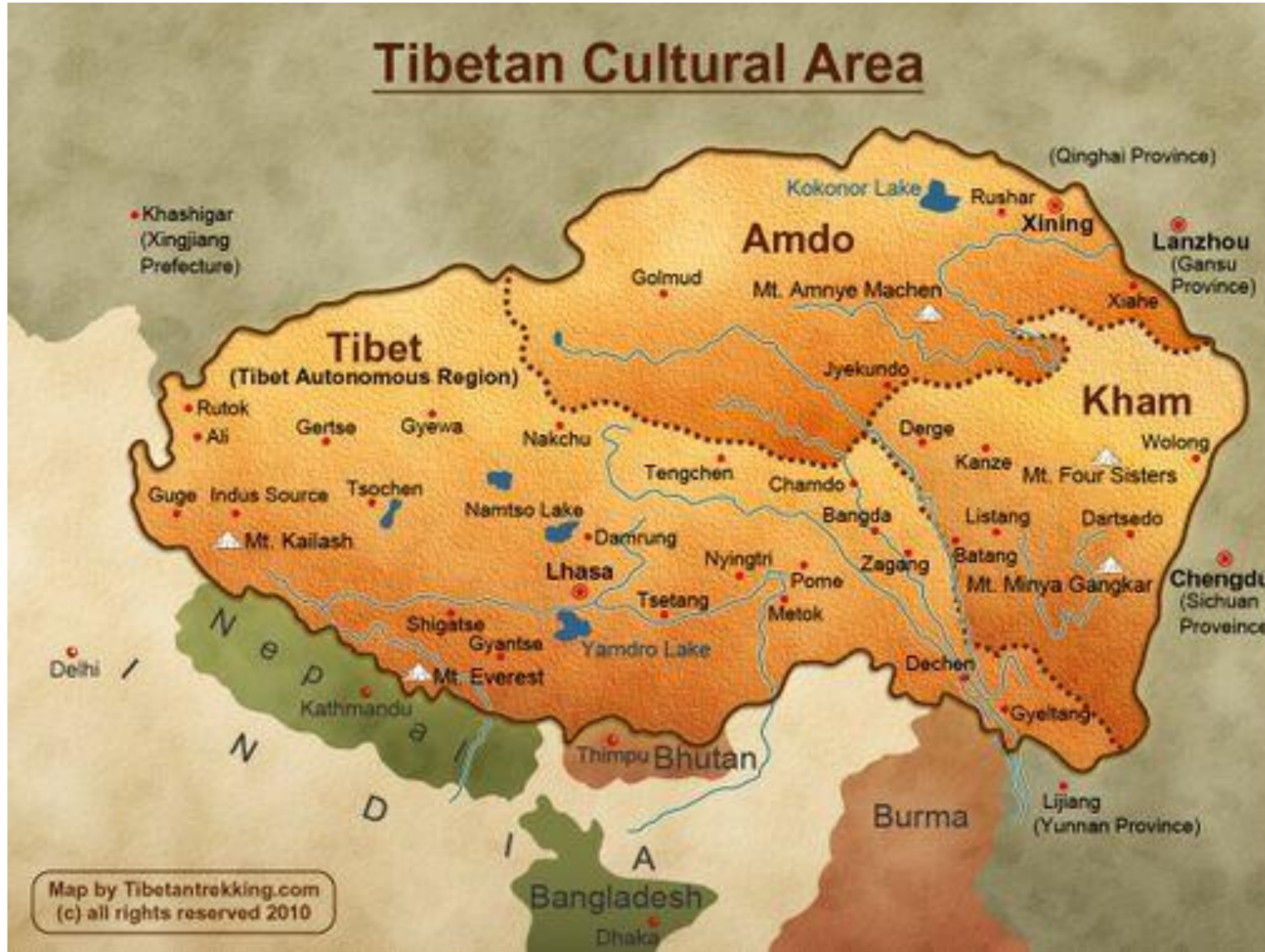


Tibetan Cultural Area





Songsten Gampo
7th century



Trisong Detsen
8th century



A hand is shown holding a scroll of paper with handwritten text in Tibetan script. The scroll is partially unrolled, revealing several lines of text. The background features a colorful mural of a Buddhist figure, likely a deity or a high-ranking monk, seated on a throne and surrounded by clouds. The figure has a golden halo and is wearing ornate robes. The overall scene is dimly lit, with the scroll being the primary focus.

The Tibetan alphabet consists of
30 consonants and four vowels.

		UNASPIRATED – HIGH	ASPIRATED – MID	VOICED – LOW	NASALS – LOW
		I	II	III	IV
① ② ③ ④ ⑤ ⑥ ⑦ ⑧	GUTTURAL	କା ka	କ୍ଷା kha	ଗା ga	ଙା nga
	PALATAL	ଚା ca	ଚ୍ଛା cha	ଜା ja	ଞା nya
	DENTAL	ତା ta	ତ୍ଥା tha	ଦା da	ନା na
	LABIAL	ପା pa	ଫା pha	ବା ba	ମା ma
	DENTAL	ତ୍ସା tsa	ତ୍ସ୍ଛା tsha	ଦ୍ଜା dza	ଞା wa
	LOW	ଜ୍ଞା zha	ଜା za	ଞା a	ଞା ya
	MID	ରା ra	ଲା la	ଶା sha	ସା sa
	HIGH	ହା ha	ଞା a		

Tibetan Transcription and Pronunciation Guide

Intro to Tibetan Literature - SALC 25200

Erin H. Epperson

ཨོ་ཨིག་	Wylie	THL Simplified Phoenetic	Approximate English pronunciation ¹
ཀ་	ka	k	like <i>k</i> in <i>poker</i> or <i>skull</i>
ཁ་	kha	kh	like <i>c</i> in <i>cull</i> or <i>curb</i>
ག་	ga	g	like <i>g</i> in <i>gasp</i>
ང་	nga	ng	like <i>ng</i> in <i>sing</i>
ཅ་	ca	ch	like <i>ch</i> in <i>chair</i> (but with less aspiration!)
ཆ་	cha	ch	like <i>ch</i> in <i>chair</i>
ཇ་	ja	j	like <i>j</i> in <i>journey</i>
ཉ་	nya	ny	<i>ny</i>
ཏ་	ta	t	like <i>t</i> in <i>stop</i>
ཐ་	tha	t	like <i>t</i> in <i>top</i>
ད་	da	d	like <i>d</i> in <i>debt</i>
ན་	na	n	like <i>n</i> in <i>nut</i>
པ་	pa	p	like <i>p</i> in <i>spit</i>
ཕ་	pha	p	like <i>p</i> in <i>pit</i>
བ་	ba	b	like <i>b</i> in <i>bit</i>
མ་	ma	m	like <i>m</i> in <i>me</i>
ཅཱ་	tsha	ts	like <i>ts</i> in <i>patsy</i>
ཅུ་	tsha	ts	like <i>ts</i> , but aspirated
ཇཱ་	dza	dz	like <i>z</i> in <i>Mozart</i> or like <i>dz</i> in <i>adze</i>
མཱ་	wa	w	like <i>w</i> in <i>we</i>
ཞཱ་	zha	zh	like <i>sh</i> in <i>show</i> (low tone)
ཞུ་	za	z	like <i>s</i> in <i>sit</i> (low tone)
ཏཱ་	'a	a	like <i>u</i> in <i>hut</i> (low tone)
ཏུ་	ya	y	like <i>y</i> in <i>year/young</i>
ར་	ra	r	world initial similar to rolled <i>r</i> ; word-final like <i>r</i> in <i>better</i>
ལ་	la	l	like <i>l</i> of <i>lap</i> or <i>low</i>
ཤཱ་	sha	sh	like <i>sh</i> in <i>show</i> (high tone)
ཤུ་	sa	s	like <i>s</i> in <i>sit</i> (high tone)
ཧཱ་	ha	h	like <i>h</i> in <i>hello</i>
ཧུ་	a	a	like <i>u</i> in <i>hut</i> (high tone)

¹ Pronunciation in this table does not account for either tone (low/high) or the cadence of the Tibetan language and is based in the Central Lhasa Dialect of Modern Tibetan. Approximate English pronunciations (when not created by the author) are taken from the pronunciation guide in Nicholas Tournadre and Sangdha Dorje, *Manual of Standard Tibetan* (Ithaca: Snow Lion, 2003):32-37.

Looking at the different sounds...

Aspirated

Letter **NGA**

Letter **NYA**

OM DJE TSUN MA PHAKMA DRÖL MA LA CHAK TSHEL LO

CHAK TSHEL SA SHI NGÖ LA CHAK GI

THIL GI NUN CHIN SHAP KI DUNG MA

THRO NIER CHEN DZE YI GE HUM GI

RIM PA DUN PO NAM NI GEM MA

Exercise section

Refuge and Bodhicitta

Buddha dharma and assembly supreme them to
sang gyä chhö dang tshog kyi chhog nam La

I take refuge until I am enlightened

Enlightenment until I, myself, refuge go for
jang chhub bar du dag ni kyab su chhi

In the Buddha, the Dharma, and the Supreme Assembly.

My dharma listening accumulations by other
dag gi chöe nyen gyi päi tsok nam kyi

By listening to the dharma and other accumulations,

Sentient beings to benefit in order buddhahood obtain may
dro la phän chhir sang gyä drub par shog (3x)

May I become a buddha to benefit transmigratory beings. (3x)

Mandala Offering

ground perfume anointed strewn with flowers
Sa zhi pö kyi jug shing me tog tram

This ground, anointed with perfume, strewn with flowers,

Mount Meru four continents sun moon Adorned This
Ri rab ling zhi nyi dä gyän pa di

Adorned with Mount Meru, four continents, the sun and moon,

buddha-field imagine offer it
Sang gyä zhing du mig te ül wa yi

I imagine this as a buddha-field and offer it.

living beings all pure land enjoy May
Dro kün nam dag zhing la chö par shog

May all living beings enjoy this pure land!