

# PRAYERS FOR PEACE

## Ganden Iha Gyema

The Hundreds of Deities of the Land of Joy

### Developing Bodhicitta

SANG GYE CHÖ DANG TSOH KYI CHOH NAM LA  
JANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI JIN SOG GYI PE SO NAM KYI  
DRO LA PÄN 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 DANG DE WEI GYU DANG  
DEN PAR GYUR CHIK  
SEM CHEN TAM CHE DUK NGEL DANG DUK NGEL GYI GYU  
DANG DREL WAR GYUR CHIK  
SEM CHEN TAM CHE DUK NGEL ME PEI DE WA DANG MI  
DREL WAR GYUR CHIK  
SEM CHEN TAM CHE NYE RING CHAK DANG NYI DANG  
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.

GAN DEN LHA GYÄ GÖN GYI THUG KA NÄ  
RAB KAR ZHO SAR PUNG DRAI CHU DZIN TZER  
CHÖ KYI GYEL PO KUN KYEN LO ZANG DRAH SÄ  
DANG CHÄPA NÄ DIR SHEG SU SÖL

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 PÄ DAI  
TENG JE TSÜN LA MA GYE PAI DZUM  
KAR CHEN DAG LO DÄ PAI SÖ NAM  
ZHING CHOH TU TEN PA GYÄ CHIR  
KAL GYAR ZHUG SU SÖL

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 KYÖN KUN JAL WAI LO DRO TUG  
KAL ZANG NA WAI GYÄN GYUR LEG SHE  
SUNG DRAG PAI PAL GYI LHAM MER DZE  
PAI KU THONG THÖ DRÄN PAI DÖN DEN  
LA CHAH 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 CHÖ YÖN NA TSOG ME TOG  
DANG DRI ZHIM DUG PÖ NANG SAL  
DRI CHAB SOG NGÖ SHAM YI TRÜL  
CHÖ TRIN GYA TSO DI SÖ NAM ZHING  
CHOG KYÖ LA CHÖ 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.

GANG ZHI TOG ME DÜ NÄ SAG PA YI  
LÜ NGAG YI KYI MI GE CHI GYI DANG  
KYÄ PAR DOM PA SUM GYI MI THUN CHOG  
NYING NÄ GYÖ 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 again with fervent  
regret from my heart.

NYING MAI DÜ DIR MANG THÖ DRUB LA TSÖN  
CHÖ GYE PANG PE DAL JOR DÖN YÖ CHE  
GÖN PO KYÖ KYI LAB CHEN DZÄ PA LA  
DAG CHAG SAM PA THAG PE 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 TSÜN LA MA DAM PA KYE NAM KYI  
CHÖ KÜ KA LA KYEN TZEI TRIN TRIG NE  
JI TAR TSAM PAI DUL JÄ DZIN MA LA  
ZAB GYÄ CHÖ KYI CHAR PA WAB DU SÖL

You, the great masters,  
may your sky of dharmakaya  
develop the clouds of wisdom and compassion and  
shower the vast and profound teachings  
as suitable, on the ground of your disciples.

DAG GI JI NYE SAG PAI GE WA DI  
TÄN DANG DRO WA KUN LA GANG PEN  
DANG KYE PAR JE TSÜN LO ZANG  
DRAG PA YI  
TEN PAI NYING PO RING DU SÄL 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 DEN TZA WAI LA MA RIN PO  
CHE DAG GI CHI WOR PÄ MAI  
TENG ZHUG LA KA DRIN CHEN POI  
GO NA JE ZUNG TE  
KU SUNG TUG KYI NGÖ 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 TSE WAI TER CHEN CHEN  
RE ZIK TRI ME KYEN PAI WANG PO  
JAM PÄL YANG DÜ PUNG MA LÜ JOM  
DZE SANG WAI DAK  
GANG CHEN KE PAI TSUK GYÄN TSONG  
KHAPA LOSANG DRAK PAI ZHAB LA SÖL  
WA DEB (21x)

*[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 requests at your  
feet.]*

NAMO RATNA TRAYAYA / NAMO ARYA JNANA  
SAGARA VAIROCHANA / VYUHA RAJAYA/  
TATHAGATAYA / ARHATE / SAMYAK  
SAMBUDDHAYA NAMAH SARVA TAGHAGATE  
BHYAH ARHATE BHYAH/ SAMYAK SAMBUDDHA  
BHYAH / NAMAH ARYA AVALOKITESVARAYA /  
BODHISATTVAYA / MAHA SATTVAYA / MAHA  
KARUNIKAYA / **TADYATHA:** OM DHARA DHARA /  
DHIRI /DHIRI / DHURU DHURU/ ITTE VATTE / TSALE  
TSALE / PRATSALE PRATSALE / KUSUME KUSUME  
VARE / ILI MILI /TSITI DZOLAM / APANAYE SVAHA  
(3x)

OM MANI PADME HUM (100x)

OM TARE TURARE TURE SOHA (100x)

THÖ SAM GOM PE SHE RAB PÄL DU  
SÖL CHE TSÖ TSOM BE LO DRÖ GYE  
SU SÖL  
CHOG DANG TÜN MONG NGÖ DRUB TZÄL DU  
SÖL NYUR DU KYE RANG THA BUR JIN GYI  
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 KYE YE SHE CHAR DU  
SÖL NGÖ DZIN TRÜL PE DRI MA SEL  
DU SÖL SEM NYI TE TSOM TRA WA CHE  
DU SÖL  
NYUR DU KYE RANG THA BUR JING GYI 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.

PAL DEN TZA WAI LA MA RIN PO CHE  
DAG GI NYING KAR PÄ MAI TENG  
ZHUG LA KA DRIN CHEN POI GO NE  
JE ZUNG TE  
KU SUNG TUG KYI NGÖ DRUB TZÄL 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 DEN TZA WAI LA MA RIN PO CHE  
DAG GI NYING KAR PÄ MAI TENG ZHUG LA  
KA DRIN CHEN POI GO NE JE ZUNG TE  
CHOH DANG TÜN MONG NGÖ DRUB TZÄL 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 DEN TZA WAI LA MA RIN PO CHE  
DAG GI NYING KAR PÄ MAI TENG ZHUG LA  
KA DRIN CHEN POI GO NÄ JE ZUNG TE  
JANG CHUB NYING POI BAR DU TÄN 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.

*(Dedication verses)*

TSE RAB KUN DU GYEL WA TSONG KA PAI  
TEG CHOG SHE NYEN NGÖ SU DZEI PE TU  
GYEL WAI NGAG PÄ LAM SANG DE NYI LE  
KE CHIG TSAM YANG DOG PAR MA GYUR CHIG

In life after life, supreme master Tsong Khapa,  
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 KYE WA THAM CHE DU  
TÖN PA JAM YANG LA MÄ JE SUNG ZHING  
TEN PA TUB TA KUN KYI YANG TSE CHUG  
LO SANG GYEL WA TÄN 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 Tsong Khapa.

## **The Heart Sutra**

Thus I have heard: Avalokitesvara bodhisattva practiced deep Highest Perfect Wisdom, when perceived the five fields of consciousness, all empty, relieved every suffering.

Sariputra, form is not different from emptiness.  
Emptiness not different from form. Form is the  
emptiness. Emptiness is the form.  
Sensation, recognition, conceptualization,  
consciousness, also like this.

Sariputra, this is the original character of  
everything: not born, not annihilated not tainted, not  
pure, does not increase, does not decrease.  
Therefore in emptiness no form, no sensation, no  
recognition, no conceptualization, no  
consciousness.

No eye, no ear, no nose, no tongue, no body, no mind; no color, no sound, no smell, no taste, no touch, no object of touch; no eye, no world of eyes until we come to also no world of consciousness; no ignorance, also no ending of ignorance, all the way through to old age and death, also no ending of old age and death.

No suffering, no cause of suffering, no nirvana, no path; no wisdom, also no attainment because no non-attainment. Every bodhisattva depends on Highest Perfect Wisdom because mind meets no obstacle. Because of no obstacle no fear's born. Gone beyond all topsy - turvey absolutes attain Nirvana. Past, present and future every Buddha depends on Highest Perfect Wisdom therefore attain supreme, perfect enlightenment.

Therefore I know Highest Perfect Wisdom is the great holy mantra, the great untainted mantra, the supreme mantra, the incomparable mantra, is capable of assuaging all suffering. True because not false. Therefore he proclaimed Highest Perfect Wisdom mantra and proclaimed mantra says **Tayatha Gate Gate Paragate Parasamgate Bodhi Svaha.**

O Sariputra this is how a bodhisattva-mahasattva comes to know the Highest Perfect Wisdom.

Then Buddha praised the Noble Avalokitesvara, "Excellent, excellent! Highest Perfect Wisdom's accomplished exactly like that!" (9x)

KA LA CHÖ PEI NE CHOK DAM PA NE  
NGÖN ZHE DZÜN TRÜL NGA YI TU TOP CHEN  
DRUP PA PO LA MA YEL BU ZHIN ZIK  
NE SUM KAN DRÖ TSOK LA CHAK TSEL LO

To those from the pure and supreme places who  
enjoy space (emptiness),  
who possess the five superknowledges and can  
magically emanate,  
care for us practitioners, like a mother for her child.  
I prostrate to the assembly of dakinis of the three  
places.

**AKA SAMARJA SHANDHARA SAMARAYA  
PHAT. TAYATA GATE GATE PARAGATE  
PARASAMGATE BODHI SVAHA**

PAK PA KÖN CHOK SUM GYI  
KA YI DEN PA CHEN PÖ TOP KYI CHIR  
DOK PA GYUR CHIK. ME PAR GYUR CHIK.  
ZHI WA GYUR CHIK.  
RAP TU ZHI WAR GYUR CHIK.  
DRA GEK BAR CHE MI TÜN PEI  
CHOK RI NGEN PA TAM CHE  
**SHIN TIM KU RU YE SOHA.**

By the truth of the existence of the Three Jewels,  
may all inner and outer hindrances and adversities  
be overcome! (clap)  
May they become non-existent! (clap)  
May they be pacified (clap)  
May all destructive forces opposed to the Dharma  
be completely pacified!

GEK RIK TONG TRAK GYE CHU ZHI WA DANG

MI TÜN NÖ PEI KYEN DANG DREL GYUR TE  
TÜN PA DRUP CHING PÜN SUM TSOK GYUR NE.  
TA SHI DE KYANG DENG DIR DE LEK SHOK.

May the eighty thousand obstacles be pacified.  
May we be separated from all adverse conditions  
and may we obtain conducive circumstances and  
everything good.  
May there be auspiciousness, happiness, and well-  
being, here, right now!

### **A Prayer for the Coronavirus Crisis**

All living beings are my parents,  
All living beings are my siblings.  
When all living beings are suffering  
I fervently generate indestructible love and  
compassion.

By the blessings of immeasurable love  
By the force of awareness of unmistakable truth  
Of all previous great holy beings  
May all living beings be free from the dangers of  
illness.

Grasping hands in a circle of friendship,  
Seeing the wisdom of benefit to self and others,  
By the perfections of generosity, morality, and  
patience, may all living beings be free from the  
dangers of illness.

This disease, as well as all future wars, famine, and  
crises shall not arise to be named.

From the smallest plant to every creature on this planet, may all be victorious over unwanted harm.

*During the critical emergency of the spread of the novel Coronavirus (COVID-19), with the desire to help relax the mental and physical uneasiness of all friends on earth, Demo Rinpoche wrote this four-stanza prayer with a warm heart.*

*March 16, 2020*