

## 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  
*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 lamas, 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 jäi dzin ma la  
*Please release a rain of vast and profound Dharma,*

Zab gyä chhö kyi chhar pa wab tu söi  
*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 kyī 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 bestow—here and now—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 this request.

[You who are the] 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 undeceiving truths  
Of the oceanic blessings of the Three Jewels  
And the great waves of the mind-generation [bodhicitta] of the children of the victorious  
ones,  
May the smile of a new reincarnation swiftly beam in glory for us fortunate disciples.

### ***For All Spiritual Friends***

Rab jam sung rab kün la ta wäi mig  
*[You who are my] 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 [and mercy]:*  
Säl dzä she nyen nam la söl wa deb  
*[All] illuminating spiritual friends [, please live long and stable lives].*