

PRAYERS FOR TEACHINGS

ABBREVIATED VERSION 2 – FOR MOBILE DEVICES
Shantideva Center



BEFORE TEACHINGS

Short Mandala Offering with Request for Teachings

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 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!

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

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 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)

AFTER TEACHINGS

Short Mandala Offering with Request for Teacher to Remain

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 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!

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 3 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 Prayer for H.H. Dalai Lama

Jig ten kham dir phän de ma lü pa
Gang lä jung wäi sam phel yi zhin nor
Ka drin tshung me tän dzin gya tsho la
Söl wa deb so thug zhe lhün drub shog

*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.*

Swift Return Prayer for Lama Zopa Rinpoche (FPMT v.3)

Composed by H.H. Dalai Lama

Da me tön pa gyäl sä nyän rang tshog
Lo zang gyäl wa yab sä gyü par chä
Rab jam zhing gi kyab yül ma lü pä
Deng dir mön pa drub päi ge leg tsöl

*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.***

Yong su dzog päi thub tän rin po chhe
Shä dang drub pä dzin ching pel wa la
Nam yang mi zhum zö päi go chha chän
Tsung me je tsün la mar söl wa deb

***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.***

Phän de ma lü jung wäi go chig pu
Gyäl wäi tän dang ma gyur dro wa yi
Dön la chig tu tsön pa dzä päi mur
Lo bur zhi war sheg dir yi re phang

***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!***

Ön tang chhog sum gya tshöi jin lab dang
Gyäl sä nam kyi thug kye lab po chhe
Lu me den pä yang trül sar päi dzum
Käl zang dül jäi päl du nyur zhä shog

***Nevertheless, through the undecieving 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.***