

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

This ground, anointed with perfume, strewn with flowers,

RI RAB LING ZHI NYI DÄ GYÄN PA DI

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

SANG GYÄ ZHING DU MIG TE ÜL WA YI

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

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

May all living beings enjoy this pure land!

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

Refuge and Bodhichitta Before the Teaching

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 PE SÖ NAM GYI

By the merits I create through listening to the Dharma,

DRO LA PEN CHIR SANG GYE DRUB PAR SHOG

May I become a buddha in order to benefit all sentient beings.

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.

From Master Shantideva's Bodhicharyavatara

The following is one of His Holiness the Dalai Lama's favorite dedications, extracted from chapter 10 of the Bodhicharyavatara of Master Shantideva.

May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.

May no living creature suffer,
Commit evil, or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.

May the blind see forms
And the deaf hear sounds.
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing,
The hungry find food;
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy;

May the forlorn find hope,
Constant happiness, and prosperity.

May there be timely rains
And bountiful harvests;
May all medicines be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May they never occur again.

May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefiting each other.

For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world.