

## Spring Seminar Prayers

### **Jewel Heart Prayers**

TAYATHA GATE GATE PARAGATE PARASAMGATE BODHI SOHA

### Refuge

NAMO GURUBYAH	I take refuge in the Guru
NAMO BUDDHAYAH	I take refuge in the Buddha
NAMO DHARMAYAH	I take refuge in the Dharma
NAMO SANGHAYAH	I take refuge in the Sangha

### Invocation

MA LÜ SEM CHAN KUN JE GON JUR CHING  
DÜ DHE PUNG GYE ME ZÄ JOM ZÄ LHA  
NGÖ NAM MA LÜ YANG DHAH KEN JUR PÄ  
CHOM DHAN KHOR CHÄ NÄ DHER SHEG SU SOL

You who destroy all evil forces  
And who know all things perfectly,  
For the sake of all beings,  
Please come to me.

### Seven Practices

I bow down in body, speech and mind.  
I offer the best I have to give  
both real and imagined  
to fill the space between us.  
I regret and purify all transgressions.  
I rejoice in all virtues.  
I request you to remain until total enlightenment.  
I request wise and compassionate guidance.  
I dedicate my merit for the sake of all beings.

OM MUNI MUNI MAHA MUNI YE SOHA

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

OM MANI PADME HUM

OM TARE TUTTARE TURE SOHA

OM ARAPATZANA DHIH

Generating Love and Compassion

May all beings have happiness,  
May they be free from suffering,  
May they find the joy that has never known suffering,  
May they be free from attachment and hatred.

**THE SUTRA OF THE RECOLLECTION OF THE NOBLE THREE JEWELS**

I prostrate to the omniscient one.

Thus, the Buddha, bhagavat, tathagata, arhat, samyaksambuddha, the wise and virtuous one, the sugata, the knower of the world, the charioteer and tamer of beings, the unsurpassable one, the teacher of devas and humans, is the buddha bhagavat. The tathagata is in accord with all merit, which is his source. He does not waste the roots of virtue. He is completely ornamented with all patience. He is the basis of the treasures of merit. He is adorned with the excellent minor marks. He blossoms with the flowers of the major marks.

His activity is fitting and appropriate. The sight of him brings no disharmony. He brings true joy to those who long with faith. His knowledge cannot be overpowered. His strengths cannot be challenged. He is the teacher of all sentient beings. He is the father of bodhisattvas. He is the king of noble ones. He is the guide of those who journey to the city of nirvana. He possesses immeasurable wisdom. He possesses inconceivable confidence.

His speech is completely pure. His melody is pleasing. One never has enough of seeing him. His form is incomparable. He is not stained by the realm of desire. He is not stained by the realm of form. He is not affected by the formless realm. He is completely liberated from suffering. He is completely and utterly liberated from the skandhas. He does not possess the dhatus. His ayatanas are controlled. He has completely cut the knots. He is completely liberated from extreme torment. He is liberated from craving.

He has crossed over the river. He is perfected in all the wisdoms. He abides in the wisdom of the buddha bhagavats, who arise in the past, present, and future. He does not abide in nirvana. He abides in the ultimate perfection. He dwells on the bhumi where he sees all sentient beings. All these are the perfect virtues of the greatness of the buddha bhagavat.

The holy dharma is good at the beginning, good in the middle, and good at the end. Its meaning is excellent. Its words are excellent. It is uncorrupted. It is completely perfect and completely pure. It completely purifies. The bhagavat teaches the dharma well. It brings complete vision. It is free from sickness. It is always timely. It directs one further. Seeing it fulfills one's purpose. It is known by the wise through their own insight. The dharma spoken by the bhagavat teaches taming well. It is renunciation. It causes one to arrive at

perfect enlightenment. It is without contradiction. It is all-inclusive. It is trustworthy and puts an end to the journey.

As for the sangha of the great yana, they enter completely. They enter insightfully. They enter straightforwardly. They enter harmoniously. They are worthy of veneration with joined palms. They are worthy of receiving prostration. They are a field of glorious merit. They are completely capable of receiving all gifts. They are an object of generosity. They are always a great object of generosity.

*Translated by the Nalanda Translation Committee,  
under the direction of Vidyadhara the Venerable Chögyam Trungpa Rinpoche*

### **Short Mandala Offering**

SA ZHI PÖ KYI JUG SHIING ME TOK TRAM  
RI RAB LING ZHI NYIN DAY GYEN PA DI  
SAN GYEY ZHING DU MIG TE UL WA YI  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

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.

### **AFTERNOON PRAYERS**

#### **Prayer for the Quick Return of Gelek Rinpoche**

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 Khangtsen, 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<sup>th</sup> 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 TÜ 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*

## **DEDICATION**

### **Short Mandala Offering**

SA ZHI PÖ KYI JUG SHIING ME TOK TRAM  
RI RAB LING ZHI NYIN DAY GYEN PA DI  
SAN GYEY ZHING DU MIG TE UL WA YI  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

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.

### **Prayer for Healing**

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*

JETZÜN LA MEI KU TSE RAP TEN CHING  
NAM KAR TRIN LE CHOK CHUR GYE PA DANG  
LO ZANG TEN PEI DRÖN MEI SA SUM GYI  
DRO WEI MÜN SE TAK TU NE GYUR CHIK

May my venerable Lama's life be firm, his white divine actions spread in the ten directions, and the torch of Je Rinpoche's teachings, dispelling the darkness of the three world's beings always remain.