-gyur-ne
Dro-wa chik-kyang ma-lu-pa
Te-yi sa-ae go-par-sho*

By this virtue may I swiftly
accomplish Noble Tara,
And may all beings, without exception,
be established in that state

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 empti-
ness 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
excellent health. May the source of
happiness and well-being for all embod-
ied beings, 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.

Aspiration Prayer

May we, the sentient beings, never be separated from listening to Dharma Teaching in all of our lives.

May we be able to uphold Dharma by way of reading, writing, internalizing and unmistakably explaining it to others.

May we be able to single mindedly practice correct understanding of meaning in order to further the lineage of the Three Jewels.

May we all, while remembering our rebirths, abandon negativities and cultivate positive actions in all of our lives.

May we liberate those, who are not yet free, from the river of delusion of their lives.

May we liberate those, who are not yet free, from the three realms of cyclic existence.

May we provide relief to those who are tormented by suffering.

In Praise of Dependent Origination

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 Bodhicitta – Enlightened Attitude.

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