



大乘禪寺(新加坡)  
THEKCHEN CHOLING  
(SINGAPORE)

LAMA CHOPA  
上师荟供





## Lama Chopa Preparation Notes

### 上师荟供必需品

- All musical instruments should be used 应具备所有法器。
- All offerings are arranged including a plate of offering for Lama from all the items offered and a copy of the text for Lama. 应具备所有供品包括一盘供上师的供品和法本。
- Prepare a bowl of yogurt and a bowl of tea. 一碗酸奶及一碗茶。
- Mandala set 供曼达拉。
- Bath offering with vase filled two third full with fresh saffron water. Two thirds are full to represent sambhogakaya and nirmanakaya. The dharmakaya body is represented by the one third that is not filled. Bottle of perfume, mala as ornament offering and clean white katta. Silver plate (or bottom part of ser-kyim set) 浴供所用之宝瓶装有三分之二的藏红花露。备有香水，念珠，白色卡达及盘。
- Microphone is set up 预备好麦克风。
- Plastic cups, plastic bags for distribution tray for collection of leftovers 分派纸杯，纸袋和一个大盘来装剩余荟供。
- Tsog preparation - If torma is not complete a round cake can also be used 荟供用的糕点如不会制作，可用圆形蛋糕代替。



## **LAMA CHOPA 上师荟供**

**Om Ah Hung** 嗡 啊 吽 (x 3)

*(To bless our body, speech and mind 加持身, 口及意)*

## **BLESS THE MALA 加持念珠 (x 7)**

**Om Rucira Mani Pravartaya Hung**

嗡 如启啦 嘛尼 啪哇达呀 吽

## **MULTIPLYING VIRTUES MANTRA 增福密咒(x 7)**

**Om Sambhara Sambhara Vimana Sara Maha Java Hung**

嗡 萨叭啦 萨叭啦 唯嘛哪 萨啦 嘛哈 迦哇 吽

**Om Smara Smara Vimana Sara Maha Java Hung**

嗡 思嘛啦 思嘛啦 唯嘛哪 萨啦 嘛哈 迦哇 吽

## **SETTING OUR MOTIVATION 发愿文**

In the Guru and Three Precious Gems I prostrate and take refuge; 顶礼皈依上师及三宝  
Please bless me in all my lifetimes. 从今此世  
祈请加持我

I must attain the stage of Buddhahood in order to remove the suffering of all sentient beings.  
证得佛果渡有情离苦

For this purpose, I will now practice the meditation and the recitation of the profound  
Guru-Yoga .修习上师相应瑜伽法



## **A. THE PRELIMINARY PRACTICE 正行**

### **Visualisation 观想**

#### **Gan-Den Lha-Gye Gon-Gyi Tug-Kar Ne**

On the summit of a cloud which resembles a heap of fresh white curd

于如极白鲜酪聚云端

#### **Rab-Kar Zho-Sar Pung-Dray Chu-Dzin Tzer**

Emanating from the heart of the Lord of 100 deities of Tushita,

祈自兜率众天怙主心

#### **Cho-Kyi Gyel-Po Kun-Kyen Lo-Zang Drag**

sits omniscient Sumatikirti, king of Dharma, together with his sons.

一切知者法王罗桑札

#### **Se-Dang Che-Pa Ne-Dir Sheg-Su Sol**

I request them to descend to this place.

偕汝法子驾临于此地



## **THE SEVEN LIMB PUJA 七支供养**

### **1 Entreating 启请**

#### **Dun-Gyi Nam-Kha Seng-Tri Pe-De Teng**

In the space before me upon a lion throne, lotus and moon,

前方虚空狮子座莲月上

#### **Je-Tsun La-Ma Gye-Pe Dzum-Kar Chen**

appears the venerable Guru smiling radiantly with delight,

至尊上师欢喜含笑颜



## **Dag-Lo De-Pe So-Nam Zhing-Chog Du**

you, the supreme field for my faithful mind's collection of merit.

为我信心最胜福德田

## **Ten-Pa Gye-Chir Kel-Gyar Zhug-Su Sol**

In order that the teachings may flourish, I request that you remain for a hundred aeons.

祈汝安住百劫弘圣教

## **2 Prostration 礼敬**

### **She-Je Khyon-Kun Jal-Wai Lo-Dro Tug**

The wisdom of your mind embraces the full extent of all that can be known.

通达一切所知觉知意

### **Kal-Zang Na-Wai Gyen-Gyur Leg-She Sung**

Your well explained teachings are the ear ornament of the fortunate ones.

成为善缘耳饰善说语

### **Drag-Pai Pel-Gyi Lham-Mer Dze-Pay Ku**

Your beautiful body is illuminated by the glory of your fame.

美名令誉盛德照曜身

### **Tong-To Dren-Pe Don-Den La-Chag Tsel**

I prostrate to you, whom to see, hear or recollect is meaningful.

见闻亿念有义我顶礼



### 3 Offering 供养

#### **Yi-Ong Cho-Yon Na-Tsog Me-Tog Dang**

This ocean of clouds of mentally created and actual offerings,

实陈意现供养云大海

#### **Dri-Zhim Dug-Po Nang-Sel Dri-Chab Sog**

refreshing water, various flowers, fragrant incense,

我将悦意供水种种华

#### **Ngo-Sham Yi-Trul Cho-Trin Gya-Tso Di**

lights, perfumes and so on,

馥郁烧香灯明涂香等

#### **So-Nam Zhing-Chog Khye-La Cho-Par Bul**

I offer to you, the supreme field for the collection of merit.

奉上献汝最胜福德田

### 4 Confessing 忏悔

#### **Dag-Gi Tog-Me Du-Ne Sag-Pa Yi**

Whatever unwholesome actions, committed by body, speech and mind,

任何身语意之不善业

#### **Lu-Ngag Yi-Kyi Mi-Ge Chi-Gyi Dang**

I have accumulated since beginningless time,

我于无始以来所造作

#### **Khye-Par Dom-Pa Sum-Gyi Mi-Tun Chog**

Especially transgressions of the three types of vows,

尤其违犯三种律仪者

#### **Nying-Ne Gyo-Pa Drag-Po So-Sor Shag**

with strong, heartfelt regret, I confess each and every one.

由衷深切悔恨尽发露



### 5 Rejoicing 随喜

#### **Nyig-Me Du-Dir Mang-To Trub-La Tson**

By striving for much learning and understanding in  
this degenerate age  
于此浊世精进闻与修

#### **Cho-Gye Pang-Pe Del-Jor Don-Yo Je**

and by abandoning the eight worldly dharmas,  
断除八法使暇满有义

#### **Gon-Po Khyo-Kyi Lab-Chen Dza-Pa La**

you made your favourable rebirth meaningful.  
于汝怙主所造大事业

#### **Dag-Chag Sam-Pa Tag-Pe Yi-Rang Ngo**

O Lord, in the great wave of your deeds we rejoice  
from the depths of our hearts.  
我等由心深处尽随喜

### 6 Requesting 敦请

#### **Je-Tsun La-Ma Dam-Pa Khye-Nam Kyi**

I request you, exalted and venerable Gurus,  
惟愿汝等至尊圣上师

#### **Cho-Ku Kha-La Khyen-Tse Chu-Dzin Trig**

who have gathered clouds of wisdom and compassion  
in the space of Dharmakaya,  
法身虚空布满悲智云

#### **Ji-Tar Tsam-Pay Dul-Je Dzin-Ma La**

in accordance with the needs of the field of your disciples,  
然后在于化机之大地

#### **Zab-Gye Cho-Kyi Char-Pa Ab-Tu Sol**

let the rain of the vast and profound dharma thereby fall.  
随顺降下深广妙法雨





**7 Dedication 回向**

**Dag-Gi Ji-Nye Sag-Pe Ge-Wa Di**

Whatever virtue I have accumulated by this practice,  
惟愿我所造此诸善业

**Ten-Dang Dro-Wa Kun-La Gang-Pen Dang**

May it benefit the Teachings and all beings.  
皆能利益圣教及众生

**Khye-Par Je-Tsun Lo-Zang Drag-Pa Yi**

Especially may the essence of the Teachings  
尤令至尊罗桑之教法

**Ten-Pai Nying-Po Ring-Du Sel-Je Shog**

of the venerable Sumatikirti be illuminated forever.  
精华恒久明于自他心



## LONG MANDALA OFFERING 供曼达拉

**Om Ah Hung** 嗡 啊 吽 (x 3)

### **Om Bendza Bhu-Mi Ah-Hung**

Om Vajraground Ah Hung

嗡 金刚地基 啊 吽

### **Wang-Chen Ser-Gyi Sa-Zhi**

Here Is The Mighty And Powerful Base Of Gold

奇妙黄金宝地

### **Om Benza Re-Ke Ah-Hung**

Om Vajraline Ah Hung

嗡 金刚围篱 啊 吽

### **Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su**

The Outer Ring Is Encircled With This Iron Fence

铁围山绕四周

### First Ring 第一圈

#### **1 Ri-Gyäl Po-Ri Rab**

In the centre, the king of mountains, Mount Meru

居中山王须弥山，

#### **2 Shar Lu-Pag-Po**

In the east, the continent Purvavideha

东胜神洲处东方，

#### **3 Lho Dzam-Bu-Ling**

In the south, Jambudvipa

南瞻部洲南方住，

#### **4 Nub Ba-Lang-Chö**

In the west, Aparagodaniya

西牛贺洲置西边，



### **5 Jang Dra-Mi-Nyän**

In the north, Uttarakuru  
北俱盧洲在北边。

### **6 Lu-Dang Lu-Pag**

7 Around the east, the sub-continent Deha and Videha  
东方身洲及胜洲，

### **8 Nga-Yab-Dang Nga-Yab-Zhän**

9 Around the south, Camara and Aparacamara  
南方拂洲、别拂洲，

### **10 Yo-Dän-Dang Lam-Chog-Dro**

11 Around the west, Satha and Uttaramantrin  
小行洲、胜道行洲，两小洲位处西方，

### **12 Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da**

13 Around the north, the sub-continent Kurava and Kaurava  
北方有声不美洲，及彼身不美洲，

### **14 Rin-Po-Che Ri-Wo**

In the east is the treasure mountain  
宝山，

### **15 Pag Sam-Gyi-Shing**

In the south is the wish-granting tree  
如意树，

### **16 Dö Jo-I Ba**

In the west is the wish-granting cow  
随欲宝牛，

### **17 Ma-Mo Pa-I Lo-Tog**

In the north is the harvest that needs no cultivation  
自长粮谷。



**Second Ring 第二圈**

**18 Kor-Lo Rin-Po Che**

Here is the precious wheel  
宝轮，

**19 Nor-Bu Rin-Po Che**

Here is the precious jewel  
如意宝珠，

**20 Tsun-Mo Rin-Po Che**

Here is the precious queen  
王后宝，

**21 Lon-Po Rin-Po Che**

Here is the precious minister  
大臣宝，

**22 Lang-Po Rin-Po Che**

Here is the precious elephant  
象宝，

**23 Ta-Chog Rin-Po Che**

Here is the precious and best of horses  
马宝，

**24 Mag-Pon Rin-Po Che**

Here is the precious general  
将军宝，

**25 Ter-Chen Po-i Pum-Ba**

Here is the great treasure vase  
大藏瓶宝。



**Third Ring 第三圈**

**26 Geg-Ma**

Here is the goddess of beauty

姿天女，

**27 Treng-Wa-Ma**

Here is the goddess of garlands

鬘天女，

**28 Lu-Ma**

Here is the goddess of song

歌天女，

**29 Gar-Ma**

Here is the goddess of dance

舞天女，

**30 Me-Tog-Ma**

Here is the goddess of flowers

花天女，

**31 Dug-Pö-Ma**

Here is the goddess of incense

香天女，

**32 Nang-Sel-Ma**

Here is the goddess of light

灯天女，

**33 Dri-Chab-Ma**

Here is the goddess of perfume

涂天女。



**Top Ring 顶圈**

**34 Nyi-Ma Da-Wa**

35 Here is the sun; Here is the moon  
日，月，

**36 Rin-Po-Che Dug**

Here is the umbrella of all that is precious  
珍异宝伞，

**37 Chog-Lay Nam-Par Gyal-Way Gyal-Tsan**

Here is the banner of victory in all directions  
制伏一切十方幢，

**U-Su Lha-Dang Mi-I Pal-Jor Pun-Sum Tsog-Pa  
Ma-Tsang Wa-Me-Pa**

In the centre are all the possessions precious to gods  
and men

无余清净悦意供，天人最胜圆满供，

**Tsang-Zhing Yi-Du Wong-Wa Di-Dag**

This magnificent collection, lacking in nothing  
悉皆云集于中央。

**Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay**

I offer to you, my kind and holy root Lama  
献予大慈跟本师，

**Päl-Den La-Ma Dam-Pa Nam-Dang Kye-Par  
Du-Yang**

Together with you, Venerable Lineage Lamas  
一切真传承上师，



**\*La-Ma Lo-Zang Tup-Wang Dor-je-Chang**

And to you Lama, compassionate La-Ma Lo-Zang  
Tup- Wang Dor-je-Chang

圣者宗喀巴祖师

**Lha-Tsog Kor-Dang Chay-Pa**

Together with the assembly of Gods

所有本尊一切众，

**Nam-La Zhing-Kam Ul-War Gyi-Wo**

I offer this pure and beautiful collection to you

献此佛刹无量供，

**Tug-Je Dro-Way Don-Du Zhe-Su-Sol**

In your compassion accept what I offer for the sake  
of all beings

受此供已请加持，

**Zhe-Nay Dag-Sog Sem-Chen Tam-Chay-La**

Having accepted these, to myself and to all beings

众生与我皆得受，

**Tug-Tse-Wa Chen-Poi Go-Na Jin-Gyi Lab-Tu Sol**

Please grant your blessings through your great  
compassion.

以大慈悲普加持。

**1 The Short Mandala Of Seven Heaps 供外曼达拉**

**Sa-Zhi Po-Kyi Jug-Shing Me-Tog Tram**

Adorned with Mount Meru, four continents, Sun and Moon,  
须弥四洲日月所庄严，



## **Ri-Rab Ling-Zhi Nyi-Day Gyen-Pa Di**

This ground, anointed with perfume, strewn with flowers,  
妙香遍涂华散之大地，

## **Sang-Gay Zhing-Du Mig-Te Ul-War Gyi**

I offer in visualization as Field of Buddhas.  
观如佛土我乐敬供养，

## **Dro-Kun Nam-Dag Zhing-La Cho-Par Shog**

May all sentient beings thus enjoy this Pure Land!  
愿诸有情共享此净土！

## 2 Inner Mandala 供内曼达拉

### **Dag-Gi Chag-Dang Mong-Sum Kye-Pay Yul**

The objects of my attachment, anger and ignorance,  
令我生起贪嗔无明境，

### **Dra-Nyen Bar-Sum Lu-Dang Long-Cho Che**

My body, my wealth and enjoyments,  
怨亲中庸色身用具等，

### **Pang-Pa Me-Par Bul-Gyi Leg-Zhe Nay**

Without any sense of loss I offer this collection,  
我均无吝奉上愿享受，

### **Dug-Sum Rang-Sar Drol-War Jin-Gyi Lob**

Please accept it with pleasure and bless me with freedom  
from the three poisons.  
加持我他当下渡三毒。

## Request For The Lama To Remain Long

### 祈请上师长驻文

### **Je-Tsun La-Mai Ku-Tshe Rab-Tan Ching**

May my venerable Guru's life be firm  
唯愿上师寿无疆





**Nam-Kar Thrin-La Chhong-Chur Gya-Pa Dang**

His white divine actions spread in the ten directions

殊胜妙法照十方

**Lo-Zang Tan-Pai Dron-Me Sa-Sum Gyi**

And the torch of Losang's Teachings, dispelling

罗桑胜者之教法

**Dro-Wai Mun-Sel Tag-Tu Na-Gyur Chig**

The three world's beings darkness, always remain.

三界魔障尽断除

**Om Idam Guru Ratna Mandalakam Nirya**

**Tayami**

I send forth this jewelled mandala to you, Oh

precious Gurus.

嗡 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜



## **PURIFICATION YOGA 净化瑜珈法**

### **De-Tar Shug-Drag Sol-Wa Tab-Pe Tu**

Thus by the force of my extremely strong request,  
由因我诚心祈请

### **Je-Tsun Yab-Se Sum-Gyi Tug Ka Ne**

from the hearts of the venerable father and his sons  
源出圣父与子心

### **O-Zer Kar-Po Bub-Chen Tro-Pai Ne**

emanate hollow, radiant white light rays,  
显现空白道光芒

### **Chig-Tu Dre-Ne Rang-Gi Chi-Wor Zug**

the tips of which, having joined as one, absorb into the  
crown of my head.

端聚我冠摄受之

### **O-Kar Bu-Gu Jug-Ngog Le-Jung Wai**

By the white radiant amrita, the colour of milk,  
依此乳白净甘露

### **Dud-Tsi Kar-Po O-Mai Dog-Chen Gyi**

flowing through the hollow white light rays, all sickness,  
evil influences,

空白道光解疾恶

### **Ne-Don Dig-Drib Bag-Chag Ma-Lu Pa**

obscurations and mental potentialities are cleansed  
without exception,

净除昏暗与愚昧

### **Tru-Ne Rang-Lu Shel-Tar Dag-Bar Gyur**

and my body becomes pure like crystal.



晶莹剔透我身成

**MIGSTEMA PRAYER 无缘悲心**

*(Chant 3 times slowly, then recite many times silently  
念诵三次，后可多次默念)*

**Mig-Me Tse-Wai Ter-Chen Chen-Re Zi**

Avalokiteshvara, great treasure of immeasurable  
compassion,  
无缘悲心大藏观世音

**Dri-Me Khyen-Pe Wong-Po Jam-Pe Yang**

Manjushri, Lord of the stainless wisdom,  
无垢智慧天尊妙吉祥

**Gang-Chen Khe-Pe Tzug-Gyen Tsong-Kha Pa**

Tsong-khapa, crown jewel of the sages of the Land of  
the Snow,  
雪乡学者顶饰宗咯巴

**Lo-Zang Drag-Pay Zhab-La Sol-Wa Deb**

Losang Dragpa, I make requests at your feet.  
罗桑札巴足下我祈请

**TAKING REFUGE 皈依**

**De-Chen Ngang-Lae Rang-Nyi La-Ma Lha,**

From a state of Great Bliss I manifest as a Guru-Yidam.  
由大乐中自成上师尊

**Gang-Der Sael-Wae Ku-Lae Woe-Zer Tsok**

From my transparent body, a profusion of light-rays  
即此明晰身放光芒聚

**Chok-Chur Troe-Pae Noe-Chue Jin-Lap Pae,**

Radiates to the ten directions, blessing the beings



and their environment,  
照射十方情器尽加持

**Dak-Pa Rap-Jam Ba-Zhik Yoen-Taen Gyi**

With only excellent qualities, infinitely pure,  
纯为清净广大之功德

**Koe-Pae Kyaе-Par Puen-Sum Tsok-Par Gyur.**

All become most perfectly arrayed.  
具足殊妙圆满现转成

**Rap-Kar Ge-Sem Chen-Poe Ngang-Nyi Nae**

With a very exalted, white, virtuous state of mind,  
从其广大白净善心中

**Dak-Dang Ka-Nyam Mar-Gaen Sem-Chaen  
Nam,**

I and my old mothers, the infinite sentient beings,  
我及遍空父母众有情

**Deng-Nae Ji-Sri Jang-Chup Nying-Poe Bar,**

From now until our Enlightenment  
自今乃至菩提道果成

**La-Ma Koen-Chok Sum-La Kyap-Su Dro.**

Go for Refuge to the Gurus and the Three Precious  
Gems.

至诚皈依上师三宝尊



**Namo Gurubhyah** 南无上师

**Namo Buddhaya** 南无佛

**Namo Dharmaya** 南无法

**Namo Sanghaya** 南无僧 (X 3)



**GENERATING BODHICITTA 发菩提心**

**Ma-Sem Chaen-Kuen Gyi-Doen Gyi-Chir,**

For the benefit of all mother sentient beings,

诸母有情义利故

**Dak-Nyi La-Ma Lhar-Gyur Nae,**

I transform myself into a Guru-Yidam,

自成上师本尊后

**Sem-Chaen Tam-Chae La-Ma Lha-Yi**

And thus I shall lead all beings

一切有情悉安置

**Go-Pang Chok-La Goe-Par Ja.**

To the supreme Enlightenment of a Guru-Yidam.

上师本尊胜果位

(x 3)

**Ma-Sem Chaen-Tam Chae-Kyi Doen-Du.**

For the sake of all mother sentient beings,

我为利益诸有情

**Dak-Gi Tse-Di Nyi-La, Nyur-War Nyur-War,**

In this very lifetime I shall quickly, quickly

今生此世迅速成

**Doe-Mae Sang-Gyae, La-Ma Lha-Yi,**

attain the state of a primordial

证得原始圆满位

**Go-Pang Ngoen-Du Jae.**

Guru-Yidam Buddha.

上师本尊佛果位



**Ma-Sem Chaen-Tam Chae-Duk Ngael-Lae Drael;**  
I shall liberate all mother sentient beings from suffering  
欲度诸母得离苦

**De-Chen Sang-Gyae Kyi, Sa-La Goe-Par Ja.**  
And lead them to the Great Bliss of Buddhahood.  
将之安顿佛果地

**De-Yi Chir-Du, Lam-Zap Mo, La-Ma Lha-Yi,**  
For this purpose, I shall practise the Profound Path  
因此修习甚深道

**Nael-Jor Nyam-Su Lang-War Gyio.**  
of Guru-Yidam yoga.  
上师本尊相应法

**BLESSING THE INNER OFFERINGS 加持内供**

**Om Ah Hung 嗡 啊 吽 (x 3)**

*(recite quickly while the instruments are being played)*

*(奏乐时快速念诵)*



**Ngo-Wo Ye-She La,**

In essence, Wisdom.

智慧体性中清淨

**Nam-Pa Nang-Choe Dang-Choe Dzae-So**

**Soe-Nam Pa,**

In aspect, the aspects of the inner offerings and the  
various offering-objects.

相为内供各供品

**Je-Lae Wang-Po Druk-Gi Choe-Yuel Du**

In function, to generate as objects enjoyed by the  
six senses

能于六根之对境

**De-Tong Gi-Ye She-Kyae Par-Chaen Kye-Pae,**



the special Wisdom of Voidness and Bliss.  
生起殊胜空乐智

**Sa-Dang Bar-Nang Nam-Kae Kyoen-Tam  
Chae-Yong Su-Kyap Pae**

Filling the earth, the sky and all the space in between,  
布满天地与虚空

**Chi-Nang Sang-Wae Choe-Trin Dam-Dzae  
Chaen-Zik**

clouds of outer, inner and secret offerings and splendid  
sacred offering-objects  
内外秘密供养云

**Sam-Gyi Mi-Kyap Pae-Gang War-Gyur.**

spread out beyond the range of thought.  
遍布不可思议境

**B. THE ACTUAL PRACTICE 实习**

**Visualisation Of The Field Of Merit. 观想资粮田**

**De-Tong Yer-Me Lha-Lam Yang-Par**

In the vast heavens of indivisible Voidness and Bliss,  
空乐无别虚空中

**Kuen-Zang Choe-Trin Trik-Pae Ue,**

amidst billowing clouds of Samantabhadra offerings,  
普贤供云遍布中

**Lo-Ma Me-Tok Drae-Bue Yong-Dze**

Embellished with leaves, flowers and fruit  
萃叶繁华盛果饰

**Doe-Gue Pak-Sam Joen-Pae Tser,**

is a wish-granting tree; at its crest,  
众愿如意树梢头





**Dong-Nga Bar-Wae Rin-Chen Tri-Teng,**

On a lion throne ablaze with precious gems,  
閃耀珍宝獅宝座

**Chu-Kye Nyi-Da Gyaе-Pae Teng,**

on a lotus, a sun and a full moon disk,  
蓮花圓日滿月上

**Ka-Drin Sum-Daen Tsa-Wae La-Ma,**

Sits my Root Guru, kind in three ways,  
具三恩惠根本師

**Sang-Gyaе Kuen-Gyi Ngo-Wo Nyi.**

You are the essence of all the Buddhas.  
一切諸佛之自性

**Nam-Pa Ngur-Mik Dzin-Pae Ge-Long,**

You have the aspect of a saffron-robed monk,  
比丘形服清淨相

**Zhael-Chik Chak-Nyi Dzum-Kar Tro.**

with one face, two arms and a radiant white smile.  
一面二臂含笑顏

**Chak-Yae Choe-Chae, Yoen-Pa Nyam-Zhak**

Your right hand expresses teaching, your left in  
meditative pose  
右結說法左結定

**Due-Tsi Gang-Wae Lung-Ze Nam.**

holds a begging bowl filled with nectar.  
托承盛滿甘露鉢

**Gur-Gum Dang-Daen Choe-Goe Sum-Soel,**

are draped in three robes of lustrous saffron,  
身披紅花三法衣

**Ser-Dok Paen-Zhae U-La Dze.**

and your head is graced by a pandit's gold-coloured hat.



顶戴金色僧人冠

**Tuk-Kar Kyap-Dak Dor-Je Chang-Wang,**

In your heart is the all-pervading Lord Vajradhara,  
金刚总持在心中

**Zhael-Chik Chak-Nyi Ku-Dok Ngo.**

with one face, two arms and a blue-coloured body.  
一面二臂身蓝色

**Dor-Dril Zung-Nae, Ying-Chuk Mar-Kyue,**

He holds a vajra and bell and embraces Vajradhatu Isvari.  
拥抱佛母持铃杵

**Lhaen-Kye De-Tong Roel-Pae Gye.**

They delight in the play of simultaneous Voidness and  
Bliss.

游戏俱生空乐喜

**Nam-Mang Rin-Chen Gyaen-Gyi Trae-Shing,**

Both are adorned with jewel ornaments of many designs  
重宝奇珍妙严饰

**Lha-Dzae Dar-Gyi Na-Zae Lup.**

and are arrayed with garments of heavenly silk.  
穿戴天宝绫罗衣

**Tsaen-Pe Gyaen-Daen Woe-Zer Tong-Bar,**

Adorned with the major and minor marks, you radiate a  
thousand light-rays

具足相好千道光

**Ja-Tsoen Nga-Ngae Kor-Wae Ue,**

as, enhaloed by a five-coloured rainbow,  
五色彩虹围绕中

**Dor-Je Kyil Trung Tsuel-Gi Zhuk-Pae,**



You sit in the vajra position.  
正结金刚跏趺坐

**Pung-Po Nam-Dak De-Shek-Nga.**

Your purified skandhas are the five Meditational Buddhas,  
体是五佛清净蕴

**Kam-Zhi Yum-Zhi, Kye-Che Tsa-Gyue**

Your four elements are the four Consorts, your sense  
spheres, veins, sinews

四界四母处脉络

**Tsik-Nam Jang-Chup Sem-Pa Ngoe.**

and members are all in reality Bodhisattvas.

诸节实即众菩萨

**Ba-Pu Dra-Chom Nyi-Tri Chik-Tong,**

The hairs of your pores are the twenty-one thousand  
Arhats,

身毛两万一罗汉

**Yaen-Lak Tro-Woe Wang-Po Nyi.**

limbs are wrathful deities.

四肢本即忿怒尊

**Woe-Zer Chok-Kyong Noe-Jin Sang-Wa,**

light-rays hide directional guardians and yakshas,  
光明覆盖诸护法

**Jik-Ten Pa-Nam Zhap-Kyi Daen.**

while all worldly deities are cushions for your feet.

世间诸神足下垫

**Ta-Kor Rim-Zhin Ngoe-Gyue La-Ma,**

Surrounding you in their proper order, actual and  
lineage Gurus,

环绕传承上师尊



## **Yi-Dam Kyil-Kor Lha-Tsok Dang**

Yidams, hosts of mandala deities,

上师本尊坛城众

## **Sang-Gyae Jang-Sem Pa-Wo Ka-Dro,**

Buddhas, Bodhisattvas, Dakas, Dakinis

诸佛菩萨众护法

## **Taen-Srung Gya-Tsoe Kor-Nae Zhuk.**

and Dharmapalas form an encircling sea.

护法海会围绕中

## **De-Dak Go-Sum Dor-Je Sum-Tsaen.**

The three doors of each are marked with the three vajra syllables.

彼等三门三金刚

## **Hum-Yik Woe-Zer Chak-Kyu Yi**

From the HUM syllables, hook-like light-rays

并以吽字光明钩

## **Rang-Zhin Nae-Nae Ye-She Pa-Nam**

Draw forth from their actual abodes the Wisdom Beings

迎请自性之智尊

## **Chaen-Drang Yer-Me Taen-Par Gyur.**

to become inseparably fixed.

融入无别恒坚固



## **INVOCATION 迎请**

### **Phun-Tsok De-Lek Jung-Nae, Due-Sum Gyi**

O Sources of goodness, bliss and perfection, from  
all three times

惟愿三世圆满乐善源

### **Tsa-Gyue La-Ma Yi-Dam Koen-Chok Sum,**

You Root and Lineage Gurus, Yidams, Three Precious  
Gems,

根本传承上师尊三宝

### **Pa-Wo Ka-Dro Choe-Kyong Srung-Tsok Chae,**

Dakas, Dakinis, Dharmapalas and Protectors, with  
your entourage

勇士空行护法及护众

### **Tuk-Je Wang-Gi Dir-Shek Taen-Par Zhuk!**

By the forces of your Compassion, come here and  
remain fixed!

因悲心力驾临并安住

### **Choe-Nam Rang-Zhin Dro-Wong Kuen-Drael Yang,**

Although all dharmas totally lack inherent going and  
coming,

诸法自性无来亦无去

### **Na-Tsok Duel-Jae Sam-Pa Ji-Zhin Du**

Appearing as whatever suits the various sentient beings  
随顺种种化机意乐现

### **Chir-Yang Char-Wae Kyen-Tse Trin-Lae Chaen,**



Dispositions, with your activity of Wisdom and Loving  
Compassion,

但汝具足悲智之事业

**Kyap-Goen Dam-Pa Kor-Chae Shek-Su Soel!**

O holy Refuge Protectors, please come with your  
entourage!

贤圣怙主眷属祈驾临

**Om Guru Buddha Bodhisattva**



**Dharmapala Sagarivara Ehy Ehi;**

嗡 沽噜 布达 菩提萨哆 达嘛巴拉 萨巴利哇啦 耶 喜

**Dza Hum Bam Hoh!**

渣 吽 邦 货

**Ye-She Pa-Nam Dam-Tsik Pa-Dang Nyi-Su  
Me-Par Gyur!**

The Wisdom and Commitment beings unite to  
become one

智慧主尊与三昧耶尊不二亦无别



## **THE PURIFYING BATH AND OFFERINGS 净浴与供养**

### **Generating The Bath-House 澡堂**

The bath house has an extremely sweet fragrance,  
此间澡堂香味极芬芳  
A crystal floor and beautiful sparkling jeweled pillars.  
水晶地面莹澈似放光  
The roof is covered by a canopy  
具有照耀珍宝悦意柱  
Decorated with shining pearls.  
悬挂绚光真珠宝华盖

### **Offering Bath 献浴**

Just as the gods made offerings of pure water after the  
birth of Buddha,  
犹如世尊降生时，诸天供养请沐浴  
I also offer a bath with pure water of the gods.  
我以清净妙天水，同样敬请沐尊礼

**Om Sarwa Tathagata Abisheka Ta  
Samaya Shriye Ah Hung**



嗡 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

Holy body created by ten million excellent virtues,  
千万圆满妙善所造身  
Holy speech fulfilling the hopes of infinite migratory  
beings,  
满足无边众生愿圣语



Holy mind seeing all existing as it is.

无余所知如实洞察意

I offer this bath to the holy body of Buddha Vajradhara

敬献沐浴能王金刚持

**Om Sarwa Tathagata Abisheka Ta  
Samaya Shriye Hung**



嗡 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

I offer this bath to the holy bodies of the lineage gurus  
of the extensive conduct

我敬献沐广行传承师

I offer this bath to the holy bodies of the lineage gurus  
of the profound view.

我敬献沐深见传承师

I offer this bath to the holy bodies of the lineage gurus  
of the blessed practice.

我敬献沐修行加持师

I offer this bath to the holy bodies of all lineage gurus.

我敬献沐传承诸上师

**Om Sarwa Tathagata Abisheka Ta  
Samaya Shriye Ah Hung**



嗡 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

Precious objects of worship, adorned with excellent  
qualities

尊贵圣物妙好严饰之

Who are beautiful as mountains, to you I offer this bath

如山壮观我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta  
Samaya Shriye Ah Hung**







喻 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

Sun destroying ignorance, medicine that cures the disease of samsara ,

日灭愚痴药物能疗疾

Jewel of the True Dharma, to you I offer this bath.

珍贵法宝我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta**



**Samaya Shriye Ah Hung**

喻 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

Protectors with Power and Compassion, clad in the terrifying fire

慈悲权威护法惧火饰

That destroys things at the aeon's end, to you I offer this bath.

灭事万古我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta**



**Samaya Shriye Ah Hung**

喻 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

In beautiful dress, with supreme nectar best satisfying the fortunate,

服饰绸缎甘露满荣华

The glorious gurus' holy bodies, to you I offer this bath.

尊师圣身我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta**



**Samaya Shriye Ah Hung**

喻 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

Precious stupas that have the nature of the



dharmakaya and  
殊圣宝塔具足满法身  
forms of supreme qualities, to you I offer this bath.  
无上仪表我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta**   
**Samaya Shriye Ah Hung**  
喻 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

Conquerors' many Emanation Bodies, which in divine  
aspect  
神圣尊者化身之繁多  
Manifest to disciple beings, to you I offer this bath.  
显现弟子我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta**   
**Samaya Shriye Ah Hung**  
喻 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

You who are supremely disciplined, truly filled with  
compassion,  
无上纪律满溢慈悲心  
Eternally helping and making happy, to you I offer this  
bath.  
永助造悦我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta**   
**Samaya Shriye Ah Hung**  
喻 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿 吽

Temples and other places where, an image of the  
Buddha rests,  
殿宇圣堂等地佛均在



And where training sangha live, to you I offer this bath.  
僧伽住所我敬献沐浴

**Om Sarwa Tathagata Abisheka Ta Samaya Shriye Ah Hung** 

嗡 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶 阿

**Drying Their Holy Bodies 揩身**

I now wipe your holy bodies

我以清静薰成极香馥

With an incomparable clean sweet smelling cloth.

无等浴巾擦拭其圣身

**Om Hung Tram Hrih Ah Kaya**

**Vishodanaya Soha**

嗡 吽 特然 喜 阿 卡亚 威梭答那亚 梭哈

**Anointing Their Holy Bodies 涂香**

Just as a goldsmith polishes gold already pure and refined,

有如除垢纯金之圣身

So do I apply the best fragrance that pervades billions of universes;

我以三千世界众香中

To the holy bodies of the Controlled Ones!

最胜香味涂诸能仁王

**Om Ah Hung! 嗡 啊 吽!**

(One can spray some perfume into space! 可在空中喷香水!)

**Offering Robes 供袍**

By offering these soft, light, divine clothes

献奉细柔轻软华天衣

With indestructible devotion to those



虔诚则以不衰净信心  
Who have attained the vajra holy body,  
谁已证得不坏金刚身  
May I also achieve the vajra holy body.  
愿我亦得不坏金刚身

**Offering Ornaments 供饰物**

Because you conquerors are adorned by the natural  
ornaments of the marks and signs,  
胜者具足自性相好饰  
You do not need any other kind of ornaments.  
勿需要求其余庄严物  
But by offering these supreme jeweled ornaments  
兹奉宝贵胜衣为众生  
May all sentient beings achieve the holy body adorned  
by all the marks and signs.  
愿其能得相好庄严身

**Requesting Them To Remain 祈请住世**

Through your love for all sentient beings and me;  
为悯我等及诸母有情  
By the force of your miraculous powers;  
启请诸佛藉此神通力  
As long as I make offerings to you;  
依我久持为您献供养  
Oh you Lords, please remain until samsara ends!  
如来安住世间不入灭!



**THE SEVEN LIMBS 七支供养**

**Prostration To The Guru As Sambhogakaya**

**顶礼尊师之报身**

**Gang-Gi Tuk-Je De-Wa Chen-Poe Ying,**

You whose Compassion bestows even the sphere of  
Great Bliss,

谁以悲心刹那能赐予

**Ku-Sum Go-Pang Chok-Kyang Kae-Chik La,**

The supreme attainment of the Three Bodies, in an instant,  
大乐界及胜三身果位

**Tsoel-Dzae La-Ma Rin-Chen Ta-Bue Ku,**

O Guru with jewel-like body,

上师犹如珍宝之尊身

**Dor-Je Chaen-Zhap Pae-Mor Chak-Tsael Lo.**

Vajradhara, I prostrate at your lotus feet.

金刚持莲足下我礼敬

**Prostration To The Guru As Nirmanakaya**

**顶礼尊师之化身**

**Rap-Jam Gyael-Wa Kuen-Gyi Ye-She Ni,**

O Wisdom of all the infinite Buddhas,

一切诸佛广大之智慧

**Gang-Duel Chir-Yang Char-Wae Tap-Kae Chok,**

Appearing with supreme Skilful Means in whatever form  
suits disciples,



随缘调伏妙方便善巧

**Ngur-Mik Dzin-Pae Gar-Gyi Nam-Roel Wa,**  
And manifesting in the guise of a saffron-robed monk,  
身著僧服之相舞应化

**Kyap-Goen Dam-Pae Zhap-La Chak-Tsael Lo.**  
Holy Refuge Protector, I prostrate at your feet.  
胜尊正士足下我礼敬

*Prostration To The Guru As Dharmakaya 顶礼尊师之法身*

**Nye-Kuen Bak-Chak Chae-Pa Drung-Chung Zhing,**  
Purifier of all delusions together with their instincts,  
诸过连同习气悉拔除

**Pak-Me Yoen-Taen Rin-Chen Tsok-Kyi Ter,**  
Treasury of measureless jewel-like qualities,  
无量功德珍宝聚宝藏

**Paen-De Ma-Lue Jung-Wae Go-Chik Pu,**  
Sole source of benefit and bliss without exception,  
利乐无余根源为一门

**Je-Tsuen La-Mae Zhap-La Chak-Tsael Lo.**  
Venerable Guru, I prostrate at your feet.  
至尊上师足下我礼敬

*Prostration To The Guru As The Manifestation Of The Triple Gem 顶礼尊师之化现三宝*

**Lhar-Chae Toen-Pa Sang-Gyae Kuen-Gyi Ngoe,**  
Teachers of the gods and others, essence of all the  
Buddhas,

天等导师诸佛之自性

**Gyae-Tri Zhi-Tong Dam-Choe Jung-Wae Nae,**



Source of the eighty-four thousand holy Teachings,  
八万四千正法之根源

**Pak-Tsok Kuen-Gyi Ue-Na Lhang-Nge Wa,**  
Standing out among the whole host of Aryas,  
一切圣众中央之领主

**Drin-Chaen La-Ma Nam-La Chak-Tsael Lo.**  
Benevolent Gurus, I prostrate to you.  
具恩上师众前虔顶礼

*Prostration To The Guru As The Manifestation Of All The  
Buddhas Of The Ten Directions* 顶礼尊师之化现十方诸佛

**Due-Sum Chok-Chur Zhuk-Pae La-Ma Dang,**  
To the Gurus of the three times and ten directions,  
安住十方三世诸上师

**Rin-Chen Chok-Sum Chak-Woe Tam-Chae La,**  
And to the Three Precious Gems and all worthy of  
homage,  
三宝及诸应受顶礼者

**Dae-Ching Moe-Pae Toe-Yang Gya-Tsor Chae,**  
With faith, esteem, and seas of lyric praise,  
虔信胜解赞颂海会俱

**Zhing-Duel Nyam-Pae Lue-Truel Chak-Tsael Lo.**  
I prostrate, manifested in bodies as many as the atoms  
of the world.  
化现等尘刹身虔顶礼

*Outer Offering Of The Four Waters* 外供之四水

**Kyap-Goen Je-Tsuen La-Ma Kor-Chae La,**  
O Refuge Protectors, venerable Gurus, with your  
entourage,



怙主至尊上师及眷属

**Na-Tsok Choe-Trin Gya-Tso Buel-Wa Ni.**

I present you an ocean of clouds of various offerings.

我献种种供养云大海

**Koe-Lek Rin-Chen Woe-Bar Noe-Yang Lae,**

From expansive, well-fashioned vessels, radiant and precious,

从善庄严珍宝光泽器

**Dak-Je Due-Tsi Chu-zhi Dael-Gyi Bap.**

Flow gently forth four streams of purifying nectars.

缓降四流能净甘露水

**Dong-Po Sil-Ma Treng-Wa Pel-Lek Pa**

Trees and beautiful flowers, singly and in well-arranged

连茎零瓣成蔓美丽花

**Dze-Pae Me-Tok Sa-Dang Bar-Nang Gang.**

Garlands, fill the earth and sky.

端妙花朵遍大地虚空

**Dri-Zhim Poe-Kyi Due-Pa Bai-Dur Yae**

The azure smoke of sweet fragrant incense

香馥燃香袅袅如琉璃

**Yar-Kye Ngoen-Poe Trin-Gyi Lha-Lam Trik.**

Billows in the heavens as blue summer clouds.

如夏青色云层涌虚空

**Nyi-Da Nor-Bu Rap-Bar Droen-Me Tsok**

From suns, moons, glittering jewels and a host of flaming lamps,

日月宝珠炽燃灯火聚

**Tong-Sum Muen-Sel Woe-Zer Tse-Ga Goe.**

Light frolics joyfully, dispelling the darkness of a





milliard worlds.

照破三千界暗光辉映

**Ga-Bur Tsaen-daen Gur-Kum Dri-Goe Pae**

Scented with camphor, sandalwood and saffron,

龙脑旃檀红花气味熏

**Poe-Chue Tso-Chen Kor-Yuk Kuen-Nae Kyil.**

Great seas of perfumes swirl out to the horizon.

香水大海周围汇流聚

**Ro-Gyae Chue-Daen Za-Cha Tung-Wa Dang**

Nourishing food and drink of a hundred flavours

具足百味精粹诸饮食

**Lha-Dang Mi-Yi Zhael-Zae Lhuen-Por Pung.**

And victuals of gods and men are heaped up in a

Mount Meru.

天人珍馐堆积如须弥

**Na-Tsok Roel-Moe Je-Drak Ta-Yae Lae**

From an endless diversity of varied instruments

种种音乐无边诸差别

**Jung-Wae Dang-Nyaen Gyur-Wae Sa-Sum Geng.**

Comes music which fills the three realms.

所出悦音周遍于三域

*The Five Sense Objects* 五根

**Zuk-Dra Dri-Ro Rek-Jae Pael-Dzin Pae,**

Holding an abundance of forms, sounds, smells, tastes  
and tangibles,

奉持色声香味触盛德

**Chi-Nang Doe-Yoen Lha-Moe Chok-Kuen Kyap.**

Goddesses of outer and inner pleasures fill all the  
directions.





外内妙欲天女遍诸方

**LONG MANDALA OFFERING 供曼达拉**

**Om Ah Hung 嗡 啊 吽** (3 times 念诵三次)

**Om Bendza Bhu-Mi Ah-Hung**

Om Vajraground Ah Hung

嗡 金刚地基 啊 吽

**Wang-Chen Ser-Gyi Sa-Zhi**

Here Is The Mighty And Powerful Base Of Gold

奇妙黄金宝地

**Om Benza Re-Ke Ah-Hung**

Om Vajraline Ah Hung

嗡 金刚围篱 啊 吽

**Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su**

The Outer Ring Is Encircled With This Iron Fence

铁围山绕四周

**First Ring 第一圈**

**1 Ri-Gyäl Po-Ri Rab**

In the centre, the king of mountains, Mount Meru

居中山王须弥山，

**2 Shar Lu-Pag-Po**

In the east, the continent Purvavideha

东胜神洲处东方，

**3 Lho Dzam-Bu-Ling**

In the south, Jambudvipa



南瞻部洲南方住，

**4 Nub Ba-Lang-Chö**

In the west, Aparagodaniya

西牛贺洲置西边，

**5 Jang Dra-Mi-Nyän**

In the north, Uttarakuru

北俱盧洲在北边。

**6 Lu-Dang Lu-Pag**

7 Around the east, the sub-continent Deha and Videha

东方身洲及胜洲，

**8 Nga-Yab-Dang Nga-Yab-Zhän**

9 Around the south, Camara and Aparacamara

南方拂洲、别拂洲，

**10 Yo-Dän-Dang Lam-Chog-Dro**

11 Around the west, Satha and Uttaramantrin

小行洲、胜道行洲，两小洲位处西方，

**12 Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da**

13 Around the north, the sub-continent Kurava and

Kaurava

北方有声不美洲，及彼身不美洲，

**14 Rin-Po-Che Ri-Wo**

In the east is the treasure mountain

宝山，

**15 Pag Sam-Gyi-Shing**

In the south is the wish-granting tree

如意树，

**16 Dö Jo-I Ba**

In the west is the wish-granting cow

随欲宝牛，

**17 Ma-Mo Pa-I Lo-Tog**



In the north is the harvest that needs no cultivation  
自长粮谷。

***Second Ring 第二圈***

**18 Kor-Lo Rin-Po Che**

Here is the precious wheel  
宝轮，

**19 Nor-Bu Rin-Po Che**

Here is the precious jewel  
如意宝珠，

**20 Tsun-Mo Rin-Po Che**

Here is the precious queen  
王后宝，

**21 Lon-Po Rin-Po Che**

Here is the precious minister  
大臣宝，

**22 Lang-Po Rin-Po Che**

Here is the precious elephant  
象宝，

**23 Ta-Chog Rin-Po Che**

Here is the precious and best of horses  
马宝，

**24 Mag-Pon Rin-Po Che**

Here is the precious general  
将军宝，

**25 Ter-Chen Po-i Pum-Ba**

Here is the great treasure vase  
大藏瓶宝。



**Third Ring 第三圈**

**26 Geg-Ma**

Here is the goddess of beauty

姿天女，

**27 Treng-Wa-Ma**

Here is the goddess of garlands

鬘天女，

**28 Lu-Ma**

Here is the goddess of song

歌天女，

**29 Gar-Ma**

Here is the goddess of dance

舞天女，

**30 Me-Tog-Ma**

Here is the goddess of flowers

花天女，

**31 Dug-Pö-Ma**

Here is the goddess of incense

香天女，

**32 Nang-Sel-Ma**

Here is the goddess of light

灯天女，

**33 Dri-Chab-Ma**

Here is the goddess of perfume

涂天女。

**Top Ring 顶圈**

**34 Nyi-Ma Da-Wa**

35 Here is the sun; Here is the moon

日，月，



### **36 Rin-Po-Che Dug**

Here is the umbrella of all that is precious  
珍异宝伞，

### **37 Chog-Lay Nam-Par Gyäl-Way Gyäl-Tsän**

Here is the banner of victory in all directions  
制伏一切十方幢，

### **U-Su Lha-Dang Mi-I Päl-Jor Pun-Sum Tsog-Pa Ma-Tsang Wa-Me-Pa**

In the centre are all the possessions precious to gods  
and men

无余清净悦意供，天人最胜圆满供，

### **Tsang-Zhing Yi-Du Wong-Wa Di-Dag**

This magnificent collection, lacking in nothing  
悉皆云集于中央。

### **Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay**

I offer to you, my kind and holy root Lama  
献予大慈跟本师，

### **Päl-Den La-Ma Dam-Pa Nam-Dang Kye-Par Du-Yang**

Together with you, Venerable Lineage Lamas  
一切真传承上师，

### **\*La-Ma Lo-Zang Tup-Wang Dor-je-Chang**

And to you Lama, compassionate La-Ma Lo-Zang  
Tup- Wang Dor-je-Chang

圣者宗喀巴祖师

### **Lha-Tsog Kor-Dang Chay-Pa**

Together with the assembly of Gods



所有本尊一切众，

**Nam-La Zhing-Kam Ul-War Gyi-Wo**

I offer this pure and beautiful collection to you  
献此佛刹无量供，

**Tug-Je Dro-Way Dön-Du Zhe-Su-Sol**

In your compassion accept what I offer for the sake  
of all beings

受此供已请加持，

**Zhe-Nay Dag-Sog Sem-Chen Tam-Chay-La**

Having accepted these, to myself and to all beings  
众生与我皆得受，

**Tug-Tse-Wa Chen-Poi Go-Nä Jin-Gyi Lab-Tu Sol**

Please grant your blessings through your great  
compassion.

以大慈悲普加持。

*1 The Short Mandala Of Seven Heaps 供外曼达拉*

**Sa-Zhi Pö-Kyi Jug-Shing Me-Tog Tram**

Adorned with Mount Meru, four continents, Sun and  
Moon,

须弥四洲日月所庄严，

**Ri-Rab Ling-Zhi Nyi-Day Gyen-Pa Di**

This ground, anointed with perfume, strewn with flowers,  
妙香遍涂华散之大地，

**Sang-Gay Zhing-Du Mig-Te Ul-War Gyi**

I offer in visualization as Field of Buddhas.  
观如佛土我乐敬供养，

**Dro-Kun Nam-Dag Zhing-La Chö-Par Shog**

May all sentient beings thus enjoy this Pure Land!



愿诸有情共享此净土！

## 2 Inner Mandala 供内曼达拉

### **Dag-Gi Chag-Dang Mong-Sum Kye-Pay Yul**

The objects of my attachment, anger and ignorance,  
令我生起贪嗔无明境，

### **Dra-Nyen Bar-Sum Lu-Dang Long-Cho Che**

My body, my wealth and enjoyments,  
怨亲中庸色身用具等，

### **Pang-Pa Me-Par Bul-Gyi Leg-Zhe Nay**

Without any sense of loss I offer this collection,  
我均无吝奉上愿享受，

### **Dug-Sum Rang-Sar Drol-War Jin-Gyi Lob**

Please accept it with pleasure and bless me with freedom  
from the three poisons.

加持我他当下渡三毒。

## The Mandala Of The Twenty-Three Heaps 供养23堆曼 达拉

### **Je-Wa Thrag-Gyai Ling-Zhi Lhun-Por Cha**

Refuge Protectors, treasures of compassion,  
百千万亿四洲须弥巍，

### **Rin-Chin Dun-Dang Nye-Wai Rin-Chen Sog**

Eminent, supreme merit field, with pure faith  
轮王七宝等种种宝俱

### **Kun-Ga Kye-Pai No-Chu Phun-Sum Tshog**

I present to you a billion times over,  
出生偏善美器精物备，





### **Lha-Mi Long-Cho Do-Gui Ter-Chen Po**

Mt.Meru and the four continents, the seven precious royal emblems, the precious minor symbols, and more

天人受享随欲宝藏盈，

### **Dang-Wai Sem-Kyi Phul-Jung Zhing-Gi Chog**

Perfectly delightful environments and their beings, 殊胜纯洁心田润育广，

### **Kyab-Gon Thug-Jei Ter-La Ul-War Gyi**

And a great treasure of all that gods and humans use or desire

救怙博大慈悲等虚空

### **Request For The Lama To Remain Long**

**祈请上师长驻文**

### **Je-Tsun La-Mai Ku-Tshe Rab-Tan Ching**

May my venerable Guru's life be firm

唯愿上师寿无疆

### **Nam-Kar Thrin-La Chhong-Chur Gya-Pa Dang**

His white divine actions spread in the ten directions 殊胜妙法照十方

### **Lo-Zang Tan-Pai Dron-Me Sa-Sum Gyi**

And the torch of Losang's Teachings, dispelling

罗桑胜者之教法

### **Dro-Wai Mun-Sel Tag-Tu Na-Gyur Chig**

The three world's beings darkness, always remain.

三界魔障尽断除

### **Om Idam Guru Ratna Mandalakam Nirya**

**Tayami**



I send forth this jewelled mandala to you, Oh  
precious Gurus.

喻 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜

**OFFERING OF PRACTICE 供修行**

**Ngoe-Sham Yi-Truel Yi-Zhin Gya-Tsoe Ngok,**

Both actual and mentally created, it is on the shore of  
a wish-granting sea.

实陈意现如意海滨边

**Sri-Zhi Nam-Kar Lae-Wong Choe-Dzae Kyi**

From the white virtues of Samsara and Nirvana come  
its offering-objects,

来自有寂白业众供品

**Dap-Tong Gyae-Pae Kuen-Gyi Yi-Trok Ching,**

Abundant thousand-petalled lotuses, which captivate all.

丰盛千瓣莲花尽迷人

**Jik-Ten Jik-Ten Lae-Dae Rang-Zhaen Gyi**

The worldly and supermundane virtues of myself and  
others.

自性世出世间自他造

**Go-Sum Ge-Wae Me-Tok Chi-Yang Tra,**

From all three doors, are flowers brightening every part.

三门善业妙花普绽放

**Kuen-Zang Choe-Pae Dri-Sung Bum-Tro Zhing,**

A hundred thousand fragrances disperse like  
Samantabhadra's offerings.

普贤供养十万馨香传

**Lap-Sum Rim-Nyi Lam-Ngae Drae-Daen Pae**

It has as fruit the three Trainings, two Stages and



five Paths.

具三学二次第五道果

**Ga-Tsael Je-Tsuen La-Ma Nye-Chir Buel.**

This pleasure garden, venerable Gurus, I offer for  
your delight.

林苑至尊上师喜故献

**Inner Offering 内供**

**Gur-Kum Dang-Daen Zang-Poe Dri-Ngae Chaen,**

I offer, bright as saffron and with a delicate scent,  
我供红花光泽清香味

**Ro-Gyae Pael-Dzin Gya-Jae Tung-Wa Dang,**

Steeped in a hundred flavours, a brew of China tea;  
百味吉祥汉茶之妙饮

**Chak-Kyu Nga-Dang Droen-Ma Nga-La-Sok**

This, with the five hooks, five lamps and so forth,  
五钩五灯诸等之功德

**Jang-Tok Bar-Wae Due-Tsi Gya-Tsoe Choe.**

Is purified, transformed and increased into a sea of nectar.  
净除转化增广甘露海

**Secret Offering 密供**

**Yi-Wong Lang-Tsoe Pael-Dzin Druk-Chu Zhi**

Even consorts, aglow with vibrant youth, skilled  
悦意妙龄吉祥窈窕女

**Doe-Pae Gyu-Tsael La-Kae Lue-Tra Ma,**

In the sixty-four arts of love, slender in body,  
善巧六十四种妙双跏



**Zhing-Kye Ngak-Kye Lhaen-Kye Po-Nyae Tsok,**  
A host of Field-born, Mantra-born and Innate Dakinis,  
生处生俱生密悉圆满

**Dze-Duk Gyu-Mae Chak-Gya Nam-Kyang Buel.**  
Fair and beautiful in appearance, I offer to you.  
曼妙幻化手印亦献供

*Suchness Offering 大自在*

**Drip-Drael Lhaen-Kye De-Wae Ye-She Che,**  
The Great Wisdom simultaneous with Bliss, unobstructed,  
离障俱生大乐之智慧

**Choe-Kuen Rang-Zhin Troe-Dang Drael-Wae Ying,**

The Void Sphere of all things, free of fabrications of  
inherent existence,  
诸法自性离戏论法界

**Yer-Me Lhuen-Drup Mra-Sam Joe-Lae Dae,**  
Indivisible and spontaneous, beyond words, thoughts  
and expressions,  
无别任运超越言诠思

**Doen-Dam Jang-Chup Sem-Chok Kyo-La Buel.**  
Supreme Ultimate Bodhicitta, I offer to you.  
胜义妙菩提心亦献汝

*Offering Of Medicines And Service 供药及服务*

**Nyoen-Mong Zhi-Gya Tsa-Zhi Nae-Jom Pae**  
To destroy the four hundred and twenty four ills of  
delusions,  
摧灭四百零四烦恼病



**Zang-Poe Maen-Gyi Je-Drak Na-Tsok Dang,**  
I offer various and sundry potent medicines,  
种种灵丹妙药之支分

**Kyoe-Nye Gyi-Chir Dak-Draen Buel-Lak Na,**  
And myself as a servant to please you.  
愿充仆使令圣心悦乐

**Nam-Ka Ji-Sri Bang-Su Zung-Du Soel!**  
Pray keep me in your service as long as the heavens  
endure!  
永作臣民终身虚空尽

*Confession Of Non-Virtue 忏悔*

**Tok-Me Due-Nae Mi-Ge Dik-Pae Lae,**  
Whatever non-virtues and evil actions, from  
beginningless time,  
无始以来不善罪恶业

**Gyi-Dang Gyi-Tsael Yi-Rang Chi-Chi Pa,**  
I have done, caused others to do, or have rejoiced in,  
已作教作随喜尽所有

**Tuk-Je Che-Daen Chaen-Ngar Gyoe-Sem Kyi**  
Before the eyes of the Greatly Compassionate Ones I  
confess  
大悲尊前以具悔愧心

**Shak-Shing Laen-Chae Mi-Gyi Dom-Pa Noe.**  
With regretful mind, and vow never to do again.  
忏悔立誓往后不复作

*Rejoicing In Virtue 随喜*



**Choe-Nam Rang-Zhin Tsaen-Ma Dang-Drael Yang,**

Although all dharmas lack inherent existence,  
诸法自性虽离一切相

**Mi-Lam Ji-Zhin, Kye-Pak Tam-Chae Kyi**

Like a dream, in all ordinary and Arya beings'  
如梦如幻於一切凡圣

**De-Ga Chir-Yang Char-Wae Nam-Kar La**

Happiness and joy, and in every white virtue whatever,  
任何所作喜乐之白善

**Dak-Chak Sam-Pa Tak-Pae Yi-Rang Ngo.**

We rejoice with all our heart.  
我等由衷深心而随喜

**Requesting Teachings 请转法轮**

**Puel-Jung Kyen-Tse Chu-Dzin Bum-Trik Te,**

From a hundred thousand clouds billowing with sublime  
Wisdom and Compassion  
蕴育出生万千悲智云

**Ta-Yae Dro-Di Paen-De Kuen-Dae Tsael**

That the jasmine garden of the Benefit and bliss of these  
limitless beings  
普施林荫利乐无边众

**Kye-Dang Yuen-Du Nae-Dang Pel-Wae Chir,**

May be nurtured, sustained and increased,  
一切功德生住令增长

**Zap-Gyae Choe-Kyi Char-Pa Wap-Tu Soel!**

May the rain of the Vast and Profound Dharma fall!  
深广法雨唯愿普降霖



**Requesting The Guru To Stay 请佛住世**

**Dor-Je Ku-La Kye-Chi Mi-Nga Yang,**

Although your Vajra Body has no birth nor death,  
不坏金刚生死本非有

**Zung-Juk Wang-Gi Gyael-Poe Za-Ma Tok,**

But is the vessel of the mighty monarch, Unification,  
随欲自在双运王顶食

**Dak-Chak Moe-Pa Ji-Zhin Sri-Tae Bar,**

In keeping with our wishes, until the end of existence  
依据我等信解尽轮回

**Nya-Ngaen Mi-Da Tak-Par Zhuk-Su Soel!**

Please abide for ever, not passing beyond sorrow!  
不入涅槃祈请长住世

**Dedication Of Merits 回向功德**

**De-Tar Truen-Pae Nam-Kar Ge-Wae Tsok,**

We dedicate the collection of white virtues thus created  
如是所造净白善资粮

**Ka-Drin Sum-Daen Je-Tsuen La-Ma Yi**

So that venerable Gurus endowed with the three  
kindnesses

具三恩德至尊之上师

**Tse-Rap Kuen-Tu Drael-Me Je-Dzin Ching,**

May inseparably protect us throughout all our lives  
生生世世不离摄受持

**Zung-Juk Dor-Je Chang-Wang Top-Chir Ngo.**

And we may attain the Unification of Vajradhara.  
我等速入双运金刚位



**MAKING REQUESTS 祈请文**

**Requesting By Thinking Of The Guru's Good Qualities.**

**His Good Qualities According To The Vinaya 祈请戒经师**

**Yoen-Taen Jung-Nae Tsuel-Trim Gya-Tso Che,**

Source of great knowledge, great ocean of moral discipline,  
功德根源戒律大汪洋

**Mang-Toe Nor-Bue Tsok-Kyi Yong-Su Tam,**

Brimming with heaps of jewels of vast learning,  
博闻宝珠众会悉遍布

**Ngur-Mik Dzin-Pa Tup-Wang Nyi-Pae Je,**

Master, second Buddha clad in saffron,  
示现袈裟第二能王尊

**Nae-Taen Duel-Wa Dzin-La Soel-Wa Dep!**

Elder, holder of the Vinaya - to you I request!  
住持上座戒律前祈请

**His Good Qualities According To The Common Mahayana  
Teachings 祈请大乘师**

**Gang-Dang Daen-Na De-War Shek-Pae Lam**

You who to show the Path of the Sugatas  
凡所具足善逝之妙道

**Toen-Par Woe-Pae Yoen-Taen Chu-Daen Pa,**

Have the ten qualities rendering you suitable,  
足堪教示具十功德尊

**Ma-Lue Gyael-Wae Dung-Tsop Choe-Kyi Je,**





O Lord of the Dharma, representing all Conquerors,  
无余诸佛承嗣之法尊

**Tek-Chok Ge-Wae She-La Soel-Wa Dep!**

Guru of the Great Vehicle - to you I request!

胜乘之善知识前祈请

*His Qualities According To The Vajrayana Teachings*

*祈请金刚乘师*

**Go-Sum Lek-Dam, Lo-Chen, Zoe-Daen, Drang**

Your three doors well-subdued; intelligent, patient,  
honourable,

三门善摄大慧忍正直

**Yo-Dang Gyu-Me, Ngak-Dang Gyue-She Shing,**

Without pretence or guile; knowing tantra and rituals;  
无曲无诳知真言密续

**De-Nyi Chu-Zung, Dri-Dang Chae-Kae Pae,**

Having those ten, and skilled in writing and explaining,  
持十真性善著作说法

**Dor-Je Dzin-Pae Tso-La Soel-Wa Dep!**

O foremost Vajra-holder - to you I request!

执持金刚至尊前祈请

**REQUESTING BY REMEMBERING THE GURU'S**

**KINDNESS 祈请意念上师恩。**

*The Guru Is Kinder Than All The Buddhas 比于诸佛恩*

**Sang-Gyae Drang-Me Joen-Pae Ma-Tuel Wae**

To those unfit to be tamed by the countless past Buddhas,  
无数诸佛降世所未驯

**Ma-Rung Duel-Kae Nyik-Due Dro-Wa La,**

The hard-to-tame beings of this degenerate age,  
难调难化浊世之众生



## **De-Shek Lam-Zang Ji-Zhin Toen-Pa Yi**

You correctly impart the good way of the Sugatas,  
开显所有善逝众妙道

## **Kyap-Goen Tuk-Je Chaen-La Soel-Wa Dep!**

O Compassionate Refuge Protector - to you I request!  
具悲皈依怙主前祈请

## **He Is Even Kinder Than Shakyamuni Buddha 比于如来恩**

### **Tup-Pae Nyi-Ma Due-Kyi Nup-Gyur Te,**

Now, when the sun of the Sage's Teachings is setting,  
牟尼法日因时衰隐没

### **Goen-Kyap Me-Pae Dro-Wa Mang-Po La,**

For the many beings who lack a Refuge Protector,  
无依无怙众群生有情

### **Gyael-Wae Dzae-Pa Nye-War Drup-Dzae Pae**

You do the same deeds as the Victorious Ones,  
诸佛行相亲近成办者

### **Kyap-Goen Tuk-Je Chaen-La Soel-Wa Dep!**

O Compassionate Refuge Protector - to you I request!  
具悲皈依怙主前祈请

## **Even His Relatives, Animals, etc. Are A Higher Object Of Offering Than All The Buddhas 家属等物比于诸佛供养**

### **Due-Sum Chok-Chue Gyael-Wa Tam-Chae Lae,**

Higher than all Buddhas of the three times and ten  
directions,

十方三世一切诸佛中

### **Gang-Gi Ba-Pue Bu-Ga Chik-Tsam Yang**



Just one single hair from a pore of yours

凡其所有乃至毛孔微

**Dak-Chak Soe-Nam Zhing-Du Lek-Ngak Pae**

Is praised as a field of merit for us –

亦善赞为我等福德境

**Kyap-Goen Tuk-Je Chaen-La Soel-Wa Dep!**

O Compassionate Refuge Protector - to you I request!

具悲皈依怙主前祈请

**REQUESTING BY EXPRESSING THE GURU'S OUTER,  
INNER, SECRET AND SUCHNESS QUALITIES**

祈请化显上师外,内,密与大自在

*His Outer Qualities 外在*

**De-Shek Ku-Sum Gyaen-Gyi Kor-Lo Ni,**

Your chakras adorned with the Sugata's Three Bodies,

如来三身庄严幻化轮

**Tap-Kae Gyu-Truel Dra-Wae Jo-Gek Lae,**

By Skilful Means, from a magical net's allure

方便善巧变化欲影事

**Ta-Mael Tsuel-Gyi Dro-Wa Dren-Dzae Pae**

You appear in an ordinary form, guiding beings –

以凡常理趣引导众生

**Kyap-Goen Tuk-Je Chaen-La Soel-Wa Dep!**

O Compassionate Refuge Protector - to you I request!

具悲皈依怙主前祈请

*His Inner Qualities 内在*

**Kyoe-Kyi Pung-Kam Kye-Che Yaen-Lak Nam**

Your aggregates, elements, sensory spheres and limbs

尊之蕴界处身肢诸处



## **De-Shek Rik-Nga Yap-Yum Sem-Pa Dang**

Are really the five Buddha Families, deities and consorts,  
善逝五佛父母菩萨众

## **Tro-Woe Wang-Poe Rang-Zhin Chok-Sum Gyi**

Bodhisattvas, and wrathful protectors. O Essence  
忿怒明王自性三宝尊

## **Dak-Nyi La-Ma Chok-La Soel-Wa Dep!**

Of the Triple Gem, supreme Guru - to you I request!  
自性最胜上师前祈请

### *His secret qualities 密在*

## **Kuen-Kyen Ye-She Roel-Pa Lae-Jung Wae**

From the play of Omniscient Wisdom arise  
遍智智慧游戏中所生

## **Kyil-Kor Kor-Lo Je-Wae Dak-Nyi De,**

Ten million mandala circles: you are their essence.  
千万坛城轮其之自性

## **Rik-Gyae Kyap-Dak Dor-Je Dzin-Pae Tso,**

O all-pervading Lord of a hundred (Buddha) tribes,  
chief Vajra-holder,  
百部遍主金刚持主尊

## **Zung-Juk Dang-Poe Goen-La Soel-Wa Dep!**

Primordial Buddha of Unification, to you I request!  
双运本初怙主前祈请

### *His Suchness Qualities 大自在*

## **Drip-Me Lhaen-Kye Ga-Wae Roel-Pa Dang**



Unobscured, Inseparable from the play of simultaneous  
joy,

无障俱生欢喜之游戏

**Yer-Me Taen-Yo Kuen-Kyap Kuen-Gyi Dak,**

Nature of everything, pervading all moving or still,

无别动静周遍一切主

**Tok-Ma Ta-Drael Kuen-Zang Doen-Dam Gyi**

Free of beginning or end, Always Good, you are really

无始无终普贤王胜义

**Jang-Chup Sem-Ngoe Kyoe-La Soel-Wa Dep!**

Ultimate Bodhicitta! To you I request!

根本菩提心尊前祈请



**Special One-Pointed Request 一念祈请文 (x 3)**

**Kyoe-Ni La-Ma, Kyoe-Ni Yi-Dam,**

You are the Guru, you are the Yidam,

汝为上师为本尊

**Kyoe-Ni Ka-Dro Choe-Kyong Te,**

you are the Dakinis and Dharma-Protectors.

汝为空行护法尊

**Deng-Nae Zung-Te, Jang-Chup Bar-Du,**

From now until Enlightenment

从今始至菩提尽

**Kyoe-Min Kyap-Zhaen Mi-Tsoel Wae;**

I shall seek no other Refuge than you.

非汝不另求皈依

**Di-Dang Bar-Do, Chi-Mae Tar-Yang,**

In this life, the bardo, and even to the end of my  
lives,

此世中阴来生尽

**Tuk-Je Chak-Kyue Zung-Dzoe La,**

with your hook-like compassion, hold me!

祈以悲钩善持我

**Sri-Zhi Jik-Droel! Ngoe-Drup Kuen-Tsoel!**

Save me from the fears of samsara and Nirvana!

Grant all the powerful attainments!

渡轮涅槃赐成就

**Taen-Gyi Drok-Dzoe Bar-Choe Srung!**

Be my constant companion, and shield me from  
hindrances!

永为益友护无障



## Receiving The Blessing Of The Four Initiation

### 受持四灌顶

**De-Tar Laen-Sum Soel-Wa Tap-Pae Tue,**

By virtue of having thus requested three times,  
以我如是三遍祈请力

**La-Mae Ku-Sung Tuk-Kyi Nae-Nam Lae,**

From the seats of my Guru's body, speech and mind  
由我上师身语意三处

**Due-Tsi Woe-Zer Kar-Mar Ting-Ga Sum**

Nectar rays of three colours - white, red and dark blue –  
白红深蓝三色甘露光

**Rim-Dang Chik-Char Jung-Nae Dak-Nyi Kyi**

Stream forth one by one and then together. Into my own  
依次同时放出入我身

**Nae-Sum Rim-Dang Chik-Char Tim-Pa Lae,**

Three seats, one by one and then together, they  
dissolve,  
依次同时融入於三处

**Drip-Zhi Dak-Ching Nam-Dak Wang-Zhi Top.**

Cleansing the four obscurations, and implanting the four  
empowerments.  
净除四障得四净灌顶

**Ku-Zhi Top-Ching, La-Ma Nyi-Pa Zhik**

I receive the four Kayas. A replica of my Guru  
获证四身令成第二师

**Gye-Zhin Tim-Pae Jin-Gyi Lap-Par Gyur.**

Happily dissolves into me, and I am blessed with  
inspiration.  
欢喜融入我身得加持



**Mantra Recitation 念诵心咒**

*Mantra of Lord Shakyamuni Buddha 释迦牟尼佛心咒:*

**Om Muni Muni Maha Muniye Soha**

嗡 牟尼 牟尼 玛哈 牟尼耶 唵哈 (x 21)

*Mantra of Lord Vajradhara 金刚总持心咒:*

**Om Ah Vajra Dhara Hung**

嗡 阿 法加 达拉 吽 (x 21)

*Mantra of Guru Rinpoche 莲花生大士心咒:*

**Om Ah Hung Vajra Guru Pema Siddhi Hung**

嗡 阿 吽 法加 咕鲁 佩玛 悉地 吽 (x 21)

*Mantra of Lama Tsong Khapa 宗喀巴大师心咒:*

**Om Ah Guru Vajradhara Sumati Kirti Siddhi Hung**

嗡 阿 咕鲁 法加达拉 苏玛提 吉提 悉地 吽 (x 21)

*Mantra of Lama Thubten Namdrol Dorje*

*上师喇嘛图登南都多杰心咒:*

**Om Guru Vajra Muni Sasana Vimukti Soha**

嗡 咕鲁 法加 摩尼 萨萨呐 威摩提 唵哈 (x 21)

*Mantra of Vajra Holy Body , Speech And Mind*

*金刚圣身, 语与意心咒:*

**Om Ah Hung 嗡 啊 吽**

(x 108)





**Dedication Prayer 回向文**

**Ge-Wa Di-Yi Nyur-Du Dag**

By the accumulation of this merit

谨愿以此诸功德

**La-Ma Sang-Gye Drub- Gyur Ne**

May I quickly accomplish in reality Guru Lord Buddha.

速证上师佛陀位

**Dro-Wa Chig-Kyang Ma-Lu Pa**

And all sentient beings without exception

渡尽一切有情众

**Kye-Kyi Sa-La Go-Par Shog**

May I lead to that stage.

同登彼岸尽无余

*\* If you are not performing **the tsog offerings**, continue with the page 84. 如果您不做**食物荟供**，请直接翻阅至 84 页。*



## **THE TSOG OFFERING 食物荟供**

*(Blessing the inner offerings and offering objects 加持内供及内供品)*

**Om Ah Hung 唵 啊 吽 (x 3)**



**Ngo-Wo Ye-She La,**

In essence, wisdom.

空乐为原始智

**Nam-Pa Nang-Choe Dang-Choe Dzae-So  
Soe-Nam Pa.**

In aspect, the aspects of the inner offerings and various offering-objects.

内供实供各各形相

**Je-Lae, Wang-Po Druk-Gi Choe-Yuel Du**

In function, to generate as objects enjoyed by the six senses

功能为於六根之对境

**De-Tong Gi-Ye She-Kyae Par-Chaen Kye-Pae,**  
the special wisdom of voidness and bliss.

生起殊胜空乐原始智

**Sa-Dang Bar-Nang Nam-Kae Kyoen-Tam  
Chae-Yong Su-Kyap Pae,**

Filling the earth, the sky and all the space in between,  
充满天地与虚空一切范围

**Chi-Nang Sang-Wae Choe-Trin Dam-Dzae  
Chaen-Zik**

clouds of outer, inner and secret offerings and splendid  
sacred offering objects

外内秘密供养云及供养法器

**Sam-Gyi Mi-Kyap Pae-Gang War-Gyur**

spread beyond the range of thought.

遍布不可思议境



**Presentation Of The Tsog Offering 行修荟供 (X 3)**

**Ho! Ting-Dzin Ngak-Dang Chak-Gyae  
Jin-Lap Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吽) 禅定密咒手印作加持

**Zak-Me Due-Tsi Tsok-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供此海会

**Tsa-Gyue La-Mae Tsok-Nam Nye-Chir Buel.**

I offer for your delight, assemblies of root and lineage  
Gurus

根传上师欢喜故奉献

**Om Ah Hung!**

嗡 啊 吽



**Doe-Gue Pael-La Roel-Pae Tsim-Dzae Nae,**

Satisfied by enjoying abundance of all you desire,  
受用希欲吉祥愉悦足

**E-Ma Ho! Jin-Lap Char-Chen Ap-Tu Soel!**

Please, I beg, let fall a great rain of blessings!

依-玛-吽 祈请降下加持雨



*Additional offering verse to Vajrayogini or Heruka*

**Ho! Ting-Dzin Ngak-Dang Chak-Gyae Jin-Lap  
Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吽) 禅定密咒手印作加持

**Zak-Me Due-Tsi Tsok-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供此海会



**Nal-Jor Wang-Moi Lha-Tsok Nye-Chir Buel.**

I offer for your delight, assemblies of powerful female  
yogic deities

空行母众欢喜故奉献

**Om Ah Hung!**

嗡 啊 吽



**Doe-Gue Pael-La Roel-Pae Tsim-Dzae Nae,**

Satisfied by enjoying abundance of all you desire,  
受用希欲吉祥愉悦足

**E-Ma Ho! Kha-Cho Ngo-Drub Tsal-Du Soel!**

Please, I beg, bestow the dakini's powerful attainments!

依-玛-吽 祈请降下成就雨



**Ho! Ting-Dzin Ngak-Dang Chak-Gyae Jin-Lap Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吽) 禅定密咒手印作加特

**Zak-Me Due-Tsi Tsok-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供此海会

**Yi-Dam Lha-Tsok Kor-Chae Nye-Chir Buel.**

I offer for your delight, assemblies of Yidams, deities  
and attendants!

本尊坛城天众喜故献

**Om Ah Hung!**

嗡 啊 吽



**Doe-Gue Pael-La Roel-Pae Tsim-Dzae Nae,**

Satisfied by enjoying abundance of all you desire,  
受用希欲吉祥愉悦足

**E-Ma Ho! Ngoe-Drup Char-Chen Ap-Tu Soel!**





Please, I beg, let fall a great rain of powerful  
accomplishments!

依-玛-吹 祈请降下成就雨

**Ho! Ting-Dzin Ngak-Dang Chak-Gyae Jin-Lap  
Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吹) 禅定密咒手印作加特

**Zak-Me Due-Tsi Tsok-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供此海会

**Koen-Chok Rin-Chen Tsok-Nam Nye-Chir Buel.**

I offer for your delight, assemblies of the most precious  
jewels!

三宝天众欢喜故奉献

**Om Ah Hung!**

嗡 啊 吽



**Doe-Gue Pael-La Roel-Pae Tsim-Dzae Nae,**

Satisfied by enjoying abundance of all you desire,  
受用希欲吉祥愉悦足

**E-Ma Ho! Dam-Choe Char-Chen Ap-Tu Soel!**

Please, I beg, let fall a great rain of the Holy Dharma!

依-玛-吹 祈请降下正法雨



**Ho! Ting-Dzin Ngak-Dang Chak-Gyae Jin-Lap  
Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吹) 禅定密咒手印作加特

**Zak-Me Due-Tsi Tsok-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar



无漏甘露荟供此海会

**Ka-Dro Choe-Kyong Tsok-Nam Nye-Chir Buel.**

I offer for your delight, assemblies of dakinis and Dharma Protectors!

空行护法天众喜故献

**Om Ah Hung!**

嗡 啊 吽



**Doe-Gue Pael-La Roel-Pae Tsim-Dzae Nae,**

Satisfied by enjoying abundance of all you desire,  
受用希欲吉祥愉悦足

**E-Ma Ho! Trin-Lae Char-Chen Ap-Tu Soel!**

Please, I beg, let fall a great rain of virtuous deeds!

依-玛-吽 祈请降下事业雨



**Ho! Ting-Dzin Ngak-Dang Chak-Gyae Jin-Lap Pae,**

HO! Blessed by concentration, mantra and mudra,

(吽) 禅定密咒手印作加持

**Zak-Me Due-Tsi Tsok-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar

无漏甘露荟供此海会

**Mar-Gyur Sem-Chaen Tsok-Nam Nye-Chir Buel.**

I offer for your delight, assemblies of mother sentient beings!

如母有情大众喜故献

**Om Ah Hung!**

嗡 啊 吽



**Doe-Gue Pael-La Roel-Pae Tsim-Dzae Nae,**

Satisfied by enjoying abundance of all you desire,  
受用希欲吉祥愉悦足

**E-Ma Ho! Truel-Nang Duk-Ngael Zhi-Gyur Chik!**

Please, let delusive appearances and sufferings be allayed!

依-玛-吽 祈愿平息妄相苦





**Offering the Tsok to the Master 金刚上师迎颂**

**E-Ma Ho! Tsok-Kyi Kor-Lo Che**

Look, sir! A great circle of tsok!

依-玛-吽 广大荟供轮

**Due-Sum De-Shek Shek-Shuel Te,**

You have followed in the track of the Sugatas of the three times,

三时善逝所行迹

**Ngoe-Drup Ma-Lue Jung-Wae Nae,**

And are the source of all powerful attainments –

无余成就之根源

**De-Tar She-Nae Pa-Wo Che,**

Since we realise this, O Great Hero,

如是知己大雄尊

**Nam-Par Tok-Pae Sem-Bor Nae,**

Who has forsaken the conceptualising mind,

捨弃分别诸心后

**Tsok-Kyi Kor-Lo Gyuen-Du Roel!**

Please enjoy continually this circle of tsok!

荟供之轮常享用

**Alala Ho!**

Very good!

阿拉拉 吽



**The Master's Reply 上师回应**

**Om! Dor-Je Sum-Yer Me-Pae Dak,**

Om! I visualise myself as a Guru-Yidam,

嗡！自性明现上师尊

**Rang-Ny La-Ma Lhar-Sael Nae,**

With nature inseparable from the three vajras,

三金刚无分别主

**Ah! Zak-Me Ye-She Due-Tsi Di**

Ah! This nectar of immaculate wisdom-knowledge

啊！无漏智慧此甘露

**Hum! Jang-Chup Sem-Lae Yo-Me Par,**

Hum! Without stirring from bodhicitta,

吽！菩提心中不动摇

**Lue-Nae Lha-Nam Tsim-Chir Roel.**

I drink to satisfy the deities dwelling in my body.

身内诸尊饗满足

**Ah Ho Ma-Ha Su-Kha!**

What great bliss!

阿 吽 玛哈 苏卡

*\* As the tsog offerings are distributed at this point, recite various prayers (such as Song Of The Spring Queen). Before eating the tsog takes some out for offering of the leftover. Once distributed. Collect the leftover tsog from the assembly.*

此时，可将食物分发给大众（可念诵吟颂金刚歌）。在进食前，先将部分食物拿出以便做剩余荟供。





***Song Of The Spring Queen 吟颂金刚歌***

**Hum! De-Zhin Sheg-Pa Tam-Chae Dang,**

All Tathagata-buddhas,

吽！一切如来尊佛会

**Pa-Wo Dang-Ni Nael-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Ka-Dro Dag-Ni Ka-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Soel-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**De-Wa Chog-La Gye-Pae He-Ru Ka**

O Heruka, who delights in supreme bliss

喜悦安然胜乐金刚尊

**De-Wae Rab-Nyoe Ma-La Nyen-Jae Nae,**

And who attends the lady intoxicated with bliss,

欢喜晏然安乐胜受母

**Cho-Ga Zhin-Du Long-Choe Pa-Yi Ni,**

Please, by enjoying in accordance with the rites,

犹如仪轨受用行修悉

**Lhen-Kye De-Wae Jor-Wa La-Zhug So,**

Join with simultaneous bliss (and voidness),

迎入加行俱生之大乐

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦吽，啊伊啊啊啦啦利吽

**Dri-Me Ka-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行众诸尊



**Tse-Wae Zig-La Lae-Kun Dzo.**

Look with loving compassion and accomplish all deeds.  
祈赐大悲诸善业

**Hum! De-Zhin Sheg-Pa Tam-Chae Dang,**

All Tathagata-buddhas,  
吽！一切如来尊佛会

**Pa-Wo Dang-Ni Nael-Jor Ma,**

Vira-heroes, yoginis,  
勇父尊和瑜伽母

**Ka-Dro Dag-Ni Ka-Dro Ma,**

Dakas and Dakinis,  
空行尊与空行母

**Kun-La Dag-Ni Soel-Wa Deb.**

To all of you I make this request.  
诸圣尊前我祈请

**De-Wa Chen-Po Yi-Ni Rab-Kyoe Pae,**

With your mind of great bliss fully excited,  
大乐引心功能胜动力

**Lu-Ni Kun-Tu Yo-Wae Gar-Gyi Ni,**

And your body in a dance of constant motion,  
一切召摇应身化游戏

**Chag-Gyae Pe-Mar Roel-Pae De-Wa Che,**

Please offer to the hosts of yoginis  
双运大乐手印莲华处

**Nael-Jor Ma-Tsog Nam-La Choe-Par Dzo,**

The great bliss of sporting in the lotus of the mudra.  
虔祈供养众会瑜伽母

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦利哄



**Dri-Me Ka-Droe Tsog-Nam-Kyi,**

May the hosts of stainless dakinis

无垢空行众诸尊

**Tse-Wae Zig-La Lae-Kun Dzo.**

Look with loving compassion and accomplish all deeds.

祈赐大悲诸善业

**Hum! De-Zhin Sheg-Pa Tam-Chae Dang,**

All Tathagata-buddhas,

吽！一切如来尊佛会

**Pa-Wo Dang-Ni Nael-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Ka-Dro Dag-Ni Ka-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Soel-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**Yi-Ong Zhi-Wae Nyam-Kyi Gar-Dzae Ma,**

Dancing with a beautiful, peaceful step,

悦意妙静姿势舞行母

**Rab-Gye Goen-Po Kyo-Dang Ka-Dro Tsog,**

O delightful protector and host of dakinis,

胜怙主尊及空行会

**Dag-Gi Dun-Du Zhug-Te Jin-Lob La**

Come here before me and give me your blessings –

迎请降临此境祈加持



**Lhen-Kye De-Chen Dag-La Tsel-Du Soel.**

Bestow on me the great bliss simultaneous (with voidness).

速时赐众俱生之大乐

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦啦哄

**Dri-Me Ka-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行众诸尊

**Tse-Wae Zig-La Lae-Kun Dzoe.**

Look with loving compassion and accomplish all deeds.

祈赐大悲诸善业

**Hum! De-Zhin Sheg-Pa Tam-Chae Dang,**

All Tathagata-buddhas,

吽！一切如来尊佛会

**Pa-Wo Dang-Ni Nael-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Ka-Dro Dag-Ni Ka-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Soel-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**De-Chen Tar-Pae Tsen-Nyi Den-Pa Kyoe,**

You, who have the characteristic of great blissful liberation,

具德解脱性相大乐尊



**De-Chen Pang-Pae Ka-Tub Du-Ma Yi,**

Do not assert that, through ascetic practices without great bliss,

无量苦行断悉之大乐

**Tse-Chig Droel-War Mi-Zhe De-Chen Yang,**

Liberation can be gained in one lifetime;

即生解脱难得之大乐

**Chu-Kye Chog-Gi U-Na Nae-Pa Yin.**

Great bliss indeed is found in the centre of the supreme lotus.

亦速莲华胜中住大乐

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦利哄

**Dri-Me Ka-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行众诸尊

**Tse-Wae Zig-La Lae-Kun Dzo.**

Look with loving compassion and accomplish all deeds.

祈赐大悲诸善业

**Hum! De-Zhin Sheg-Pa Tam-Chae Dang,**

All Tathagata-buddhas,

吽！一切如来尊佛会

**Pa-Wo Dang-Ni Nael-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Ka-Dro Dag-Ni Ka-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Soel-Wa Deb.**



To all of you I make this request.

诸圣尊前我祈请

**Dam-Gyi U-Su Kye-Pae Pae-Ma Zhin,**

O yogini, like the lotus born from the centre of a swamp,  
犹如污泥生出净莲华

**Chag-Lae Kye-Kyang Chag-Pae Kyoen-Ma Goe,**  
(this method), although born from desire is unstained by  
desire's faults;

欲中生也欲能无污染

**Nael-Jor Ma-Chog Pae-Mae De-Wa-Yi,**

Please, through the bliss of your supreme lotus,  
瑜伽母胜莲华大乐力

**Si-Pae Ching-Wa Nyur-Du Drol-War Dzo.**

Quickly bring liberation from the bonds of cyclic existence.  
生死轮迴速时祈解脱

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦利哄

**Dri-Me Ka-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis  
无垢空行众诸尊

**Tse-Wae Zig-La Lae-Kun Dzo.**

Look with loving compassion and accomplish all deeds.  
祈赐大悲诸善业

**Hum! De-Zhin Sheg-Pa Tam-Chae Dang,**

All Tathagata-buddhas,  
吽！一切如来尊佛会

**Pa-Wo Dang-Ni Nael-Jor Ma,**

Vira-heroes, yoginis,  
勇父尊和瑜伽母



**Ka-Dro Dag-Ni Ka-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Soel-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**Drang-Tsi Jung-Nae Nam-Kyi Drang-Tsi Chue**

Just as the essence of honey from honey-sources

蜂蜜精华生悉蜂蜜处

**Bung-Wae Tsog-Kyi Kun-Nae Tung-Wa Tar,**

Is drunk by swarms of bees from every direction,

众会蜜蜂享吸受善味

**Tsaen-Nyi Drug-Daen Tso-Kye Gyaе-Pa Yi,**

Please, through your matured, lake-born (lotus) having  
the six signs,

妙盛莲华具足六性相

**Chu-Ching Pa-Yi Ro-Yi Tsim-Par Dzoе.**

Bring satisfaction with the taste that is bound to the  
essence.

吸引精华善味祈满足

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦利哄

**Dri-Me Ka-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行众诸尊

**Tse-Wae Zig-La Lae-Kun Dzoе.**

Look with loving compassion and accomplish all deeds.

祈赐大悲诸善业



### **Offering The Leftovers Tsok 剩余荟供**

*(As the following verses are chanted, the person holding the offering of remaining tsog should stand facing away from the assembly and toward the exit door. 在念诵时, 手持剩余荟供者因该面向大殿外。)*

#### **Hum! Ma-Dak Truel-Nang Ying-Su Dak.**

Impure, delusive appearances become pure in the sphere (of Voidness).

吽! 不净妄想净法界

#### **Ah! Ye-She Lae-Drup Due-Tsi Che.**

(It becomes) a great nectar made of Wisdom.

啊! 智慧所成大甘露

#### **Om! Doe-Gue Gya-Tso Chen-Por Gyur.**

It becomes a great ocean of everything desired.

嗡! 转成满愿之大海

#### **Om Ah Hung**

嗡 啊 吽 (x 3)

#### **Ho! Ting-Dzin Ngak-Dang Chak-Gyae Jin-Lap Pae,**

Blessed by concentration, mantra and mudra,

吽! 禅定密咒手印作加持

#### **Zak-Me Due-Tsi Tsok-Lhak Gya-Tso Di**

The rest of this ocean-like Tsok of spotless nectar

无漏甘露余供此海会

#### **Dam-Chaen Zhing-Kyong Tsok-Nam Nye-Chir Buel.**

I offer for your delight, assemblies of guardians and field-protectors!

具誓护土众会喜故献





**Om Ah Hung!**

嗡 啊 吽!



**Doe-Gue Pael-La Roel-Pae Tsim-Dzae Nae,**  
Satisfied by enjoying abundance of all you desire,  
受用希欲吉祥愉悦足

**E-Ma Ho! Nael-Joe Trin-Lae Tsuel-Zhin Drup!**

Please, let yogas and virtuous deeds be performed right!  
依-玛-吽 瑜伽事业如理成

*\*(Take the offering of remaining tsog outside while the following five verses are recited extremely fast. 将剩余荟供拿到大殿外 当以下五段在快速念诵时。)*

**Ho! Lhak-Mae Droen-Nam Kor-Chae Kyi**

You remaining guests, with your attendants,  
吽! 其余众客眷属俱



**Tsok-Lhak Gya-Tso Di-Zhe La,**

Accept this ocean of Tsok still left,  
饗用于此余供海

**Taen-Pa Rin-Chen Gya-Pa Dang**

And make the spreaders of the precious Doctrine,  
圣教妙宝广弘扬

**Taen-Dzin Yoen-Choe Kor-Chae Dang**

Followers of the Doctrine, patrons and their attendants,  
住持功德眷属众

**Kyae-Par Nael-Jor Dak-Chak La**

And in particular, us yogins, obtain  
尤其瑜伽士我等



**Nae-Me Tse-Dang Wang-Chuk Dang**

Health, life and power,  
无病延年得自在

**Pael-Dang Drak-Dang Kael-Wa Zang**

Glory, renown, good fortune,  
吉祥美誉具妙缘

**Long-Choe Gya-Chen Kuen-Top Ching,**

And very extensive enjoyments, all these!  
普获广大之受用!

**Zhi-Dang Gyae-La Sok-Pa Yi**

With the actions of Calming, Increasing and so on,  
息与增益诸事业

**Lae-Kyi Ngoe-Drup Dak-La Tsoel!**

Bestow on us the powerful attainments!  
一切成就赐予我!

**Dam-Tsik Chaen-Gyi Dak-La Srung!**

Pledged guardians, protect us!  
守护具誓句之我!

**Ngoe-Drup Kuen-Gyi Tong-Drok Dzoel!**

Help with all powerful attainments!  
一切成就作助伴!

**Due-Min Chi-Dang Nae-Nam Dang**

Eliminate untimely death, sicknesses,  
非时横死及诸病

**Doen-Dang Gek-Nam Me-Par Dzoel!**

Demons of disease, and evil spirits!  
魔与障碍永无有!



**Mi-Lam Ngaen-Dang Tsaen-Ma Ngaen**

Eliminate bad dreams, ill omens,

恶梦及与凶噩兆

**Ja-Je Ngaen-Pa Me-Par Dzoe!**

And evil doings!

恶业所作祈消除!

**Jik-Ten De-Zhing Lo-Lek Dang**

May the world be happy, good years

世间安乐年年吉

**Dru-Nam Pel-Zhing Choe-Pel Dang**

And grains increase, the Dharma flourish,

五谷丰登法弘扬

**De-Lek Tam-Chae Jung-Wa Dang**

Every happiness and bliss arise,

获得一切诸善妙

**Yi-La Doe-Pa Kuen-Drup Shok!**

And every wish in the mind be fulfilled!

祈愿一切如意成!



## TRAINING THE MIND THROUGH MEDITATION ON THE ENTIRE MAHAYANA PATH

大乘佛法之禅修转念法

*Guru Devotion As The Root Of The Path*

*依止上师为成佛之根本法门*

**Zhing-Chok Dam-Pa Je-Tsuen La-Ma La**

O holy and venerable Gurus, supreme fields of merit,  
胜田正士至尊上师前

**Choe-Ching Gue-Pae Soel-Wa Tap-Pae Tue,**

By the power of my offering and respectfully requesting  
to you,

诚谨供养作白而求力

**De-Lek Tsa-Wa Goen-Po Kyo-Nyi Kyi**

May you protector, root of (all) well-being,  
等同上师安乐解脱身

**Gye-Zhin Je-Su Dzin-Par Jin-Gyi Lop!**

Be pleased to care for me - bless me thus!

喜怡自在随护求加持!

## 1 TRAINING THE MIND IN THE COMMON PATH OF THE PRACTITIONER OF LOWER CAPABILITY

资质普通的修行者转念之道

*The Precious Human Rebirth 暇满人身*

**Laen-Chik Tsam-Zhik Nye-Pae Dael-Jor Di**

Let me realise how these freedoms and endowments,  
惟愿加持体悟此暇满

**Nye-Ka Nyur-Du Jik-Pae Tsuel-Tok Nae,**

Found but once, and hard to attain, are quickly lost,  
仅获一次难得且速坏



**Doen-Me Tse-Di Ja-Wae Mi-Yeng War**

Then, undistracted by meaningless works of this life,  
不为此世无义事放逸

**Doen-Daen Nying-Po Len-Par Jin-Gyi Lop!**

Seize their meaningful essence - bless me thus!  
见义勇为恒固求加持!

**Generating Interest Of Future Lives 启发来世之兴趣**

**Ngaen-Song Duk-Ngael Bar-Wae Me-Jik Nae,**

Afraid of the blazing fire of lower realms' suffering,  
恶趣痛苦烈火诸怖畏

**Nying-Nae Koen-Chok Sum-La Kyap-Dro Zhing,**

Let me take heartfelt Refuge in the Three Precious  
Jewels,

实志皈依三宝救护尊

**Dik-Pong Ge-Tsok Ta-Dak Drup-Pa La**

And fervently strive to avoid non-virtue and practise  
诸恶断除众善资粮修

**Tsoen-Pa Lhur-Len Je-Par Jin-Gyi Lop!**

Amassing the various virtues - bless me thus!  
虔诚精进能作求加持!

**2 TRAINING THE MIND IN THE COMMON PATH OF  
THE PRACTITIONER OF MIDDLING CAPABILITY**

**资质扎实的修行者转念之道**

**Developing The Wish For Liberation 启发出离心**

**Lae-Dang Nyoen-Mong Ba-Long Drak-Tu Truk,**

Frantically tossed by waves of delusion and karma,  
业及烦恼汹涌漩洄没



**Duk-Ngae Sum-Gyi Chu-Srin Mang-Poe Tse,**

Tormented by many sea-monsters of the three sufferings,  
且受三苦众多巨鳌害

**Ta-Me Jik-Rung Sri-Tso Chen-Po Lae**

From this fearful, boundless great ocean of Becoming  
无边怖畏险滑大死海

**Tar-Doe Shuk-Drak Kye-War Jin-Gyi Lop!**

Let a strong wish for Liberation grow in me - bless me  
thus!

猛起解脱心生求加持!

**Zoe-Ka Tsoen-Ra Dra-Wae Kor-Wa Di**

This Cyclic Existence, like an unbearable prison,  
轮迴系执难忍胜坚牢

**Ga-Wae Tsael-Tar Tong-Wae Lo-Pang Nae,**

I see as a charming garden. Rejecting this view,  
视若晏居林苑倒知断

**Lap-Sum Pak-Pae Nor-Gyi Dzoe-Zung Te,**

Let me hold the Three Trainings, the store of the Aryas'  
Jewels,

圣者三学宝藏正受习

**Tar-Pae Gyael-Tsaen Dzin-Par Jin-Gyi Lop!**

And grasp the banner of Liberation - bless me thus!  
执持解脱胜幢求加持!



### **3 TRAINING THE MIND IN THE COMMON PATH OF THE PRACTITIONER OF HIGHEST CAPABILITY**

**资质较上的修行者转念之道**

**Developing Bodhicitta-Generating Compassion, The Foundation Of The Mahayana Path**  
**启发菩提心-慈悲心为大乘法之初**

**Nyam-Tak Dro-Wa Di-Kuen Dak-Gi Ma,**

All these tormented beings are my mothers,  
一切痛苦有情若我母

**Yang-Yang Drin-Gyi Kyang-Pae Tsuel-Sam Nae,**

Repeatedly caring for me kindly. Reflecting on this,  
数数念恩救济如理思

**Duk-Pae Bu-La Tse-Wae Ma-Zhin Du,**

Like a loving mother for her darling child,  
乃至犹如慈母怜爱子

**Choe-Min Nying-Je Kye-War Jin-Gyi Lop!**

Let me develop unfeigned Compassion - bless me thus!  
生起无伪悲心求加持!

**Generating Conventional Bodhicitta –**

**Developing Equanimity Between Self And Others**  
**启发对众生的平等心**

**Duk-Ngael Tra-Mo Tsam-Yang Mi-Doe Ching,**

As no-one desires the slightest suffering  
苦受微略世人悉思离

**De-La Nam-Yang Chok-She Me-Par Ni,**

Nor ever has enough of happiness,  
乐境虽多盈满足不知



**Dak-Dang Zhaen-La Kyae-Par Yoe-Min Zhe**

There is no difference between myself and others,  
我与世人差别又非有

**Zhaen-De Ga-Wa Kye-Par Jin-Gyi Lop!**

So let me make others joyfully happy - bless me  
thus!

他人喜乐心生求加持!

*Exchanging Self And Others- 自我与他人交换*

*Contemplating The Faults Of The Self-Cherishing Mind*

*思维自我珍惜的不善法*

**Rang-Nyi Che-Par Dzin-Pae Chong-Nae Di**

This chronic disease of cherishing oneself  
偏爱自己难除之痼疾

**Mi-Doe Duk-Ngael Kye-Pae Gyur-Tong Nae,**

Is the cause of unwanted suffering. Seeing this,  
转成苦聚不乐之见生

**Le-Laen Dae-La Koen-Du Zung-Jae Te,**

Let me lay blame on it and begrudge it and  
时时诃责憎恶应习练

**Dak-Dzin Doen-Chen Jom-Par Jin-Gyi Lop!**

Destroy the great demon of self-grasping - bless me  
thus!

降伏我执大魔求加持!

*Contemplating The Advantages Of Cherishing Others*

*思维珍惜他人的利益*

**Ma-Nam Che-Zung De-La Goe-Pae Lo**

The attitude cherishing one's mothers and placing them  
in bliss

偏爱众人攝持安乐意





**Ta-Yae Yoen-Taen Jung-Wae Gor-Tong Nae,**  
Is the gateway to endless virtues. Let me see this,  
无边功德生门应见知

**Dro-Wa Di-Dak Dak-Gi Drar-Lang Kyang**  
And even should these beings rise up as my foes,  
若凡有情於我作仇恨

**Srok-Lae Che-Par Dzin-Par Jin-Gyi Lop!**  
Hold them dearer than my life - O, bless me thus!  
欢喜忍受攝取求加持!

*Exchanging Self-cherishing For Cherishing Others*  
自我珍惜与珍惜他人之交换

**Doe-Na Ji-Pa Rang-Doen Ko-Na Dang,**  
In short, the childish work only for their own gain,  
总之婴孩之见唯爱己

**Tup-Wang Zhaen-Doen Ba-Zhik Dzae-Pa Yi**  
The Buddha only for others' gain. With the wisdom  
能仁唯於他义作殷勤

**Kyoen-Dang Yoen-Taen Ye-Wa Tok-Pae Loe**  
Understanding the differences in the faults and virtues of  
these,  
以此功过分别观察慧

**Dak-Zhaen Nyam-Je Nue-Par Jin-Gyi Lop!**  
May I be able to exchange self and others - bless  
me thus!  
能作自他交换求加持!

**Rang-Nyi Che-Dzin Gue-Pa Kuen-Gyi Go,**  
Cherishing oneself is the door to every downfall;  
持爱自己灾害百损门

**Ma-Nam Che-Dzin Yoen-Taen Kuen-Gyi Zhi.**



Cherishing one's mothers, the basis of everything good.

持爱有情一切功德基

**De-Chir Dak-Zhaen Je-Wae Nael-Jor La,**

Therefore, in the yoga of exchanging self and others,  
是故自他相换之瑜伽

**Nyam-Len Nying-Por Je-Par Jin-Gyi Lop!**

Let me take to heart the main point - bless me thus!  
坚固弃取能行求加持!

*Meditation On Taking And Giving 禅修受与施 (x 3)*

**De-Na Je-Tsuen La-Ma Tuk-Je Chaen,**

Therefore, Venerable and Compassionate Gurus,  
因此至尊具悲诸上师

**Ma-Gyur Dro-Wae Dik-Drip Duk-Ngael Kuen**

By my letting all the black karmic obscurations and  
suffering

母变有情罪障痛苦等

**Ma-Lue Da-Ta Dak-La Min-Pa Dang**

Of mother sentient beings ripen on me now,  
无量无余现今我代受

**Dak-Gi De-Ge Zhaen-La Tang-Wa Yi**

And giving to others my happiness and good deeds,  
凡我善根安乐施与彼

**Dro-Kuen De-Dang Daen-Par Jin-Gyi Lop!**

May all sentient beings have happiness - bless me  
thus!

有情具足得乐求加持!

*The Third to Seventh Points of the Seven-Point Mind-Training*



### 三至七道之七道 转念法

**Noe-Chue Dik-Pae Drae-Bue Yong-Gang Te,**  
Though the whole world and its beings are full of the  
fruits of non-virtue,  
罪业果熟充满情器间

**Mi-Doe Duk-Ngael Char-Tar Bap-Gyur Kyang,**  
And undesired sufferings pour down (on me) like rain,  
不乐苦报偏空降若雨

**Lae-Ngaen Drae-Bu Zae-Pae Gyur-Tong Nae**  
By seeing they've a chance to use up the fruits of bad  
karma,  
恶业果尽恶因悉能见

**Kyen-Ngaen Lam-Du Long-Par Jin-Gyi Lop!**  
Let me use bad conditions in the Path - O, bless me thus!  
超升恶道缘外求加持!

**Dor-Na Zang-Ngaen Nang-Wa Chi-Shar Yang,**  
In short, whatever appearance, good or bad, comes up,  
总须胜解善恶悉显明

**Choe-Kuen Nying-Po Top-Ngae Nyam-Len Gyi**  
By practising the Five Forces, the essence of all Dharma,  
随时坚实五力严去取

**Jang-Chup Sem-Nyi Pel-Wae Lam-Gyur Te,**  
Let me change it to a Path to develop the two Bodhicittas,  
二菩提心升起道增进

**Yi-De Ba-Zhik Gom-Par Jin-Gyi Lop!**  
And entertain only happiness of mind - bless me thus!  
炽然意乐修行求加持!

**Jor-Wa Zhi-Dang Daen-Pae Tap-Kae Kyi**



With the Skilful Means of having the Four Activities,  
方便善巧具足四加行

**Trael-La Gang-Tuk Gom-La Jor-Wa Dang,**  
Let me join what I meet straightaway to meditation;  
分别修行凡诸加行正

**Lo-Jong Dam-Tsik Lap-Jae Nyam-Len Gyi**  
and by practising the commitments and advices of the  
Mind-Training,  
慧行誓戒学处善止作

**Dael-Jor Doen-Chen Je-Par Jin-Gyi Lop!**  
Make these freedoms and endowments very meaningful  
- bless me thus!  
有暇圆满大义求加持！

*Meditation On The Special Universal Intention And  
Generating Bodhicitta*

禅观特别的出发点与升起菩提心

**Tong-Len Lung-La Kyoen-Pae Truel-Dek Chaen,**  
With Taking and Giving, the magical practice of mounting  
the Breath,  
御取舍风神变作升举

**Jam-Dang Nying-Je Lhak-Pae Sam-Pa Yi,**  
By friendliness, compassion, and the Supreme Wish,  
且修慈悲乃至双运心

**Dro-Nam Sri-Tso Che-Lae Droel-Wae Chir**  
To free beings from the great ocean of Becoming  
有情生死大海解脱故

**Jang-Chup Sem-Nyi Jong-Par Jin-Gyi-Lop!**



Let me perfect actual Bodhicitta - bless me thus!

深净菩提心生求加持!

**Due-Sum Gyael-Wa Kuen-Gyi Droe-Chik Lam,**  
With the one Path all Buddhas of the three times tread,  
三世诸佛唯一解脱道

**Nam-Dak Gyael-Srae Dom-Pae Gyue-Dam Shing,**  
The pure vows of Buddha-sons, let me bind my  
mindstream,  
佛子净戒密誓善接合

**Tek-Chok Tsuel-Trim Sum-Gyi Nyam-Len La**  
And strive in the practise of the three Moralities  
大乘三聚律仪正修行

**Tsoen-Pa Lhur-Len Je-Par Jin-Gyi Lop!**  
Of the Great Vehicle with a will - bless me thus!  
虔诚精进受学求加持!

**PRACTICING THE PERFECTIONS AFTER  
GENERATING BODHICITTA – THE GENERAL  
PRACTICES OF THE BODHISATVA**

**升起菩提心之后的大圆满修持 - 菩萨之主要修持**

**1 The Perfection Of Generosity 布施般若蜜**

**Lue-Dang Long-Choe Due-Sum Ge-Tsok Chae,**  
My body and possessions, and my virtues of the three  
times,  
身器受用三时善资粮

**Sem-Chaen Rang-Rang Doe-Pae Ngoe-Gyur Te,**  
Let me change into things each being desires,  
有情各各乐欲实变等

**Chak-Me Tong-Sem Pel-Wae Maen-Ngak Gi**



And by the oral teaching of cultivating unattached  
generousness

无贪舍心增长施教受

**Jin-Pae Par-Chin Dzok-Par Jin-Gyi Lop!**

Accomplish the Perfection of Giving - bless me thus!

速令圆满檀度求加持!

**2 The Perfection Of Morality 道德般若蜜**

**So-Tar Jang-Sem Sang-Ngak Dom-Pa Yi**

Of the Pratimoksa, Bodhicitta and Tantric Vows

别解脱戒菩萨密戒等

**Chae-Tsam Srok-Gi Chir-Yang Mi-Tong Zhin,**

Not leaving the bounds even for my life;

遭命难缘而亦不舍弃

**Ge-Choe Due-Dang Sem-Chaen Doen-Drup Pae**

Collecting virtues; and benefiting sentient beings,

摄持善法成就众有情

**Tsuel-Trim Par-Chin Dzok-Par Jin-Gyi Lop!**

Let me accomplish the Perfection of Morality- bless me  
thus!

戒波罗蜜圆满求加持!

**3 The Perfection Of Patience 忍辱波罗蜜**

**Kam-Sum Kye-Gu Ma-Lue Troe-Gyur Te,**

Though all beings of the Three Realms, of nine types,  
get angry,

三界众生无余作恚怒

**She-Zhing Tsang-Dru Dik-Shing Srok-Choe  
Kyang,**



Abuse, upbraid, and threaten, or even kill me,  
詈骂揭过威胁或残害

**Mi-Truk Noe-Laen Paen-Pa Drup-Je Pae**

Let me, undisturbed, in return for their harm try to help  
them,  
心无恚恼反以利他报

**Zoe-Pae Par-Chin Dzok-Par Jin-Gyi Lop!**

And accomplish the Perfection of Patience - bless me  
thus!

能作利彼忍度求加持！

**4 The Perfection Of Enthusiastic Perseverance 精进波罗蜜**

**Sem-Chaen Re-Re Chir-Yang Nar-Me Pae**

Even if, for every sentient being, in Avici's  
有情各各义利不退故

**Me-Nang Kael-Pa Gyatsor Nae-Goe Kyang,**

Fire I must remain for an ocean of aeons,  
愿住洞然劫火海焰中

**Nying-Je Mi-Kyo Jang-Chup Chok-Tsoen Pae,**

Never tired of Compassion, let me strive for Supreme  
Awakening,  
菩提大悲无悔而正勤

**Tsoen-Drue Par-Chin Dzok-Par Jin-Gyi Lop!**

And accomplish the Perfection of Energy - bless me  
thus!

成就精进彼岸求加持！

**5 The Perfection Of Meditative Concentration 禅定波罗蜜**

**Jing-Goe Nam-Par Yeng-Wae Kyoen-Pang Nae,**



Avoiding the faults of dullness, agitation and wandering,  
断除沈掉动摇不定过

**Choe-Kuen Den-Pae Tong-Pae Nae-Luk La**

On all dharmas' mode of being, Void of true existence,  
诸法谛实性空住理如

**Tse-Chik Nyam-Par Jok-Pae Ting-Dzin Gyi**

One-pointedly collected, let me by this Samadhi  
心一境性修行入三昧

**Sam-Taen Par-Chin Dzok-Par Jin-Gyi Lop!**

Accomplish the Perfection of Concentration - bless  
me thus!

圆满静虑彼岸求加持!

*The Perfection Of Wisdom - The Space-like Concentration  
On Voidness During The Meditation Session*

智慧波罗蜜- 空相禅修

**De-Nyi So-Sor Tok-Pae She-Rap Kyi**

With the Distinguishing Wisdom of (Absolute) Reality  
即此各各观证之般若

**Drang-Pae Shin-Jang De-Chen Dang-Drel Wa,**

And the suppleness it causes, combined with Great Bliss,  
正确串修引合大乐地

**Doen-Dam Nyam-Zhak Nam-Kae Nael-Jor Gyi**

By the practice of Space-like Concentration on the  
Ultimate

胜义虚空平等之瑜伽

**She-Rap Par-Chin Dzok-Par Jin-Gyi Lop!**

Let me accomplish the Perfection of Wisdom - bless





me thus!

圆:满般若彼岸求加持!

**The Illusion-like Concentration On Voidness During Post-Meditation** 空相之幻觉禅修

**Chi-Nang Choe-Nam Gyu-Ma Mi-Lam Dang**

All dharmas, outer or inner, are like illusions,  
外内诸法悉如幻化梦

**Dang-Pae Tso-Nang Da-Zuk Ji-Zhin Du,**

Dreams, or the moon's reflection in a clear lake.  
亦如清泉池中映月形

**Nang-Yang Den-Par Me-Pae Tsuel-Tok Nae**

Let me realise how, though they appear, they don't truly  
exist,

了知存在却不实在

**Gyu-Mae Ting-Dzin Dzok-Par Jin-Gyi Lop!**

And accomplish the Illusion-like Concentration - bless  
me thus!

圆满如幻三昧求加持!

**Training The Mind In Particular In The Profound Middle View**

**中观论转念法**

**Kor-Dae Rang-Zhin Duel-Tsam Me-Pa Dang,**

In Samsara and Nirvana is not an atom of inherent  
existence;

生死涅槃纤毫自性无

**Gyu-Drae Ten-Drel Lu-Wa Me-Pa Nyi**

Infallibly, cause and effect dependently arise.



缘生因果如如不虚误

**Paen-Tsuen Gael-Me Drok-Su Char-Pa Yi**

Between these two, there's no contradiction, but harmony-

二互不违相助以出升

**Lu-Drup Gong-Doen Tok-Par Jin-Gyi Lop!**

Let me realise the point of Nagarjuna's thought - bless me thus!

解龙树义现证求加持!

**TRAINING THE MIND IN THE UNCOMMON**

**PATH OF THE VAJRAYANA 金刚乘转念法之道**

**Preparing Oneself For The Tantric Path, And Keeping**

**Tantric Vows And Pledges Purely 金刚乘之预备前序与**

**守持金刚戒与誓言**

**De-Nae Dor-Je Dzin-Pae De-Poen Gyi**

Then, out of my Vajra-wielding sea-captain's

现时金刚执持导引师

**Drin-Lae Gyue-De Gya-Tsoe Jing-Gael Te;**

Kindness, let me cross the eddies of the ocean of Tantra;

殊恩承传大海诸教示

**Ngoe-Drup Tsa-Wa Dam-Tsik Dom-Pa Nam**

The root of powerful attainments, my Vows and

Words of Honour,

三昧耶戒众悉地根本

**Srok-Lae Che-Par Dzin-Par Jin-Gyi Lop!**

Let me cherish more than my life - O, bless me thus!

保爱甚於生命求加持!

**Practising The Two Stages Of Highest Yoga Tantra.**



无上瑜伽之生起与圆满次第的修持

**Kye-Shi Bar-Do Gyael-Wae Ku-Sum Du**

Let me transform birth, death and bardo into the  
Three Bodies

生死中阴胜者三身得

**Gyur-Wae Rim-Pa Dang-Poe Nael-Jor Gyi,**  
Of the Conqueror, and by this practice of the First  
Stage

幻化最初次第瑜伽门

**Ta-Mael Nang-Zhen Dri-Ma Kuen-Jang Te,**  
Cleanse all the stains of ordinary appearances and  
attachments

通常显现垢染悉清净

**Gang-Nang Lha-Kur Char-War Jin-Gyi Lop!**  
And see whatever appears as deities - bless me  
thus!

圣身显现升起求加持！

Practising The Completion Stage Of Highest Yoga Tantra

无上瑜伽之圆满次第的修持

**Nying-Gae Dap-Gyae Dhu-Ti Ue-Dak Tu**

In my heart's eight petals, right in the middle of the  
Central

心间八叶莲中独德住

**Goen-Kyoe Zhap-Sen Koe-Pa Lae-Jung Wa,**  
Channel, place your feet, O Protector! From which  
依怙身支安立显现生

**Woe-Sael Gyu-Lue Zung-Du Juk-Pae Lam**



The Path Uniting the Clear Light and the Illusory  
Body

光明幻体双运趣入道

**Tse-Dir Ngoen-Du Gyur-War Jin-Gyi Lop!**

I may actualise in this lifetime - bless me thus!

即时现证成就求加持!

*Practicing Transference Of Consciousness At The Time  
Of Death 临终前的意识转念法*

**Lam-Na Ma-Zin Chi-Wae Due-Je Na,**

Should the Paths not be completed at the time of my  
death,

诸道未竟死时俾能作

**Tsaen-Tap Tsang-Gya La-Mae Po-Wa Ni**

By the Guru's potent means to Buddhahood,

Transference of Consciousness,

平稳善巧罪堕师遮举

**Top-Nga Yang-Dak Jar-Wae Dam-Ngak Gi**

Or the oral precept of applying the Five Forces,

五力正真配合口教授

**Dak-Pae Zhing-Du Droe-Par Jin-Gyi Lop!**

Let me get to a Pure Land - bless me thus!

往生清淨刹土求加持!

*Praying To Be Cared For By The Guru During All Future  
Lives*



祈求未来世能受上师庇护

**Dor-Na Kye-Zhing Kye-Wa Tam-Chae Du,**

In short, Protector, in all my future rebirths,  
总之生土生生一切等

**Goen-Po Kyoe-Kyi Drael-Me Je-Zung Nae,**

Let me not part from but be cared for by you,  
依怙於我不离随提攜

**Ku-Sung Tuk-Kyi Sang-Wa Kuen-Dzin Pae**

Keep all the secrets of your body, speech and mind,  
身口意三三密并攝取

**Srae-Kyi Tu-Wor Gyur-War Jin-Gyi Lop!**

And become your chief disciple - bless me thus!  
能作幼子慈父求加持！

**Goen-Kyoe Gang-Du Ngoen-Par Sang-Gyae Pae**

Protector, wherever you manifest as Buddha,  
若凡依怙现得正等觉

**Kor-Gyi Tok-Ma Nyi-Du Dak-Gyur Te,**

May I become the very first of your assembly;  
周迴乃至绝顶我能成

**Nae-Kap Tar-Tuk Goe-Doe Ma-Lue Pa**

To achieve all my wants and wishes, temporal and ultimate,  
须要缘会究竟能全美

**Bae-Me Lhuen-Gyi Drup-Pae Tra-Shi Tsoel!**

Spontaneously and without effort, please grant auspiciousness!  
不致劬劳成聚使吉祥！

*The way to dissolve the Field of Merit in order to receive blessings*



溶入资粮 福田以便受加持

**De-Tar Soel-Wa Tap-Pae La-Ma Chok**

Being thus requested, supreme Guru, please

复次祈求无上胜师尊

**Jin-Gyi Lap-Chir Gye-Zhin Chi-Wor Joen**

Come happily to the crown of my head to bless me,

为作加持欢喜降顶颅

**Lar-Yang Nying-Gae Pae-Mae Zeu-Dru La**

And again, on the anthers of the lotus of my heart

又再于心莲华之华冠

**Zhap-Sen Woe-Chak Taen-Par Zhuk-Su Soel!**

Plant firmly your radiant feet!

稳定安立汝光泽尊足！

*\* If you are not reciting 21 Praises To Tara , continue  
with the page 114.*

*如果您不念诵二十一度母礼赞文, 请直接翻阅至 114 页。*

## 21 PRAISES TO TARA (Tibetan)



## OM Je-Tsun-Ma Pak-Ma Drol-Ma-La Chak-Tsal-Lo

1

- |             |          |          |          |
|-------------|----------|----------|----------|
| □ Chag-Tsal | Drol-Ma  | Nyur-Ma  | Pa-Mo    |
| □ Chen-Mi   | Kay-Chig | Log-Dang | Dra-Ma   |
| □ Jig-Ten   | Sum-Gon  | Chug-Key | Shel-Gyi |
| □ Key-Sar   | Je-Wa    | Lay-Ni   | Jung-Ma  |

2

- |             |           |          |         |
|-------------|-----------|----------|---------|
| □ Chag-Tsal | Ton-Kay   | Da-Wa    | Kun-Tu  |
| □ Gang-Wa   | Gya-Ni    | Tseg-Pay | Shel-Ma |
| □ Kar-Ma    | Tong-Trag | Tsog-Pa  | Nam-Kyi |
| □ Rab-U     | Che-Way   | O-Rab    | Bar-Ma  |

3

- |             |         |         |         |
|-------------|---------|---------|---------|
| □ Chag-Tsal | Ser-Ngo | Chu-Nay | Kye-Kyi |
| □ Pay-May   | Chag-Ni | Nam-Par | Gyen-Ma |
| □ Jin-Pa    | Tsun-Du | Ka-Tub  | Shi-Wa  |
| □ So-Pa     | Sam-Ten | Cho-Yul | Nyi-Ma  |

4

- |             |         |          |          |
|-------------|---------|----------|----------|
| □ Chag-Tsal | De-Shin | Sheg-Pay | Tsug-Tor |
| □ Ta-Yay    | Nam-Par | Gyal-Wa  | Cho-Ma   |
| □ Ma-Lu     | Pa-Rol  | Chin-Pa  | Tob-Pay  |
| □ Gyal-Way  | Say-Kyi | Shin-Tu  | Ten-Ma   |

5

- |             |           |          |         |
|-------------|-----------|----------|---------|
| □ Chag-Tsal | TU-TA     | RA-HUNG  | Yi-Ge   |
| □ Do-Dang   | Chog-Dang | Nam-Ka   | Gang-Ma |
| □ Jig-Ten   | Dun-Po    | Shab-Kyi | Nen-Te  |
| □ Lu-Pa     | May-Par   | Gug-Par  | Nu-Ma   |

6

- |             |         |           |          |
|-------------|---------|-----------|----------|
| □ Chag-Tsal | Gya-Jin | May-Lha   | Tsang-Pa |
| □ Lung-Lha  | Na-Tsog | Wang-Chug | Cho-Ma   |



□	Jung -Po	Ro-Lang	Dri-Sa	Nam-Dang
□	No-Jin	Tsog-Kyi	Dun-Ne	Toh-Ma
7				
□	Chag-Tsal	TREY-Che	Cha-Dang	PEY-Kyi
□	Pa-Rol	Tul-Kor	Rab-Tu	Jom-Ma
□	Yay-Kum	Yon-Kyang	Shab-Kyi	Nen-Te
□	May-Bar	Tug-Pa	Shin-Tu	Bar-Ma
8				
□	Chag-Tsal	TU-RE	Jig-Pa	Chen-Po
□	Du-Kyi	Pa-Wo	Nam-Par	Jom-Ma
□	Chu-Kye	Shel-Ni	Tro-Nyer	Den-Dze
□	Dra-Wo	Tam-Che	Ma-Lu	So-Ma
9				
□	Chag-Tsal	Kon-Chog	Sum-Tson	Chag-Gye
□	Sor-Mo	Tug-Kar	Nam-Par	Gyen-Ma
□	Ma-Lu	Chog-Kyi	Kor-Lo	Gyen-Pay
□	Rang-Gi	O-Kyi	Tsog-Nam	Trug-Ma
10				
□	Chag-Tsal	Rab-Tu	Ga-Wa	Ji-Pay
□	U-Gyen	O-Kyi	Treng-Wa	Pel-Ma
□	Shay-Pa	Rab-Shay	TU-TA	RA-Yi
□	Du-Dang	Jig-Ten	Wang-Du	Dze-Ma
11				
□	Chag-Tsal	Sa-Shi	Kyong-Way	Tsog-Nam
□	Tam-Che	Gug-Par	Nu-Ma	Nyi-Ma
□	Tro-Nyer	Yo-Way	Yi-Ge	HUM-Ki
□	Pong-Pa	Tam-Che	Nam-Par	Drol-Ma
12				
□	Chag-Tsal	Da-Way	Dum-Bu	U-Gyen
□	Gyen-Pa	Tam-Che	Shin-Tu	Bar-Ma





□	Rel-Pay	Tro-Na	O-Pag	May-Lay
□	Tag-Par	Shin-Tu	O-Rab	Dze-Ma

13

□	Chag-Tsal	Kel-Pay	Ta-May	May-Tar
□	Bar-Way	Treng-Way	U-Nar	Ne-Mar
□	Yay-Kyang	Yon-Kum	Kun-Nay	Kor-Gay
□	Dra-Yi	Pung-Ni	Nam-Par	Jom-Ma

14

□	Chag-Tsal	Sa-Shi	Ngo-La	Chag-Gi
□	Til-Gyi	Noon-Chin	Zhab-Gyi	Dung-Ma
□	Tro-Nyer	Chen-Dze	Yi-Gay	Hum-Kyi
□	Rim-Pa	Dun-Po	Nam-Ni	Gem-Ma

15

□	Chag-Tsal	De-Ma	Gay-Ma	Zhi-Ma
□	Nya-Ngen	De-Zhi	Cho-Yul	Nyi-Ma
□	SO-HA	OM-Dang	Yang-Dag	Den-Pay
□	Dig-Pa	Chen-Po	Jom-Pa	Nyi-Ma

16

□	Chag-Tsal	Kun-Ne	Kor-Rab	Ga-Way
□	Dra-Ye	Lu-Ni	Nam-Par	Gem-Ma
□	Yi-Gay	Chu-Pay	Ngag-Ni	Ko-Pay
□	Rig-Pa	HUM-Lay	Drol-Ma	Nyi-Ma

17

□	Chag-Tsal	TU-RE	Zab-Ni	Deb-Pay
□	HUM-Gi	Nam-Pay	Sa-Bon	Nyi-Ma
□	Ri-Rab	Man-Da	Ra-Dang	Big-Je
□	Jig-Ten	Sum-Nam	Yo-Wa	Nyi-Ma

18

□	Chag-Tsal	Lha-Yi	Tso-Yi	Nam-Pay
□	Ri-Dag	Tak-Chen	Chag-Na	Nam-Ma



- |   |         |        |         |        |
|---|---------|--------|---------|--------|
| □ | TA-RA   | Nyi-Jo | PEY-Kyi | Yi-Gay |
| □ | Dug-Nam | Ma-Lu  | Pa-Ni   | Sel-Ma |

19

- |   |           |        |          |         |
|---|-----------|--------|----------|---------|
| □ | Chag-Tsal | Lha-Yi | Tsog-Nam | Gyal-Po |
| □ | Lha-Dang  | Mi-Am  | Chi-Yi   | Ten-Ma  |
| □ | Kun-Ne    | Go-Cha | Ga-Way   | Ji-Kyi  |
| □ | Tso-Dang  | Mi-Lam | Nyen-Pa  | Sel-Ma  |

20

- |   |           |        |        |         |
|---|-----------|--------|--------|---------|
| □ | Chag-Tsal | Nyi-Ma | Da-Wa  | Gye-Pay |
| □ | Chen-Nyi  | Po-La  | O-Rab  | Sel-Ma  |
| □ | HA-RA     | Nyi-Jo | TU-TA  | RA-Yi   |
| □ | Shin-Tu   | Dag-Po | Rim-Ne | Sel-Ma  |

21

- |   |           |         |          |          |
|---|-----------|---------|----------|----------|
| □ | Chag-Tsal | De-Nyi  | Sum-Nam  | Ko-Pay   |
| □ | Zi-Way    | Tu-Dang | Yang-Dag | Den-Ma   |
| □ | Don-Dang  | Ro-Lang | No-Jin   | Tsog-Nam |
| □ | Jom-Pa    | TU-RE   | Rab-Chog | Nyi-Ma   |

- |   |           |          |         |          |
|---|-----------|----------|---------|----------|
| □ | Tsa-Way   | Ngag-Kyi | To-Pa   | Di-Dang  |
| □ | Chag-Tsal | Wa-Ni    | Nyi-Shu | Tsa-Chig |

*\*You may continue with the page 114 - **THE CONCLUSION**  
请直接翻阅至 114 页 - 总趋向。*

## **21 PRAISES TO TARA (English)**

OM I prostrate to the noble transcendent liberator.



1

- Homage! Tara, Swift, Heroic!
- Eyes Like Lightning Intantaneous!
- Sprung From Op'ning Stamens Of The
- Lord Of Three World's Tear-Born Lotus!

2

- Homage! She Whose Face Combines A
- Hundred Autumn Moons At Fullest!
- Blazing With Light Rays Resplendent
- As A Thousand Star Collection!

3

- Homage! Golden-Blue One, Lotus
- Water Born, In Hand Adorned!
- Giving, Effort, Calm, Austerities,
- Patience, Meditation Her Sphere!

4

- Homage! Crown Of Tathagatas,
- Actions Triumph Without Limit!
- Relied On By Conquerors' Children,
- Having Reached Ev'ry Perfection!

5

- Homage! Filling With TUTTARE,
- HUM, Desire, Direction, And Space!
- Trampling With Her FeeT The Seven Worlds,
- Able To Draw Forth All Beings!

6

- Homage! Worshipped By The All-Lords,
- Shakra, Agni, Brahma, Marut!



- Honored By The Hosts Of Spirits,
- Corpse-Raisers, Gandharvas, Yakshas!

7

- Homage! With Her TRAD And PHAT Sounds
- Destroying Foes' Magic Diagrams!
- Her Feet Pressing Left Ot, Right In,
- Blazing In A Raging Fire-Blaze!

8

- Homage! TURE, Very Dreadful!
- Destroyer Of Mara's Champion(S)!
- She With Frowning Lotus Visage
- Who Is Slayer Of All Enemies!

9

- Homage! At The Heart Her Fingers,
- Adorn Her With Three Jewel Mudra!
- Light-Ray Masses All Excited!
- All Directions' Wheels Adorn Her!

10

- Homage! She So Joyous, Radiant,
- Crown Emitting Garlands Of Light!
- Mirthful, Laughing With TUTTARE,
- Subjugating Maras, Devas!

11

- Homage! She's Able To Summon
- All Earth-Guardians' Assembly!
- Shaking, Frowning, With Her HUM Sign
- Saving From Ev'ry Misfortune!

12

- Homage! Crown Adorned With Crescent
- Moon, All Ornaments Most Shining!



- Amitabha In Her Hair-Knot
  - Sending Out Much Light Eternal!
- 13
- Homage! She 'Midst Wreath Ablaze Like
  - Eon-Ending Fire Abiding!
  - Right Stretched, Left Bent, Joy Surrounds You
  - Troops Of Enemies Destroying!
- 14
- Homage! She Who Strikes The Ground With
  - Her Palm, And With Her Foot Beats It!
  - Scowling, With The Letter HUM The
  - Seven Levels She Does Conquer!
- 15
- Homage! Happy, Virtuous, Peaceful!
  - She Whose Field Is Peace, Nirvana!
  - She's Endowed With OM And SVAHA,
  - Destroyer Of The Great Evil!
- 16
- Homage! She's With Joy Surrounded
  - Tearing Foes' Bodies Asunder,
  - Frees With HUM And Knowledge Mantra,
  - Arrangement Of The Ten Letters!
- 17
- Homage! TURE! With Seed Letter
  - Of The Shape Of Syllable HUM!
  - By Foot Stamping Shakes The Three Worlds,
  - Meru, Mandara, And Vindhya!
- 18
- Homage! Holding In Her Hand The



- Deer-Marked Moon Of Deva-Lake Form!
- With Twice Spoken TARA And PHAT,
- Totally Dispelling Poison!

19

- Homage! She Whom Gods And Their Kings,
- And The Kinnaras Do Honor!
- Armored In All Joyful Splendor,
- She Dispels Bad Dreams And Conflicts!

20

- Homage! She Whose Two Eyes Bright With
- Radiance Of Sun And Full Moon!
- With Twice HARA And TUTTARE
- She Dispels Severe Contagion!

21

- Homage! Full Of Liberating
- Pow'r By The Set Of Three Natures!
- Destroys Hosts Of Spirits, Yakshas,
- And Raised Corpses! Supreme! TURE!

- Thus The Root Mantra Is Praised
- And Twenty-One Homages Offered.

*\*You may continue with the page 114 - **THE CONCLUSION***  
*请直接翻阅至 114 页 - 总趋向。*

二十一度母礼赞文



喻 我向至尊圣者度母归命礼

1

敬礼速疾奋勇度母，目如刹那电光闪照，  
彼乃三界怙主观音，泪海中盛莲华所生。

2

敬礼百秋朗月度母，圆满遍照无垢容貌，  
如千星宿俱时聚集，发出炽然耀眼威光。

3

敬礼紫磨金色度母，殊妙莲华庄严素手，  
与施精勤调伏喜静，忍禅究竟智慧无二。

4

敬礼诸佛顶髻度母，能胜无边不善力行，  
无余成就波罗蜜多，胜者佛子之所依持。

5

敬礼都答拉吽度母，声满欲色界及虚空，  
运足蹂毁生死七趣，悉能召引一切有情。

6

敬礼帝释火神梵天，风神自在所尊度母，  
鬼神起尸寻香药叉，诸众等所共称叹者。

7

敬礼宣扬扎佩度母，摧毁他人神变设施，  
右足内卷左足伸踏，舞炽焰中身极明耀。

8

敬礼都列巨畏度母，彻底摧毁诸大怨魔，  
于莲华面一现怒眉，无余斩尽一切冤家。

9

敬礼结三宝印度母，手指当心威严殊相，



胜轮严饰十方无余，自身炽盛光芒聚种。

10

敬礼威德欢悦度母，宝冠珠髻簇放众光，  
最极喜笑宣都答列，战胜摄伏世间恶魔。

11

敬礼能够召引守护，诸地神只大众度母，  
竖怒眉面宣吽声字，一切衰败悉令度脱。

12

敬礼顶冠新月度母，冠中绽放胜妙严光，  
顶髻上现阿弥陀佛，恒常簇射众宝大光。

13

敬礼如尽劫火度母，安住炽盛焰曼中者，  
普遍喜悦右伸左卷，彻底灭坏恶怨众军。

14

敬礼手按大地度母，双足践踏施以镇压，  
现怒眉面宣扬吽声，破碎降伏生死七趣。

15

敬礼安稳柔善度母，涅槃寂灭最乐行境，  
俱梭哈喻清澈音声，善于消灭极大灾祸。

16

敬礼喜悦围绕度母，令诸冤家支体脱离，  
言俱十字咒句庄严，明字吽声普施解脱。

17

敬礼宣扬都列度母，足蹶相势吽字种子，  
须弥曼答拉措拉尸，诸山三界皆令震动。

18

敬礼手中执住鹿月，犹如天界大海度母，





诵一佩声及二答拉，悉能灭除诸毒无余。

19

敬礼诸天集会度母，天王紧那罗所依恃，  
灿烂坚铠普施欢悦，灭除斗争及诸恶梦。

20

敬礼双目犹如日月，遍放殊胜光明度母，  
诵一哈拉二都答拉，善除恶毒瘟热诸病。

21

敬礼具三真实度母，善静威力无不圆满，  
最胜无上都列消除，恶鬼起尸药叉诸军。

此是根本种持赞文，及二十一礼敬颂辞。



## **THE CONCLUSION 总迴向**

### **Dedication of Merits 功德回向文**

#### **Di-Tar Gyi-Pae Nam-Kar Ge-Wa Yang**

Any white virtues I have created like this,  
如是我心欢喜白净善

#### **Due-Sum De-Shek Srae-Chae Tam-Chae Kyi**

Of all the Sugatas of the three times and their Sons  
并诸三世佛子尽所为

#### **Dzae-Pa Moen-Lam Ma-Lue Drup-Pa Dang**

To accomplish every deed and prayer,  
无余净妙愿道悉皆成

#### **Lung-Tok Dam-Choe Dzin-Pae Gyu-Ru Ngo.**

And to hold the scriptural and insight Teachings, I  
dedicate as causes.

并且奉持教证妙正法

#### **De-Yi Tu-Lae Tse-Rap Kuen-Tu Dak**

By the power of this, may I in all my lives  
愿我生生世世以此力

#### **Tek-Chok Kor-Lo Zhi-Dang Mi-Drael Zhing**

Not separate from the Four Wheels of the Mahayana,  
能与妙乘四轮不分离

#### **Nge-Jung Jang-Sem Yang-Dak Ta-Wa Dang**

And the Paths of Renunciation, Bodhicitta, Right  
View.

并且圆满出离菩提心

#### **Rim-Nyi Lam-Gyi Droe-Pa Tar-Chin Shok!**

And the Two Stages, may I travel to the End!  
正见及二次地之圣道!



Verses of Auspiciousness 吉祥诵



**Sri-Zhi Nam-Kar Ji-Nye Ge-Tsaen Gyi,**

By the excellence of all the white Virtue in Samsara  
and Nirvana,

将此漏无漏等白善根

**Deng-Dir Mi-Shi Gue-Pa Kuen-Drael Te,**

Henceforth may all be free of ill-omen and decline,

从今无明衰败一切离

**Nae-Kap Tar-Tuk Ge-Lek Nam-Kae Dzoe**

And enjoying the celestial treasure of temporal and  
ultimate

缘会成熟乐善虚空库

**Puen-Tsok Pael-La Roel-Pae Tra-Shi Shok!**

Good fortune, perfect and glorious, may all be  
auspicious!

实德充盈受享吉祥来!

**Kuen-Kyen Lo-Zang Drak-Pae Choe-Kyi Der,**

In the monasteries of omniscient Tsongkhapa,

慧贤名称法王一切智

**Lap-Sum Nam-Dak Tse-Chik Drup-La Tsoen,**

Striving one-pointedly to accomplish the Three pure  
Trainings,

清静三学绝顶精进成

**Nael-Jor Rap-Jung Tsok-Kyi Yong-Gang Wae**

May hosts of yogins and clergy throng, so that

瑜伽善生资粮受用丰



**Tup-Taen Yuen-Du Nae-Pae Tra-Shi Shok!**

The Sage's Teachings stay long - may all be auspicious!

能仁圣教久住吉祥来!

**Zhoen-Nue Due-Nae La-Ma Lha-Chok La**

Since, from your youth, to the supreme Guru-Yidam  
童少青年得逢胜上师

**Soel-Wa Tap-Pae Lo-Zang Drak-Pa Yi**

You made requests, Je Tsongkhapa, may we  
罗桑札巴自幼常祈请

**Jin-Lap Zhuk-Nae Zhaen-Doen Lhuen-Gyi  
Drup,**

Walk in your blessing and spontaneously benefit  
others

利他自利乃至成双运

**Lo-Zang Dor-Je Chang-Gi Tra-Shi Shok!**

In Losang Dorje Chang, may all be auspicious!  
慧贤金刚摄持吉祥来!

**Doe-Gue Jor-Pa Yar-Gyi Tso-Tar Pel,**

As all wished-for endowments increase like a lake in  
summer,

惟愿财富增盛如夏湖

**Kyoen-Me Rik-Kyi Dael-Dro Gyuen-Chae Me,**

May we find without break the freedom of faultless  
birth,

无过种子随流不断行



**Nyin-Tsaen Lo-Zang Dam-Pae Choe-Kyi Da,**  
And spend day and night with Tsongkhapa's holy  
Dharma,

昼夜不离罗桑之正法

**Puen-Tsok Pael-La Roel-Pae Tra-Shi Shok!**

Enjoying its glorious perfection - may all be  
auspicious!

美满开敷受用吉祥来!

**Dak-Sok Nam-Kyi Deng-Nae Jang-Chup Bar,**

From now until I and others are Enlightened,

从于今日乃至菩提成

**Gyi-Dang Gyi-Gyur Ge-Wa Chi-Sak Pa,**

(By) whatever merits we have done and will heap up,

已作当作成就众善聚

**Zhing-Dir Je-Tsuen Dam-Pae Zuk-Kyi Ku**

In this land may the Holy Venerable One's Form-  
Body

迥向至尊正士妙色身

**Gyur-Me Dor-Je Tar-Taen Tra-Shi Shok!**

Endure like immutable vajra - may all be auspicious!

犹如金刚不坏吉祥来!



**LAMA THUBTEN NAMDROL DORJE**  
**GYI SHAB-TEN SOL DEB**  
**LONG LIFE PRAYER FOR**  
**LAMA THUBTEN NAMDROL DORJE**  
**上师喇嘛图登南都多杰长寿祈请文**

**Om Svasti** 唵 殊瓦思地

**Pad-Rab Lhun-Poi O-ser Bum-Tro Tar**  
**Rab-Ze Ta-Wai Mi-Ngom Tse-Pak Me**  
**Chi-Med Du-Tsi Bum-Gyi Che-Chuk Pa**  
**Tak-Ten Dro-Wai Ngo-Po Deng-Dhir Tsol**

Like the countless light rays that radiate from the ruby mountain;

Exquisite Amitayus, Lord of Everlasting Life, who captivates and one does not tire of seeing;

Whose essence is of infinite life, the nectar of immortality;

Please instantly grant our Guru,

The Siddhi of Stable and Everlasting Life.

红宝山上耀光芒，无厌观见无量寿

长生不老之甘露，赐予尊师得永生

**Gang-Lo Thub-Pai Ring-Lug Zin-Khe Pa**  
**Shed-Dang Drup-Pai Ten-Pa Pel-Wa Dang**  
**Dul-Ja Nam-Drol Lam-Du God-Pa La**  
**Dren-Pai Da-Dral Chog-Tu Shab-Ten Shog**

You are intelligent and skilful in upholding the traditions Of Buddha;

Spreading the Holy Dharma through explanations and practices;

In order to lead disciples onto the path to liberation;

You are the one who is an Unequaled Guide,

Please live a long and stable life.



智巧善解皆俱足，护持世尊正传承，  
渡脱弟子证菩提，唯愿尊师寿无疆。

**La-Ma Ku-Kham Sang-La Sol-Wa Deb  
Chog-Tu Ku-Tse Ring-La Sol-Wa Deb  
Trin-Lae Dar-Shing Gye-La Sol-Wa Deb  
La-Ma Dang-Dral Wa-Med-Par Jin-Gi Lab-Tu Sol**

I request respectfully, my Precious and Holy Guru, to  
enjoy excellent health;

I request respectfully, my Precious and Holy Guru, to  
live a long life;

I request respectfully, my Precious and Holy Guru,  
That your Dharma activities spread and flourish far  
and wide;

I request respectfully, my Precious and Holy Guru,  
To bless me to be never separated from you.

祈请上师庄严身，万寿无疆恒永住，  
妙法普照十方界，尊师与我不舍离。

**Kye-Wa Kun-Tu Yang-Dag La-Ma Dang  
Dral-Me Cho-Kyi Pal-La Long Cho Ching  
Sa-Dang Lam-Gyi Yon-Ten Rab-Zog Ne  
Dor-Je Chang-Gi Go-Phang Nyur-Thob Shog**

In all my future rebirths, may I never be separated  
from my Perfect Guru;

May I enjoy the magnificent Dharma;

And by completing the qualities of the stages and path;

May I quickly attain the state of Vajradhara.

愿永不离善知识，妙法殊胜恒受用，  
圆满道地诸供德，速证金刚总持位。



**A MASSIVE CLOUD RELEASING HUNDREDS OF  
LIFE BLESSINGS  
LONG LIFE PRAYER FOR H.E. KHEN RINPOCHE,  
GESHE LAMA LHUNDRUP RINPOCHE**  
**尊贵的格西喇嘛伦祝仁波切长寿祈请文**

**Om Svasti** 唵 殊瓦思地

I request the myriads of life gods filling the skies:

我敬祈请天上诸尊寿

From the blue clouds of your impartial compassion

蓝云丛中正等慈悲心

Release an unending stream of immortality nectar rains

随顺降下长寿甘露雨

That bestow the glory of joy.

赐予赞颂荣耀之喜悦

**Lhun:** Although in the pure land of spontaneous  
Akanista

如是淨土金刚瑜伽母

**Drup:** You accomplished the high stage of siddhi,

您已证悟至高之悉地

**Rig:** O Supreme sun illuminating ignorance in the six  
realms,

日照六道愚昧等无明

**Sel:** Please protect the living beings

祈请护佑诸有情众生

From the stirring of the great ocean of profound  
compassion

大海涛起无量慈悲心





Comes a string of waves, vast and profound Dharma,  
现引海涛深广圣教法  
Releasing thousands of white bubbles of deep mystery  
deeds;  
释放甚深密等千白泡  
May this Dharma King, teaching profound meaning, live  
long.  
唯愿上师教法永长存

Source of sustenance for the many types of living  
beings,  
诸母有情众等之泉源  
The many spiritual methods, like leaves filling the vast  
sphere of a branch  
法门之多繁密如茂叶  
Producing a vast harvest of sweet Dharma fruit:  
广产盛结获蜜圣法果  
O Protector of the happiness of living beings, live long.  
喜源之护法住世长存

O king of trees with the fragrance of joy,  
薰香喜悦满怀树之冠  
Whose so-sweet message of benefit and joy  
谁以蜜意传达利与乐  
Spreads into a hundred directions and, carried on the  
wind,  
乘风飞驶遍撒各百方  
Everywhere brings the all-pleasing scent of inner glory;  
Pray, live long.  
处处芳香荣耀永长存



Morning sun ripening bee-like trainees of good fortune,  
犹如晷日善巧度弟子  
Seekers of freedom in the garden of experience  
精勤如蜂如法觅解脱  
Who gather the honey of inner excellence,  
聚集大乘精华之甘露  
Do not set like the evening sun, but instead live long.  
勿如夕阳但住世长存

Mere scholars, like ordinary elephants, cannot carry  
世俗学士之限如愚象  
That mighty golden tree, the Buddhadharmā;  
无力撑起佛法之金树  
O magical and legendary elephant of unwavering  
strength  
犹如传奇宝象之神力  
Able to carry that load with ease, pray, live long.  
易扛佛法之量愿长存

Supreme moon who cools the heat of samsaric pain,  
明月之光犹如四圣行  
Whose radiance of four enlightened activities causes  
能使新生夜花盛开放  
Trainee night-flowers to open and bloom:  
净除娑婆世界之众苦  
Pray, live long  
祈请上师住世永长存

For living beings with eyes blinded by dark ignorance,  
为诸昏暗无明之众生



Mother beings who have long wandered down empty roads,

无助有情漂泊无依据

You are a supreme leader to guide them

殊圣上师慈悲之引领

And bring them to the stage of eternal joy, pray live long

得受圆满祈愿寿无疆

Master who bestows the opportunity to arrive

尊师赐予良机赴乐土

At the joyous city of supreme liberation,

揭除眼障明确辨分明

And unveils within us the eye able to discern

示显正觉修行之法门

What to cultivate, what to transcend, pray, live long.

感恩祈愿上师永安住

In brief, until the samsara machine has crumbled,

直至娑婆世界永断灭

Continue to perform endless sublime activities,

续现无边无际圣教法

Magical shows to guide beings in myriad of ways;

引领无量有情诸众生

O you who bring immeasurable benefit to others, live long.

利益六道住世永长存



May the circle of Dharma Protectors pledged to  
Vajradhara

护法众神致金刚总持

Completely destroy without leaving even a name

彻底化解内外诸困境

Whatever outer and inner hindrances and harms

悉除阻挠善业诸障碍

Obstruct your good works, O great master.

殊胜上师功德得圆满

By the unfailing nature of cause and effect,

因果循环无穷无止尽

The blessings of the Three Jewels, and

殊圣三宝慈悲善加持

The reality power of all-pure dharmadhatu,

法界示现纯真实法力

May all these aspirations without leaving one

祈求众生愿望无疏漏

Be fulfilled without obstruction and with the greatest  
of ease.

轻易如愿无碍皆欢喜



**PRAYER FOR THE LONG LIFE OF**  
**HIS HOLINESS THE DALAI LAMA**  
**尊贵的法王达赖喇嘛尊者长寿祈请文**

**Om Svasti** 嗡 殊瓦思地

**Rab-Jam Gyal-Wai Sang-Sum Ma-Lu-Pa**

O magical emanations of all three secrets of  
countless Conquerors,  
无量诸佛无尽之三密

**Gang-Dul Chir-Yang Char-Wai Gyu-Trul-Gar**

Appearing in whatever forms best serve disciples,  
任其调伏诸如幻术舞

**Si-Zhii Ge-Leg Kun-Jung Yi-Zhin-Nor**

Wish-fulfilling gems granting every goodness and  
virtue in samsara and nirvana;  
有寂妙善所集如意宝

**Ngo-Gyu Drin-Chan La-Mai Tsog-Nam-La**

O assembly of kind direct and lineage lamas,  
真实传承具恩之上师

**Dag-Chag Dung-Shug Drag-Po Sol-Deb-Na**

To you, with anxious hearts, we fervently pray:  
我等至诚殷重作祈请



**Gang-Chän Gon-Po Tän-Dzin Gya-Tso-Yi**

"May all that Tenzin Gyatso wishes be spontaneously made manifest,

雪域怙主丹增嘉措尊

**Ku-Tse Mi-Shig Käl-Gyar Rab-Tän-Ching**

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

百劫常住身命永不灭

**Zhe-Don Lhun-Gyi Drub-Par Jin-Gyi-Lob**

It is our prayer that we may be so blessed."

所愿任运成就求加持

**Chö-Ying Kun-Säl Kyon-Dang Nyam-Jug-Pai**

O immaculate wisdom and great bliss which abide equally in the realm of reality

法界四方虚空所共处

**Dul-Dräl De-Chen Ye-She Gyu-Mai-Trin**

And the expanse of space, and there, as clouds of illusions,

无垢大乐智慧幻化云

**Drang-Me Ten-Dang Ten-Pai Kyil-Kor-Du**

From the myriad mandalas of lords and abodes;

无数依与所依之坛城

**Shar-Wai Yi-Dam Lha-Tsog Tam-Chä La**

O multitudes of Meditational Deities,

所现本尊眷属一切众

**Dag-Chag Dung-Shug Drag-Pö Sol-Deb-Na**

To you, with anxious hearts, we fervently pray:

我等至诚殷重作祈请



### **Gang-Chän Gon-Po Tän-Dzin Gya-Tso-Yi**

"May all that Tenzin Gyatso wishes be spontaneously  
made manifest,  
雪域怙主丹增嘉措尊

### **Ku-Tse Mi-Shig Käl-Gyar Rab-Tän-Ching**

May the Guardian of the Land of Snows remain for  
hundreds of aeons immutably amongst us,  
百劫常住身命永不灭

### **Zhe-Don Lhun-Gyi Drub-Par Jin-Gyi-Lob**

It is our prayer that we may be so blessed."  
所愿任运成就求加持

### **Pang-Tog Yon-Tän Lhun-Dzog Trin-Le-Kyi**

O resplendent moons of realisation and abandonment,  
spontaneously radiating enlightened actions,  
断证功德圆满诸事业

### **Nang-Wa Dro-Kam Gya-Tsor Tag-Tsen-Pä**

Perpetually raising salutary tides in the ocean of  
wanderers,  
显现世间大海常激扬

### **Pän-Dze Tob-Chu Ngaa-Wa Lha-Yi-Lha**

Peerless lords endowed with ten powers;  
具足利行十力天中天

### **Rab-Jam Du-Sum Gyäl-Wa Tam-Chä-La**

O countless Conquerors of the three times,  
广大三世一切诸佛陀

### **Dag-Chag Dung-Shug Drag-Pö Sol-Deb-Na**

To you, with anxious hearts, we fervently pray:  
我等至诚殷重作祈请



**Gang-Chän Gon-Po Tän-Dzin Gya-Tso-Yi**

"May all that Tenzin Gyatso wishes be spontaneously made manifest,

雪域怙主丹增嘉措尊

**Ku-Tse Mi-Shig Käl-Gyar Rab-Tän-Ching**

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

百劫常住身命永不灭

**Zhe-Don Lhun-Gyi Drub-Par Jin-Gyi-Lob**

It is our prayer that we may be so blessed."

所愿任运成就求加持

**Jig-Ten Sum-Lä Gang-Gi Nge-Dröl-Zhing**

O glories of virtue, consummations of skill, immutable, immaculate Noble True Paths,

三界之中孰能令解脱

**Chog-Tu Zhi-Wa Nam-Jang Nor-Bui-Ter**

Precious treasures of sublime pure peace, Noble True Cessations,

最胜寂静清净宝物藏

**Zag-Me Mi-Yo Kun-Zang Ge-Wai-Päl**

Certain to free all from the three fleeting worlds;

无漏不动普贤妙善德

**Teg-Sum Dam-Pai Chö-Kyi Tsog-Nam-La**

O holy Dharma of the three vehicles,

三乘甚深微妙诸正法

**Dag-Chag Dung-Shug Drag-Pö Sol-Deb-Na**

To you, with anxious hearts, we fervently pray:

我等至诚殷重作祈请





**Gang-Chän Gon-Po Tän-Dzin Gya-Tso-Yi**

"May all that Tenzin Gyatso wishes be spontaneously made manifest,

雪域怙主丹增嘉措尊

**Ku-Tse Mi-Shig Käl-Gyar Rab-Tän-Ching**

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

百劫常住身命永不灭

**Zhe-Don Lhun-Gyi Drub-Par Jin-Gyi-Lob**

It is our prayer that we may be so blessed."

所愿任运成就求加持

**Si-Pai Trul-Kor Jom-La Che-Paa-Wai**

O mighty warriors laying waste the illusory rounds of life,  
摧伏幻有轮回极威猛

**Den-Don Ngon-Sum Jäl-Wai Ye-She-Chän**

Forever abiding in the vajra-city of liberation,

现前了悟谛义具慧者

**Nam-Tar Dor-Jei Drong-Lä Mi-Che-Pa**

Endowed with wisdom clearly seeing truth,

不离最胜解脱金刚聚

**Rig-Drol Pag-Pai Gen-Dun Tam-Che-La**

Living in the knowledge and freedom; O Spiritual  
Community of the Excellent,

智慧开显一切圣僧众

**Dag-Chag Dung-Shug Drag-Pö Sol-Deb-Na**

To you, with anxious hearts, we fervently pray:

我等至诚殷重作祈请



### **Gang-Chän Gon-Po Tän-Dzin Gya-Tso-Yi**

"May all that Tenzin Gyatso wishes be spontaneously made manifest,  
雪域怙主丹增嘉措尊

### **Ku-Tse Mi-Shig Käl-Gyar Rab-Tän-Ching**

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,  
百劫常住身命永不灭

### **Zhe-Don Lhun-Gyi Drub-Par Jin-Gyi-Lob**

It is our prayer that we may be so blessed."  
所愿任运成就求加持

### **Kaa-Chö Zhing-Dang Nä-Yul Dur-Trö-Du**

O divine guides of celestial lands, cemetery grounds and sanctified sites,  
空行净土以及尸林处

### **De-Tong Nyam-Gyar Rol-Pai Tse-Jo-Yi**

Leading the yogin in his journey along sacred paths  
熙熙优游空乐百态中

### **Näl-Jor Lam-Zang Drub-La Drog-Dze-Pai**

By means of beguiling games played with hundreds of experiences of emptiness and bliss;  
修习瑜伽善道之助伴

### **Ne-Sum Paa-Wo Kaan-Droi Tsog-Nam-La**

O hosts of Heroes and Travellers of the Heavens throughout the three domains,  
三界一切勇父空行众

### **Dag-Chag Dung-Shug Drag-Pö Sol-Deb-Na**

To you, with anxious hearts, we fervently pray:  
我等至诚殷重作祈请



### **Gang-Chän Gon-Po Tän-Dzin Gya-Tso-Yi**

"May all that Tenzin Gyatso wishes be spontaneously made manifest,  
雪域怙主丹增嘉措尊

### **Ku-Tse Mi-Shig Käl-Gyar Rab-Tän-Ching**

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,  
百劫常住身命永不灭

### **Zhe-Don Lhun-Gyi Drub-Par Jin-Gyi-Lob**

It is our prayer that we may be so blessed."  
所愿任运成就求加持

### **Dor-Je Chang-Gi Kaa-Tag Chag Gyai-Du**

O guardians endowed with skill and power in protecting the doctrine and its holders,  
金刚持之殊胜手印结

### **Mi-Dräl Räl-Pai Tö-Du Nyer-Kö-Ne**

Whose matted locks are forever crowned with a knot –  
不离惹巴之上近安置

### **Tän-Dang Tän-Dzin Kyong-Wai Tu-Tsäl-Chän**

Symbolic seal of the commands of Vajradhara –  
护持能仁圣教大力者

### **Ye-She Chän-Dän Tän-Sung Gya-Tso-La**

Who are adorned with the eye of wisdom; O seas of Doctrine Protectors,  
具足智慧眼目护教海

### **Dag-Chag Dung-Shug Drag-Pö Sol-Deb-Na**

To you, with anxious hearts, we fervently pray:  
我等至诚殷重作祈请



### **Gang-Chän Gon-Po Tän-Dzin Gya-Tso-Yi**

"May all that Tenzin Gyatso wishes be spontaneously made manifest,  
雪域怙主丹增嘉措尊

### **Ku-Tse Mi-Shig Käl-Gyar Rab-Tän-Ching**

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,  
百劫常住身命永不灭

### **Zhe-Don Lhun-Gyi Drub-Par Jin-Gyi-Lob**

It is our prayer that we may be so blessed."  
所愿任运成就求加持

### **De-Tar Lu-Me Kyab-Kyi Chog-Nam-La**

By the strength of supplicating from the depths of our hearts  
如是无有谄诳诸怙尊

### **Shug-Drag Nying-Nä Gu-Pä Sol-Tab-Tu**

Such unfailing, supreme refuges as you,  
我心猛利恭敬作祈请

### **Mi-Zä Nyig-Mai Zug-Ngu Rab-Nar-Wai**

May the noble Ngawang Lobsang Tenzin Gyatso –  
承受无尽污垢苦难者

### **Dag-Sog Gang-Jong Dro-Wai Gon-Chig-Pu**

Sole guardian of ourselves and the inhabitants of the Land of Snows,  
我等雪域众生唯一怙

### **Nga-Wong Lo-Zang Tän-Dzin Gya-Tso-Chog**

Who deeply suffer the endless sorrows of a degenerate age  
胜语自在善慧持教海



### **Sang-Sum Mi-Shig Min-Gyur Mi-Nub-Par**

Remain unalterably and invariably for oceans of eons  
三密不变不毁不坏灭

### **Zhom-Zhig Yong-Dräl Dor-Je Nying-Poi-Trir**

Upon his utterly indestructible, invincible vajra-throne;  
衰朽永离金刚藏宝座

### **Käl-Pa Gya-Tsor Yo-Me Tag-Tän-Shog**

His three secrets unperishing, undeclining, unchanging.  
愿於劫海不动长久住

### **Rab-Jam Gyäl-Wa Kun-Gyi Dzä-Pai-Kur**

Having courageously taken upon his own shoulders  
无量广大诸佛所负荷

### **Nying-Tob Trag-Par Zung-Wai Lab-Chen-Gyi**

The burden borne by all the countless Conquerors,  
背负心力於肩极弘大

### **Trin-Le Kun-Pän Nor-Bui Nying-Po-Chän**

May his universally beneficent endeavours, possessing  
the jewel-like essence of enriching all,  
事业遍益最胜摩尼藏

### **Zhe-Pa Ji-Zhin Lhun-Gyi Drub-Gyur-Chig**

Be spontaneously accomplished according to his wishes.  
祈求所愿如是任运成

### **De-Tu Dzog-Dän Käl-Zang Nam-Kai-Go**

And by that power, may the doors of the unbounded  
reaches of an age of peace and prosperity be opened,  
彼力完备善缘虚空门

### **Lu-Chän Ngäl-Soi Chi-Du Tag-Drol-Zhing**

Bringing an eternal spring of renewal to every living being.  
有情憩於圆满常解脱



**Tub-Tän Chog-Du Kun-Tu Rab-Dar-Wai**

May the spiritual banner of the Subduer's Doctrine  
spread throughout all time and every direction,  
一切时处圣教广弘传

**Ge-Tsän Si-Zhii Tse-Mor Gyä-Gyur-Chig**

Until it reaches the summit of samsara and nirvana.  
祈愿功德能成有寂顶

**Chag-Na Pe-Moi Jin-Lab Du-Tsii-Gyun**

May the nectar of the blessings of the Holder of the  
Lotus forever flow  
莲花手之加持甘露流

**Dag-Sog Nying-Gi Zung-Su Tag-Min-Ching**

Unfolding our minds and strengthening our hearts  
and those of others.  
常令我等心性能成熟

**Kaa-Zhin Drub-Pai Chö-Pe Rab-Nyen-Nä**

May we draw near to him through the offering of our  
practice which reflects his words,  
依教修习供养为善修

**Kun-Zang Chö-Chog Gya-Tso Tar-Son-Shog**

And may we sail the sea of supreme conduct of the  
One Who is Consummate Goodness.  
愿以普贤胜行度彼岸

**Me-Jung Sä-Chä Gyäl-Wai Jin-Lab-Dang**

By the blessings of the glorious Conquerors and those  
of their Children,  
稀有佛与佛子之加持



**Ten-Drel Lu-Wa Me-Pai Den-Pa-Dang**

By the truth of the infallibility of dependent-arising  
缘起无诳不虚真实谛

**Dag-Gi Lhag-Sam Dag-Pai Tu-Tob-Kyi**

And the profound strength of our own pure faith,  
以我增上意乐清净力

**Mon-Pai Don-Kun De-Lag Nyur-Drub-Shog**

May all our prayers instantly be fulfilled with effortless  
ease.

一切所愿决定稳速成

**Gang-Ri Ra-Wä Kor-Wai Zhing-Kam-Dir**

In the heavenly realm of Tibet (surrounded by a chain  
of snow mountains)

雪山绵延环绕清净地

**Pän-Dang De-Wa Ma-Lu Jung-Wai-Ne**

The source of all happiness and help for beings  
无尽吉祥利益依怙处

**Chän-Rä-Zig Wong Tän-Dzin Gya-Tso-Yi**

Is Tenzin Gyatso - Chenrezi in person –

观音化身持教浩海尊

**Zhab-Pä Si-Tai Bar-Du Tän-Gyur-Chig**

May his life be secure for hundreds of kalpas!

千劫可坏圣寿永坚固



## SEVEN LIMB PRAYER TO PALDEN LHAMO

### 吉祥天母祈请文

#### Prostration 礼拜

**Jho 决 :**

**Pal-Dan Lha-Mo Pag-Par Ka-Wo Kyo**

Magnificent Goddess, hard to fathom,  
无可测量天母幻化力

**Tab-Kyi Cho-Trul Nam-Ka Ta-La Cho**

Enjoying the expanse of space with your magical  
means.

无量无边其行圣教法

**Jang-Chub Sem-Pa Trul Kyo-Nyi-La**

To yourself, manifestation of bodhisattvas,  
圣者乃为菩萨之化身

**Lu Ngag-Yi-Sum Gu-Pa Chag-Tsal-Lo**

With body, speech and mind I respectfully prostrate.  
我以至诚身口意顶礼

#### Offering 供养

**Kyo-Ni Dag-Ni Cho-Pa Ma-Drib-Kyang**

Although you are not polluted by my offerings  
不受我等供养所贿赂

**Pal-Dan Bgo-Drub Dam-Pa Tob-Ja-Chir**

In order to obtain the magnificent holy attainments,  
为求达至殊圣之成就

**Do-Pa Yon-Tan Ka-La Char-Pab-Na**

A rain of desired qualities falling from the sky,  
雨降香华等妙珍宝聚





## **Cho-Pa Tsog-Di Wang-Po Gya-Gyur Chig**

By these assembled offerings, may the senses be developed.

祈賜加持意現善慈念

### *Confession 忏悔*

## **Pal-Dan Kyo Ge-Dig Pang-Po-Te**

Magnificent lady, you have the power over virtue and sin.

天母俱足辯識善惡力

## **Dag-Gi Lu-Ngag-Yi-Kyi Nye-Pa Tsog**

The evils of my body, speech and mind,  
至誠忏悔身語意惡業

## **Kyo-Kyi Ta-Du Gyo-Pa Rab-Shag-Na**

I perfectly confess to you with regret.

由衷深切悔恨盡發露

## **Tug-Je Shug-Kyi Drib-Pa Jang-War-Dzo!**

By the strength of your compassion, purify my obscurations.

祈願慈憫淨化施解脫

### *Rejoicing 隨喜*

## **Kyo-Ni Kya-Paar Yong-Si Pag-Pa-Ni**

You are the perfectly Exalted Lady

敬禮至尊無上之天母

## **Dro-Wa Don-Dza Dag-Don Pun –Sum-Tsog**

Accomplishing the purpose of transmigrators, my own  
and all goodness,

成就宣贊無私各善德



**Ga-Tun Trag-Dog Me-Pa Tro-Wa-Ni**

Delighting in happiness and harmony without jealousy  
满悦欢喜和谐无善嫉

**Je-Su Yi –Rang Kyo-Kyi Gyu-La Bul**

I rejoice and offer to your lineage.  
奉施天母等众尽随喜

**Requesting Teachings 敦请**

**Yang-Dag Yon-Tan Dan-Pa Ku-Chog-Ni**

Supreme body having the complete qualities  
至圣完美圆满功德身

**Nag-Dang Zang-Mo Jig-Pa Cha-Ja Chan**

Holding terrifying black and good implements  
圣驾手持忿怒善法器

**Cho-Chu Du –Sum Kun-Tu Dro-Don-La**

For the purpose of all transmigrators in the ten  
directions and the three times,

尽显十方三世善行道

**Gyu-Trul Dra-Wa Tsul-Ton Tan-Du Sol!**

Please show a net of magical apparitions and  
please teach the Doctrine!

恭请意现神奇幻化像

**Dro-Wa Don-Dang Tan-Pa Sung-Ja Chir**

Supreme and complete body, for the purpose of  
transmigrators and to protect the Doctrine,

宣经扬教护持弘法行

**Nam-Ka Za-Pa Ma-Gyur Bad-Du-Yang**

Until the sky becomes exhausted

直至天荒地老永不尽



## **Nya-Ngan Mi-Da Tag-Par Zhug-Su-Sol!**

Don't pass into nirvana but remain firmly, we pray.  
祈请吉祥圣母常安住

### **Dedication 回向**

#### **De-Tar Chag-Tsal Cho-Ching Shag-Pa-Dang**

By this virtue of prostrations, offerings, confession,  
谨愿以此善行诸功德

#### **Je-Su Yi-Rang Kul-Zhing Sol-Wa-Yi**

Rejoicing, summoning and praying,  
随喜忏悔奉施皆回向

#### **Ge-Wa Di-Yi Ngan-Song Tong-Gyur-Na**

May the evil realms become empty,  
惟愿三恶道等皆成空

#### **Tam-Cha-Dag-Gi Jang-Chub Chir-Ngo-O**

May I lead all beings to enlightenment.  
度脱一切有情诸众生

### **Mantra:**

**Jho**

**Rak Mo Jho**

**Rak Mo Jho Jho**

**Rak Mo Thun Jho**

**Kha La Rak Chen Mo**

**Rak Mo Ad-ya Tad-ya Thun Jho**

**Ru-lu Ru-lu Hum Jho Hum**

决喇莫 决喇莫 决决喇莫 敦决 卡拉 喇臣莫  
喇莫阿亚 它亚 敦决  
如鲁 如鲁 吽决吽



## PRAISE OF THE SIX-ARMED MAHALKALA

### 六臂麻哈噶那赞

**Hum! Nyur-Dzä Chän-Rä-Zig-La Chag Tsäl-Lo**

Quick-acting Avalokita, homage to you!

吽！敬礼速作观自在

**Zhab-Dub-Dang-Chä Bi-Naa-Ya-Ka-Nän**

Wearing anklets, you trample Ganesa.

足踏频那夜迦身

**Nak-Po Chen-Po Tag-Gi Sham-Tab-Chän**

Mahakala, you wear a tiger-skin loincloth.

大黑腰系虎皮裙

**Chag-Drug Drül-Gyi Gyän-Gyi Nam-Par-Gyän**

Fully adorned with snake-ornaments on your six arms,

六手以蛇为庄严

**Yä-Pa Dri-Gug Bar-Wa Treng-Wa-Dzin**

The first right holds a triku, the middle a mala,

右执钩刀中数珠

**Ta-Ma Daa-Ma-Ru-Ni Drag-Tu-Tröl**

The last plays violently a damaru

末手震摇打麻如

**Yön-Pa Tö-Pa Dang-Ni Dung-Tse-Sum**

The left holds a skull-cup, and a three-pronged lance,

左持顛器三尖枪

**De-Zhin Zhag-Pa Zung-Nä Ching-War-Je**

And likewise a noose, which serves for tying up.

并带罽索作系缚

**Drag-Pöi Zhäl-Ni Che-Wa Nam-Par-Tsig**

Your wrathful mouth completely bares its fangs

凶恶口中露獠牙



**Chän-Sum Drag-Po U-Tra Gyen-Du-Bar**

Your three eyes are fierce. The hair of your head  
blazes upward.

三眼威猛发上耸

**Träl-War Sin-Dhu-Ra-Yi Leg-Par-Jug**

Your forehead is properly anointed with red lead.

额间善涂森都拿

**Chi-Wor Mi-Kyö Gyäl-Poi Gyä-Tab-Tän**

On your crown, Aksobhya's royal presence is fixed.

不动正印安顶上

**Trag-Dzag Mi-Go Nga-Chui Do-Shäl-Chän**

You wear a great necklace of fifty men's heads,  
dripping blood.

五十血首为项鬘

**Rin-Chen Tö-Kam Nga-Yi U-La-Gyän**

On your crown, you're adorned with five dry, jewelled  
skulls.

五宝骷髅顶上严

**Shing-Lä Jön-Nä Tor-Ma Len-Dzä-Pai**

You come from your tree and accept our tormas offering,

从树来临受膳食

**Päl-Dän Chag-Druk-Pa-La Chag-Tsäi-Tö**

Glorious Six-Armed - homage and praise to you!

具德六臂前礼赞

**Sang-Gyä Tän-Pa Nyän-Po Sung-Wa-Dang**

Sternly protect the Doctrine of the Buddha!

诸佛正法祈守护

**Kön-Chog U-Pang Nyän-Po Tö-Pa-Dang**

Sternly praise the height of power of the jewels!



最上三宝祈赞扬

**Dag-Chag Pön-Lob Kor-Dang Chä-Nam-Kyi**

For us - teachers, disciples and entourage –

我等师徒及眷属

**Kyen-Ngän Bar-Chä Tam-Chä Zhi-Wa-Dang**

Please quell all bad conditions and obstructions,

恶缘中断悉消灭

**Chi-Dö Ngö-Drub Nyur-Du Tsäl-Du-Söl!**

And grant us quickly whatever siddhis we wish!

所欲速成愿垂赐



## **DEDICATION 回向文**

### **Gay-Wa Di-Yi Nyur-Du Dag**

Due to this merit may I quickly

谨愿以此诸功德

### **La-Ma Sang-Gye Drub-Gyur Nay**

attain the enlightened state of Guru-Buddha.

速证上师佛陀位

### **Dro-Wa Chig-Kyang Ma-Lu Pa**

That I may be able to liberate

渡尽一切有情众

### **Kye-Kyi Sa-La Go-Par Shog**

all sentient beings from their sufferings.

同登彼岸尽无余

### **Jang-Chub Sem-Chog Rin-Po Che**

May the precious bodhi mind,

唯愿殊胜菩提心

### **Ma-Kye Pa-Nam Kye-Gyur Chig**

not yet born arise and grow.

未生起者令生起

### **Kye-Pa Nyam-Pa May-Pa Yang**

May that born have no decline,

已生起者无退转

### **Gong-Nay Gong-Du Pel-War Shog**

but increase forever more.

恒时增长无间断

## **Jam-Pal Pa-Wo Ji-Tar Khyen-Pa Dang**

Lama Chopa



Just as the brave Manjushri and  
Samantabhadra, too  
犹如文殊普贤行

**Kun-Tu Zang-Po De-Yang De-Zhin Te**  
Realized things as they are,  
了知一切事与物

**De-Dag Kun-Gyi Je-Su Dag-Lob Chir**  
I, too, dedicate all these merits in the best  
way,  
回向一切胜功德

**Ge-Wa Di-Dag Tham-Cha Rab-Tu Ngo**  
That I may follow their perfect example.  
我愿步入其圣行

**Du-Sum Sheg-Pai Gyal-Wa Tham-Cha  
Kyi**

I dedicate all these roots of virtue  
回向圣德之根本

**Ngo-Wa Gang-La Chog-tu Ngag-Pa De**  
With the dedication praised as the best  
至高无上赞美誉

**Dag-Gi Ge-Wai Tsa-Wa Di-Kun Kyang**  
By the victorious ones thus gone of the three  
times,  
至尊如来三世佛

**Zang-Po Cho-Chir Rab-Tu Ngo-War Gyi**  
So I might perform good works.  
我愿如法修此行

EXTENSIVE DEDICATION 长回向文





- May the teachings of the Golden One, Lord Shakyamuni Buddha, Flourish and increase in all directions and last forever in this world and in all realms  
唯愿佛陀妙法宣，照耀十方广流传，  
永不入灭圣教法，世世不离正传承。
- In life after life, may we never be parted from the teachings. May all holy teachers of the Buddha-dharma have long lives, May their enlightened activities be fully displayed in the ten directions. May the brightness of teachings of Lama Tsong Khapa continuously dissipate the veil of darkness covering the three realms  
唯愿上师寿无疆，殊胜妙法照十方，  
罗桑胜者之教法，三界魔障尽断除。
- May the blind always see forms, and may the deaf hear. May the ill have good health. May all beings be freed from every bondage.  
普愿盲者得视觉，祝愿聋者得听觉，  
唯愿病者得安康，心受困者得解脱。
- May the weak become strong and have affectionate hearts for one another. May the intense pains and fears of the beings of the hells be pacified immediately.  
弱者得悟自信心，相互宽容众有情，  
六道一切诸众生，即刻解脱沙婆海。
- May the inhabitants of all miserable states of existence



be liberated from their woeful states. May they experience a favorable rebirth quickly and meet with the Triple Gem which always engage in virtue.

愿诸有情得安乐，恒世离恶修菩提，  
世世不离佛法僧，愿诸众生享太平。

- May those who are unable to devote themselves to their Guru because of anger, heresy and negative thoughts arising be able to change their minds immediately. May those who have a lot of obstacles to their Dharma practices be freed immediately.  
所有邪见嗔恚者，转念恶观尊上师，  
修行得困障碍者，愿得解脱诸困境。
- May The Bodhisattvas' wishes for the welfare of the world be fulfilled effortlessly. May all beings receive perfect happiness and may I be their wish fulfilling jewels, not only in this lifetime but also all my future lives! May I master all languages that exist in the three worlds, and all form of communication of all being and may I be able to show the Buddhadharma in every way!  
三世语言能沟通，弘扬如来诸圣法，  
祝愿众生得圆满，世世修为如意宝。

**Sarwa Mangalam!**  
**May All Be Auspicious!**  
愿一切吉祥如意！