

**GANDEN LHA GYEMA**  
**The Hundred Deities of the Land of Joy**

**Developing Bodhicitta**

SANG GYE CHO DANG TSOG KYI CHOG NAM LA  
JANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI JIN SOG GYI PE SO NAM KYI  
DRO LA PAN CHIR SANG GYE DRUB PAR SHOG (3x)

I take refuge in Buddha, Dharma and Sangha  
until I obtain Enlightenment.  
By practicing generosity and the other perfections  
may I be able to obtain Enlightenment, for the benefit of all  
sentient beings.(3x)

**Four Immeasurables**

SEM CHEN TAM CHE DE WA TANG DE WEI GYU TANG  
DEN PAR GYUR CHIK  
SEM CHEN TAM CHE DUK NGEL TANG DUK NGEL GYI GYU  
TANG DREL WAR GYUR CHIK  
SEM CHEN TAM CHE DUK NGEL ME PEI DE WA TANG MI  
DREL WAR GYUR CHIK  
SEM CHEN TAM CHE NYE RING CHAK DANG NYI TANG  
DREL WEI TANG NYOM LA NE PAR GYUR CHIK

May all sentient beings be free from attachment and  
aversion -- being close to some and distant from others.  
How wonderful it would be.  
May this be accomplished.  
I will free them from attachment and aversion.  
Bless me to accomplish this.

May all sentient beings enjoy happiness and the cause of  
happiness.

How wonderful it would be.  
May this be accomplished.  
I will bring them happiness and the causes of happiness.  
Bless me to accomplish this.

May all sentient beings be free from suffering and the  
cause of suffering.  
How wonderful it would be.  
May this be accomplished.  
I will free them from suffering and the cause of suffering.  
Bless me to accomplish this.

May all sentient beings have the joy that has never known  
suffering,  
May they be free from the eight worldly dharmas and  
dualistic thoughts.  
May this be accomplished.  
I will bring them to this state.  
Bless me to accomplish this.

GA DAN LHA GYA GON GYI TUG KA NA  
RAB KAR ZHO SAR PUNG DRAI CHU DZIN TZER  
CHO KYI GYAL PO KUN KYEN LO ZANG DRAG  
SA DANG CHA PA BA DIR SHEG SU SOL

From the heart of the Protector of the hundreds of deities of  
the land of joy, comes a cloud that resembles a mass of  
fresh  
white curd. Omniscient Lozang Drakpa, King of the  
Dharma, together with your sons, I request you to come on  
its tip.

DUN GYI NAM KAR SENG TRI PA DAI TENG  
JE TZUN LA MA GYE PAI DZUM KAR CHAN  
DAG LO DA PAI SO NAM ZHING CHOG TU  
TAN PA GYA CHIR KAL GYAR ZHUG SU SOL

O venerable Gurus with white smiles of delight,  
seated on lion-thrones, lotus and moon in the space before  
me, I request you to remain for hundreds of eons in order to  
spread the teachings, and be the supreme field of merit for  
my mind of faith.

SHE JAI KYON KUN JAL WAI LO DRO TUG  
KAL ZANG NA WAI GYAN GYUR LEG SHA SUNG  
DRAG PAI PAL GYI LHAM MER DZE PAI KU  
TONG TO DRAN PAI DON DAN LA CHAG TSAL

Your minds have the intellect that comprehends the full  
extent of what can be known, your speech, with its  
excellent explanations, becomes the ear-ornament for those  
of good fortune, your bodies are radiantly handsome with  
glory renowned, I prostrate to you whom to behold, hear, or  
recall is worthwhile.

YI WONG CHO YON NA TSOG ME TOG DANG  
DRI ZHIM DUG PO NANG SAL DRI CHAB SOG  
NGO SHAM YI TRUL CHO TRIN GYA TSO DI  
SO NAM ZHING CHOG KYO LA CHO PAR BUL

Pleasing water offerings, various flowers,  
fragrant incense, light, and scented water,  
this ocean of such cloud-like offerings, both actually  
arranged and mentally created,  
I present to you, O supreme Field of Merit.

DAG GI TOG ME DU NA SAG PA YI  
LU NGAG YI KYI MI GE CHI GYI DANG  
KYA PAR DOM PA SUM GYI MI TUN CHOG  
NYING NA GYO PA DRAG PO SO SOR SHAG

Whatever non-virtues of body, speech and mind  
I have accumulated since beginningless time,  
and especially any transgressions of my

three vows, I confess over and over again with fervent regret  
from my heart.

NYIG NAI DU DIR MANG TO DRUB LA TSON  
CHO GYA PANG PA DAL JOR DON YO JE  
GON PO KYO KYI LAB CHEN DZA PA LA  
DAG CHAG SAM PA TAG PA YI RANG NGO

From the depths of our hearts we rejoice, O Protectors,  
in the great waves of your deeds, you who  
strove to learn and practice in this degenerate age  
and who made your fully-endowed life worthwhile by  
abandoning the eight worldly feelings.

JE TZUN LA MA DAM PA KYE NAM KYI  
CHO KU KA LA KYEN TZEI TRIN TRIG NA  
JI TAR TSAM PAI DUL JAI DZIN MA LA  
ZAB GYA CHO KYI CHAR PA WAB DU SOL

You, the great Masters,  
may your sky of Dharmakaya  
develop the clouds of love and compassion and  
shower the profound and deep teachings  
as suitable, on the ground of your disciples.

DAG GI JI NYE SAB PAI GE WA DI  
TAN DANG DRO WA KUN LA GANG PAN DANG  
KYA PAR JE TZUN LO ZANG DRAG PA YI  
TAN PAI NYING PO RING DU SAL JE SHOG

I dedicate whatever virtues I have ever collected  
for the sake of the teachings and of all  
sentient beings, and in particular for the essential teachings  
of Venerable Lozang Drakpa to shine forever.

PAL DAN TZA WAI LA MA RIN PO CHE  
DAG GI CHI WOR PA MAI TENG ZHUG LA

KA DRIN CHEN POI GO NA JE ZUNG TE  
KU SUNG TUG KYI NGO DRUB TZAL DU SOL

Oh glorious and precious root guru, come take your  
lotus and moon seat placed here on my head  
and keep me safe in your great kindness  
bestow on me please the powerful attainments  
of your body, speech and mind.

**MIK ME TZE WAI TER CHEN CHEN RE ZIK  
TRI ME KYEN PAI WANG PO JAM PEL YANG  
DÜ PUNG MA LÜ JOM DZE SANG WAI DAK  
GANG CHEN KE PAI TZUK GYEN TSONGKAPA  
LOZANG DRAK PAI ZHAB LA SÖL WA DEB**

*[You are Avalokiteshvara, great treasure of compassion not aimed  
at dualistic existence,  
And Manjushri, master of flawless wisdom,  
As well as Vajrapani, destroyer of all the demons  
without exception  
O Tsongkhapa, crown jewel of the sages of the Land of Snows,  
Lozang Drakpa, I make request at your feet.]*

**KE PA LUNG GI YÖN TEN KÜN DEN PA  
KYE RANG TABUR DAK KYANG JIN GYI LOB**

**DRUK PA TOK PAI YÖN TEN KÜN DEN PA  
KYE RANG TABUR DAK KYANG JIN GYI LOB**

**RIG SUM NGO WO SANG SUM DORJE KU  
KYE RANG TABUR DAK KYANG JIN GYI LOB**

THO SAM GOM PE SHE RAB PAL DU SOL  
CHE TSO TSOM BE LO DRO GYA SU SOL  
CHOG TANG TUN MO NGO DRUB TZAL DU SOL  
NYUR DU KE RANG TA PU CHING KYI LOB

May the wisdom which follows learning, thinking and  
meditating increase, and may the wisdom of teaching,  
debating and composing increase. May I achieve ordinary  
and extraordinary accomplishments.  
Bless me to quickly become like you.

DE CHEN LHEN KYI YE SHE CHAR DU SOL  
NGUN TSIN TRUL PE TE MA TZAI DU SOL  
SEM NYI TE TSOM TA WA CHE DU SOL  
NYUR DU KE RANG TA PU CHING KYI LOB

May the simultaneously born great bliss shine immediately,  
and the delusion shadow of inherent existence quickly be  
cleared. Cut the net of doubts of the true nature of mind.  
Bless me to quickly become like you.

### **Foundation of All Perfections**

A petition to the Lineage Gurus for instant realization of the  
stages on the spiritual path

YON TEN KUN GYI ZHIR GYUR DRIN CHEN JE  
TSUL ZHIN TEN PA LAM GYI TSA WA RU  
LEK PAR THONG NE BE PA DU MA YI  
GU PA CHEN PO TEN PAR CHIN GYI LOB

Following a kind master, foundation of all perfections,  
is the very root and basis of the path.  
Empower me to see this clearly  
and to make every effort to follow well.

LEN CHIK NYE PAY DEL WAY TEN ZANG DI  
SHIN TU NYE KA DON CHEN SHE GYUR NE  
NYIN TSEN KUN TU NYING PO LEN PAY LO  
GYUN CHE ME PAR KYE WAR CHIN GYI LOB

Precious human life gained but once  
has great potential but is easily lost.  
Empower me to remember this constantly  
and to think day and night of taking its essence.

LU SOK YO WA CHU YI CHU BUR ZHIN  
NYUR DU JIK PAY CHI WA DREN PA DANG  
SHI WAY JE SU LU DANG DRIP MA ZHIN  
KAR NAK LE DRE CHI ZHIN DRANG WA LA

I must remember that death is quick to strike,  
for spirit quivers in flesh like a bubble in water;  
and after death one's good and evil deeds  
trail after one like the shadow trails the body.

NGE PA TEN PO NYE NE NYE PAY TSOK  
TRA ZHING TRA WA NAM KYANG PONG WA DANG  
GE TSOK THA DAK DRUP PAR CHE PA LA  
TAK TU BAK DANG DEN PAR CHIN GYI LOB

Understanding that this most certainly is true,  
may I discard every level of wrong,  
and generate an infinite mass of goodness;  
empower me to be thus continually aware.

CHE PE MI NGOM DUK NGEL KUN GYI GO  
YI TEN MI RUNG SI PAY PHUN TSOK KYI  
NYE MIK RIK NE THAR PAY DE WA LA  
DON NYER CHEN POR KYE WAR CHIN GYI LOB

Sensual gluttony is a gate to suffering  
and is not worthy of a lucid mind.  
Empower me to realize the shortcomings of samsara  
and to give birth to the great wish for blissful freedom.

NAM DAK SAM PA DE YI DRANG PA YI

DREN DANG SHE ZHIN BAK YO CHEN PO YI  
TEN PAY TSA WA SO SOR THAR PA LA  
DRUP PA NYING POR CHE PAR CHIN GYI LOB

And empower me that with mindfulness and alertness  
born from thoughts ultimately pure,  
I may live in accord with the holy Dharma,  
the ways leading to personal liberation.

RANG NYI SI TSOR LHUNG WA JI ZHIN DU  
MAR GYUR DRO WA KUN KYANG DE DRA WAR  
THONG NE DRO WA DROL WAY KHUR CHER WAY  
JANG CHUB SEM CHOK JONG PAR CHIN GYI LOB

Just as I myself have fallen into samsara's waters,  
so have all other sentient beings.  
Empower me to see this and really to practice  
Bodhimind, that carries the weight of freeing them.

SEM TSOM KYE KYANG TSUL TRIM NAM SUM LA  
GOM PA ME NA JANG CHUB MI DRUP PAR  
LEK PAR THONG NE GYEL SE DOM PA LA  
TSOM PA DRAK PO LOP PAR CHIN GYI LOB

Yet without habituation in the three higher trainings,  
thought-training accomplishes no enlightenment.  
Empower me to know this deeply, and intensely  
to train in the various ways of the great Bodhisattvas.

LOK PAY YUL LA YEN PA ZHI CHE CHING  
YANG DAK DON LA TSUL ZHIN CHO PA YI  
ZHI NE LAK THONG ZUNG DU DEL WAY LAM  
NYUR DU GYU LA KYE WAR CHIN GYI LOB

And empower me to pacify distracted mental wanderings  
and to decipher the ultimate meaning of life,  
that I may give birth within my mindstream  
to the path combining concentration and wisdom.

THUN MONG LAM JANG NO DU GYUR PA NA  
THEK PA KUN GYI CHOK GYUR DOR JE THEK  
KEL ZANG KYE WO JUK NGOK DAM PA DER  
DE LAK NYI DU JUK PAR CHIN GYI LOB

One who trains in these common Mahayana practices  
Becomes a vessel worthy of the supreme vehicle,  
Vajrayana.  
Empower me that I may quickly and easily  
arrive at that portal of fortunate beings.

DE TSE NGO DRUP NAM NYI DRUP PAY ZHI  
NAM DAK DAM TSIK DOM PAR SUNG PA LA  
CHO MA MIN PAY NGE PA NYE GYUR NE  
SOK DANG DO TE SUNG WAR CHIN GYI LOB

The foundation of what then produces the two powers  
is the guarding of the pledges and commitments of tantric  
initiation.  
Bless me so that I may have uncontrived knowledge of this  
And guard my discipline as I do my very life.

DE NE GYU DEY NYING PO RIM NYI KYI  
NE NAM JI ZHIN TOK NE TSON PA YI  
THUN ZHI NAM JOR CHO LE MI YEL WAR  
DAM PAY SUNG ZHING DRUP PAR CHIN GYI LOB

And bless me so that I may gain realization of the main  
practices of the two stages of Vajrayana, essence of the  
tantric path; and, by sitting relentlessly in four daily  
sessions  
of yoga, actualize just what the sages have taught.

DE TAR LAM ZANG TON PAY SHE NYEN DANG  
TSUL ZHIN DRUP PAY DROK NAM ZHAB TEN CHING  
CHI DANG NANG GI PHAR DU CHO PAY TSOK

NYE WAR ZHI WAR CHIN GYI LAB TU SOL

Empower me that the masters who have unfolded the  
sublime path within me and the spiritual friends who have  
inspired me may live long:  
And that the myriad inner and outer interferences  
be completely and utterly calmed forever.

KYE WA KUN TU YANG DAK LA MA DANG  
DREL ME CHO KYI PEL LA LONG CHO CHING  
SA DANG LAM GYI YON TEN RAB DZOK NE  
DOR JE CHANG GI GO PHANG NYUR THOP SHOK

In all future lives may I never be parted  
from the perfect lamas or the pure ways of Dharma.  
May I gain every experience of the paths and stages  
and quickly attain the stage of Vajradhara.

PAL DAN TZA WAI LA MA RIN PO CHE  
DAG GI NYING KAR PA MAI TENG ZHUG LA  
KA DRIN CHEN CHEN POI GO NA JE ZUNG TE  
KU SUNG TUG KYI NGO DRUB TZAL DU SOL

O glorious and precious root Guru,  
Come take your Lotus and Moon seat at my heart  
And keep me safe in your great kindness.  
Bestow on me please the powerful attainments of your  
body, speech, and mind.

PAL DAN TZA WAI LA MA RIN PO CHE  
DAG GI NYING KAR PA MAI TENG ZHUG LA  
KA DRIN CHEN CHEN POI GO NA JE ZUNG TE  
CHO DANG TUN MONG NGO DRUB TZAL DU SOL

O glorious and precious root guru,  
come take your lotus and moon seat at my heart  
and keep me safe in your great kindness.

Help me to achieve ordinary and extraordinary  
accomplishments.

PAL DAN TZA WAI LA MA RIN PO CHE  
DAG GI NYING KAR PA MAI TENG ZHUG LA  
KA DRIN CHEN CHEN POI GO NA JE ZUNG TE  
JAN CHUB NYING POI BAR DU TAN PAR ZHUG

O glorious and precious root Guru,  
Come take your Lotus and Moon seat at my heart  
And keep me safe in your great kindness.  
Remain steadfast until I achieve Buddhahood.

TSE RAB KUN DU GYA WA TSONG KA PA  
TEG CHOG SHIN YI NGO SU ZA PE TU  
GYEL WA NGAG PA LAM SA TING NYI LE  
KE CHIG SAM YANG DREL WA MA GYUR CHIG

In life after life, supreme master Tsongkhapa  
Please be my Mahayana spiritual guide.  
May I never be separated for even a minute  
From the stainless path praised by the Buddhas.

DOR NA KYE SHING KAY WA TAM CHE TU  
TON PA JAM YANG LA MA JE SUNG ZHING  
TEN PA TUB TA KUN KYI YANG TSE CHUG  
LO SANG GYEL WA TAN DANG JE WAR SHOK

In short, throughout all my lives  
may I be guided by the great spiritual friend Manjushri.  
May I always meet the superlative path  
shown by Tsongkhapa.

SA ZHI PO KYI JUG SHING ME TOG TRAM  
RI RAB LING ZHI NYI DA GYAN PA DI  
SANG GYA ZHING DU MIG TE UL WA YI  
DRO KUN NAM DAG ZHING LA CHO PAR SHOG

By directing to the Fields of Buddhas  
this offering of a mandala built on a base  
resplendent with flowers, saffron water and incense  
adorned with Mount Meru and the four continents  
as well as with the sun and the moon  
may all sentient beings be led to these fields.

IDAM GURU RATNA MANDALA KAM NIR YATA YAMI