

Glance Meditation Section of Lama Chopa
Verses LC 84 (p.42) - LC 117 (p.68)

**Lama Chopa and Tsog Offering
A Method of Practice According to the
Instructions of Lama Zopa Rinpoche**

FPMT

**Lama Zopa Rinpoche
Practice Series**

TRAINING THE MIND IN THE MAHAYANA PATH¹

LC 84: Guru Devotion as the Root of the Path

ZHING CHHOG DAM PA JE TSÜN LA MA LA
CHHÖ CHING GÜ PÄ SÖL WA TAB PÄI THÜ
DE LEG TSA WA GÖN PO KHYÖ NYI KYI
GYE ZHIN JE SU DZIN PAR JIN GYI LOB

Supreme field of merit, my perfect, pure guru,
Through the power of having made offerings and respectful requests,
I seek your blessings, savior and the very root of happiness and goodness,
That I may come under your joyful guidance.

TRAINING THE MIND IN THE PATH IN COMMON WITH LOWER CAPABLE BEINGS

LC 85: Taking the Essence of a Perfect Human Rebirth

LÄN CHIG TSAM ZHIG NYE PÄI DÄL JOR DI
NYE KA NYUR DU JIG PÄI TSHÜL TOG NÄ
DÖN ME TSHE DII JA WÄ MI YENG WAR
DÖN DÄN NYING PO LEN PAR JIN GYI LOB

Realizing how this body of freedoms and riches
Is found but once, is difficult to obtain, and is quickly lost,
I seek your blessings to make it worthwhile and take its essence,
Without being distracted by the meaningless affairs of this life.

LC 86: Generating Interest in the Happiness of Future Lives

NGÄN SONG DUG NGÄL BAR WÄI ME JIG NÄ
NYING NÄ KÖN CHHOG SUM LA KYAB DRO ZHING
DIG PONG GE TSHOG THA DAG DRUB PA LA
TSÖN PA LHUR LEN JE PAR JIN GYI LOB

Aghast at the searing blaze of suffering in the lower realms,
I take heartfelt refuge in the Three Rare Sublime Ones
And seek your blessings that I may diligently strive
To abandon all negative karma and accomplish the accumulation of every virtue.

¹ Source: [Lama Chopa text](#), "Training in the Mahayana Path" Verses LC 84 (p.42)-LC 117 (p.68), leaving out the added prayers and verses that are not numbered with LC as a prefix.

TRAINING THE MIND IN THE PATH IN COMMON WITH MIDDLE CAPABLE BEINGS

LC 87: Developing the Wish for Liberation

LÄ DANG NYÖN MONG BA LONG DRAG TU THRUG
DUG NGÄL SUM GYI CHHU SIN MANG PÖ TSE
THA ME JIG RUNG SI TSHO CHHEN PO LÄ
THAR DÖ SHUG DRAG KYE WAR JIN GYI LOB

Violently tossed amidst waves of karma and delusions,
Plagued by the many sea monsters of the three kinds of sufferings,
I seek your blessings to develop an intense longing to be liberated
From this infinite and frightening great ocean of existence.

LC 88: Training to Achieve Liberation

ZÖ KA TSÖN RA DRA WÄI KHOR WA DI
GA WÄI TSHÄL TAR THONG WÄI LO PANG NÄ
LAB SUM PHAG PÄI NOR GYI DZÖ ZUNG TE
THAR PÄI GYÄL TSHÄN DZIN PAR JIN GYI LOB

Having abandoned the mind that views this unbearable prison
Of cyclic existence as a beautiful park, I seek your blessings
To hold the three trainings as the treasure of the aryas' wealth
And thereby, to uphold the victory banner of liberation.

TRAINING THE MIND IN THE PATH FOR HIGHER CAPABLE BEINGS

LC 89: Generating Compassion, the Foundation of the Mahayana Path

NYAM THAG DRO WA DI KÜN DAG GI MA
YANG YANG DRIN GYI KYANG PÄI TSHÜL SAM NÄ
DUG PÄI BU LA TSE WÄI MA ZHIN DU
CHÖ MIN NYING JE KYE WAR JIN GYI LOB

Having considered how all these miserable beings have been my mothers
And have raised me with kindness again and again,
I seek your blessings to develop effortless compassion
Like that of a loving mother for her precious child.

- **Generating Bodhichitta by Exchanging Yourself and Others**

LC 90: Developing Equanimity

DUG NGÄL THRA MO TSAM YANG MI DÖ CHING
DE LA NAM YANG CHHOG SHE ME PAR NI
DAG DANG ZHÄN LA KHYÄ PAR YÖ MIN ZHE
ZHÄN DE GA WA KYE PAR JIN GYI LOB

There is no difference between myself and others,
None of us wishes for even the slightest of sufferings
Or is ever content with the happiness we have.
Realizing this, I seek your blessings that I may generate joy for the happiness of others.

LC 91: Contemplating the Faults of Self-Cherishing

RANG NYI CHE PAR DZIN PÄI CHONG NÄ DI
MI DÖ DUG NGÄL KYE PÄI GYUR THONG NÄ
LE LÄN DÄ LA KHÖN DU ZUNG JÄ TE
DAG DZIN DÖN CHHEN JOM PAR JIN GYI LOB

This chronic disease of cherishing myself
Is the cause giving rise to my unsought suffering.
Perceiving this, I seek your blessings to blame, begrudge,
And destroy the monstrous demon of selfishness.

LC 92: Contemplating the Advantages of Cherishing Others

MA NAM CHE ZUNG DE LA GÖ PÄI LO
THA YÄ YÖN TÄN JUNG WÄI GOR THONG NÄ
DRO WA DI DAG DAG GI DRAR LANG KYANG
SOG LÄ CHE PAR DZIN PAR JIN GYI LOB

The mind that cherishes mothers and places them in bliss
Is the gateway leading to infinite qualities.
Seeing this, I seek your blessings to cherish these transmigratory beings
More than my life, even should they rise up as my enemies.

LC 93: Exchanging Yourself and Others

DOR NA JI PA RANG DÖN KHO NA DANG
THUB WANG ZHÄN DÖN BA ZHIG DZÄ PA YI
KYÖN DANG YÖN TÄN YE WA TOG PÄI LÖ
DAG ZHÄN NYAM JE NÜ PAR JIN GYI LOB

In brief, infantile beings labor only for their own ends,
While the able ones work solely for the welfare of others.
With a mind understanding the distinction between
the failings of one and the advantages of the other,
I seek your blessings to enable me to equalize and exchange myself with others.

LC 94:

RANG NYI CHE DZIN GÜ PA KÜN GYI GO
MA NAM CHE DZIN YÖN TÄN KÜN GYI ZHI
DE CHHIR DAG ZHÄN JE WÄI NÄL JOR LA
NYAM LEN NYING POR JE PAR JIN GYI LOB

Cherishing myself is the doorway to all loss,
While cherishing my mothers is the foundation of all qualities.
Hence I seek your blessings to make my heart practice
The yoga of exchanging myself for others.

- **Tonglen: Meditation on Taking and Giving**

LC 95:

DE NA JE TSÜN LA MA THUG JE CHÄN
MA GYUR DRO WÄI DIG DRIB DUG NGÄL KÜN
MA LÜ DA TA DAG LA MIN PA DANG
DAG GI DE GE ZHÄN LA TANG WA YI
DRO KÜN DE DANG DÄN PAR JIN GYI LOB (3x)

And thus, perfect, pure, compassionate guru,
I seek your blessings that all negative karmas, obscurations, and sufferings of mother
transmigratory beings
May without exception ripen upon me right now,
And that by giving my happiness and virtue to others
All transmigratory beings may experience happiness. (3x)

- **Points 3 through 7 of the "Seven-Point Mind Training"**

LC 96:

NÖ CHÜ DIG PÄI DRÄ BÜ YONG GANG TE
MI DÖ DUG NGÄL CHHAR TAR BAB GYUR KYANG
LÄ NGÄN DRÄ BU ZÄ PÄI GYUR THONG NÄ
KYEN NGÄN LAM DU LONG PAR JIN GYI LOB

Even if the environment and beings are filled with the fruits of negative karma
And unwished for sufferings pour down like rain,
I seek your blessings to take these miserable conditions as a path
By seeing them as causes to exhaust the results of my negative karma.

LC 97:

DOR NA ZANG NGÄN NANG WA CHI SHAR YANG
CHHÖ KÜN NYING PO TOB NGÄI NYAM LEN GYI
JANG CHHUB SEM NYI PHEL WÄI LAM GYUR TE
YI DE BA ZHIG GOM PAR JIN GYI LOB

In short, no matter what appearances arise, be they good or bad,
I seek your blessings to transform them into a path increasing the two bodhichittas
Through the practice of the five powers—the quintessence of the entire Dharma
And thus to cultivate only mental happiness.

LC 98:

JOR WA ZHI DANG DÄN PÄI THAB KHÄ KYI
THRÄL LA GANG THUG GOM LA JOR WA DANG
LO JONG DAM TSHIG LAB JÄI NYAM LEN GYI
DÄL JOR DÖN CHHEN JE PAR JIN GYI LOB

I seek your blessings that I may relate everything I meet to meditation
Through skillful means possessing the four practices,
And that I may make this life of freedoms and riches greatly meaningful
Through practicing the commitments and precepts of thought transformation.

- **Meditating on the Special Attitude and Generating Bodhichitta**

LC 99:

TONG LEN LUNG LA KYÖN PÄI THRÜL DEG CHÄN
JAM DANG NYING JE LHAG PÄI SAM PA YI
DRO NAM SI TSHO CHHE LÄ DRDRÖL WÄI CHHIR
JANG CHHUB SEM NYI JONG PAR JIN GYI LOB

In order to rescue all transmigratory beings from the vast seas of existence,
I seek your blessings to train only in bodhichitta,
Through love, compassion, and the special attitude
Conjoined with the technique of mounting “taking and giving” upon the breath.

LC 100:

DÜ SUM GYÄL WA KÜN GYI DRÖ CHIG LAM
NAM DAG GYÄL SÄ DOM PÄ GYÜ DAM SHING
THEG CHHOG TSHÜL THRIM SUM GYI NYAM LEN LA
TSÖN PA LHUR LEN JE PAR JIN GYI LOB

I seek your blessings that I may eagerly endeavor
To put into practice the three Mahayana moral codes,
And to restrain my mindstream with the pure vows of the conquerors' sons,
The single path journeyed by all conquerors of the three times.

- **Practicing the Perfections After Generating Bodhichitta:
The General Practices of a Bodhisattva**

LC 101: The Perfection of Generosity

LÜ DANG LONG CHÖ DÜ SUM GE TSHOG CHÄ
SEM CHÄN RANG RANG DÖ PÄI NGÖ GYUR TE
CHHAG ME TONG SEM PEL WÄI MÄN NGAG GI
JIN PÄI PHAR CHHIN DZOG PAR JIN GYI LOB

I seek your blessings to complete the perfection of generosity
Through the guideline teaching for increasing the mind that gives without attachment;
Namely, transforming my body, wealth, and merits of virtue of the three times
Into the objects desired by each and every sentient being.

LC 102: The Perfection of Morality

SO THAR JANG SEM SANG NGAG DOM PA YI
CHÄ TSHAM SOG GI CHHIR YANG MI TONG ZHING
GE CHHÖ DÜ DANG SEM CHÄN DÖN DRUB PÄI
TSHÜL THRIM PHAR CHHIN DZOG PAR JIN GYI LOB

I seek your blessings to complete the perfection of morality
By not transgressing the bounds of
the pratimoksha, bodhisattva, and tantric vows even at the cost of my life,
Accumulating virtuous qualities, and accomplishing the purpose of sentient beings.

LC 103: The Perfection of Patience

KHAM SUM KYE GU MA LÜ THRÖ GYUR TE
SHE ZHING TSHANG DRU DIG SHING SOG CHÖ KYANG
MI THRUG NÖ LÄN PHÄN PA DRUB JE PÄI
ZÖ PÄI PHAR CHHIN DZOG PAR JIN GYI LOB

Should even all the beings of the three realms without exception
Become angry at me, humiliate, criticize, threaten, or even kill me,
I seek your blessings not to be agitated, but to complete the perfection of patience
That works for their benefit in response to their harm.

LC 104: The Perfection of Joyous Effort

SEM CHÄN RE REI CHHIR YANG NAR ME PÄI
ME NANG KÄL PA GYA TSHOR NÄ GÖ KYANG
NYING JE MI KYO JANG CHHUB CHHOG TSÖN PÄI
TSÖN DRÜ PHAR CHHIN DZOG PAR JIN GYI LOB

Even if I must remain for an ocean of eons in the fiery hell of Avici
For the sake of even just one sentient being,
I seek your blessings to complete the perfection of joyous effort,
That out of compassion untiringly strives for supreme enlightenment.

LC 105: The Perfection of Firm Contemplation

JING GÖ NAM PAR YENG WÄI KYÖN PANG NÄ
CHHÖ KÜN DEN PÄ TONG PÄI NÄ LUG LA
TSE CHIG NYAM PAR JOG PÄI TING DZIN GYI
SAM TÄN PHAR CHHIN DZOG PAR JIN GYI LOB

Having abandoned the faults of sinking, excitement, and distraction,
I seek your blessings to complete the perfection of firm contemplation
Through the samadhi of single-pointed placement
Upon the nature of reality of all phenomena, their lack of true existence.

The Perfection of Wisdom

LC 106: The Space-Like Practice of Emptiness During the Meditation Session

DE NYI SO SOR TOG PÄI SHE RAB KYI
DRANG PÄI SHIN JANG DE CHHEN DANG DREL WA
DÖN DAM NYAM ZHAG NAM KHÄI NÄL JOR GYI
SHE RAB PHAR CHHIN DZOG PAR JIN GYI LOB

I seek your blessings to complete the perfection of wisdom
Through the space-like yoga of single-minded placement upon ultimate truth
Conjoined with the pliancy and great bliss induced
By the discriminating wisdom analyzing suchness.

LC 107: The Illusion-Like Practice of Emptiness During Post-Meditation

CHHI NANG CHHÖ NAM GYU MA MI LAM DANG
DANG PÄI TSHO NANG DA ZUG JI ZHIN DU
NANG YANG DEN PAR ME PÄI TSHÜL TOG NÄ
GYU MÄI TING DZIN DZOG PAR JIN GYI LOB

I seek your blessings to perfect the samadhi on illusion
By realizing how outer and inner phenomena
Lack true existence but still appear,
Like an illusion, a dream, or the moon's image on a still lake.

LC 108: Training the Mind in Particular in the Profound Middle View

KHOR DÄ RANG ZHIN DÜL TSAM ME PA DANG
GYU DRÄ TEN DREL LU WA ME PA NYI
PHÄN TSHÜN GÄL ME DROG SU CHHAR WA YI
LU DRDRUB GONG DÖN TOG PAR JIN GYI LOB

Samsara and nirvana lack even an atom of inherent existence
And cause and effect and dependent arising are unbetraying.
I seek your blessings to discern the meaning of Nagarjuna's thought
That these two are mutually complementary and not contradictory.

TRAINING THE MIND IN THE UNCOMMON PATH OF THE VAJRAYANA

LC 109: Preparing Yourself for the Tantric Path, and Keeping the Tantric Vow and Commitments Purely

DE NÄ DOR JE DZIN PÄI DE PÖN GYI
DRIN LÄ GYÜ DE GYA TSHÖI JING GÄL TE
NGÖ DRUB TSA WA DAM TSHIG DOM PA NAM
SOG LÄ CHE PAR DZIN PAR JIN GYI LOB

Then, crossing the depths of the ocean of tantra
Through the kindness of my captain Vajradhara,
I seek your blessings that I may hold my vows and commitments,
The root of siddhis, dearer than my life.

LC 110: Practicing the Generation Stage of Highest Yoga Tantra

KYE SHI BAR DO GYÄL WÄI KU SUM DU
GYUR WÄI RIM PA DANG PÖI NÄL JOR GYI
THA MÄL NANG ZHEN DRI MA KÜN JANG TE
GANG NANG LHA KUR CHHAR WAR JIN GYI LOB

I seek your blessings that whatever appears may arise as the deity,
Having cleansed all stains of ordinary appearance and grasping
With the first stage yoga of transforming birth,
Death, and the bardo into the three bodies of a conqueror.

LC 111: Practicing the Completion Stage of Highest Yoga Tantra

NYING GÄI DAB GYÄ DHU TII Ü DAG TU
GÖN KHYÖ ZHAB SEN KÖ PA LÄ JUNG WA
Ö SÄL GYU LÜ ZUNG DU JUG PÄI LAM
TSHE DIR NGÖN DU GYUR WAR JIN GYI LOB

I seek your blessings to actualize in this life the path uniting
Clear light and the illusory body, which arises
From placing your feet, my savior, on the eight petals of my heart
At the very center of my central channel.

LC 112: Practicing Transference of Consciousness at the Time of Death

LAM NA MA ZIN CHHI WÄI DÜ JE NA
TSÄN THAB TSHANG GYA LA MÄI PHO WA NI
TOB NGA YANG DAG JAR WÄI DAM NGAG GI
DAG PÄI ZHING DU DRDRÖ PAR JIN GYI LOB

If my time of death comes before I have completed the points of the path
I seek your blessings that I may be led to a pure land
Through the instructions for correctly applying the five powers
Or the guru's transference of consciousness, the forceful means to enlightenment.

LC 113: Praying to be Guided by the Guru in All Future Lives

DOR NA KYE ZHING KYE WA THAM CHÄ DU
GÖN PO KHYÖ KYI DRÄL ME JE ZUNG NÄ
KU SUNG THUG KYI SANG WA KÜN DZIN PÄI
SÄ KYI THU WOR GYUR WAR JIN GYI LOB

In short, I seek your blessings, my savior, to be guided
By you from birth inseparably throughout all my lives,
And thus to become your main disciple,
Holding every secret of your holy body, speech, and mind.

LC 114:

GÖN KHYÖ GANG DU NGÖN PAR SANG GYÄ PÄI
 KHOR GYI THOG MA NYI DU DAG GYUR TE
 NÄ KAB THAR THUG GÖ DÖ MA LÜ PA
 BÄ ME LHÜN GYI DRUB PÄI TRA SHI TSÖL

Savior, please grant that all be auspicious for me
 To be foremost among your very first circle of disciples wherever you manifest buddhahood,
 So that all my temporal and ultimate wishes, without exception,
 May be effortlessly and spontaneously fulfilled.

LC 115: Absorbing the Merit Field to Receive Blessings

DE TAR SÖL WA TAB PÄ LA MA CHHOG
 JIN GYI LAB CHHIR GYE ZHIN CHI WOR JÖN
 LAR YANG NYING GÄI PÄ MÄI ZEU DRU LA
 ZHAB SEN Ö CHHAG TÄN PAR ZHUG SU SÖL

Having thus been entreated, supreme guru, please grant this request:
 So that you may bless me, happily come to the crown of my head
 And once again set your radiant feet
 Firmly at the corolla of my heart lotus.

THE CONCLUDING PRACTICE

- **Dedication of Merits**

LC 116:

DI TAR GYI PÄI NAM KAR GE WA YANG
 DÜ SUM DE SHEG SÄ CHÄ THAM CHÄ KYI
 DZÄ PA MÖN LAM MA LÜ DRUB PA DANG
 LUNG TOG DAM CHHÖ DZIN PÄI GYU RU NGO

Whatever white virtues were thus created, we dedicate as causes
 Enabling us to uphold the holy Dharma of scripture and realization,
 And to fulfill without exception the prayers and deeds
 Of all the tathagatas and bodhisattvas of the three times.

LC 117:

DE YI THU LÄ TSHE RAB KÜN TU DAG
THEG CHHOG KHOR LO ZHI DANG MI DRÄL ZHING
NGE JUNG JANG SEM YANG DAG TA WA DANG
RIM NYI LAM GYI DRÖ PA THAR CHHIN SHOG

By the force of this merit, may we never be parted
In all our lives from Mahayana's four wheels,
And may we reach the end of our journey
Along the paths of renunciation, bodhichitta, right view, and the two stages.

