

PRAYERS FOR TEACHINGS

ABBREVIATED VERSION 1

Shantideva Center



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 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

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
Tsong 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.***