

LAND OF ENLIGHTENED WISDOM



PRAYER BOOK

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. (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

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)

Taking the Bodhisattva Vow

Kon chog sum la dag kyab chi,
Dig ba tham che so sor shag
Dro wai ge la je yi rang
Dang gye jang chub yi kyi zung

Dang gye cho dang tsog chog la
Jang chub bar du dag kyab chi
Rang zhen dun ni rab drub chir
Jang chub sem ni kye bar gyi
Jang chub chog gi sem ni kye gyi ne
Sem chen tham che dag gi drun du nyer
Jang chub cho chog yi ong che bar gyi
Dro la phen chir sang gye drub bar shog

Taking Refuge

**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**

Taking the Bodhisattva Vow

**I go for refuge to the Three Jewels,
I confess individually all my negativities.
I rejoice in the merit of migrating beings.
I take hold with my mind the perfect state of a
Buddha.**

**I go for refuge until I am enlightened To the
Buddha, the Dharma, and the supreme Sangha
assembly. And I do so to attain an enlightened
mind, In order to fulfill the aims of myself and
others I shall develop a supreme enlightened
motive And toward all sentient beings, my invited
guests, I shall act with supreme enlightened
conduct and become a Buddha to benefit all.**

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

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 mountains
You are the source of all benefit and happiness,
Oh, Powerful Chenrezig, Tenzin Gyatso,
Remain in this world until samsara ends.**