

**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 al-  
ways 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

**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

Pa ma sem chen tam che de dang den gyur  
chig Ngen dro tam che tak tu tong war tang  
Jang chub sem pa kang na su zhug pa  
De dag kun gyi mon lam drub gyur chig

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 kyü 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 kyü 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.

Due to all these merits may all father and mother  
sentient beings have all the happiness, And may  
all the lower realms be empty forever. Wherever  
there are bodhisattvas, may all their prayers be  
accomplished immediately.

In the sacred land surrounded by snow moun-  
tains You are the source of all benefit and happi-  
ness, 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 embodied 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