

# PRAYERS FOR TEACHINGS

**Geshe Thubten Sherab**  
Shantideva Center



# BEFORE TEACHINGS

## Mandala Offering to Request Teachings

### *Long Mandala Offering*

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The first paragraph is recited only by the chant leader:

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GYÄL WA KHYAB DAG DOR JE CHANG CHHEN PO DANG / NGO WO YER MA CHI PA YONG  
DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU TSHÄN NÄ MÖ TE / JE TSÜN LA MA LO ZANG THUB  
WANG DOR JE CHANG CHHEN PO GESHE THUBTEN SHERAB PÄL ZANG PÖI ZHÄL NGA NÄ /  
THEG PA CHHEN PÖI SUNG CHHÖ ZAB MO LEG PAR ZHU WÄI YÖN DU ZHING KHAM BÜL WAR  
ZHU...

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Group joins in:

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OM BÄN DZA BHU MI AH HUM / WANG CHHEN SER GYI SA ZHI / OM BÄN DZA RE KHE AH  
HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü SU / RII GYÄL PO RI RAB

OM VAJRA BHÜMI ÄH HÜM, **mighty golden ground.** OM VAJRA REKHE ÄH  
HÜM, **encircled by a wall of iron mountains; in the center, Mount Meru, King  
of Mountains;**

SHAR LÜ PHAG PO / LHO DZAM BU LING / NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ  
DANG LÜ PHAG / NGA YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA MI  
NYÄN DANG DRA MI NYÄN GYI DA

**In the east, Noble Body; in the south, Rose-Apple; in the west, Cattle Using;  
in the north, Unpleasant Sound; Body and Noble Body; Yak Tail and Other  
Yak Tail; Deceitful and Traveling the Supreme Path; Unpleasant Sound and  
Companion Unpleasant Sound;**

RIN PO CHHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ PA YI LO TOG / KHOR LO  
RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN MO RIN PO CHHE / LÖN PO RIN PO CHHE /  
LANG PO RIN PO CHHE / TA CHHOG RIN PO CHHE / MAG PÖN RIN PO CHHE / TER CHHEN PO  
YI BUM PA

**Precious mountain, wish-granting tree, wish-fulfilling cow, uncultivated  
harvest; precious wheel, precious jewel, precious queen, precious minister,  
precious elephant, precious horse, precious general, great treasure vase;**

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG PÖ MA / NANG SÄL MA  
/ DRI CHHAB MA

**Grace goddess, garland goddess, song goddess, dance goddess, flower  
goddess, incense goddess, light goddess, perfume goddess;**

NYI MA / DA WA / RIN PO CHHEI DUG / CHHOG LÄ NAM PAR GYÄL WÄI GYÄL TSHÄN / Ü SU  
LHA DANG MII / PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA ME PA / TSANG ZHING YI DU  
ONG WA

**Sun and moon; precious parasol and banner of victory over all directions. In the center, the riches of gods and humans, perfect, lacking nothing, pure, and enchanting.**

DI DAG DRIN CHÄN TSA WA DANG GYÜ PAR / CHÄ PÄI PÄL DÄN LA MA DAM PA NAM DANG /  
KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU TSHÄN NÄ MÖ TE / JE  
TSÜN LA MA LO ZANG THUB WANG DOR JE CHANG CHHEN PO GESHE THUBTEN SHERAB PÄL  
ZANG PÖI ZHÄL NGA NÄ / THEG PA CHHEN PÖI SUNG CHHÖ ZAB MO LEG PAR ZHU WÄI YÖN  
DU ZHING KHAM ÜL WAR GYI O

**To the glorious, holy, kind root and lineage gurus, and especially to you, the great, perfect pure Lama Lozang Thubwang Dorje Chang, the gloriously good Geshe Thubten Sherab, the possessor of the complete teachings, whose holy name is being uttered here with good reason, that we may excellently receive the profound Mahāyāna teachings, we offer this as a buddha field.**

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NE KYANG DAG SOG DRO WA MA GYUR NAM  
KHÄI THA DANG NYAM PÄI SEM CHEN THAM CHÄ LA THUG TSE WA CHHEN PÖ GO NÄ JIN GYI  
LAB TU SÖL

**Please accept it with compassion for the sake of trans-migratory beings. Having accepted it, out of your great compassion for sentient beings, please bless me and all mother transmigratory beings equaling the extent of space.**

## **Short Mandala Offering with Request for Teachings**

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
RI RAB LING ZHI NYI DÄ GYÄN PA DI  
SANG GYÄ ZHING DU MIG TE ÜL WA YI  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**This ground, anointed with perfume, strewn with flowers,  
Adorned with Mount Meru, four continents, the sun and moon,  
I imagine this as a buddha-field and offer it.  
May all living beings enjoy this pure land!**

JE TSÜN LA MA DAM PA KHYE NAM KYI  
CHHÖ KÜI KHA LA KHYEN TSEI CHHU DZIN THRIG  
JI TAR TSHAM PÄI DÜL JÄI DZIN MA LA  
ZAB GYÄ CHHÖ KYI CHHAR PA AB TU SÖL

**O holy and perfect, pure lama, from the clouds of compassion  
That form in the skies of your dharmakaya wisdom,  
Please release a rain of vast and profound Dharma,  
Precisely in accordance with the needs of those to be trained.**

IDAM GURU RATNA MAṄḌALAKAṂ NIRYĀTAYĀMI

## Taking Refuge and Generating Bodhicitta

SANG GYÄ CHÖ DANG SOG KYI CHOG NAM LA  
JANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI CHÖ NYEN GYI PE SÖ NAM GYI  
DRO LA PEN CHIR SANG GYE DRUB PAR SHOG (3x)

**I go for refuge until I am enlightened  
To the Buddha, the Dharma, and the Supreme Assembly.  
By the merits I create through listening to the Dharma,  
May I become a buddha in order to benefit all sentient beings. (3x)**

# AFTER TEACHINGS

## Mandala Offering of Thanks for Teachings

### *Long Mandala Offering*

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The first paragraph is recited only by the chant leader:

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GYÄL WA KHYAB DAG DOR JE CHANG CHHEN PO DANG NGO WO YER MA CHI PA YONG DZOG  
TÄN PÄI NGA DAG DÖN GYI LÄ DU TSHÄN NÄ MÖ TE / JE TSÜN LA MA LO ZANG THUB WANG  
DOR JE CHANG CHHEN PO GESHE THUBTEN SHERAB PÄL ZANG PÖI ZHÄL NGA NÄ / THEG PA  
CHHEN PÖI SUNG CHHÖ ZAB MO LEG PAR THOB PÄI KA DRIN TANG RAG GI YÖN DU ZHING  
KHAM BÜL WAR ZHU...

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Group joins in:

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OM BÄN DZA BHU MI AH HUM / WANG CHHEN SER GYI SA ZHI / OM BÄN DZA RE KHE AH  
HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü SU / RII GYÄL PO RI RAB

**OM VAJRA BHÜMI ĀḤ HÜḤ, mighty golden ground. OM VAJRA REKHE ĀḤ  
HÜḤ, encircled by a wall of iron mountains; in the center, Mount Meru, King  
of Mountains;**

SHAR LÜ PHAG PO / LHO DZAM BU LING / NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ  
DANG LÜ PHAG / NGA YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA MI  
NYÄN DANG DRA MI NYÄN GYI DA

**In the east, Noble Body; in the south, Rose-Apple; in the west, Cattle Using;  
in the north, Unpleasant Sound; Body and Noble Body; Yak Tail and Other  
Yak Tail; Deceitful and Traveling the Supreme Path; Unpleasant Sound and  
Companion Unpleasant Sound;**

RIN PO CHHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ PA YI LO TOG / KHOR LO  
RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN MO RIN PO CHHE / LÖN PO RIN PO CHHE /  
LANG PO RIN PO CHHE / TA CHHOG RIN PO CHHE / MAG PÖN RIN PO CHHE / TER CHHEN PO  
YI BUM PA

**Precious mountain, wish-granting tree, wish-fulfilling cow, uncultivated  
harvest; precious wheel, precious jewel, precious queen, precious minister,**

**precious elephant, precious horse, precious general, great treasure vase;**

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG PÖ MA / NANG SÄL MA  
/ DRI CHHAB MA

**Grace goddess, garland goddess, song goddess, dance goddess, flower goddess, incense goddess, light goddess, perfume goddess;**

NYI MA / DA WA / RIN PO CHHEI DUG / CHHOG LÄ NAM PAR GYÄL WÄI GYÄL TSHÄN / Ü SU  
LHA DANG MII / PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA ME PA / TSANG ZHING YI DU  
ONG WA

**Sun and moon; precious parasol and banner of victory over all directions. In the center, the riches of gods and humans, perfect, lacking nothing, pure, and enchanting.**

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KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU TSHÄN NÄ MÖ TE / JE  
TSÜN LA MA LO ZANG THUB WANG DOR JE CHANG CHHEN PO GESHE THUBTEN SHERAB PÄL  
ZANG PÖI ZHÄL NGA NÄ / THEG PA CHHEN PÖI SUNG CHHÖ ZAB MO LEG PAR THOB PÄI KA  
DRIN TANG RAG GI YÖN DU ZHING KHAM ÜL WAR GYI O

**To the glorious, holy, kind root and lineage gurus, and especially to you, the great, perfect pure Lama Lozang Thubwang Dorje Chang, the gloriously good Geshe Thubten Sherab, the possessor of the complete teachings, whose holy name is being uttered here with good reason, as a thanksgiving for your great kindness in having excellently given us the profound Mahāyāna teachings, we offer this as a buddha field.**

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NE KYANG DAG SOG DRO WA MA GYUR NAM  
KHÄI THA DANG NYAM PÄI SEM CHEN THAM CHÄ LA THUG TSE WA CHHEN PÖ GO NÄ JIN GYI  
LAB TU SÖL

**Please accept it with compassion for the sake of transmigratory beings. Having accepted it, out of your great compassion for sentient beings, please bless me and all mother transmigratory beings equaling the extent of space.**

## **Short Mandala Offering with Request for Teacher to Remain**

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
RI RAB LING ZHI NYI DÄ GYÄN PA DI  
SANG GYÄ ZHING DU MIG TE ÜL WA YI  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**This ground, anointed with perfume, strewn with flowers,  
Adorned with Mount Meru, four continents, the sun and moon,  
I imagine this as a buddha-field and offer it.  
May all living beings enjoy this pure land!**

JE TSÜN LA MÄI KU TSHE RAB TÄN CHING

NAM KAR THRIN LÄ CHHOG CHUR GYÄ PA DANG  
LO ZANG TÄN PÄI DRÖN ME SA SUM GYI  
DRO WÄI MÜN SEL TAG TU NÄ GYUR CHIG

**May my venerable lama's life be firm,  
His white divine actions spread in the ten directions.  
May the torch of the teachings of Losang always remain,  
Dispelling the darkness of all beings in the three realms.**

IDAM GURU RATNA MAṄḌALAKAṂ NIRYĀTAYĀMI

## **Dedication Prayers**

GE WA DI YI NYUR DU DAG  
LA MA SANG GYÄ DRUB GYUR NÄ  
DRO WA CHIG KYANG MA LÜ PA  
DE YI SA LA GÖ PAR SHOG

**Due to the merits of these virtuous actions  
May I quickly attain the state of a Guru-Buddha  
And lead all living beings, without exception,  
Into that enlightened state.**

JANG CHHUB SEM CHHOG RIN PO CHHE  
MA KYE PA NAM KYE GYUR CHIG  
KYE WA NYAM PA ME PA YANG  
GONG NÄ GONG DU PHEL WAR SHOG

**May the supreme jewel bodhichitta  
That has not arisen, arise and grow;  
And may that which has arisen not diminish  
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.**

## Shantideva's Prayer

### Extracted from Chapter 10 of the Bodhicharyāvatāra

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.