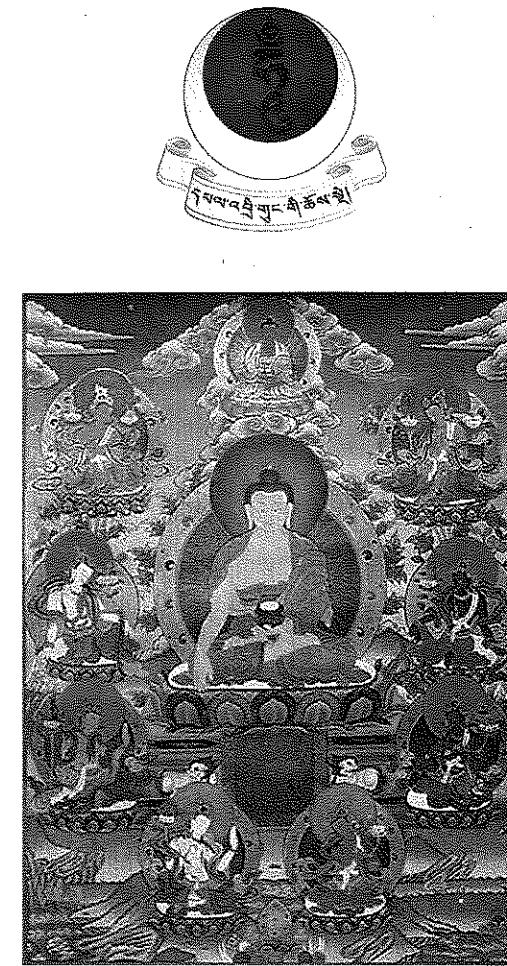




Mahakala
Buddhism Dharma Protector



**Three Rivers Tibetan Cultural Center
Prayer Book**

Opening Prayers

ASPIRATION BODHICITTA

བདྷସ་ ཨ. རୁଦ୍ର. ພ. ཆୟେନ୍ଦ୍ର. ດ ପାତ୍ର. ດ କର୍ଣ୍ଣିନୀ. ດ ଶର୍ମିଷ୍ଠା
ଶର୍ମିଷ୍ଠା. ດ କର୍ଣ୍ଣିନୀ. ດ ପାତ୍ର. ດ ଆମିତ୍ରା. ດ କର୍ଣ୍ଣିନୀ. ດ ଶର୍ମିଷ୍ଠା
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ଶର୍ମିଷ୍ଠା. ດ କର୍ଣ୍ଣିନୀ. ດ ପାତ୍ର. ດ ଆମିତ୍ରା. ດ କର୍ଣ୍ଣିନୀ. ດ ଶର୍ମିଷ୍ଠା

DHAK-LA DHANG-WAR JE-PÉ DRA/
NÖ-PAR JE-PÉ GEK/
THAR-PA DANG THAM-CHÉ KYEN-PÉ BAR-DU
CHÖ-PAR JE-PA THAM-CHÉ KYI TSO-JÉ PÉ/
MA NAM-KHA DANG NYAM-PÉ SEM-CHEN TAM-CHÉ
DE-WA DANG-DEN/
DUK-NGEL DANG DREL/
NYUR-DU LA-NA ME-PA YANG DAK-PAR DZOK-PÉ
JANG-CHUP RIN-PO-CHÉ THOP-PAR-JYA/ (3x)

All mother sentient beings boundless as the sky, especially those enemies who hate me, obstructers who harm me, and those who create obstacles on my path to liberation and omniscience: May they experience happiness and be separated from suffering. I will quickly establish them in the state of the unsurpassed, most perfect, and precious complete buddhahood.

ACTION BODHICITTA

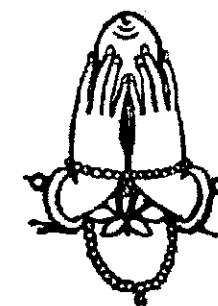
ଦେବିକେନ୍ଦ୍ରୁଷାମ୍ବୁଦ୍ଧାଗୁଣପତ୍ରମୁଖାଚ୍ଛିଦ୍ରଶୁଭା
ଦୂଷିତାପାଦଗର୍ଭାମ୍ବୁଦ୍ଧାଗୁଣପତ୍ରମୁଖାଚ୍ଛିଦ୍ରଶୁଭାଦୂଷିତ
ପାଦଗର୍ଭାମ୍ବୁଦ୍ଧାଗୁଣପତ୍ରମୁଖାଚ୍ଛିଦ୍ରଶୁଭାମ୍ବୁଦ୍ଧାପାଦ
ପାଦଗର୍ଭାମ୍ବୁଦ୍ଧାଗୁଣପତ୍ରମୁଖାଚ୍ଛିଦ୍ରଶୁଭାମ୍ବୁଦ୍ଧାପାଦ

DÉ CHE-DU SANG-MA GYE-KYI BAR-DU
LU-NGAK YI-SUM GE-WA-LA KOL/
MA-SHÉ BAR-DU LU-NGAK YI-SUM GE-WA-LA KOL/
DU DE-RING-NÉ ZUNG-TÉ NYI-MA SANG-DA TSAM-GYI
BAR-DU LU-NGAK YI-SUM GE-WA-LA KOL/

Thus until I achieve enlightenment, I perform virtuous deeds with body, speech and mind.

Until death, I perform virtuous deeds with body, speech and mind.

From now, until this time tomorrow, I perform virtuous deeds with body, speech and mind.



MAHAYANA REFUGE

NAM-KHÉ TA-DANG NYAM-PÉ SEM-CHEN TAM-CHÉ/
CHOK-CHU DÜ-SUM GYI DE-SHIN SHEK-PA TAM-CHÉ
KYI/ KU-SUNG-TUK YÖN-TEN TRIN-LÉ TAM-CHÉ KYI/
NGO-WOR GYUR-PA/ CHÖ-KYI PUNG-PO TONG-TRAK
GYA-CHU TSA-SHÉ JUNG-NÉ/
PAK-PÉ GE-DUN THAM-CHÉ KYI NGA-DAK/



DRIN-CHEN TSA-WA DANG GYU-PAR CHE-PÉ PEL-DEN
LA-MA DAM-PA NAM-LA KYAP-SU CHI WO/
YI-DAM KYIL-KOR GYI LHA-TSOK NAM-LA KYAP-SU
CHI WO/
SAN-GYÉ CHOM-DEN-DÉ NAM-LA KYAP-SU CHI WO/
DAM-PÉ CHÖ NAM-LA KYAP-SU CHI WO/ PAK-PÉ
GE-DUN NAM-LA KYAP-SU CHI WO/
PA-WO KHA-DRO CHÖ-KYONG SUNG-MÉ TSOK YE-SHÉ
KYI CHEN DANG DEN-PA NAM-LA KYAP-SU CHI WO/
(3X)

All sentient beings, limitless as the sky, take refuge in the glorious, kind, root-*lamas*, the embodiment of the body, speech, mind, qualities and activities of the Tathagátas of the ten directions and the three times, source of the eighty-four thousand heaps of Dharma and lord of the Sanghas.

We take refuge in the kind root and lineage *Lamas*. We take refuge in the deities of the *MANDALAS* of the *YIDAMS*.

We take refuge in all the exalted Buddhas.

We take refuge in the perfect Dharma.

We take refuge in the excellent order of the Sanghas. We take refuge in all the *DAKAS*, *DAKINIS*, and *DHARMAPĀLAS*, possessors of the eye of wisdom. (3x) 



**SPECIAL REFUGE
TAKING THE BODHICITTA VOW**

ՈՒԾԿԱՌՆԵՐԸ ՎԿԻՆ ՌԱ ՎՄ ԽԴՆ ՔՐՆ ՀՄՆԱ Վ ՋԱՎԱ ՆՍ ՎԿԻՆ
ՎԿՆ ԴՆ ՈՒԾ ՀԿԱ ՎԿՄՆ ԴՎԱ ԲՆ ՎԿԻՆ ՎԿՄՆ ԴՆ ՎԿԻՆ
ՀԻ ՋԻՆ ՋՆԵՐ ՌԱ ՎԴ ՎՎԵՇԱ ՌՆԵՐ ՈՒԾԿԱՌՆԵՐ ՎԿԻՆ ՎԿԻՆ
ՈՒԾԿԱՌՆԵՐ ՎԿԻՆ ՎՎՆԵՐ ՎՎՆԵՐ ԴՆ ՎԿԻՆ ՎՎՆԵՐ ՎՎՆԵՐ
ՎԿԻՆ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ
ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ

JANG-CHUP NYING-POR CHI-KYI BAR/
SAN-GYÉ NAM-LA KYAP-SU CHI/
CHÖ DANG JANG-CHUP SEM-PA YI/
TSOK LA ANG DE-SHIN KYAP-SU CHI/
JI-TAR NGÓN-GYI DE-SHEK KYI/
JANG-CHUP TUK-NI KYE-WA DANG/
JANG-CHUP SEM-PÉ LAP-PA LA/
DE-DAK RIM-SHIN NE-PA TAR/
DE-SHIN DRO-LA PEN-DÖN DU/
JANG-CHUP SEM-NI KYE-GYI SHING/
DE-SHIN DU-NI LAP-PA LA/
RIM-PA SHIN-DU LAP-PAR GYI/ (3X)



Until I attain the heart of enlightenment,
I take refuge in all the buddhas.
I take refuge in the Dharma, and
Likewise, in the assembly of bodhisattvas.
As the previous buddhas embraced the enlightened mind
and progressed on the bodhisattva's path,
I too, for the benefit of all sentient beings
Give birth to bodhicitta and apply myself to accomplish
the stages of the path. (3x)

SHORT REFUGE AND BODHICITTA PRAYER

ԽԴՆ ՔՐՆ ՎԿՆ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ
ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ
ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ
ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ ՎՎՆԵՐ||

SANG-GYÉ CHÖ-DANG TSOK-KYI CHOK NAM-LA/
JANG-CHUP BAR-DU DAK-NI KYAP-SU CHI/
DAK-GI JIN-SOK GYI-PÉ SÖ-NAM KYI/
DRO-LA PEN-CHIR SAN-GYÉ DRUP-PAR SHOK/ (3X)

In the buddha, Dharma and Sangha most excellent,
I take refuge until enlightenment is reached.
By the merit of generosity and other perfections,
May I attain Buddhahood for the sake of all sentient being
(3x)

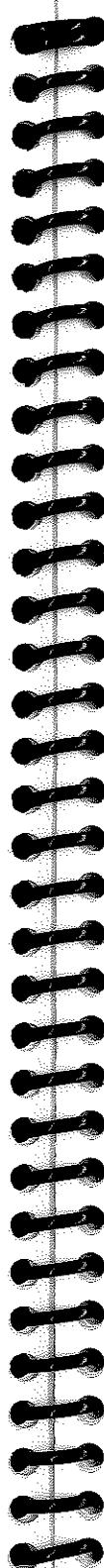


FOUR IMMEASURABLES

ਕ' ਕਰ' ਆਸਾਂ ਦੁਨੀਆਂ ਵਾਲੀ ਸੋ ਕਥਾ ਚਕ੍ਰ ਬਹਾਸਾ ਚਕ੍ਰ ਘੜੀ ਘੜੀ
ਦੁਨੀਆਂ ਵਾਲੀ ਕੁਝੁ ਦੁਨੀਆਂ ਖੁਲ੍ਹੇ ਪਾਖੂਬਾਦ ਦੁਨੀਆਂ ਪਾਖੂਬਾਦ
ਖੁਲ੍ਹੇ ਪਾਖੂਬਾਦ ਕੁਝੁ ਦੁਨੀਆਂ ਲੈਣਾ ਕੁਝੁ ਦੁਨੀਆਂ ਲੈਣਾ
ਲੈਣਾ ਕੁਝੁ ਦੁਨੀਆਂ ਵਾਲੀ ਸੋ ਕਥਾ ਚਕ੍ਰ ਬਹਾਸਾ ਚਕ੍ਰ ਘੜੀ ਘੜੀ

MA NAM-KHA DANG NYAM-PÉ SEM-CHEN TAM-CHÉ
DE-WA DANG DE-WÉ GYU-DANG DEN-PAR
GYUR-CHIK/
DUK-NGAL DANG DUK-NGAL GYI GYU-DANG
DREL-WAR GYUR-CHIK/
DUK-NGEL ME-PÉ DE-WA DANG MI-DREL WAR
GYUR-CHIK/
NYE-RING CHAK-DANG NYI-DANG DREL-WÉ
TANG-NYOM-LA NE-PAR GYUR-CHIK/
(3X)

May all mother sentient beings, boundless as the sky
have happiness and the causes of happiness,
May they be liberated from suffering and the causes of
suffering,
May they never be separated from the happiness that is
free from sorrow,
May they rest in equanimity, free from attachment and
aversion.
(3x)



HOMAGE TO THE BUDDHA SHAKYA MUNE

ପରମ'କୁ'ଦଶ'ନ୍ତ'ବିକ'ଗମେଷା'ଦ'ଦୁଃ'ପରମ'ଦ'ଯଦ'ଦ୍ଵା' ଏତ
ମୁଖ୍ୟା'ଦ'ବି'ଶରୀର'କୁଣ୍ଡା' ଦେଶା'ଦ'ଦୂର' | ବସନ୍ତ'ମୁ'କୁ'କୁ'ଦଶ' ଏତ'ଏତ
ଗମେଷା'ଦ' ରହିଷ'ନ୍ତ' ମନ୍ତ୍ରେକ'ଦ' ଶ୍ରୀଶ'ମୁ'ଦୁଃ'ପା' ଏତ'ଏତ
ଶବ୍ଦ'କ'ବେଦ'ଦ' ଶି'ଦ'ନ୍ତ' ମନ୍ତ୍ରେକ'ଦ' ଶ୍ରୀଶ'ମୁ'ଦୁଃ'ପା' ଏତ'ଏତ
ଦୈ'ତ'ବସନ୍ତ'ମୁ'ଦୁଃ'ପା' ଏତ'ଏତ



CHOM-DEN DÉ DE-SHIN SHEK-PA DRA-CHOM PA
YANG-DAK PA DZOK-PAI SAN-GYÉ RIK-PA DANG
SHAP-SU DEN-PA/ DE-WAR SHEK-PA/
JIK-TEN KYEN-PA/ KYE-BU DUL-WA/
KA-LOR GYUR-WA/ LA-NA ME-PA/ LHA-DANG MI/
NAM-KYI TÖN-PA NYAM-MÉ SHA-KYAI GYAL-POI
SHAP-KYI DUL-DRI MA ME-PA LA-GÖ WÖ RAP-TU
TUK-TÉ GU-PÉ CHAK-TSEL LO/

To the Bhagavān, the Tathagata, the foe-destroyer, the completely perfect, fully enlightened one. Perfect in knowledge and good conduct, gone to bliss, knower of the worlds, tamer of beings, charioteer and unsurpassable one, teacher of gods and humans, the supreme and incomparable king of the Śakyas, who is free from the minutest stains. Placing my head at your feet, I pay homage with devotion.

ॐ शुक्रे शुक्रे शुक्रे शुक्रे शुक्रे

OM MUNE MUNE MAHA MUNE YE SO HA/

ଶ୍ରୀକୃଷ୍ଣ ॥ ଶନ୍ତାମୁଦ୍ରାମିଶ୍ରକ୍ଷମିବନନ୍ଦମି

H.H. Dalai Lama's long life prayer

ଶର୍ଦ୍ଦା-ଶ୍ରୀ-ର-ପଣ୍ଡା-ପରି-ବିଦ-ପକ୍ଷା-ଶ୍ରୀ
ଶର୍ଦ୍ଦା-ପଦ-ପ-ମ-ଶ୍ରୀ-ପକ୍ଷା-ଶ୍ରୀ-ଶର୍ଦ୍ଦା
ଶ୍ରୀ-ଶର୍ଦ୍ଦା-ଶ୍ରୀ-ଶର୍ଦ୍ଦା-ପଦ-ପକ୍ଷା-ଶ୍ରୀ-ଶର୍ଦ୍ଦା-ଶ୍ରୀ
ଶ୍ରୀ-ଶର୍ଦ୍ଦା-ଶ୍ରୀ-ଶର୍ଦ୍ଦା-ଶ୍ରୀ-ଶର୍ଦ୍ଦା-ଶ୍ରୀ



GANG RI RA WAI KOR WAI ZHING KHAM SU/
PAN DANG DHE WA MA LU JUNG WAI NAI/
CHENREZIG WANG TENZIN GYATSO CHOK/
ZHAB PE KAL GYAI BAR DU TEN GYUR CHIK/

For this realm encircled by snow-covered mountains,
you are the source of every benefit and bliss without
exception. Tenzin Gyatso, you who are the one
emanation of Chenrezig:

H.H. Drikung Chetsang Rinpoche's long life prayer:

ଦ୍ରୋକ୍ତବ୍ୟାକଣାଶ୍ଵରାଦ୍ଵାରା ସୁନ୍ଦରିଷ୍ଠି
ପଞ୍ଚମୀଦିନକେ ଶ୍ରୀପାଦରି ସଦଗ୍ରାହିତେ
ଶୁକ୍ରପଦାନ୍ତର୍ଦ୍ଵାରା ସଦରି ଦ୍ଵାରା ପରିଷକ୍ଷିତ
ହେ ଏହାକୁ ଜ୍ଵାଳାବିଷାରା ପଦକୁ ଶେଷ



KON CHOG SUM DU SHAKYA SENG GE YI/
TENPA ZIN CHING PEL WAI DHAG NYI CHE/
KUNZANG CHO PAI DRO DERN TRINLEY CHOG/
LHUN DRUB JETSUN LAMA ZHAB TEN SHOG/

Three jewels' assemblage, great sovereign who holds
and promotes the Shakya lion's teachings, your fine ac-
tivities guide beings through ever-good conduct. May
you revered,

Spontaneous sublime lama, live long!

(this was composed by H.H. Dalai Lama)

H.H. Drigung Chung tsang Rinpoche's long life prayer;

ଦୂର୍ଗାକ୍ଷରାଣୁମାତ୍ରୀପଦଶାନ୍ତିଦେହିଣୁଦାପଦି
ପଞ୍ଚକ୍ଷରାଦର୍ଶିକାପାତ୍ରାପଦାପଦଶାନ୍ତିକାମା
ଦୂର୍ଗାପଦିକଶାନ୍ତିକାମାତ୍ରୀବିଦଶାନ୍ତିପଦା
ଶ୍ରୀଦୂର୍ଗାଦସଶାନ୍ତିକାମାକର୍କଶାନ୍ତିଦଶାନ୍ତିକା



KONCHOG SUM GYI DHAG NYI DRIGUNG PAI/
TENPA ZIN LA DA DRAL THUG KYE THU/
DHAM PAI CHO KYI ZHI SIL NANG WA YEI/
KYE GU UG JIN CHOG KYO ZHAB TEN SHOG/

Three jewels' great lord, you are the matchless holder
of Drigung teachings scriptures and realization.

Supreme one, you revive all beings through force of immeasurable compassion and true Dharma's cooling, serene appearances – may your life be long!

[composed by H.H. Dalai Lama]

Dedication Prayers

ਦੁਇ ਰਕਦ ਕੇਵ ਦੁਲੀ ਕੁ ਰੂਦਾ। ਅਨ ਸਾ ਕੈ ਸਾ ਕੱਤਾ ਹੈ ਜ਼ਿਵ ਦੇ ਪਾ।
 ਅਗ ਕੁ ਸਾ ਕੁ ਸਾ ਦੁਲੀ ਸੁਦ ਸਾ।
 ਸਾਰ ਸ਼ੁਦ ਸਾ ਕੁ ਸਾ ਗੁ ਸਾ।

DOR-JÉ CHANG-CHEN TIL-LI NA-RO DANG/
 MAR-PA MI-LA CHÖ-JÉ GAM-PO PA/
 PAK-MO DRU-PA GYEL-WA DRI-KUNG PA/
 KA-GYÜ LA-MA NAM-KYI TA-SHI SHOK/

Great Vajradhara, Tillipa, Naropa,
 Marpa, Milarepa, Dharma Lord Gampopa,
 Pakmo Drupa and conqueror Drikungpa,
 Please bestow upon us the most auspicious blessings of
 all the Kagyü *lamas*.

ਏਨਦ ਰਵਸ ਦ੍ਰਿ ਪਿਨ ਬਰਸ ਚਨ ਧਰਿ ਸਾ ਦ੍ਰਿਦ ਭਵ ਰਸ।
 ਤ੍ਰੇਸ ਸਨੀ ਦ੍ਰਿਸ ਕੁ ਮਨ ਧਮ ਕੁ ਸਾ ਕੁ ਸਾ ਕੁ ਸਾ ਕੁ ਸਾ।
 ਸ਼ੁਦ ਸਾ ਪਿ ਨੀਦ ਧਰੀ ਸਕ ਧਸ ਦ੍ਰਿ ਸਾ ਕੁ ਸਾ।

SÖ-NAM DI-YI TAM-CHÉ ZIK-PA NYI/
 TOP-NÉ NYE-PÉ DRA-NAM PAM-CHÉ TÉ/
 KYE-GA NA-CHI BA-LONG TRUK-PA YI/
 SI-PÉ TSO-LÉ DRO-WA DROL-WAR SHOK/

By this merit may I achieve the omniscient state.
 May all who wander on the waves of birth, old-age, sickness and death,
 Cross the ocean of samsara,
 By defeating all enemies (afflictive emotions/confusion).



ਇਨ ਕੁ ਸਾ ਸੇ ਮਕ ਸਾ ਸੇ ਕੁ ਸਾ ਸ਼ੁਦ ਸਾ ਲੈ ਸਾ।
 ਸ਼ੁਦ ਸਾ ਸੇ ਮਕ ਸਾ ਸੇ ਕੁ ਸਾ ਸ਼ੁਦ ਸਾ ਲੈ ਸਾ।

JANG-CHUP SEM-CHOK RIN-PO-CHÉ/
 MA-KYÉ PA-NAM KYE-GYUR CHIK/
 KYE-PA NYAM-PA ME-PAR YANG/
 GONG-NÉ GONG-DÜ PEL-WAR SHOK/

Bodhicitta, the excellent and precious mind,
 Where it is unborn may it arise.
 Where it is born, may it not decline,
 But ever increase, higher and higher.

ਇ ਸਾ ਜੁ ਸਾ ਸਾ।
 ਕੇ ਸਾ ਸਾ।
 ਦੁ ਲੀ ਸਾ ਸਾ।
 ਕਾ ਸਾ ਸਾ।

LA-MA KU-KAM SANG-WAR SÖL-WA DEP/
 CHOK-TU KU TSE-RING WAR SÖL-WA DEP/
 TRIN-LÉ DAR-SHING GYE-PAR SÖL-WA DEP/
 LA-MA-DANG DREL-WA ME-PAR JIN-GYI LOP/

I pray for the excellent health of the *lama*,
 And may the *lama*'s supreme life be long.
 May the *lama*'s activities spread far and wide,
 And may I be blessed not to be separate from the
lama.

རྒྱེ་ହେବୁ ପଦ୍ମ ବିଦ୍ୟା ନିଷାର୍ଦ୍ଦା | ରୂପ କ୍ରମ ନିଷାର୍ଦ୍ଦା
କ୍ଷେତ୍ର ନିଷାର୍ଦ୍ଦା | ପଦ୍ମ ନିଷାର୍ଦ୍ଦା ସମ୍ବନ୍ଧ ନିଷାର୍ଦ୍ଦା |
ବିଦ୍ୟା ନିଷାର୍ଦ୍ଦା ଗୁରୁ ନିଷାର୍ଦ୍ଦା |

JIG TEN DE ZHING LO LEG DANG/
DRU NOR PHEL ZHING CHOE PHEL DANG/
DE LEG THAM CHEI DRUB PA DANG/
YI LA DO PA KUN DRUB SHOG

May this world have piece and good harvests.
May grains and wealth flourish and dharma flourish.

ଶମଶ ତର କର ଦି ଶିଦ ଯ ଶୁର କର କର ଶମଶ ଶମଶ
ଶମଶ ଶମଶ ଶମଶ ଶମଶ ଶମଶ ଶମଶ ଶମଶ ଶମଶ

SEM CHEN NE PA JI NYE PA/
NYUR DU NE LE THAR GYUR CHIK/
DRO WAI NE NAM MA LU PA/
TAK TU JUNG WA ME PAR SHOG/

As many sentient ones as are sick - May they be
swiftly freed from sickness! Without exception may
wayfarers' disease never again befall them!

ନିଷାର୍ଦ୍ଦା କୁରୁ ଶୁର ଶମଶ ଶମଶ
ଶମଶ ଶମଶ ଶମଶ ଶମଶ ଶମଶ ଶମଶ
ଶମଶ ଶମଶ ଶମଶ ଶମଶ ଶମଶ

DI NE NUB KYI CHOG ROL NA/
WOE PAK ME PA ZHING KAM YO/
SU ZHIK DE YI TSEN ZIN PA/
ZHING CHOG DE RU KYE WAR SHOG/

In the direction west of here is, the pure field of
Unfathomable light. Whoever holds that name in
mind, may one be born in that supreme field!

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SO NAM TOB CHEN DI YI TU/
JIN DAK KOR DANG CHEI NAM KUN/
TSE DIR SAM PAI DON DRUB CHING/
BAR CHE ZHI NE TA SHI PA/
SAM PA CHOE ZHIN DRUB PAR SHOG

Through might of this great, forceful merit,
May donors and their cyclical hopes be
Accomplished in their life time sand with
All hindrance pacified, may fortune
And hopes be met in line with dharma.

ରୂପ ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା | ଗୁରୁ ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା
ଶମଶ ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା | ଶମଶ ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା
ଶମଶ ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା | ଶମଶ ନିଷାର୍ଦ୍ଦା ନିଷାର୍ଦ୍ଦା

JAM-PEL PA-WO JI-TAR KYEN-PA DANG/
KÜN-TU ZANG-PO DE-YANG DE-SHIN TÉ/
DE-DAK KÜN-GYI JE-SU DAK-LOP CHING/
GE-WA DI-DAK TAM-CHÉ RAP-TU NGÖ/

Just as heroic Mañjuśrī knows everything as it is and Samantabhadra who is thus as well,
So too will I follow in their path
And perfectly dedicate all the virtue accumulated.

ਤੁਲਾ'ਸ਼ਨੁਗ'ਾਸ਼ਵੇਣਾ'ਧਰੀ'ਤ੍ਰੂਤੁ'ਦ'ਵਕਾਵ'ਤਦ'ਗ੍ਰੰਥਾ' ਪਞ੍ਚ'ਦ'
ਦੁਦ'ਪਾ'ਅਕੱਣਾ'ਤੁ'ਵਖਣਾਵ'ਾਵਿਕਾ' ਏਵਾ'ਵੀਨਾ'ਵਦਾ'ਵਦਾ'ਵਦਾ'
ਤੁ'ਵ'ਦੀ'ਗੁਕ'ਹੁਦ'। ਏਕਦ'ਈ'ਤ੍ਰੂਤੁ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਗ੍ਰੰਥਾ'
ਤੁ'ਵ'ਦੀ'ਗੁਕ'ਹੁਦ'। ਏਕਦ'ਈ'ਤ੍ਰੂਤੁ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਗ੍ਰੰਥਾ'

DU SUM SHEG PAI GYAL WA THAM CHAI KYI/
NGO WA GHANG LA CHOG TU NGAK PA ZHIN/
DAG GEE GHE WAI TSA WA DI KUN KYANG/
ZANG PO CHOE CHIR RAP TU NGO WAR GYI/

All the Buddhas of three times, as do praise to the king of noble prayer (dedication), we too dedicate all of our roots of virtues to accomplishing the noble deeds.

ਏਵਾ'ਤ੍ਰੂਤੁ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ'
ਕੱਣਾ'ਤ੍ਰੀਦ'ਮੀ'ਦਗੁਰ'ਵਦੈ'ਤ੍ਰੀਵ'ਵਖਣਾ'ਵਦਾ'
ਤ੍ਰੀ'ਤ੍ਰੁਤੁ'ਵਕਾਵ'ਤ੍ਰੂਤੁ'ਵਕਾਵ'ਤ੍ਰੀ'ਵਦਾ'ਵਦਾ'
ਤ੍ਰੀ'ਤ੍ਰੁਤੁ'ਵਕਾਵ'ਤ੍ਰੂਤੁ'ਵਕਾਵ'ਤ੍ਰੀ'ਵਦਾ'ਵਦਾ'

SAN-GYÉ KU-SUM NYE-PÉ JIN-LAP DANG/
CHÖ-NYI MI-GYUR DEN-PÉ JIN-LAP DANG/
GE-DUN MI-CHÉ DU-PÉ JIN-LAP KYI/
JI-TAR NGO-SHIN MÖN-LAM DRUP-PAR SHOK/

By the blessings of the Buddhas who have attained the three *KĀYAS*, By the blessings of the truth of the unchanging Dharma-as-such,

By the blessings of the indivisible sangha order,
May the merit I am dedicating bear fruit.

ਤੁਲਾ'ਅਕੱਣਾ'ਗ੍ਰੰਥਾ'ਗ੍ਰੀ'ਵਦੈ'ਵਦਾ'ਵਦਾ' ਏਵਾ'ਤ੍ਰੂਤੁ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'
ਕੱਣਾ'ਵਦਾ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ' ਤੁ'ਵਦਾ'ਵਦਾ'
ਏਵਾ'ਵਦਾ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ' ਕੱਣਾ'ਗ੍ਰੀ'ਵਦੈ'ਵਦਾ'ਵਦਾ'
ਤੁ'ਵਦਾ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ' ਏਵਾ'ਗ੍ਰੀ'ਵਦੈ'ਵਦਾ'ਵਦਾ'
ਤੁ'ਵਦਾ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ' |

KON CHOG SUM GYI DEN PA DANG/
SANG GYE DANG JANG CHUB SEM PA THAM CHE KYI
JIN GYI LAP DANG/
TSOG NYI YONG SU ZOG PAI NGA THANG CHEN PO/
CHO KYI YING NAM PAR DAG CHING/
SOM GYI MI KYAB PAI TOB KYI/
DE DE ZHIN DU DRUB PAR GYUR CHIK/

By the power of three jewels' truth,
Every Buddha's and bodhisattva's blessings,
The two fully complete accumulations' great sphere,
May these prayers be accomplished thusly.

ਏਵਾ'ਵਦਾ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ'
ਤੁ'ਲਾ'ਗ੍ਰੰਥਾ'ਵਦਾ'ਵਦਾ' ਅਦ'ਵਦੀ'ਵਦੀ'ਵਦੀ' ਤੁ'ਵਦਾ'ਵਦਾ'
ਏਵਾ'ਵਦਾ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ'
ਏਵਾ'ਵਦਾ'ਵਕਾਵ'ਤੁ'ਵਖਣਾ'ਵਦਾ'ਵਦਾ' |

DAK-DANG KOR-DÉ TAM-CHÉ KYI/
DÜ-SUM DÜ SAK-PA DANG/
YO-PÉ GE-WÉ TSA-WA DI/
DAK-DANG SEM-CHEN TAM-CHÉ NYUR-DÜ LA-NA
ME-PA YANG DAK-PAR DZOK-PÉ JANG-CHUP
RIN-PO-CHÉ TOP-PAR GYUR CHIK/

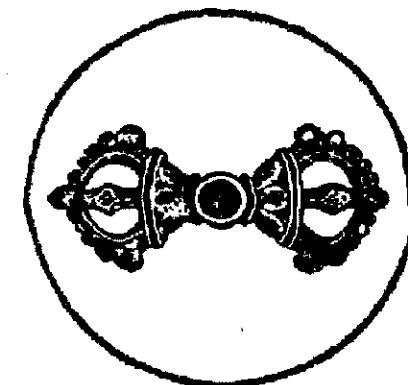
By the virtues collected in the three times by myself,
And all beings in samsara and nirvana,
And by the innate root of virtue,
May I and all sentient beings quickly attain the
unsurpassed, perfect, complete, precious enlightenment.

শে-জা-কুন-জিক-কুন-ক্যেন-ছো-ক্যি-জে
তে-দ্রেল-নে-লা-ওং-টোপ-দ্রি-কুঙ-পা
রিন-চেন-পেল-গ্যি-তেন-পা-সি-তে-বাৰ
শে-ড্ৰুপ-ঠো-সাম-গোম-পে-জিন-গ্যুৰ-চিক

SHE-JA KÜN-ZIK KÜN-KYEN CHÖ-KYI JÉ/
TEN-DREL NE-LA WANG-TOP DRI-KUNG PA/
RIN-CHEN PEL-GYI TEN-PA SI-TÉ BAR/
SHE-DRUP THO-SAM GOM-PÉ ZIN-GYUR CHIK/

May the teachings of the great Drikungpa Ratnasrī,
The omniscient Dharma lord, master of
interdependence,
Continue to increase through study, practice,
Contemplation and meditation until the end of samsara.

By this merit, may all
Sentient beings of the
three realms swiftly attain
the primordial wisdom
of the tathagatas



Mind-Training in Eight Verses Dedication

With a determination to accomplish
The highest welfare for all sentient beings
Who surpass even a wish-granting jewel
May I train to hold them as supremely precious.



Whenever I associate with others may I train
To think of myself as the lowest among all
And respectfully hold others to be supreme
From the very depths of my heart.

In all actions may I train to search into my mind
And as soon as an afflictive emotion arises
Endangering myself and others
I will firmly face and avert it.

May I train to cherish beings of bad nature
And those oppressed by strong sins and suffering
As if I had found a precious
Treasure very difficult to find.

When others out of jealousy treat me badly
With abuse, slander, and so on,
May I train to take on all loss,
And offer victory to them.

When one whom I have benefited with great hope
Unreasonably hurts me very badly,
May I train to view that person
As an excellent spiritual guide.



In short, may I train to offer to everyone without exception

All help and happiness directly and indirectly
And respectfully take upon myself
All harm and suffering of my mothers.

May I train to keep all these practices
Undefiled by the stains of the eight worldly conceptions
And by understanding all phenomena as like illusions
Be released from the bondage of attachment.

Composed by Geshé Langri Tangpa (1054-1123)

