

Teaching Prayers

MORNING 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 Three Principles of the Path *LAM GYI TSO WO NAM SUM*

JE TSÜN LA MA NAM LA CHAK TSAL LO
Homage to the Great Masters

GYAL WAI SUNG RAB KÜN GYI NYING POI DÖN
GYAL SE DAM PA NAM KYI NGAG PAI LAM
KAL DEN TAR DÖ NAM KYI JUK NGO DE
JI TAR NÜ ZHIN DAK GI SHE PAR JA

Heart of the Buddha's teachings,
path praised by Bodhisattvas,
gateway to liberation,
this I will explain as best I can.

GANG TAK SI PAI DE LA MA CHAK SHING
DAL JOR DÖN YÖ JA CHIR TSÖN PA YI
GYAL WA GYE PAI LAM LA YI TÖN PAI
KAL DEN DE DAK DANG WAI YI KYI NYÖN

Not addicted to samsara's delights,
fulfilling the mission of precious life
pursuing the fully reliable path,
listen with a clear mind, you fortunate one.

NAM DAK NGE JUNG ME PAR SI TSO YI
DE DRE DÖN NYER ZI WAI TAB ME LA
SI LA KAM PA YI KYANG LÜ CHEN NAM
KÜN NE CHING CHIR TOK MAR NGE JUNG TSAL

Lacking the determination to be free,
you remain stupefied by samsara's delights.
Since obsession ropes all beings to samsara,
first free yourself from it.

DAL JOR NYE KAR TSE LA LONG ME PA
YI LA GOM PAI TSE DI NANG SHE DOK
LE DRE MI LU KOR WAI DUK NGEL NAM

YANG YANG SAM NA YI MI NANG SHE DOK

Wonderful is this life, short its nature.
Don't cheat yourself with fleeting pleasure.
Deeply contemplate the certainty of karma
and the constant suffering of samsara.
See beyond the cycle of lives

DE TAR GOM PAI KOR WAI PÜN TSOK LA
YI MÖN KE CHIK TSAM YANG MI KYE ZHING
NYIN TSEN KÜN TU TAR WA DÖN NYER LO
JUNG NA DE TSE NGE JUNG KYE PA LAK

No longer craving fantasy,
a steadfast desire for liberation.
Attaining these two is the first breakthrough

NGE JUNG DE YANG NAM DAK SEM KYE KYI
SIN PA ME NA LA ME JANG CHUB KYI
PÜN TSOK DE WAI GYU RU MI GYUR WAI
LO DEN NAM KYI JANG CHUB SEM CHOK KYE

Seeking freedom for yourself alone
can never bring the exaltation of peerless Buddhahood.
Therefore the wise develop bodhimind.

SHUK DRAK CHU O ZHI YI GYÜN KYI KYER
LOK KAR LE KYI CHING WA DAM PÖ DAM
DAK DZIN CHAK KYI DRA WAI BUB SU TSÜ
MA RIK MÜN PAI MAK CHEN KÜN NE TIB

Swept away by four raging rivers,
tightly bound by karmic chains, so hard to escape,
trapped in the iron cage of self grasping,
shrouded by pitch-black ignorance

MU ME SI PAR KYE ZHIN KYE WA RU
DUK GNEL SUM GYI GYÜN CHE ME PAR NAR
NE KAB DI DRAR GYUR PAI MA NAM KYI
NANG TSUL SAM NE SEM CHOK KYE PAR DZÖ

born again and again in endless cycles of life,
constantly tortured by the three sufferings,
all our mothers are in this plight.
Please generate ultimate compassion and love.

NE LUK TOK PAI SHE RAB MI DEN NA
NGE JUNG JANG CHUB SEM LA GOM JE KYANG
SI PAI TSA WA CHE PAR MI NÜ PAI
DE CHIR TEN DREL TOK PAI TAB LA BE

Without opening the wisdom eye
seeking freedom and generating bodhimind
cannot cut the root of samsara.
Strive to see interdependence

GANG ZHIK KOR DE CHÖ NAM TAM CHE KYI
GYÜ DRE NAM YANG LU WA ME TONG ZHING
MIK PAI TE SO GANG YIN KÜN ZHIK PA
DE NI SANG GYE GYE PAI LAM LA ZHUK

Whoever sees that cause and effect
can never fail in samsara or beyond
and destroys all objectivity
has entered the path that Buddha enjoys.

NANG WA TEN DREL LU WA ME PA DANG
TONG PA KE LEN TREL WAI GO WA NYI
JI SI SO SOR NANG WA DE SI DU
DA DUNG TUB PAI GONG PA TOK PA ME

Interdependent appearance—infallible.
Emptiness—inexpressible reality.
As long as these two seem separate
Buddha's insight is not understood.

NAM ZHIK RE JOG ME PAR CHIK CHAR DU
TEN DREL MI LUR TONG WA TSAM NYI NE
NGE SHE YÜL GYI DZIN TANG KÜN JIK NA
DE TSE TA WAI CHE PA DZOG PA LAK

Perceived simultaneously without alternation,
seeing infallible interdependence
destroys objective identity.
With this, the analysis of wisdom is complete.

ZHEN YANG NANG WAI YO TAR SEL WA DANG
TONG PAI ME TAR SEL ZHING TONG PA NYI
GYÜ TANG DRE BUR CHAR WAI TSÜL SHE NA
TAR DZIN TA WAI DROK PAR MI GYUR RO

Further, appearance eliminates the extreme of existence.
Emptiness eliminates non-existence.
Emptiness itself is cause and effect.
Understanding this protects from these extremes

DE TAR LAM GYI TSO WO NAM SUM GYI
NE NAM RANG GI JI ZHIN TOK PAI TSE
PEN PA TEN TE TSÖN DRUK TOP KYE NE
TEN GYI DÜN MA NYUR DU DRUB SHIK PU

Once you understand the essence of the three principles,

maintain solitude and great enthusiasm my child,
and quickly achieve the ultimate mission of life.

Translation Gelek Rimpoche

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 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 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-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

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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.

Jewel Heart Prayer *composed by Demo Rinpoche*

1. Buddha

བྱུང་རྒྱུ་སེམས་གཉིས་གོམས་པ་མཐར་སོན་པས། །འཕྲོ་བའི་སྤྲུག་བསྐྱེད་མ་ལུས་ཞི་བའི་མགོན། །མི་ཤེས་རྫོངས་པའི་སྤྲུན་པ་ཀུན་སེལ་བ། །བཙུན་ལྷན་ལུག་པའི་དབང་པོར་གྱུས་པས་
འདུད། །

I pay respect to Buddha, the Bhagavan and Lord of Holy Beings,
Who lights up the darkness of ignorance for all beings
And who pacifies the suffering of all beings
After completing the two Bodhicitta practices.

2. Gurus

སྤྲུག་དུས་འཕྲོ་ལ་སྤྲུག་པར་བརྗེ་བ་ཅན། །འཇུག་པའི་བདེ་ལ་ཆགས་པའི་སློ་སྦྱང་བ། །ཡང་དག་རིགས་པའི་ལམ་གྱི་སློ་བྱེ་བ། །བཤེས་གཉེན་ལྷ་མ་རྣམས་ལ་གུས་པས་འདུད། །

I pay respect to the lamas, the friendly dharma teachers,
Who are especially compassionate for the people of this unfortunate era,
Who help eliminate attachment to delusional happiness
And who open the gates to the righteous rational path.

3. Manjushri

ང་ཞེས་འཛིན་པའི་རྩ་བའི་མ་རིག་པ། །འདོད་ཆགས་ཞེ་སྤང་ཀུན་གྱི་སྡེ་མིང་པ། །ལོག་པའི་ཡུལ་ལ་ཡང་དག་འཇུག་པ་ཅན། །སྐྱལ་མེད་འཛོམས་ཕྱིར་ཤེས་རབ་སྣ་ལ་འདུད། །

I pay respect to the Treasure of Wisdom, in order to destroy the ultimate delusion which views the false world as reality and is the root ignorance that grasps at “I” and leads to all kinds of desire and hatred.

4. Avalokiteshvara

ཐོག་མ་མེད་ནས་ད་ལྟ་བར་དུ་ནི། །རང་དོན་སྣང་ལེན་བསམས་པས་འཁོར་བར་འབྱུངས། །ད་ནི་གཞན་བདེ་དོན་གཉེར་བྱང་ཚུབ་སེམས། །གཏན་ཏུ་བསྐྱེད་ཕྱིར་བརྟེན་སྣ་ལ་འདུད། །

I pay respect to the Ocean of Compassion, in order to expand the altruistic bodhicitta now, because from beginningless time I have wandered in the desert of samsara led by a self-interested mind.

5. Tara

དགོ་ལ་དགའ་བའི་ཉམ་ཐག་ཉེན་ལ། །བརྟེན་བའི་མ་སྐར་འཕྲིན་ལས་རྒྱན་མི་ཆད། །གང་ཚོ་འཇིགས་པའི་འཕྲང་དུ་སྐྱུང་བའི་ཚོ། །སྐྱུར་བར་སྐྱོབ་མཛད་རྗེ་བཙུན་མ་ལ་འདུད། །

I pay respect to the Mother of Buddhas, who provides endless help to people eager for virtuous deeds, like a loving mother for her children, and who rescues those faced with danger on fearsome paths.

6. Prayer for Struggling People

འཛོམས་སྤོང་འདི་ན་ཉམས་ཐག་འགྲོ་བ་རྣམས། །ཟས་གོས་གནས་དང་སྤྲོན་གྱིས་སྔོངས་པ་དང་། །ཉོན་མོངས་པ་དང་དོགས་པས་སེམས་འཇུག་པ། །དེ་བཞིན་མོངས་པའི་སློང་འབྲས་བུ་ཤོག །

May all struggling people in this world be free from a lack of medicine, food, shelter and clothing, and may they separate their minds from negativity, destructive fear and ignorance.

7. Prayer for the Sick

སེམས་ཅན་ནད་པ་ལས་སམ་རྒྱུན་དག་གིས། །མནར་བ་ལས་ནི་སྐྱུར་དུ་མཐར་འཁྱུར་ཅིང་། །འཕྲོད་པའི་སྤྲོན་སྤང་དན་པའི་ལས་ཟད་ནས། །བདེ་ཤིང་དགོ་བའི་ལས་ལ་སྐྱོད་པར་ཤོག །

May those who are ill be immediately lifted from suffering caused by karma or other factors, find the right cure, exhaust bad karmic seeds, and live healthy and virtuous lives.

8. Prayer for the Departed

གང་ཞིག་ལས་ཀྱི་རླང་ལུ་ལ་བརྟེན་ནས། །ཕྱི་མའི་ལམ་གྱི་གྲ་བོར་བཞུགས་པ་དག། །ཚོན་བསགས་ལྷིག་པའི་འབྲས་བུ་མ་སྤྲོན་པར། །དལ་འབྱོར་རྟེན་བཟང་སྐྱུར་དུ་རྟེན་པར་ཤོག །

May those who are sailing for their next life on the winds of karma not encounter the storms of past non-virtue and find leisure, wealth and human birth quickly.

9. Prayer for Present Life

བདག་ཀྱང་ཇི་སྲིད་ཚོ་འདི་མ་ཟད་བར། །དམ་པའི་ཚོས་ལ་དགོགས་སྤྱུར་པ་ཡི། །ནད་དང་དུས་མིན་མཆེ་བས་མ་འཛོམས་པར། །གཞན་ཕན་ལན་ལས་ཀྱིས་དུས་རྣམས་འདའ་བར་ཤོག །

In this life, may I also never be hindered by obstructions to dharma-practice, illness and premature death, and spend my life in helping others.

10. Prayer for Next Life

ནམ་ཞིག་འདི་ནས་ཕྱི་མའི་ལམ་འཕྲང་དུ། །བསྐྱོད་པའི་ཚོན་སླ་མའི་ཕྱགས་རྗེ་དང་། །བཟང་བོའི་ལས་ཀྱི་འབྲས་བུ་ཡོངས་སྤྲོན་ནས། །དལ་འབྱོར་རྟེན་བཟང་བདེ་རླག་རྟེན་པར་ཤོག །

When I journey on the treacherous way to the next life, may the compassion of my guru and the ripening of my good karma light the path to precious human birth.

རང་ལ་བརྗེ་བའི་བསམ་པས་གདམས་པ་ཡི། །དགེ་བའི་བཤེས་དང་དམ་པའི་ཚོས་འཕྲད་ཅིང་། །མི་དགེ་ལྷན་གྲགས་དབང་དུ་མ་སོང་བར། །ཕྱིན་དུག་དམ་པའི་སྦྱོང་པར་བསྟེན་པར་ཤོག །

And may I find the right dharma and guru to compassionately teach me, never be controlled by bad friends or non-virtuous minds, and constantly apply the practice of the Six Perfections.

11. Prayer for Jewel Heart Sangha

ལྷན་པར་ཇི་སྐུལ་ཉར་ཉེ་ཚོས་ཚོགས་འདིར། །འདུས་པའི་གྲོགས་རྣམས་ཉེར་འཚོ་ཀུན་ཞི་ཞིང་། །དམ་ཚོས་བདུད་ཚིའི་རྩ་ཡིས་རབ་འཚོམས་ནས། །འདི་ཕྱིད་དོན་རྣམས་རྒྱན་གྱིས་གྲུབ་པར་ཤོག །

Especially for our Sangha friends of Jewel Heart, may we all be free from harm, and by the enjoying the nectar of dharma, may we gain the essence of this life and the next.

12. Dedication

གཙོ་བོ་རང་དོན་བསམ་པས་མ་བསྐྱེད་པར། །རྣལ་བསམ་དག་པས་དགེ་བ་ཅི་བསགས་པ། །རྟེན་འབྲུང་སྐྱེས་འགྲོའི་སྐྱུག་བཟུལ་ཇི་རྟེན་པ། །ཞི་མཛད་སླ་མེད་བྱང་ཚུབ་དོན་དུ་བསྐོ། །

May all the merits that I have earned with a pure heart, uncontaminated by a self-interested mind, be dedicated to the supreme enlightenment that pacifies the dependently originated suffering of people.

མདོར་ན་དཔལ་ལྷན་སླ་མའི་སྐྱ་ཚོ་བརྟན། །འཇོམ་སྐྱོང་ཡུལ་གྱུ་ཀུན་དུ་ཚོས་གྱིས་ཁྱབ། །བསྟན་པའི་སྐྱེན་བདག་དར་ཤིང་རྒྱས་པ་དང་། །ཚོས་གྱེ་གྲོགས་རྣམས་ཡིད་བདེས་འཚོ་བར་ཤོག །

Finally, may my gurus live long, may dharma cover the whole world, may the benefactors of dharma have success, and may all dharma friends live happily.

Composed by Demo Rinpoche – July 2023