

RECITATIONS BEFORE TEACHINGS

Taking Refuge and Generating Bodhicitta

Sang gyä chö dang sog kyi chog nam la
I go for refuge until I am enlightened

Jang chub bar du dag ni kyab su chi
To the Buddha, the Dharma, and the Supreme Assembly.

Dag gi chö nyen gyi pä tsog nam gyi
Through the collections I create through listening to the Dharma,

Dro la pen chir sang gye drub par shog (3x)
May I become a buddha in order to benefit all sentient beings. (3x)

(Following Offering Mandala to teacher to be recited on the first day of each module.)

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
By offering this ground anointed with perfume, and strewn with flowers,

Ri rab ling zhi nyi dä gyän pa di
Adorned with Mount Meru, four continents, the sun and moon,

Sang gyä zhing du mig te ül wa yi
Visualized as a Buddha realm,

Dro kün nam dag zhing la chö par shog
May all migrators enjoy a pure realm.

(Request to Turn the Wheel to be recited on the first day of each module.)

Request to Turn the Wheel of Dharma

Je tsün la ma dam pa khye nam kyi
O holy and perfect, pure lama, from the clouds of compassion

Chhö küi kha la khyen tsei chhu dzin thrig
That form in the skies of your dharmakaya wisdom,

Ji tar tsham päi dül jäi dzin ma la
Please release a rain of vast and profound Dharma,

Zab gyä chhö kyi chhar pa wab tu söi
Precisely in accordance with the needs of those to be trained.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

RECITATIONS AT THE CONCLUSION OF TEACHINGS

(Thanksgiving mandala to teacher to be recited on the last day of each module.)

Short Thanksgiving Mandala

Sa zhi pö kyi jug shing me tog tram
By offering this ground anointed with perfume, and strewn with flowers,

Ri rab ling zhi nyi dä gyän pa di
Adorned with Mount Meru, four continents, the sun and moon,

Sang gyä zhing du mig te ül wa yi
Visualized as a Buddha realm,

Dro kün nam dag zhing la chö par shog
May all migrators enjoy a pure realm.

(Request to Turn the Wheel to be recited on the first day of each module.)

Request for the Lama to Remain Long

Je tsün la mäi ku tshe rab tän ching
May my venerable lama's life be firm,

Nam kar thrin lä chhog chur gyä pa dang
His white divine actions spread in the ten directions.

Lo zang tän päi drön me sa sum gyi
May the torch of the teachings of Losang always remain,

Dro wäi mün sel tag tu nä gyur chig
Dispelling the darkness of all beings in the three realms.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Dedication Prayers

Ge wa di yi nyur du dag
Due to the merits of these virtuous actions

La ma sang gyä drub gyur nä
May I quickly attain the state of a Guru-Buddha

Dro wa chig kyang ma lü pa
And lead all living beings, without exception,

De yi sa la gö par shog
Into that enlightened state.

Jang chhub sem chhog rin po chhe
May the supreme jewel bodhichitta

Ma kye pa nam kye gyur chig
That has not arisen, arise and grow;

Kye wa nyam pa me pa yang
And may that which has arisen not diminish

Gong nä gong du phel war shog
But increase more and more.

Long Life Prayers

For Lama Zopa Rinpoche

You who uphold the Muni's moral code, serving as the bountiful bearer-of-all,
Sustaining, preserving, and spreading Manjunath's victorious doctrine;
Masterfully accomplishing magnificent prayers honoring the Three Jewels:
Savior of myself and others, your disciples, please, please live long!

For All Spiritual Friends

Rab jam sung rab kün la ta wäi mig
Eyes viewing all the infinite scriptures,

Käl zang thar par drö päi jug nog chhog
Supreme gateway for the fortunate traveling to liberation,

Tse wä kyö päi thab khä dzä pa yi
Engaging with skillful means moved by love:

Säl dzä she nyen nam la söl wa deb
[All] illuminating spiritual friends, [please live a long and stable life].