

# 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 söl  
*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 kyī 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].*