

## 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)*

### 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 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 düi jai 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 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 last 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

### ***A Prayer for the Swift Return of Kyabje Lama Zopa Rinpoche***

*By H.H. Dalai Lama*

Peerless Teacher and assembly of children of the victorious ones, śrāvakas,  
pratyekabuddhas;  
Victorious Lozang, father and sons, together with your lineage;  
All the objects of refuge of the infinite lands—  
Please now bestow the virtue and goodness to accomplish this prayer.

In holding and spreading the Muni's (*thub*) precious and complete teachings (*ten*)  
Through explanation and practice,  
You wore the armor of patience (*zopa*) that is never discouraged,  
Incomparable venerable guru, to you I make request.

Sole gateway through which all benefit and happiness emerge,  
While striving exclusively for the welfare  
Of the Victorious One's teachings and mother living beings  
You suddenly departed to peace—at this I lost hope.

Nevertheless, through the undecieving truth  
Of the blessings of the ocean of the Three Jewels  
And the great waves of the mind-generation of the children of the victorious ones,  
May the smile of a new reincarnation swiftly beam in glory for fortunate disciples.

### ***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].*