

PRAYER TO DISPEL THE FIVE MARAS

Hung !

Supreme Lord, You who are my Guru,
Who has been kind in unlimited ways
Since my beginningless lives of being blinded
By the paths of samsara, I prostrate to you-
Guru who has the four bodies!

Please bless me by granting me the ability to
open my heart
And let you enter and rest your blazing
manifestations
From now until my supreme enlightenment.

Oh Guru, You who are all powerful, kind,
And in reality already a Buddha,
Please bless me to be always able to keep this
thought in my mind and stabilise it with your
supreme seal of dharma.

Even offering you three trillion mandalas
And myself with all my possessions and
belongings forever, I would not be able to repay
the kindness you have shown me.

I, who am helpless and of a definite weak mind,
Cry for your help and blessings to accomplish
some results in my dharma cultivation.
Lord of the three times and ten directions,
Though I am unworthy of your love and
compassion,
I beg you to please keep me in your heart!

Hold me dear until I attain the essence of
enlightenment

And please forgive me for all that I have done
with my ignorant and coarse mind.
Myself wandering helplessly,
Pushed around by waves of samsara,
Gasping for air, request you to keep me afloat
And not to be drowned in the oceans of samsara!

The maras are powerful these days,
And I am easily tempted to give up all dharma
cultivation for the sake of this life.
Please grant me the ring of protection,
Which is like a float to keep my head out of the
water!

Help me realise the true nature of Dharma
By which I am able to dispel the five maras.
Lama, I pray, please instruct the Protectors
To guard myself from letting loose my mind
To think about your faults,
You who are the wisdom teacher,
And not desiring to exert myself to listening and
Contemplating all that you have taught.

Also, please my Supreme Lord,
You who are the giver of life
By giving the breath of Dharma,
Grant me the aspiration to be able to dispel all
thoughts of disharmony, foolish talk and gossip
Which causes anger and the seed of flaming hell.

Guru, most kind in a million ways,
Whose kindness I am unable to describe,
Show me, lead me and put me on the path of
liberation
Protect me from the distractions of good food and
drink, comfortable beddings,
Profitable businesses, all of which are tentacles of
samsara, I beg of you!

Supreme Lord of Great Compassion,
You who have completed the path of great union,
Showed me the path of unending patience,
concentration and diligence
All of which have been practised by the wise ones,
Paths that have been practised by all past and
present Buddhas.

Oh You Lord of Great Wisdom,
Who manifests in a million ways,
Keep me afloat from sinking
Into the sea of sleepiness and laziness.
Lastly, You, Lord of three times and ten directions,
Supreme Guru, who out of compassion for me, a
lowly being, You gave up all your enjoyments in
the pure realms to come back for me.
Please protect me and shield me
from coming under the influence of discursive
thoughts, attachment, Jealousy and anger.

In short, keep me under your protection
And not let me stray from the perfect path.
Help me cultivate my own seed of enlightenment
Till it grows and ripens for all sentient beings.

Having been strongly requested by Dorje Namdrol (Lim Ho Beng) on behalf of all students this prayer of guru devotion and the dispelling of maras was very kindly composed on the 1st day of the 5th month of the Water Horse Year by His Eminence Lama Thubten Namdrol Dorje.