

PRAYERS FOR TEACHINGS

Geshe Thubten Sherab – FOR MOBILE DEVICES
Shantideva Center



BEFORE TEACHINGS

Mandala Offering to Request Teachings

Long Mandala Offering

The first paragraph is recited only by the chant leader:

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...

Group joins in:

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 ÄḤ HÜM, **mighty golden ground.** OM VAJRA REKHE ÄḤ 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 MAṄḌALAKAM
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

The first paragraph is recited only by the
chant leader:

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...

Group joins in:

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 BHŪMI ĀḤ HŪḤ, mighty golden
ground. OM VAJRA REKHE ĀḤ HŪḤ, 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 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 espe-cially 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 MAṄḌALAKAM
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.