

GURU YOGA

PELDEN TSA-WAY LAMA RIMPOCHE
DAG-GI CHIVOR PAY-DAY DEN SHUG LA
KA DRIN CHENPO GO NAY JAY SUNG TAY
KU SUNG TUG KYI NER DRUB TSEL DU SOL

*Precious root Lama, source of blessings,
Seated on my head on a lotus and moon,
Please guide me in your great kindness
And grant the realisation of awakened body, speech and mind.*

TAKING REFUGE AND BODHICITTA

SANGYE CHO DANG SOG-KYI CHOG NAM LA
JANG CHUB BAR-DU DAG-NI KYAB-SU CHI
DAG-GI JIN SOG GYI-PAY SO-NAM KYI
DRO LA PEN-CHIR SANGYE DRUP PAR SHOG

*Until awakening I take refuge
In the Buddha, the Dharma and the Sangha.
Through the power of practicing the liberating qualities
May we realise Buddhahood in order to benefit living beings.*

THE FOUR IMMEASURABLE QUALITIES

SEM-CHEN TAM-CHE DEWA DANG DEWA GYU DANG
DENPA GYUR CHIG

DUG NGEL DANG DUG NGEL GYI GYU DANG
DRELWA GYUR CHIG

DUG NEL MAY-PAY DEWA DAMPA DANG MIN
DELWA GYUR CHIG

NYE RING CHAG DANG NYI DANG DELWAY TANG NYOM CHENPO LA
NAYPAR GYUR CHIG

*May all beings possess happiness and the causes of happiness.
May all be free from suffering and the causes of suffering.
May we never be separated from true joy, which is free from suffering.
Free from prejudice, attachment and aversion, may we abide in great equanimity.*

PRAYER TO CHENREZIG

DJOWO KYON GYI MA GO KU DOG KAR
SOG SANGYE KYI U LA GYAN
TUG JAY CHEN GYI DRO LA SIG
CHENREZIG LA CHAG TSAL LO

*Lord your body is white, unstained by flaws
Your head is adorned with the perfect Buddha
And you gaze on beings with the eyes of compassion
To you, Chenrezig, I pay homage*

OM MANI PADME HUM

DEWACHEN PRAYER (Sukhavati Prayer)

E MA HO. NGO-TSAR SANGYA NANGWA TAYA DANG
YASU DJOWO TUGJAY TSCHENPO DANG
YONDU SEMPA TU-TSCHEN TOB-NAM LA
SANGYA DJANGSEM PAG-ME KOR-GYI KOR

DE-KYI NGO-TSAR PAGTU MEPA-YI
DEWATCHEN SHE DJAWA SCHINGKAM DER
DAGNI DINA TSEPO GYUR MA-TAG
KYEWA SHEN-GYI BAR MA-TSCHOPA RU

DERU KYENA NANGTA SCHAL-TONG SCHOG.
DEKA DAG-GI MONLAM TABPA DI
TSCHOG-TSCHU SANGYA DJANGSEM TAMTSACHA-KYI
GEG-ME DRUBPAR DJIN-GYI LABTU SOL.

TEYATHA PANTSAN DRIYA AWA BODHANAYI SOHA

*Eh Ma Ho. Oh wondrous; Buddha of infinite light
To your right is the Lord of great Compassion
To your left is the Bodhisattva of great power
You are surrounded by a retinue of countless Buddhas and Bodhisattvas.
There is amazing boundless happiness and joy
In this land of yours; the Land of Bliss.
As soon as I leave this life may I be reborn there
Without taking further rebirth (in between)
And see your face of boundless light.
I pray that this aspiration of mine*

*And the aspirations of all the Buddhas and Bodhisattvas of the ten directions
Be fulfilled by the power of your blessing without any obstacles.*

(Tadyatha Pancandriya Avabodhani Svaha)

DEDICATION

SONAM DI YI TAM-CHE ZIGPA NYI
TOB-NE NYE-PAY DRA NAM PAM JAY-NAY
KYE GA NA CHI BA-LAB TRUGPA YI
SI-PAY TSO LE DROWA DROL-WAY SHOG

*Through this positive act may I reach complete seeing
Overcome all adverse influences and liberate
All sentient beings who are buffeted by the waves
Of birth, old age sickness and death in the ocean of existence.*

JAM PEL PA-WEI JITAR KYEN-PA DANG
KUNTU ZANGPO DE-YANG DAY-SHIN-TAY
DAY DAG KUN GYI JESU DAG LOB CHING
GEWA DIDAG TAM-CHE RABTU NYO

*Following the example of all Bodhisattvas
With a wisdom just like Manjushri
And in the same way as Samantabhadra
I dedicate completely everything wholesome.*

SANGYE KU SUM NYE-PAY JINLAB DANG
CHO NYI MIN-GYUR DENPE JINLAB DANG
GENDUN MI-CHE DUN-PE JINLAB KYI
JITAR NYO WA MONLAM DRUB-PA SHOG

*Through the blessings of the Buddha manifested in the 3 bodies of awakening
Through the blessings of the unchanging truth of the nature of all dharmas
And through the blessings of the united aspiration of the Sangha
May this dedication and prayer be fulfilled just like this.*

GEWA DI-YI NYUR-DU DAG
CHAG-GYA CHEN-PO DRUB GYUR NAY
DRO-WA CHIG KYANG MA-LU-PA
DAY-YI SA-LA GO-PA SHOG.

*Through this wholesome action
May I quickly accomplish Mahamudra
And establish all living beings
Without exception in that realisation*