

The Lama Chopa

Instantaneous Arising

1. DHE CHEN NGANG LAY RANG NYI LA MA LHA
GANG DER SAL WAY KU LAY Ö ZER TSOH
CHOH CHUR TRÖ PAY NÖ CHÜ JIN LAB PAY
DAK PA RAP JAM BA ZHIK YÖN TEN GYI
KÖ PAY KHYE PAR PHÜN SUM TSOK PAR GYUR

From Great Bliss I arise as the Lama-Yidam.
My body radiates light, transforming all existence.
Everything becomes pure.

Refuge and Bodhimind

2. RAP KAR GE SEM CHEN PÖ NGANG NYI NAY
DHAH DANG KHA NYAM MA GEN SEM CHAN NAM
DENG NE JI SI JANG CHUB NYING PÖ BAR
LA MA KÖN CHOH SUM LA KYAP SU DRO

With a radiant pure mind, I and all beings
From now until we reach the heart of enlightenment
Take refuge in the Lama and Three Precious Jewels.

NAMO GURUBYE
NAMO BUDDHAYA
NAMO DHARMAYA
NAMO SANGHAYA (3x)

3. MA SEM CHAN KÜN GYI DHÖN GYI CHIR
DHAH NYI LA MA L HAR GYUR NAY
SEM CHEN THAM CHAY LA MA LHA-I
GO PHANG CHOH LA GÖ PAR JA

To benefit all beings
I will become a Lama-Yidam and lead all beings

To a Lama-Yidam's supreme enlightenment.

4. MA SEM CHAN THAM CHAY KYI DHÖN DU
DHAH GI TSHE DHI NYI LA NYUR WA NYUR WAR
DHÖ MAY SANG GYAY LA MA LHA-I
GO PHANG NGÖN DHU JAY

For the sake of all beings
I shall quickly, quickly in this very life
Become a Lama-Yidam, Primordial Buddha.

MA SEM CHAN THAM CHE DHUK NGEL LAY DREL
DHE CHEN SANG GYAY KYI
SA LA GÖ PAR JA
DHE YI CHIR DHU LAM ZAP MO LA MA LHA-I
NEL JOR NYAM SU LANG WAR GYI –O

I shall liberate all beings from suffering
And lead them to the great bliss of Buddhahood.
Therefore I practice the profound path
Of the yoga of the Lama-Yidam.

Blessing the Offering

5. OM AH HUNG (3x)

NGO WO YE SHE LA NAM PAR NANG CHÖ DHANG
CHÖ DZEY SO SÖ NAM PA JE LAY WANG PO DRUK
GI CHÖ YÜL DHU DHE TONG GI YE SHE KHYE PAR CHEN
KAY PAY SA DHANG BAR NANG NAM KHAY KHYÖN
THAM CHAY YONG SU KHYAP PAY CHI NANG SANG WAY
CHÖTRIN DHAM DZAY CHEN ZIH SAM GYI MI KYAP PAY
GANG WAR GYUR

Nature pure
Offerings appear

Arousing bliss-void
Filling space

Generating the Supreme Field

6. DHE TONG YEER MEY LHA LAM YANG PAR
KÜN ZANG CHÖ TRIN TRIG PAY Ü
LO MA ME TOH DRE BÜ YONG DZE
DHÖ GÜ PAH SAM JÖN PEI TSER
DHONG NGA BAR WEI RIN CHEN TRI TENG
CHU KYE NYI DHA GYE PEI TENG

In the space of bliss-void inseparable
Amidst wondrous clouds of infinite offerings
Is the tree that grants our every wish,
Adorned with flowers, leaves, and fruit.
At its crown, on a lion throne ablaze with jewels,
You sit on a lotus, sun, and full moon, my Root Guru,
Kind in three ways, the essence of all Buddhas.

7. KA DRIN SUM DHEN TSA WEI LA MA
SANG GYAY KÜN GYI NGO WO NYI
NAM PAR NGUR MIK DZIN PEI GE LONG
ZHEL CHIK CHAH NYI DZUM KAR TRO
CHAH YEE CHÖ CHEY YEÖN PA NYAM ZHAH
DÜ TSI GANG WAY LHUNG DZEY NAM
GUR GUM DHANG DHEN CHÖ GÖ SUM SÖL
SER DOH PEN ZHEY U LA DZEY
THUH KAR KHYAP DHAH DOR JE CHANG WANG
ZHAL CHIK CHAH NYI KU DOH NGO

You appear as a fully ordained monk
With one face, two hands, and a radiant smile.
Your right hand makes the gesture of teaching;
Your left, in meditation, holds a bowl of nectar.
You wear three saffron robes

And a golden scholar's hat.
At your heart is Buddha Dorje Chang,
Blue in color, one face, two hands

8. DOR DRIL ZUNG NEY YEENG CHUH MAR KHYÜ
LHEN KYE DHE TONG RÖL PAY GYAY
NAM MANG RIN CHEN GYEN GYI TRE SHING
LHA DZAY DHAR GYI NAM ZAY LUP
TSHEN PEI GYEN DHEN Ö ZER TONG BAR
JA TSHÖN NA NGAY KOR WEI Ü
DOR JE KYIL TRUNG TSHÜL GYI ZHUH PAY
PHUNG PO NAM DHANG DHE SHEK NGA

Holding vajra and bell, embracing Yingchugma.
You delight in the play of simultaneous bliss and void.
Adomed with jeweled ornaments and garments of heavenly silk,
Surrounded by a beautiful rainbow, you sit in diamond posture Radiant, and with every sign and mark.
Your purified aggregates are the five blissful Buddhas,

9. KHAM ZHI YUM ZHI KYE CHEY TSA GYÜ
TSIK NAM JANG CHUP SEM PA NGÖ
BA PU DRA CHOM NYI TRI CHIK TONG
YEN LAH TRÖ WÖ WANG PO NYI
Ö ZER CHOH KYONG NÖ JIN SANG WA
JIG TEN PA NAM ZHAP KYI DHEN
THA KOR RIM ZHIN NGÖ GYÜ LA MA
YI DHAM KYIL KHOR LHA TSOH DHANG

10. SANG GYAY JANG SEM PA WO KHA DRO
TEN SUNG GYA TSÖ KOR NAY ZHUH
DHE DHAH GO SUM DOR JE SUM TSEN
HUNG YIH Ö ZER CHAK KYU YI
RANG ZHIN NAY NEY YE SHEI PA NAM
CHEN DRANG YEER MEY TEN PAR GYUR

Your four elements, the four consorts.
Your senses, channels, and joints are actually Bodhisattvas.

The hairs of your body are twenty-one thousand Arhats. Your limbs, the wrathful protectors,
Your light -rays, directional guardians,
And all worldly beings are sheltered at your feet.
You are encircled by a sea of root and lineage lamas, yidams, Buddhas, bodhisattvas,
Heroes, dakinis, and dharma protectors,
Their three doors marked by OM AH HUNG.
From HUNG, hooking light rays invite the Wisdom Beings
From their natural abodes to remain inseparable.

Invocation

11. PHÜN TSOH DHE LEK JUNG NAY DHÜ SUM GYI
TSA GYÜ LA MA YI DHAM KÖN CHOH SUM
PA WO KHA DRO CHÖ KYONG SUNG TSOH CHEY
THUH JAY WANG GI DHIR SHEK TEN PAR ZHUK

You are the source of all happiness and joy:
Root and lineage lamas, yidams, Three Jewels,
Heroes, dakinis, and dharma protectors.
Out of your great compassion, please come here to stay.

12. CHÖ NAM RANG ZHIN DRO ONG KÜN DREL YANG
NA TSOH DHUL JAY SAM PA JI ZHIN DHU
CHIR YANG CHAR WAY KYEN TSEI TRIN LAY CHEN
KYAP GÖN DHAM PA KHOR CHAY SHEG SU SÖL

In nature, phenomena are free of coming or going,
Yet you appear, performing deeds
Of perfect love and knowledge,
To suit the needs of various disciples.
Great Protector with your circle, please come here now.

13. OM GURU BUDDHA BODHISATTVA DHARMAPALA SAPARIWARA EH HYA HI DZAH HUNG BAM HOH

YE SHEI PA NAM DHAM TSIK PA
DHANG NYI SU MAY PAR GYUR

The wisdom and commitment beings become one.

Seven Limbs: Praise

14. GANG GI THUH JE DHE WA CHEN PÖ YEENG
KU SUM GO PHANG CHOY KYANG KAY CHIK LA
TSÖL DZE LA MA RIN CHEN TA BÜ KU
DOR JE CHEN ZHAP PAY MOR CHAH TSEL LO

I praise you, who with great compassion bestows
In an instant the three bodies of great bliss.
Oh Lama like a wish-fulfilling jewel,
You hold the Vajra. May I become like you!

15. RAP JAM GYEL WA KÜN GYI YE SHE NI
GANG DHÜL CHIR YANG CHAR WAY THAP KHEY CHOY
NGUR MIK DZIN PEI GAR GYI NAM RÖL PA
KYAP GÖN DHAM PAY ZHAP LA CHAH TSEL LO

I praise you, exalted wisdom of all the Buddhas
That manifests skillful means to tame us all,
Enacting the role of a saffron-robed monk.
Oh Refuge Protector, may I become like you!

16. NYAY KÜN BAG CHAH CHEY PA DRUNG CHUNG ZHING
PAH MEY YÖN TEN RIN CHEN TSOH KYI TER
PHEN DHE MA LÜ JUNG WAY GO CHIK PU
JE TSÜN LA MAY ZHAP LA CHAH TSEL LO

I praise your abandonment of all wrong,
Oh precious treasury of infinite excellence.
Sole door to the source of help and happiness,
Inestimable Lama, may I become like you!

17. LHAR CHAY TÖN PA SANG GYAY KÜN GYI NGÖ
GYAY TRI ZHI TONG DHAM CHÖ JUNG WAY NEY
PHAH TSOH KÜN GYI Ü NA LHAND NGE WA
DRIN CHEN LA MA NAM LA CHAH TSEL LO

I praise you, essence of Buddhas, Teachers even of gods,
Source of the eighty-four thousand teachings.
You shine resplendent in the hosts of extraordinary beings.
Oh kind lineage Lamas, may I become like you!

18. DÜ SUM CHOH CHUR ZHUG PAY LA MA DHANG
RIN CHEN CHOH SUM CHAH Ö THAM CHAY LA
DHEY CHING MÖ PEI TÖ YANG GYA TSOR CHAY
ZHING DÜL NYAM PAY LÜ TRÜL CHAH TSEL LO

I praise the Buddhas of every time and place,
The Three Supreme Jewels, and all that is worthy of honor
I emanate limitless bodies to sing with faith and devotion
Sweet anthems of praise. May I become like you!

Outer Offerings

19. KYAP GÖN JE TSÜN LA MA KHOR CHAY LA
NA TSOH CHÖ TRIN GYA TSO BÜL WA NEE
KÖ LEK RIN CHEN Ö BAR NO YANG LAY
DHAH JE DHÜ TSI CHU ZHI DHAL GYI BAP

Precious lama, my Refuge and Protector,
To you and your circle,
I present oceans of clouds of various offerings.
Four streams of cleansing nectar gently fall
From magnificent vases ablaze with jewels.

20. DHONG PO SIL MA TRENG WA PEL LEG MA
DZEY PAY MEY TOH SA DHANG BAR NANG GANG
DRI ZHIM PÖ KYEE DHÜ PA BENDUR YEY

YAR KYEY NGÖN PÖ TRIN GYI LHA LAM TRIK

Blossoming trees, lovely flowers, bouquets and garlands,
Cover the ground and fill the sky.
The heavens billow with blue summer clouds
Of lazulite smoke from sweet fragrant incense.

21. NYI DHA NOR BU RAP BAR DRÖN MEY TSOH
TONG SUM MÜN SEL Ö ZER TSE GA GÖ
GA BUR TSEN DHEN GUR KUM DRI GÖ PAY
PÖ CHÜ TSO CHEN KHOR YUK KÜN NE KYIL

Joyful light from suns and moons, flaming lamps,
And glittering jewels
Dispel the darkness of a billion worlds.
Vast saffron, sandalwood, and camphor-scented seas
Swirl out to the horizons in every direction.

22. RO GYEI CHÜ DHEN ZA CHAY TUNG WA DHANG
LHA DHANG MI YI ZHEL ZAY LHÜN POR PUNG
NA TSOH RÖL MÖ JE DRAK THA YAY LAY
JUNG WAY DHANG NYAN GYUR WEY SA SUM GENG

Nourishing delicacies of a hundred flavors
Are massed in mountains of divine and human food.
Musical instruments of every variety
Play sweet melodies that pervade three realms.

23. ZUH DRA DRI RO REK JAY PEL DZIN PAY
CHI NANG DHÖ YÖN LHA MÖ CHOH KÜN KHYAP

Goddesses of inner and outer delights
Bring objects of sight, sound, scent, taste, and touch.

[Long Mandala Offering – Optional]

OM BENZA BHUMI AH HUNG / WANG CHEN SER GYI SA ZHI/ OM BENZA REKHE AH HUNG/ CHI CHAK RI KOR YUK GI KOR WE Ü SU/
RI GYEL PO RI RAP/ SHAR LÜ PAK PO / LHO DZAM BU LING/ NUP BA ANG CHÖ / CHAN DRA MI NYEN/ LÜ DAN LÜ PAK / NGAY YAP
DANG NGAY YAP ZHEN/ YO DEN DANG LAM CHOK DRO/
DRA MI NYEN DANG DRA MI NYEN GYI DA/
RIN PO CHE RI WO/ PAK SAM GYI SHING / DÖ JÖ WA
MA MO PA YI LO TOK/ KOR LO RIN PO CHE / NOR BU RIN PO CHE/ TSÜN MO RIN PO CHE / LÖN PO RIN PO CHE/ LANG PO RIN PO
CHE/ TA CHOK RIN PO CHE/
MAK PÖN RIN PO CHE/ TER CHEN PÖ BUM PA/ GEK MO MA / TRAN WA MA/ LÜ MA / GAR MA / ME TOK MA/ DUK PÖ MA / NANG
SEL MA/ DRI CHAP MA / NYI MA / DA WA/ RIN PO CHE DUK/ CHOK LE NAM PAR GYEL WEI GYEL TSEN/ U SU LHA DANG MI PEL
JOR PÜN SUM TSOK PA/
MA TSANG WA ME PA/ TSANG ZHING YI DU ONG WA DI DAK DRIN CHEN TSA WA DANG GYÜ PAR CHE PEI PEL DEN LA MA DAM
PA NAM DANG /KEY PAR DU YANG LAMA LOSANG TUBWANG DORJE CHANG/ CHEN PO LHA TSOG KHOR DANG CHE PA NAM LA
BÜL WAR GYIO/
TUK JE DRO WEI DÖN DU ZHE SU SÖL/
ZHE NE CHIN GYI LAP TU SÖL.

OM BENZA BHUMI AH HUNG

Great and powerful golden ground

OM BENZA REKHE AH HUNG

At the edge the iron fence stands around the outer circle. In the center Mt. Meru, the king of mountains, around which are four continents: in the east, Purvavideha; in the south, Jambudipa; in the west, Aparagodaniya; in the north, Uttarakuru. Each has two sub-continents: Deha and Videha, Tsamara and Abatsamara, Satha and Uttaramantrina, Kurava and Kaurava. The mountain of jewels, the wish-granting tree, the wish-granting cow, and the harvest unsown. The precious wheel, the precious jewel, the precious queen, the precious minister, the precious elephant, the precious supreme horse, the precious general, and the great treasure vase. The goddess of beauty, the goddess of garlands, the goddess of music, the goddess of dance, the goddess of flowers, the goddess of incense, the goddess of light, and the goddess of scent. The sun and the moon, the precious umbrella, the banner of victory in every direction. In the center all treasures of gods and men, an excellent collection with nothing left out. I offer this to you my kind root Guru and lineage Gurus, to all of you sacred and glorious Gurus; and especially to you, great Lama Lobsang Tubwang Dorjechang, together with your retinues. Please accept with compassion for migrating beings, and having accepted, out of your great compassion, please bestow your blessings on all sentient beings pervading space.

SA ZHI PO KYI JUG SHING ME TOG TRAM

RI RAB LING ZHI NYI DAY GYAN PA DI

SANG GYE 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 Mt. Meru and the Four Continents, as well as with the Sun and the Moon, may all sentient beings be led to these Fields.

Mandala Offering

24. JE WA TRAK GYA LING ZHI LHÜN POR CHAY
RIN CHEN DHÜN DHANG NYE WAY RIN CHEN SOH
KÜN GA KYE PAY NÖ CHÜ PHÜN SUM TSOH
LHA MI LONG CHÖ DHÖ GÜ TER CHEN PO
DHANG WAY SEM KYI PHÜL JUNG ZHING GI CHOH
KYAP GÖN THU JEI TER LA ÜL WAR GYI

Refuge protector, treasure of compassion,
Perfect field for growing good fortune,
With a mind of devotion I offer to you
The mountain and four continents a million times over,
All precious royal emblems and possessions,
Perfectly delightful environments and beings,
And a grand treasury of divine and human enjoyments.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Practice Offering

25. NGÖ SHAM YI TRÜL YI ZHIN GYA TSÖ NGOK
SI ZHI NAM KAR LE ONG CHÖ DZEY KYI
DHAP TONG GYAY PAY KÜN GYI YI TROH CHING
JIK TEN JIK TEN LAY DHË RANG ZHIN GYI

Within a wish-granting sea, a vast lotus
Bearing actual and emanated offerings
Arise from samsara's and nirvana's virtues
Captivates all hearts.
The worldly and transcendent virtues

26. GO SUM GE WAY MEY TOH CHI YANG TRA
KÜN ZANG CHÖ PAY DRI SUNG BUM TRO ZHING
LAP SUM RIM NYI LAM NGAY DREY DHEN PEI

GA TSEL JE TSÜN LA MA NYAY CHIR BÜL

Of my own and others' three gateways brighten all places
This garden is suffused with myriad fragrances of all-good Offerings,
Is laden with fruits, the three trainings, two Stages, and five paths.
All this I offer to please you, Precious Lama.

Inner Offering

27. GUR GUM DHANG DHEN ZANG PÖ DRI NGE CHEN
RO GYAY PEL DZIN GYA JAY TUNG WA DHANG
CHAK KYU NGA DHANG DRON MA NGA LA SOH
JANG TOK BAR WAY DÜ TSII GYA TSÖ CHÖ

I offer a libation of finest tea,
Fragrant, with a hundred tastes and shining saffron color,
Serving as the five hooks, five lamps, and all the rest,
Purified, transformed, and increased to an ocean of nectar.

Secret Offering

28. YI ONG LANG TSÖ PAL DZIN DRUK CHU ZHII
DHÖ PAY GYU TSAL LA KAY LÜ TRA MA
ZHING KYE NGA KYE LHEN KYE PHO NYEI TSOH
DZEY DUK GYU MAY CHAK GYA NAM KYANG BÜL

I offer beautiful, magical consorts, a host of muses
Born of heavens, poetry, spontaneity,
Graceful mistresses of sixty-four passionate arts,
Endowed with the enchanting glow of youth.

Offering What Is

29. DRIP DRAL LHEN KYAY DHE WAY YE SHE CHË
CHÖ KÜN RANG ZHIN TRÖ DHANG DREL WEI YEENG
YER MAY LHÜN DRUP MA SAM JÖ LÄ DHAY
DHÖN DHAM JANG CHUP SEM CHOH KHYÖ BÜL

I offer supreme, ultimate Bodhimind,
Unobstructed bliss and wisdom arising as one,
Inseparable from the nature of all,
Spontaneous, beyond expression in thought or word.

Offering Medicine and Self

30. NYÖN MONG ZHI GYA TSA ZHII NAY JOM PAY
ZANG PÖ MEN GYI JE DRAK NA TSOH DHANG
KYÖ NYE GYI CHIR DHAH DREN BÜL LAK NA
NAM KHA JI SI BANG SU ZUNG DHU SÖL

I offer an array of fine medicines
To cure the afflictions of four hundred and four delusions.
And I offer myself as a servant to please you.
Please keep me in your service as long as space endures.

Vajrasattva Purification (optional)

On the crown of my head, on a lotus and moon seat, are Vajrasattva and consort in union, their bodies white, each with one face and two arms. He holds a vajra and bell, she a chopper and skullbowl. He is adorned with six seals and she with five. They sit in the vajra and lotus positions. On his heart moon-disc, around a Hum, turns a mantra rosary, sending down a stream of white nectar, cleansing me of all sicknesses, interferences, negativities, and obstacles.

**OM VAJRASATTVA SAMAYA MANUPALAYA VAJRA SATTVA TENO PA TITA DRIDHO ME BHAVA SUTOKAYO ME BHAVA
SUPOKAYO ME BHAVA ANURAKTO ME BHAVA SARVASIDDHI ME PRAYATZA SARVAKARMA SUTZAME TZITTAM SHRIYAM KURU
HUM HA HA HA HA HO, BHAGAVAN SARVA TATHAGATA VAJRASAATVA MA ME MUNTZA VAJRASATTVA BHAVA MAHASAMAYASATTVA
AHHUMPHAT.**

Vajrasattva and consort dissolve into me, and my body, speech and mind becomes inseparable from Vajrasattva.

The General Confession (optional)

Alas! Oh Guru Vajradhara and all the Buddhas abiding in the ten directions, bodhisattvas and sangha, please heed me. I – in all my lives from the beginningless beginning until now, being under the power of negative emotions, obsessions, hatred, and ego, have committed the ten negativities by my body speech and mind. I have committed the five major and minor heinous crimes. I have broken my self-liberation vows, my bodhisattva vows and my Vajrayana vows. I have been disrespectful to my parents, abbots, ordination masters and companions. I have done harmful actions to the three jewels, and living beings, abandoned dharma, disparaged sangha and so on. I have accumulated non-virtuous actions and encouraged others, and rejoiced when they did and so forth. In brief, whatever actions may prevent my gaining a better rebirth or liberation and make me take a lesser rebirth and remain in samsara, all this I admit, purify, do not conceal, and reveal before the Buddhas living in the ten directions, such as Guru Vajradhara and the bodhisattvas. In the future I shall refrain from committing negative actions. I will not reach happiness and remain there unless I purify them now.

Remainder of Seven Limbs

31. THOH MEY DHÜ NAY MI GE DHIG PAY LAY
GYI DHANG GYI TSEL YI RANG CHI CHEE PA
THUH JE CHE DHEN CHAN NGAR GYÖ SEM KYI
SHAH SHING LHAN CHEH MI GYI DHOM PA NÖ

All negative actions that I have committed,
Ordered, or rejoiced in from beginningless time,
I regret and purify in your presence,
And I resolve to remain alert.

32. CHÖ NAM RANG ZHIN TSEN MA DHANG DRAL YANG
MI LAM JI ZHIN KYE PHAK THAM CHAY KYI
DHE GA CHIR YANG CHAR WAY NAM KAR LA
DHAH CHAH SAM PA THAK PAY YI RANG NGO

In nature, phenomena have no sign of inherent existence.
I rejoice from my heart in the dream-like virtues
That bring happiness and joy
To ordinary and extraordinary beings.

33. PHÜL JUNG KYEN TSĚ CHU DZIN BUM TRIK TE
THA YEY DRO DHI PHEN DHE KUN DEI TSEL
KYE DHANG YÜN DU NAY DANG PEL WEI CHIR
ZAP GYE CHÖ KYI CHAR PA UP TU SÖL

From myriad clouds of your knowledge and love,
Please shower vast and profound Dharma
To grow, sustain, and prosper a moonflower garden
Of benefit and bliss for limitless beings.

34. DOR JEI KU LA KYE CHI MI NGA YANG
ZUNG JUK WANG GI GYAL PÖ ZA MA TOK
DHAH CHAH MÖ PA JI ZHIN SI THEI BAR
NYA NGEN MI DHA TAK PAR ZHUH SU SÖL

Though your vajra body knows neither birth nor death,
Please stay here to help me,
Manifesting the ultimate union,
Without entering nirvana until samsara's end.

35. DE TAR TRÜN PAI NAM KAR GE WAY TSOH
KA DRIN SUM DHEN JE TSÜM LA MA YI
TSE RAP KÜN TU DRAL ME JE DZIN CHING
ZUNG JUK DOR JE CHANG WANG THOP CHIR NGO

I dedicate the positive fortune here created
To being cared for in life after life
By my precious Lama, kind in three ways,
So that I may attain the perfect union of Dorje Chang.

Nine-Round Migtsema Mantra (Ensapa):

NGÖ DRUP KÜN JUNG TUP WANG DOR JE CHANG
MIG ME TSE WEI TER CHEN CHEN RE ZIG
DRI ME KHYEN PEI WANG PO JAM PEL YANG
DÜ PUNG MA LÜ JOM DZE SANG WEI DAK
GANG CHEN KE PEI TSUK GYEN LO ZANG DRAK
KYAP SUM KÜN DÜ LA MA SANG GYE LA
GO SUM GÜ PEI GO NE SÖL WA DEB
RANG ZHEN MIN CHING DRÖL WAR CHIN GYI LOP
CHOK DANG TÜN MONG NGÖ DRUP TSEL DU SÖL.

Tsongkhapa, crown ornament of the scholars of the Land of the Snows,
You are Buddha Shakyamuni and Vajradhara, the source of all attainments,
Avalokiteshvara, the treasury of unobservable compassion,
Manjushri, the supreme stainless wisdom,
And Vajrapani, the destroyer of the hosts of maras.
O Venerable Guru-Buddha, synthesis of all Three Jewels
With my body, speech and mind, respectfully I make requests:
Please grant your blessings to ripen and liberate myself and others,
And bestow the common and supreme attainments.

Requests

36. YÖN TEN JUNG NAY TSÜL TRIM GYA TSO CHE
MANG THÖ NOR BÜ TSOH KYI YONG SU TAM
NGUR MIK DZIN PA THUP WANG NYI PEI JE
NAY TEN DHÜL WA DZIN LA SÖL WA DEP

Source of all excellence, ocean of moral discipline,
Enriched with the jewels of extensive learning,
Second Buddha in saffron robes,
You who keep the monastic vows, from my heart I pray!

37. GANG DHANG DHEN NA DHE WAR SHEK PEI LAM
TON PAR Ö PEI YÖN TEN CHU DEN PA
MA LÜ GYÄL WAY DHUNG TSOB CHÖ KIY JE
THEK CHOH GE WEI SHE LA SÖL WA DEP

You possess all ten qualities that make you fit

To teach the path of the Buddhas.
Dharma master, emissary of all the Buddhas,
Oh Mahayana master, from my heart I pray!

38. GO SUM LEK DHAM LO CHEN ZÖ DHEN DRANG
YEO DHANG GYU MAY NGAH DHANG GYÜ SHEY SHING
DHE NYI CHU ZUNG DRI DANG CHE KHE PEI
DOR JE DZIN PEI TSO LA SÖL WA DEP

Wise and patient, your three doors are well controlled.
Without pretension or deceit, you understand Mantra and Tantra.
Skilled in arts and teaching, you have twice ten qualities.
Oh Lord of Vajra Masters, from my heart I pray!

39. SANG GYE DRANG MEY JÖN PAY MA THÜL WEI
MA RUNG DHÜL KAY NYIK DHÜ DRO WA LA
DHE SHEK LAM ZANG JI ZHIN TÖN PA YI
KYAP GÖN THUH JE CHEN LA SÖL WA DEP

You precisely teach the good path of the Blissful
To the untamed beings of this degenerate age
Unreformed by the Buddhas of the past.
Oh compassionate Refuge Protector, from my heart I pray!

40. THUP PAY NYI MA DHÜ KYI NUP GYUR TE
GÖN KYAP MEY PEI DRO WA MANG PO LA
GYEL WAY DZEY PA NYE WAR DRUP DZEY PEI
KYAP GÖN THUH JE CHEN LA SÖL WA DHEP

Now when Shakyamuni's sun is setting,
You reenact the deeds of that great Victor
For countless beings lacking protection and refuge.
Oh compassionate Refuge Protector, from my heart I pray!

41. DHÜ SUM CHOH CHÜ GYEL WA THAM CHAY LAY
GANG GI BA PÜ BU GA CHIK TSAM YANG

DHAH CHAH SÖ NAM ZHING DU LEK NGAK PEI
KYAP GÖN THUH JE CHEN LA SÖL WA DHEP

For us, even a single hair pore of your body
Is praised as a merit field greater than all
The Buddhas of the three times and ten directions.
Oh compassionate Refuge Protector, from my heart I pray!

42. DHE SHEK KU SUM GYEN GYI KHOR LO NI
THAP KHAY GYÜ TRÜL DRA WEI JO GEK LAY
THA MEL TSÜL GYI DRO WA DREN DZE PEI
KYAP GÖN THUH JE CHEN LA SÖL WA DHEP

From the web of your miracle powers and skillful means
The ornament wheels of your three [blissful] bodies
Appear in ordinary form to guide all beings.
Oh compassionate Refuge Protector, from my heart I pray!

43. KYÖ KYI PHUNG KHAM KYE CHE YAN LAG NAM
DHE SHEK RIH NGA YAP YUM SEM PA DHANG
TRO WÖ WANG PÖ RANG ZHIN CHOH SUM GYI
DHAG NYI LA MA CHOH LA SÖL WA DHEP

Your aggregates, elements, senses, and limbs,
Are the Fathers and Mothers of the five Buddha Families,
Bodhisattvas, and wrathful deities. Oh Supreme Lama,
You who are the Three Jewels, from my heart I pray!

44. KUN KYEN YE SHĚ RÖL PA LAY JUNG WAY
KYIL KHOR KHOR LO JE WEI DAH NYI DE
RIK GYAY KHYAP DHAG DOR JE DZIN PEI TSO
ZUNG JUG DANG PÖ GÖN LA SÖL WA DHEP

You are the essence of ten million mandala wheels
That arise from the play of omniscient pristine awareness.
All-pervading Lord of a Hundred Buddha families,

Foremost Vajra-holder,
Protector of the Primordial Union, from my heart I pray!

45. RIP MEY LHEN KEYI GA WEI RÖL PA DANG
YEER ME TEN YOH KUN KHYAP KUN GYI DHAG
THOH MA THA DRAL KUN ZANG DHON DHAM GYI
JANG CHUP SEM NGÖ KHYÖ LA SÖL WA DEP

Pervasive nature of all things stable and moving,
Inseparable from the play of faultless, spontaneous joy,
Thoroughly good, from the beginning free from extremes,
Oh actual, ultimate Bodhimind, from my heart I pray!

46. KHYÖ NI LA MA KHYÖ NI YI DHAM
KHYÖ NI KHA DRO CHÖ KHYONG TE.
DENG NEY ZUNG TE JANG CHUP BAR DU
KYÖ MIN KYAP ZHAN ME TSÖL WAY.
DHI DHANG BAR DO CHI ME THAR YANG
THUK JE CHAK KYÜ ZUNG DZÖ LA.
SI ZHI JIK DRÖL NGÖ DRUP KÜN TSÖL
TEN GYI DROH DZÖ BAR CHÖ SUNG (3x)

You are my Lama, you are my Yidam,
You are my Dakini and Dharma Protector;
From now until I attain enlightenment,
I shall seek no refuge other than you.
In this life, in the bardo, and until enlightenment,
Please hold me in the hook of your compassion,
Free me from the fears of samsara and nirvana,
Grant me all attainments, be my constant companion,
And protect me from all obstacles. (3x)

The Four Initiations

47. DE TAR LAN SUM SÖL WA TAP PAY THÜ
LA MAY KU SUNG THUH KYI NAY NAM LAY
DHÜ TSI Ö ZER KAR MAR THING GA SUM

RIM DANG CHIK CHAR JUNG NEY DHAH NYI KYI

By the force of making these requests three times,
Light rays and nectars, white, red, and cobalt blue,
Stream forth from the centers of my
Lama's body, speech, and mind.

48. NAY SUM RIM DHANG CHIK CHAR THIM PA LAY
DRIP ZHI DAG CHING NAM DHAH WANG ZHI THOP
KU ZHI THOP CHING LA MA NYI PA ZHIK
GYE ZHIN THIM PAY JIN GYI LAP PAR GYUR

One by one and all together my four obstacles are purified,
I receive the four empowerments
And the seeds of the four Buddha bodies.
A duplicate of my Lama happily dissolves into me,
And I am blessed with inspiration.

(For Tsoh Offering –see Appendix I, page 31, Quick Return Prayers Appendix II, page 42)

Seeking Inspiration to Realize the Stages of the Lam Rim

49. ZHING CHOH DHAM PA JE TSÜN LA MA LA
CHÖ CHING GÜ PEY SÖL WA TAP PEY THÜ
DHE LEK TSA WA GÖN PO KHYÖ NYI KYI
GYE ZHIN JE SU DZIN PAR JIN GYI LOP

Precious Lama, supreme field of good fortune,
Root of all goodness and joy, my Protector,
By the power of my offerings, respect, and prayers,
Gladly bless me with your care.

50. LEN CHIK TSAM ZHIK NYE PEI DEL JOR DHI
NYE KA NYUR DU JIG PEI TSÜL TOK NAY
DHON MEY TSE DI JA WAY MI YEENG WAR
DHON DHEN NYING PO LEN PAR JIN GYI LOP

Knowing that life's liberties and opportunities
Are found but once and quickly lost,
Inspire me to grasp life's essential meaning
And not be distracted by pointless activities.

51. NGEN SONG DHU NGEL BAR WEI MEY JIK NAY
NYING NAY KON CHOH SUM LA KYAP DRO ZHING
DIK PONG GE TSOH THAH DAG DRUP PA LA
TSÖN PA LHUR LEN JE PAR JIN GYI LOP

Aghast at the searing blaze of suffering in the lower realms,
I take heartfelt refuge in the Three Jewels.
Inspire me to intensify my efforts
To practice virtue and abandon vice.

52. LAY DANG NYÖN MONG BA LONG DRAK TU TRUK
DHUK NGAL SUM GYI CHU SIN MANG PÖ TSER
THA MEY JIG RUNG SI TSO CHEN PO LAY
THAR DÖ SHUG DRAH KYE WAR JIN GYI LOP

Violently tossed by waves of addiction and karma,
Devoured by three sea-dragon sufferings,
Inspire me to develop the fierce determination to be free
From this endless fearsome ocean of existence.

53. ZÖ KA TSÖN RA DRA WEI KHOR WA DHI
GA WEY TSEL TAR THONG WEY LO PANG NAY
LAP SUM PHAG PAI NOR GYI DZÖ ZUNG TE
THAR PEI GYEL TSEN DZIN PAR JIN GYI LOP

Having ceased to view this unbearable prison
Of cyclic existence as a pleasure grove,
Inspire me to raise the victory banner of freedom,
By practicing the Three Higher Trainings, the treasure of extraordinary beings.

54. NYAM THAK DRO WA DHI KÜN DHAG GI MA
YANG YANG DRIN GYI KYANG PEI TSÜL SAM NAY
DHUG PEI BU LA TSE WEI MA ZHIN DU
CHÖ MIN NYING JE KYE WAR JIN GYI LOP

Recognizing that all suffering beings are my mothers,
Who have raised me in kindness again and again,
Inspire me to develop authentic compassion,
Like a mother's love for her only child.

55. DUK NGEL TRA MO TSAM YANG MI DHÖ CHING
DHE LA NAM YANG CHOH SHEY MEY PAR NI
DAG DANG ZHAN LA KYE PAR YÖ MIN ZHEN
ZHAN DHE GA WA KYE PAR JIN GYI LOP

No one wants even the slightest suffering,
Or is ever content with the happiness they have;
In this we are all alike.
Inspire me to find joy in making others happy.

56. RANG NYI CHĚ PAR DZIN PEI CHONG NED DI
MI DHÖ DUK NGEL KYE PEI GYUR THONG NAY
LE LEN DEY LA KHÖN DU ZUNG JE TE
DAG DZIN DHÖN CHEN JOM PAR JIN GYI LOP

Seeing that the chronic disease of self-cherishing
Is the cause of my unwanted suffering,
Inspire me to put the blame where blame is due
And vanquish the great demon of clinging to self.

57. MA NAM CHE ZUNG DHE LA GÖ PEI LO
THA YEI YÖN TEN JUNG WEI GOR THONG NAY
DRO WA DHI DHA DHA GI DRAR LANG KYANG
SOH LAY CHEI PAR DZIN PAR JIN GYI LOP

Cherishing beings and securing their happiness
Is the gateway that leads to infinite excellence.

Inspire me to hold others more dear than my life,
Even when I see them as enemies.

58. DHOR NA JI PA RANG DHÖN KHO NA DHANG
THUP WANG ZHAN DHÖN BA ZHIH ZEY PA YI
KYÖN DHANG YÖN TEN YER WA TOG PEI LÖ
DHAG ZHAN NYAM JE NÜ PAR JIN GYI LOP

In short, the naive work for their aims alone;
While Buddhas work solely to benefit others.
Comparing the faults against the benefits,
Inspire me to be able to exchange myself for others.

59. RANG NYI CHEI DZIN GÜ PA KUN GYI GO
MA NAM CHEI DZIN YÖN TEN KÜN GYI ZHI
DHE CHIR DAG ZHAN JE WEI NEL JOR LA
NYAM LEN NYING POR JEY PAR JIN GYI LOP

Since cherishing myself is the doorway to all downfalls,
And cherishing others is the foundation of everything good,
Inspire me to practice from my heart
The yoga of exchanging self and others.

60. DEY NA JE TSÜN LA MA THUH JE CHEN
MA GYUR DRO WEI DIK DRIP DUK NGAL KUN
MA LÜ DHA TA DAG LA MEEN PA DANG
DHAG GI DHE GE ZHAN LA TANG WA YI
DRO KUN DHE DANG DHAN PAR JIN GYI LOP (3x)

Therefore, supremely compassionate Lama,
Inspire me to take the bad deeds, imprints, and sufferings
Of all beings to ripen upon me right now,
And to give to them my happiness and virtue
So that all beings may be happy. (3x)

61. NÖ CHÜ DHIH PEI DRE BÜ YONG GANG TE
MI DHÖ DUK NGEL CHAR TAR BAP GYUR KYANG

LAY NGAN DRE BU ZAY PEI GYUR THONG NAY
KYEN NGEN LAM DU LONG PAR JIN GYI LOP

Even if the world and its beings,
Filled with the results of negative actions,
Pour down a rain of unwanted suffering,
Inspire me to take these miserable conditions as a path,
Knowing that this burns away my negative karma.

62. DHOR NA ZANG NGAN NANG WA CHI SHAR YANG
CHÖ KÜN NYING PO TOP NGEI NYAM LEN GYI
JANG CHUP SEM NYEI PHEL WEI LAM GYUR TE
YEI DHE BA ZHIK GOM PAR JIN GYI LOP

In short, whether conditions seem favorable or unfavorable,
Inspire me to make a habit of happiness,
By increasing the two types of Bodhimind
Through the practice of the five forces, essence of all the Dharmas.

63. JOR WA ZHI DANG DHEN PEI THAP KHEY KYI
TREL LA GANG THUB GOM LA JOR WA DANG
LO JONG DHAM TSIK LAP JAY NYAM LEN GYI
DHÄL JOR DÖN CHEN JE PAR JIN GYI LOP

Whatever happens, may I use meditation at once,
Applying the skillful methods of the four techniques.
Inspire me to take advantage of this fortunate life
By practicing the commitments and precepts of training the mind.

64. TONG LEN LUNG LA KYÖN PAY TRÜL DHEIK CHAN
JAM DANG NYING JE LHAK PAI SAM PA YI
DRO NAM SI TSO CHE LAY DRÖL WEI CHIR
JHANG CHUP SEM NYEI JONG PAR JIN GYI LOP

‘Give and Take’ mounted on the breath is the magic device
That brings love, compassion, and the special mind.

To save all beings from this world's great ocean.
Please bless me to awaken true Bodhimind.

65. DÜ SUM GYEL WA KÜN GYI DRÖ CHIK LAM
NAM DHAH GYEL SAY DHOM PĚ GYÜ DHAM SHING
THEK CHOG TSÜL TRIM SUM GYI NYAM LEN LA
TSÖN PA LHUR LEN JHI PAR JIN GYI LOP

Restraining the mind with Bodhisattva vows
Is the one path traveled by Buddhas of all three times.
Inspire me to strive sincerely to practice
The three moral disciplines of the Mahayana.

The Paramitas

66. LÜ DHANG LONG CHÖ DHÜ SUM GE TSOG KYI
SEM CHEN RANG RANG DHÖ PEI NGÖ GYUR TE
CHAH MEY TONG SEM PEL WEI MEN NGAG GI
JIN PEI PHAR CHIN DZOK PAR JIN GYI LOP

Inspire me to perfect transcendent generosity,
Through improving the mind that gives without attachment,
Transforming my body, wealth, and good deeds from all time
Into whatever each being desires.

67. SO THAR JANG SEM SANG NGAG DHOM PA YI
CHÄ TSAM SOH GI CHIR YANG MI TONG ZHING
GE CHÖ DHÜ DHANG SEM CHEN DHÖN DRUP PAY
TSÜL TRIM PHAR CHIN DZOK PAR JIN GYI LOP

Inspire me to perfect transcendent moral discipline,
By keeping, even at the cost of my life,
My self-liberation, Bodhisattva, and Vajrayana vows,
And by collecting good deeds and helping others.

68. KHAM SUM KYE GU MA LÜ TRÖ GYUR TE
SHE ZHING TSANG DRU DIK SHING SOH CHÖ KYANG
MI TRUK NÖ LEN PHEN PA DRUP JE PEI
ZÖ PEI PHAR CHIN DZOK PAR JIN GYI LOP

Inspire me to perfect transcendent patience,
Even if all the beings of the world
Become abusive, critical, threaten, or even kill me,
Undisturbed I will work for their benefit.

69. SEM CHEN RE REI CHIR YANG NAR MEI PEI
MAY NANG KEL PA GYA TSOR NAY GÖ KYANG
NYING JEY MI KYO JHANG CHUP CHOG TSÖN PAY
TSÖN DRÜ PHAR CHIN DZOK PAR JIN GYI LOP

Inspire me to perfect transcendent joyous effort,
By striving with tireless compassion for supreme enlightenment,
Even if I must remain for many aeons
In the deepest hell fires for the sake of each being.

70. JING GÖ NAM PAR YEENG WEI KYÖN PANG NE
CHÖ KÜN DHEN PAY TONG PEI NAY LUK LA
TSE CHIK NYAM PAR JOK PEI TING DZIN GYI
SAM TEN PHAR CHIN DZOK PAR JIN GYI LOP

Inspire me to perfect transcendent concentration,
By abandoning mental sinking, wandering, and excitement,
And meditating in single-pointed absorption
On the true nature of reality — emptiness.

71. DE NYI SO SOR TOK PEI SHE RAP KYI
DRANG PEI SHIN JANG DHE CHEN DANG DREL WA
DHÖN DHAM NYAM ZHAK NAM KEI NEL JOR GYI
SHE RAP PHAR CHIN DZOK PAR JIN GYI LOP

Inspire me to perfect transcendent wisdom,

Through practicing space yoga in equipoise on the ultimate,
Joining the bliss of supple ecstasy
With the insight that discriminates what is.

72. CHI NANG CHÖ NAM GYU MA MEE LAM DHANG
DHANG WEI TSO NANG DHA ZUK JI ZHIN DHU
NANG YANG DHEN PAR MEY PEI TSÜL TOK NAY
GYU MEI TING DZIN DZOK PAR JIN GYI LOP

Inspire me to complete the perfection of illusion-like aftermath,
Realizing that inner and outer phenomena lack true existence,
Yet still appear, like an illusion, a dream,
Or the reflection of a moon on a clear lake.

73. KHOR DEI RANG ZHIN DHÜL TSAM MAY PA DHANG
GYU DREI TEN DREL LU WA MAY PA NYEI
PHEN TSÜN GEL MAY DROK SU CHAR WA YI
LU DRUP GONG DHÖN TOK PAR JHIN GYI LOP

Inspire me to understand Nagarjuna's meaning,
That there is no contradiction, but rather harmony
Between the unfailing interdependence of cause and effect
And lack of inherent existence in this world and beyond.

Vajrayana

74. DHE NAY DOR JE DZIN PEI DHE PÖN GYI
DRIN LAY GYÜ DHE GYA TSÖ JING GEL TE
NGÖ DRUP TSA WA DHAM TSIK DHOM PA NAM
SOH LAY CHEY PAR DZIN PAR JIN GYI LOP

Inspire me to embark on the swirling ocean of tantra
Through the kindness of my navigator, the Vajra -holder,
And to cherish more than my life
My vows and commitments, roots of my attainment.

75. KYE SHI BAR DHO GYEL WEI KU SUM DHU
GYUR WEI RIM PA DHANG PÖ NEL JOR GYI
THA MEL NANG ZHEN DRI MA KÜN JANG TE
GANG NANG LHA KUR CHAR WAR JIN GYI LOP

Inspire me to practice the first stage, the simulated yoga
That transforms birth, death, and bardo into the three Buddha bodies,
So that when ordinary perception and conception become pure,
Whatever arises may manifest as my Yidam.

76. NYING GEI DHAP GYAY DU TI Ü DHAH TU
GÖN KHYÖ ZHAP SEN KÖ PA LAY JHUNG WA
Ö SEL GYÜ LÜ ZUNG DHU JUK PAY LAM
TSE DHIR NGÖN DHU GYUR WA JIN GYI LOP

As you place your feet, oh Glorious Protector,
At the very center of my heart's eight petals,
Inspire me to actualize in this very life
The paths of clear light, illusion body, and their union.

77. LAM NA MA ZIN CHI WEI DHÜ JEI NA
TSEN THAP TSANG GYA LA MEI PHO WA NI
TOP NGA YANG DHAH JAR WEI DHAM NGAG GI
DHAH PEI ZHING DHU DRÖ PAR JIN GYI LOP

If my death should come before I enter the path,
Bless me to reach a Pure Land
Through applying the instructions on the five powers,
The supremely powerful method of transference to Buddhahood.

78. DHOR NA KYE ZHING KYE WA THAM CHEI DHU
GÖN PO KHYÖ KYI DREL MAY JEI ZUNG NAY
KU SUNG THUG KYI SANG WA KÜN DZIN PEI
SAY KYI THU WOR GYUR WA JIN GYI LOP

From birth to birth, please bless me, oh Protector,
Never to be separated from your loving care,

And, as the foremost of your disciples,
To hold every secret of your body, speech, and mind.

79. GÖN KHYÖ GANG DHU NGÖN PAR SANG GYAY PEI
KHOR GYI THOH MA NYI DHU DHAH GYUR TE
NAY KAP THAR THUH GÖ DÖ MA LÜ PA
BEY MEY LHÜN KYI DRUP PEI TRA SHI TSÖL

Grant me the good fortune to be the first in your circle
Wherever you manifest as a Buddha,
And to accomplish spontaneously, without effort,
All temporal and ultimate needs and wishes.

80. DHE TAR SÖL WA TAP PEI LA MA CHOH
JHIN GYI LAP SHING GYEI ZHIN CHI WOR JÖN
LAR YANG NYING GEI PEI MEI ZEÜ DRU LA
ZHAP SEN WÖ CHAH TEN PAR ZHUK SU SÖL

Pleased by these requests, Oh Supreme Lama,
To bless me, come to my crown with delight,
And once again set your radiant feet
Firmly at the center of the lotus of my heart.

Dedication

81. DHE TAR GYI PEI NAM KAR GE WA YANG
DHÜ SUM DHE SHEK SAY CHAY THAM CHAY KYI
DZE PA MÖN LAM MA LÜ DRUP PA DHANG
LUNG THOH DHAM CHÖ DZIN PEI GYU RU NGO

I dedicate the pure virtues created here
To accomplishing the aims and wishes
Of the Buddhas and Bodhisattvas of the three times
And to upholding the transmitted and realized Dharma.

82. DE YI THU LAY TSE RAP KÜN TU DHAH
THEG CHO KHOR LO ZHI DANG MI DRAL ZHING
NGEI JUNG JANG SEM YANG DHAH TA WA DHANG
RIM NYEI LAM GYI DRÖ PA THAR CHIN SHOH

By the force of this merit, throughout all of my lives,
May I never be separated from the four wheels of the Mahayana.
May I complete the paths of Seeking Freedom, Bodhimind,
Wisdom, and the two stages of Vajrayana.

Auspicious Verses

83. SI ZHEI NAM KAR JI NYEI GE TSEN GYI
DENG DIR MI SHI GÜ PA KÜN DRÄL TE
NAY KAP THAR THUH GE LEK NAM KHEI DZÖ
PHÜN TSOK PEL LA RÖL PEI TRA SHI SHOH

May we attain a vast treasure of immediate and ultimate happiness,
Through all the merit of samsara and nirvana,
Free of troubles from now on,
And enjoy the good fortune of magnificent delight.

84. KÜN KYEN LO ZANG DRAK PEI CHÖ KYI DHER
LAP SUM NAM DHAH TSE CHIK DRUP LA TSÖN
NEL JOR RAP JHUNG TSOH KYI YONG GANG WEI
THUP TEN YÜN DHU NEI PEI TRA SHI SHOH

May the Dharma communities of all-knowing Losang Drakpa
Be filled with Sangha, yogis and yoginis who strive
Purely, single pointedly, to practice the three trainings,
So that the good fortune of Buddha's teachings may long endure.

85. ZHÖN NÜ DHÜ NAY LA MA LHA TSOH LA
SÖL WA TAP PEY LO ZANG DRAH PA YI
JHIN LAB ZHUK NEY ZHEN DHÖN LHÜN GYI DRUP

LO ZANG DOR JE CHANG GI TRA SHI SHOH

May we benefit others effortlessly,
Through Losang Drakpa's blessings.
Since childhood, I made requests to my Supreme Lama-Yidam.
May we have the good fortune of Losang Dorje Chang.

86. DHÖ GÜ JOR PA YAR GYI TSOH TAR PHEL
KYÖN MEY RIK KYI DHAL DRO GYÜN CHEI MAY
NYIN TSHEN LO ZANG DHAM PEI CHÖ KYI DHA
PHÜN TSOK PEL LA RÖL PEI TRA SHI SHOH

May our endowments swell like a summer lake.
May we always take birth in faultless families.
May we spend day and night with Losang's holy Dharma
And enjoy the good fortune of magnificent delight.

87. DHAH SOH NAM KYI DENG NAY JHANG CHUP BAR
GYI DHANG GYI GYUR GE WA CHI SAK PA
ZHING DHIR JE TSÜN DHAM PEY ZUH KYI KU
GYUR MEY DOR JE TAR TEN TRA SHI SHOH

Through the merit we have collected and will collect
From now until we all attain enlightenment,
May the good fortune of your holy form, incomparable Lama,
Remain in this world, immutable as a diamond.

Appendix I

THE TSOH OFFERING

Blessing the Offering Substances

OM AH HUNG (3x)

1. NGO WO YE SHE LA NAM PA NAG CHÖ DANG CHÖ
DZE SO SÖ NAM PA JE LE WANG PO DRUK GI
CHÖ YÜL DU DHE TONG GI YE SHEI KYEI PAR
CHEN KYEI PEI SA DHANG BAR NANG
NAM KHA KYÖN THAM CHA YONG SU KHYAP PE
CHI NANG SANG WEI CHÖ TRIN DHAM ZAY CHEN
ZIH SAM GYI MI KHYAP PEI GANG WAR GYUR

Nature Pure
Offerings Appear
Arousing Bliss-Void
Filling Space

Inviting the Guests

2. THUH JE DHAH NYI TSA GYÜ LA MA DHANG
YI DHAM LHA TSOH KYAP NEI KÖN CHOH SUM
PA WO KHA DRO CHÖ KYONG SUNG MEI TSOH
CHEN DREN CHÖ PEI NEI DIR SHEH SU SÖL

You who are compassion itself,
Root and lineage lamas, Yidams, Three Jewels,
Heroes, Dakinis, and Dharma Protectors,
I invite you to this feast.

3. CHI NANG SANG WEI CHÖ TRIN GYA TSÖ Ü
RIN CHEN LAY DRUP ZEY PEI DHEN TRI LA
ZHAP SEN Ö CHAH TEN PAR ZHUH NAY KYANG
DRUP CHOH DHAG LA DHÖ GÜ NGÖ DRUP TSÖL

You who have attained the highest goal
Please remain here, radiant, upon the jeweled throne,
Amidst the ocean of outer, inner, and secret offerings,
And grant me all the attainments I long for.

4. HO TING DZIN NGAH DHANG CHAH GYEI JIN LAP PEI
ZAH MEI DÜ TZI TSOH CHÖ GYA TSO DHI
TSA GYÜ LA MEI TSOH NAM NYEI CHIR BÜL
OM AH HUNG
DHÖ GÜ PEL LA RÖL PEI TSIM ZEI NE
E MA HO JHIN LAP CHAR CHEN UP TU SÖL

To the host of root and lineage lamas
I offer this vast feast purified by
Samadhi, mantra, and mudra
OM AH HUNG
Enjoying these magnificent delights,
E MA HO Please shower me with great blessings.

5. HO TING DZIN NGAH DHANG CHAH GYEI JIN LAP PEI
ZAH MEI DÜ TZI TSOH CHÖ GYA TSO DHI
YI DHAM LHA TSOH KHOR CHAY NEYI CHIR BÜL
OM AH HUNG
DHÖ GÜ PEL LA RÖL PEI TSIM ZEI NE
E MA HO NGO DRUP CHAR CHEN UP TU SÖL

To the Yidams and their entourage I offer this vast feast
Purified by samadhi, mantra, and mudra.

OM AH HUNG

Enjoying these magnificent delights,
EM A HO Please shower me with great attainments.

6. HO TING DZIN NGAH DHANG CHAH GYEI JIN LAP PEI
ZAH MEI DÜ TZI TSOH CHÖ GYA TSO DHI
KÖN CHO H RIN CHEN TSOH NAM NEYI CHIR BÜL
OM AH HUNG
DHÖ GÜ PEL LA RÖL PEI TSIM ZEI NE
E MA HO DHAM CHÖ CHAR CHEN UP TU SÖL

To the host of the Three Precious Jewels I offer this vast feast
Purified by samadhi, mantra, and mudra.

OM AH HUNG

Enjoying these magnificent delights,
E MA HO Please shower me with holy Dharma.

7. HO TING DZIN NGAH DHANG CHAH GYEI JIN LAP PEI
ZAH MEI DÜ TZI TSOH CHÖ GYA TSO DHI
KHA DRO CHÖ KYONG TSOH NAM NEYI CHIR BÜL
OM AH HUNG
DHÖ GÜ PEL LA RÖL PEI TSIM ZEI NE
E MA HO TRIN LE CHAR CHEN UP TU SÖL

To the host of Dakini and Dharma protectors I offer this vast feast
Blessed by samadhi, mantra, and mudra.

OM AH HUNG

Enjoying these magnificent delights,
EM A HO Please shower me with great deeds of virtue.

8. HO TING DZIN NGAH DHANG CHAH GYEI JIN LAP PEI
ZAH MEI DÜ TZI TSOH CHÖ GYA TSO DHI
MA GYUR SEM CHEN TSOH NAM NEYI CHIR BÜL
OM AH HUNG
DHÖ GÜ PEL LA RÖL PEI TSIM ZEI NE
E MA HO TRÜL NANG DUH NGEL ZHI GYUR CHIK

To the host of all sentient beings I offer this vast feast
Blessed by samadhi, mantra, and mudra
OM AH HUNG
Enjoying these magnificent delights,
EM A HO May suffering and ordinary perception end.

Offering to the Vajra Master

9. E MA HO TSOH KYI KOR LO CHE
DHÜ SUM DHE SHEG SHEG SHÜL TE
NGÖ DRUP MA LÜ JUNG WEI NAY
DE TAR SHE NAY PA WO CHE
NAM PAR TOK PEI SEM BOR NAY
TSOH KYI KHOR LOR GYÜN DU RÖL
A LA LA HO

E MA HO Great collection of offerings!
Great hero, by following the path of the Blissful,
You have become the source of all attainment,
Enjoy forever the collection of this offering!
A LA LA HO

The Master's Reply

10. OM DOR JE SUM YEER MEI PEI DHAH
RANG NYI LA MA L HAR SEL NAY
AH ZAH MEY YE SHE DÜ TSI DHI
HUNG JHANG CHUP SEM LAY YO ME PAR
LÜ NAY LHA NAM TSIM CHIR RÖL
AH HO MAHA SUKHA

OM I arise as the Lama-Yidam,
Inseparable from the three vajras.
AH with unshakeable bodhimind
I enjoy this pure wisdom feast
To delight the deities in my body.
AH HO MAHA SUKA

(insert Quick Return Prayers, page 42)

Dakini Song

11. HUNG: DE ZHIN SHEK PA TAM CHE DHANG
PA WO DANG NI NEL JOR MA
KAN DRO DHANG NI KAN DRO MA
KÜN LA DHAH NI SÖL WA DHEP
DHE WA CHOH LA GYE PEI HE R RU KA
DHE WE RAP NYÖ MA LA NYEI JI NEI
CHO GA ZHIN DHU LONG CHÖ PA YI NI
LHEN KEY DE WEI JOR WA LA ZHUK SO
AH LA LA LA LA HO AH IH AHA AH RA LI HO
DRI ME KAN DRÖ TSOH NAM KYI
TSE WE ZI LA LE KÜN DZÖ

HUNG Oh Transcended Ones, Heroes,

Yoginis, Dakas and Dakinis,
All of you, hear my prayers!
Heruka, delighting in supreme bliss,
Adore the Dakini entranced by bliss!
A LA LA LA LA HO AH IH AHA AH RA LI HO
Oh host of stainless Dakinis,
Look on with love and give all accomplishments

12. HUNG: DE ZHIN SHEK PA THAM CHE DHANG
PA WO DHANG NI NEL JOR MA
KAN DRO DHANG NI KAN DRO MA
KÜN LA DHAH NI SÖL WA DEP
DHE WA CHEN PÖ YI NI RAP KYÖ PAY
LÜ NI KÜN TU YO WEI GAR GYI NI
CHAH GYEI PE MAR RÖL PEI DHE WA CHE
NEL JOR MA TSOH NAM LA CHÖ PAR DZÖ
AH LA LA LA LA HO AH IH AHA AH RA LI HO
DRI ME KAN DRÖ TSOH NAM KYI
TSE WE ZIK LA LE KÜN DZÖ

HUNG Oh Transcended Ones, Heroes,
Yoginis, Dakas and Dakinis,
All of you, hear my prayer!
Mind ecstatic with great bliss,
Body in passionate dance,
I offer to hosts of yoginis
The play of great bliss in the mudra lotus.
A LA LA LA LA HO AH IH AHA AH RA LI HO
Oh host of stainless Dakinis,
Look on with love and accomplish all good deeds.

13. HUNG: DE ZHIN SHEK PA THAM CHE DHANG
PA WO DHANG NI NEL JOR MA

KAN DRO DHANG NI KAN DRO MA
KÜN LA DHAH NI SÖL WA DEP
YI ONG ZHI WEI NYAM KYI GAR ZE MA
RAP GYE GÖN PO KYÖ DANG KAN DRÖ TSOH
DHAH GI DHÜN DHU ZHUH TE JIN LAP LA
LHEN KYE DHE CHEN DHAH LA TSEL DU SÖL
AH LA LA LA LA HO AH IH AHA AH RA LI HO
DRI ME KAN DRÖ TSOH NAM KYI
TSE WE ZI LA LE KÜN DZÖ

HUNG Oh Transcended Ones, Heroes,
Yoginis, Dakas and Dakinis,
All of you, hear my prayer!
Oh enchanting and peaceful dancer,
Joyful Protector and Dakini host,
Please come before me to bless me!
Grant me spontaneous great bliss!
AH LA LA LA LA HO AH IH AHA AH RA LI HO
Oh host of stainless Dakinis,
Look on with love and accomplish all good deeds.

14. HUNG: DE ZHIN SHEK PA THAM CHE DANG
PA WO DHANG NI NEL JOR MA
KAN DRO DHANG NI KAN DRO MA
KÜN LA DHAH NI SÖL WA DEP
DHE CHEN THAR PAI TSEN NYI DEN PA KYO
DHE CHEN PANG PEI KA THUP DHU MA YI
TSE CHIH DROL WAR ME ZHE DHE CHEN KYANG
CHU KYI CHOH GI U NA NEI PA YIN
AH LA LA LA LA HO AH IH AHA AH RA LI HO
DRI ME KAN DRÖ TSOH NAM KYI
TSE WE ZI LA LE KÜN DZÖ

HUNG Oh Transcended Ones, Heroes,
Yoginis, Dakas and Dakinis,
All of you, hear my prayer!
You whose very nature is great bliss freedom,
Never say one attains freedom in a single life
By abandoning great bliss for ascetic ordeals!
Great bliss is found in the supreme lotus!
AH LA LA LA LA HO AH IH AHA AH RA LI HO
Oh host of stainless Dakinis,
Look on with love and accomplish all good deeds.

15. HUNG: DE ZHIN SHEK PA THAM CHE DHANG
PA WO DHANG NI NEL JOR MA
KAN DRO DHANG NI KAN DRO MA
KÜN LA DHAK NI SÖL WA DEP
DHAM GYI U SU KYI PEI PEMA ZHIN
CHAK LA KYE KYANG CHAK PE KYÖN MA GO
NEL JOR MA CHOH PE MEI DE WA YI
SI PEI CHING WA NYUR DU DRÖL WAR DZO
AH LA LA LA LA HO AH IH AHA AH RA LI HO
DRI ME KAN DRÖ TSOH NAM KYI
TSE WE ZI LA LE KÜN DZÖ

HUNG Oh Transcended Ones, Heroes,
Yoginis, Dakas and Dakinis,
All of you, hear my prayer!
As a lotus arises out of the mud,
This great bliss of the supreme yogini's lotus
Is born from attachment, yet untainted by it.
May it swiftly free me from samsara's chains!
AH LA LA LA LA HO AH IH AHA AH RA LI HO
Oh host of stainless Dakinis,
Look on with love and accomplish all good deeds.

16. HUNG: DHE ZHIN SHEK PA THAM CHE DANG
PA WO DHANG NI NEL JOR MA
KAN DRO DHANG NI KAN DRO MA
KÜN LA DHAH NI SÖL WA DEP
DRANG TZI JUNG NEI NAM KYI DRANG TSI CHÜ
BUNG WE TSOG KYI KUN NEI TUNG WA TAR
TSEN NYI DRUG DHEN THSO KYI GYEI PA YE
CHÜ CHENG PA YI RO YEI TSHIM PAR DZÖ
AH LA LA LA LA HO AH IH AHA AH RA LI HO
DRI ME KAN DRÖ TSOH NAM KYI
TSE WE ZI LA LE KÜN DZÖ

HUNG Oh Transcended Ones, Heroes,
Yoginis, Dakas and Dakinis,
All of you, hear my prayer!
As swarms of bees drink deeply
Of honey's essence in the nectar flower,
May I be blissfully satisfied with the taste of essence
In the perfect lotus with six signs.
AH LA LA LA LA HO AH IH AHA AH RA LI HO
Oh host of stainless Dakinis,
Look on with love and accomplish all good deeds.

Leftover Tsoh Offering

17. HUNG MA DAK TRÜL NANG YING SU DAK
AH YE SHE LE DRUP DÜ TSI CHE
OM DÖ GÜ GYA TSO CHEN POR GYUR
OM AH HUNG (3X)

HUNG Impure mistaken appearances are purified in emptiness,
AH Great nectar accomplished from exalted wisdom,
OM It becomes a vast ocean of desired enjoyment,
OM AH HUNG (3x)

Actual Offering to the Spirits

18. HO TING DZIN NGAH DHANG CHAH GYE JIN LAP PEI
ZAH MEI DÜ TZI TSOH LHAH GYA TSHO DHEE
DHAM CHEN ZHING KYONG TSOH NAM NYEI CHIR BÜL
OM AH HUNG
DÖ GÜ PAL LA RÖL PEY TSIM ZAY NAY
E MA HO NEL JOR TRIN LAY TSÜL ZHIN DRUP

HO To the host of sworn protectors
I offer this vast feast
Purified by samadhi, mantra, and mudra.
OM AH HUNG
Enjoying these magnificent delights,
E MA HO Please perform actions to benefit practitioners

19. KYE PAR NEL JOR DHAH CHAH LA
NEI MEI TSHE DHANG WANG CHUH DHANG
PEL DHANG DRAH DHANG KEL WA ZANG
LONG CHÖ GYA CHEN KÜN THOP CHING

HO Remaining guests and retainues,
Please enjoy this feast for you.
May all Dharma teachers and their families,
And especially those of us practicing here,
Have health, longevity, and fortune,
And attain our highest goals!

20. ZHI DHANG GYEI LA SOK PA YI
LAY KYI NGÖ DRUP DHAH LA TSÖL
DHAM TSIK CHEN GYI DAK LA SUNG
NGÖ DRUP KÜN GYI TONG DROK DZÖ

You who keep the commitments,
Grant me attainment of the four activities
Of pacifying, growth, power, and wrath,
As well as all other accomplishments.

21. DÜ MIN CHI DHANG NEI NAM DHANG
DHÖN DANG GEK NAM MEY PAR DZÖ
MEE LAM NGEN DHANG TSEN MA NGEN
JA JE NGEN PA MEY PAR DZÖ

Eliminate untimely death and sickness,
Harmful spirits and obstructions.
Bring an end to bad dreams,
Bad omens and unfortunate actions.

22. JIK TEN DE ZHING LO LEK DHANG
DRU NAM GYE SHING CHÖ PEL DHANG
DHE LEK THAM CHEI JUNG WA DANG
YI LA DHÖ PA KÜN DRUP SHOK

May the world be in peace and the year be good.
May the world have prosperity and spiritual principles flourish.
May every joy and happiness come to pass
And every wish be fulfilled.

23. JIN PA GYA CHER CHÖ PA DHI YI THÜ
DRO WEI DHÖN DU RANG JUNG SANG GYAY NAY

NGÖN TSE GYEL WA NAM KYI MA DROL WEI
KYE WÖ TSOK NAM JIN PAI DRÖL GYUR CHIK

By the power of generosity,
May I become Buddha for the sake of all beings.
May all beings, unredeemed by Buddhas of the past,
Attain liberation through the offerings made here.

(return to Lama Chopra, page 19)

Appendix II

QUICK RETURN PRAYERS

Prayer for the Quick Return of Gelek Rimpoche

TEN CHING DREL JUNG DE NYI SAB MÖ TSUL
RIG TSUL DU MÄ DOM DZE SHA KYE SÄ
LO SANG GYAL WA YAB SÄ RIM JÖN KYI
DENG DIR GE LEK CHAR DU NYIL WAR DZÖ

TEN PA RIN CHEN CHOG GI MA KYAB PAI
CHOG DER LHAG SAM ZANG PÖ LUNG TOG TEN
SAL DZE NGA WANG GE LEK NAM GYAL GYI
YANG TRUL TEN DRÖ PAL DU NYUR JÖN SHOG

*Che pa di ni zhing sheg dre lo ling nyak re khen trül nga wang ge lek gya tsö
Nyur jön mön tsig chig gö zhe nyak re khang tsen dang khen trül lab rang
A rir ten zhi je pai chö tsog kyi lob ma chä nä kul ngor
Sha kye ge jong chö ma wa da lai la mä rab jung chu dün pai me ja
Da wa 1 tse 18 chi lo 2017 da wa 3 tse 15 la jar wa o*

Translation: Thubten Jinpa

O Shakyamuni, who taught, through various modes of reason
The profound truth of dependent origination; O Lobsang Gyalwa and your spiritual heirs,
Rain on us here, now, heavy showers of virtue and goodness.

Where precious Dharma had not yet spread, with pure intention
Ngawang Gelek Namgyal illuminated both sacred words and realization.
So may his reincarnation appear quickly
For the glory of the Buddha's teaching and for the sake of all beings.

This prayer for the quick return of the late Ngawang Gelek Gyatso, Nyakre Khentrul of Drepung Loseling Monastery, was composed at the request of Nyakre Khangtzen, Rinpoche's Labrang, as well as his students at his centers in the United States. It was written by the Dalai Lama, a Buddhist monk and speaker of Dharma, on 18-day of the first month of the Seventeenth Rabjung cycle, 15 March, 2017.

Prayer for Gelek Rimpoche's Quick Return

RI ME DRO WAI MA DRI DZA SHE CHIG
DE ZHIN SHEG DANG DAM CHÖ GEN DUN DE
GYÜ DE NE SUNG YI DAM LHAG PAI LHA
KÜN LA YO ME NYING NÄ SÖL WA DEB

I bow to Buddha,
The One who loves All sentient beings, To Dharma and Sangha,
The Yidams and special Bhagavans of the tantric texts.

NGA GI WANG CHUG JAM PEL NYING PO YI
WANG GYUR YÖN TEN DU MÄ RAB GYUN PA
GE LEK JE WA BUM GYI JUNG NÄ CHE
LEG SHE GYUN MAR DROG LA SÖL WA DEB

I bow to you, ornamented by a wealth of Manjushri's qualities,
Who teaches us continually;
You are the source of inestimable goodness and virtue.

TRIN LÄ CHU DZIN PHUNG PÖ NA TSOG PAI
LÄ CHEN DRO WA DU MAR THRAL PHUG KYI

NAM TOG NYE GÜ NE KÜN ZHI DZE PA
GYAL SE JE TSÜN LA MAR SÖL WA DEB

I bow to you, my bodhisattva lama, who cures,
Through a rain cloud of blessings temporary and ultimate illnesses,
the ignorance and obscurations within the many fortunate students.

RING NÄ DA BAR GÖN PO KYE KYI DRUNG
DAM CHÖ NYANG PAI DRANG KYI MA TSIM PAI
NGE CHAG NYAM THAG DÜL JÄ DE PÖN DU
NYUR DU NYI ZHÖN SAR PA CHAR WAR DZÖ

Let rise a new and young sun to lead us,
Your longtime, poor, dear disciples
Who still yearn for more of your teachings.

CHOG SUM GYAL WA GYA TSO LHAG PAI LHA
GYAL WAI YUM GYUR JE TSÜN PHAG MA DANG
SANG DE JIG SUM DOR JE KA CHÖ MAI
SHIN TÛ SAM DÖN YI ZHIN DRUB PAR SHOG

By the blessings of the Three Jewels,
Tara, Mother of all Buddhas,
and Vajrayogini,
May my dream come true.

Composed by Demo Rinpoche, February 16, 2017

Guru Mantra of Kyabje Gelek Dorje Chang:

OM AH GURU VAJRADHARA JINA SHASANA SUKALYANA VIJAYA SARVA SIDDHI HUNG HUNG

(return to Dakini Song, page 35)