

**VAJRAYANA INSTITUTE**

**ADVANCED STUDY PROGRAMME**

**PRAYERS FOR THE TEACHINGS**

# Prayers at the Beginning of Teachings

*Praise to Shakyamuni Buddha*

[LA MA] TÖN PA CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA  
YANG DAG PAR DZOG PÄI SANG GYÄ

**[Guru], Teacher, Bhagavan, Tathagata, Arhat, Perfectly  
Complete Buddha,**

RIG PA DANG ZHAB SU DÄN PA / DE WAR SHEG PA / JIG TEN  
KHYEN PA

**Perfect in Knowledge and Good Conduct, Sugata,  
Knower of the World,**

KYE BU DÜL WÄI KHA LO GYUR WA LA NA ME PA / LHA DANG  
MI NAM KYI TÖN PA

**Supreme Guide of Beings to be Subdued, Teacher of  
Gods and Humans;**

SANG GYÄ CHOM DÄN DÄ PÄL GYÄL WA SHA KYA THUB PA LA

**To you, Buddha Bhagavan, Glorious Conqueror  
Shakyamuni,**

CHHAG TSHÄL LO / CHHÖ DO KYAB SU CHHI O (3x)

**I prostrate, make offerings, and go for refuge. (3x)**

GANG TSHE KANG NYI TSO WO KHYÖ TAM TSHE

**When, supreme amongst humans, you were born on this  
earth,**

SA CHHEN DI LA GOM PA DÜN BOR NÄ

**You paced out seven strides,**

NGA NI JIG TEN DI NA CHHOG CHE SUNG

**Then said, "I am supreme in this world."**

DE TSHE KHÄ PA KHYÖ LA CHHAG TSHÄL LO

**To you, who were wise then, I prostrate.**

NAM DAG KU NGA CHHOG TU ZUG ZANG WA  
**With pure bodies, form supremely pure;**  
YE SHE GYA TSHO SER GYI LHÜN PO DRA  
**Wisdom ocean, like a golden mountain;**  
DRAG PA JIG TEN SUM NA LHAM ME WA  
**Fame that blazes in the three worlds,**  
GÖN PO CHHOG NYE KHYÖ LA CHHAG TSHÄL LO  
**Winner of the best – Savior, to you I prostrate.**

TSHÄN CHHOG DÄN PA DRI ME DA WÄI ZHÄL  
**With the supreme signs, face like spotless moon,**  
SER DOG DRA WA KHYÖ LA CHHAG TSHÄL LO  
**Color like gold – to you, I prostrate.**  
DÜL DRÄL KHYÖ DRA SI PA SUM MA CHHI  
**Dust-free like you, the three worlds are not.**  
NYAM ME KHYEN CHÄN KHYÖ LA CHHAG TSHÄL LO  
**Incomparably wise one – to you, I prostrate.**

GÖN PO THUG JE CHHE DÄN PA  
**The savior having great compassion,**  
THAM CHÄ KHYEN PÄI TÖN PA PO  
**The teacher having all understanding,**  
SÖ NAM YÖN TÄN GYA TSHÖI ZHING  
**The field of merit with qualities like a vast ocean –**  
DE ZHIN SHEG LA CHHAG TSHÄL LO  
**To you, the One Gone to Thusness, I prostrate.**

DAG PÄI DÖ CHHAG DRÄL WAR GYUR  
**The purity that frees one from attachment,**  
GE WÄ NGÄN SONG LÄ DRÖL ZHING  
**The virtue that frees one from the lower realms,**  
CHIG TU DÖN DAM CHHOG GYUR PA  
**The one path, the sublime pure reality –**  
ZHI GYUR CHHÖ LA CHHAG TSHÄL LO  
**To the Dharma that pacifies, I prostrate.**  
DRÖL NÄ DRÖL WÄI LAM YANG TÖN

**Those who are liberated and who also show the path to liberation,**

LAB PA DAG LA RAB TU NÄ

**The holy field qualified with realizations,**

ZHING GI DAM PA YÖN TÄN DÄN

**Who are devoted to the moral precepts –**

GE DÜN LA YANG CHHAG TSHÄL LO

**To you, the sublime community intending virtue, I prostrate.**

DIG PA CHI YANG MI JA ZHING

**Do not commit any unwholesome actions.**

GE WA PHÜN SUM TSHOG PAR CHÄ

**Engage in perfect, wholesome actions.**

RANG GI SEM NI YONG SU DÜL

**Subdue your mind thoroughly.**

DI NI SANG GYÄ TÄN PA YIN

**This is the teaching of the Buddha.**

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Recite the following verse from the *Vajra Cutter Sutra* one time in English followed by the Tibetan, chanting slowly while meditating on the meaning:

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KAR MA RAB RIB MAR ME DANG

**A star, a defective view, a butter lamp flame,**

GYU MA ZIL PA CHHU BUR DANG

**An illusion, a dew drop, a water bubble,**

MI LAM LOG DANG TRIN TA BUR

**A dream, lightning, a cloud:**

DÜ JÄ CHHÖ NAM DI TAR TA

**See all causative phenomena like this.**

SÖ NAM DI YI THAM CHÄ ZIG PA YI

**Through these merits may sentient beings**

GO PHANG THOB NÄ KYÖN GYI DRA TÛL TE  
    **Attain the rank of all seeing, subdue the foe of faults,**  
GA DANG NA DANG CHHI WÄI LAB TRUG PÄI  
    **And be delivered from samsara's ocean,**  
SI PÄI TSHO LÄ DRO WA DRÖL WAR SHOG  
    **Perturbed by the waves of aging, sickness, and death.**

*Praise to the Perfection of Wisdom*

**Indescribable, inconceivable, inexpressible perfection of wisdom.**

**Unarisen and unceasing, with the nature of space.**

**The experience of pristine wisdom that knows itself.**

**To the mother of the conquerors of the three times, I prostrate.**

**TAYATHA GATE GATE PARAGATE PARASAMGATE BODHI SOHA**

*Seven-Limb Prayer*

GO SUM GÛ PÄI GO NÄ CHHAG TSHÄL LO  
    **I prostrate reverently with my body, speech, and mind.**  
NGÖ SHAM YI TRÛL CHHÖ TRIN MA LÛ BÛL  
    **I present clouds of every type of offering, both actually arranged and mentally emanated.**  
THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG  
    **I confess all my negative actions and downfalls collected from beginningless time.**  
KYE PHAG GE WA NAM LA JE YI RANG  
    **I rejoice in the virtues of ordinary beings and aryas.**  
KHOR WA MA TONG BAR DU LEG ZHUG NÄ  
    **Please remain until the end of cyclic existence,**  
DRO LA CHHÖ KYI KHOR LO KOR WA DANG  
    **And turn the wheel of Dharma for transmigratory beings.**

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO  
**I dedicate my own and others' virtues to great enlightenment.**

*Short Mandala Offering*

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
**This ground, anointed with perfume, strewn with flowers,**  
RI RAB LING ZHI NYI DÄ GYÄN PA DI  
**Adorned with Mount Meru, the four continents, the sun, and the moon:**  
SANG GYÄ ZHING DU MIG TE ÜL WA YI  
**I imagine this as a buddha land and offer it.**  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG  
**May all transmigratory beings enjoy this pure land.**

*Request to Turn the Wheel of Dharma*

JE TSÜN LA MA DAM PA KHYE NAM KYI  
**Perfect, pure, holy gurus, from the billowing clouds of**  
CHHÖ KÜI KHA LA KHYEN TSEI CHHU DZIN THRIG  
**Wisdom and compassion in the sky of the dharmakaya,**  
JI TAR TSHAM PÄI DÜL JÄI DZIN MA LA  
**Please let fall a rain of profound and extensive Dharma**  
ZAB GYÄ CHHÖ KYI CHHAR PA WAB TU SÖL  
**Upon the receptacle of those to be subdued, exactly as they need.**  
IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

*Taking Refuge and Generating Bodhichitta*

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA  
**I take refuge until I am enlightened**  
JANG CHHUB BAR DU DAG NI KYAB SU CHHI

**In the Buddha, the Dharma, and the Supreme Assembly.**  
DAG GI CHHÖ NYEN GYI PÄI SÖ NAM KYI  
**By my merits of listening to the Dharma,**  
DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG *(3x)*  
**May I become a buddha to benefit transmigratory  
beings. *(3x)***

# *Prayers for the Conclusion of Teachings*

## *Dedication Prayers*

GE WA DI YI NYUR DU DAG

**Due to this virtue, may I quickly**

LA MA SANG GYÄ DRUB GYUR NÄ

**Become a Guru-Buddha,**

DRO WA CHIG KYANG MA LÜ PA

**And lead all transmigratory beings,**

DE YI SA LA GÖ PAR SHOG

**Without exception, to that state.**

## *To Actualize Bodhichitta*

JANG CHHUB SEM CHHOG RIN PO CHHE

**May the precious supreme bodhichitta**

MA KYE PA NAM KYE GYUR CHIG

**Not yet born arise.**

KYE PA NYAM PA ME PA YI

**May that arisen not decline,**

GONG NÄ GONG DU PHEL WAR SHOG

**But increase more and more.**

## *For the Long Life of His Holiness the Dalai Lama*

GANG RII RA WÄ KOR WÄI ZHING KHAM DIR

**In the land encircled by snow mountains,**

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ

**You are the source of all happiness and good.**

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

**All-powerful Chenrezig, Tenzin Gyatso,**

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG  
**Please remain until samsara ends.**

Jig ten kham dir phän de ma lü pa  
**The wish-granting Wish-Fulfilling Jewel,**  
Gang lä jung wäi sam phel yi zhin nor  
**Source of every single benefit and happiness in this world,**  
Ka drin tshung me tän dzin gya tsho la  
**To the incomparably kind Tenzin Gyatso, I beseech:**  
Söl wa deb so thug zhe lhün drub shog  
**May all your holy wishes be spontaneously fulfilled.**

*For the Long Life of Lama Zopa Rinpoche*

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN  
**You who uphold the Subduer's moral way, who serve as  
the bountiful bearer-of-all,**  
DZIN KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ  
**Sustaining, preserving, and spreading Manjunath's  
victorious doctrine;**  
CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA  
**Who masterfully accomplishes magnificent prayers  
honouring the Three Sublime Ones:**  
DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG  
**Savior of myself and others, your disciples, please,  
please live long!**