

## **Praise to Shakyamuni Buddha**

**To the founder, the endowed transcendent destroyer,  
The one gone beyond, the foe destroyer,  
The completely perfected,  
Fully awakened being, perfect in knowledge  
and in good conduct, Sugata, knower of the world,  
Supreme guide of human beings to be tamed,  
Teacher of gods and human beings,  
To you, the completely and fully awakened one,  
The endowed transcendent destroyer,  
The glorious conqueror,  
The subduer from the Shakya clan, I prostrate,  
make offerings, and go for refuge. (3x)**

## 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!**

**IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**

## **Taking Refuge and Generating Bodhichitta**

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 (3x)

**May I become a buddha in order to benefit all sentient beings. (3x)**

## 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**

### **His Holiness the Dalai Lama**

**The wish-granting Wish-Fulfilling Jewel,  
Source of every single benefit and happiness in this world,  
To the incomparably kind Tenzin Gyatso, I beseech:  
May all your holy wishes be spontaneously fulfilled.**

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

**Peerless Teacher and assembly of the children of the victorious ones,  
śrāvakas, and pratyekabuddhas;  
Victorious Lozang, father and sons, along with the lineage masters;  
All the objects of refuge of infinite lands—  
Please bestow the virtue and goodness of accomplishing this prayer  
here and now.**

**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.**

**While striving single-pointedly for the sake of the Victorious One's  
teachings,**

**The sole gateway through which all benefit and happiness emerge,  
And for mother living beings,  
You suddenly departed to peace—what a great loss!**

**Nevertheless, through the undeceiving truth**

**Of the blessings of the ocean of the Three Jewels**

**And the great waves of bodhicitta of the children of the victorious  
ones,**

**May the smile of a reincarnation swiftly beam in glory for fortunate  
disciples!**

## **Ösel Hita**

**Venerable one, to you whose kindness exceeds that of all the conquerors**

**for those wanderers in far-off places, especially the West,**

**Mindful of your loving concern for us, in intentionally descending again**

**Into a family of a far distant land, we make this request,**

**O lama, please, please live long.**