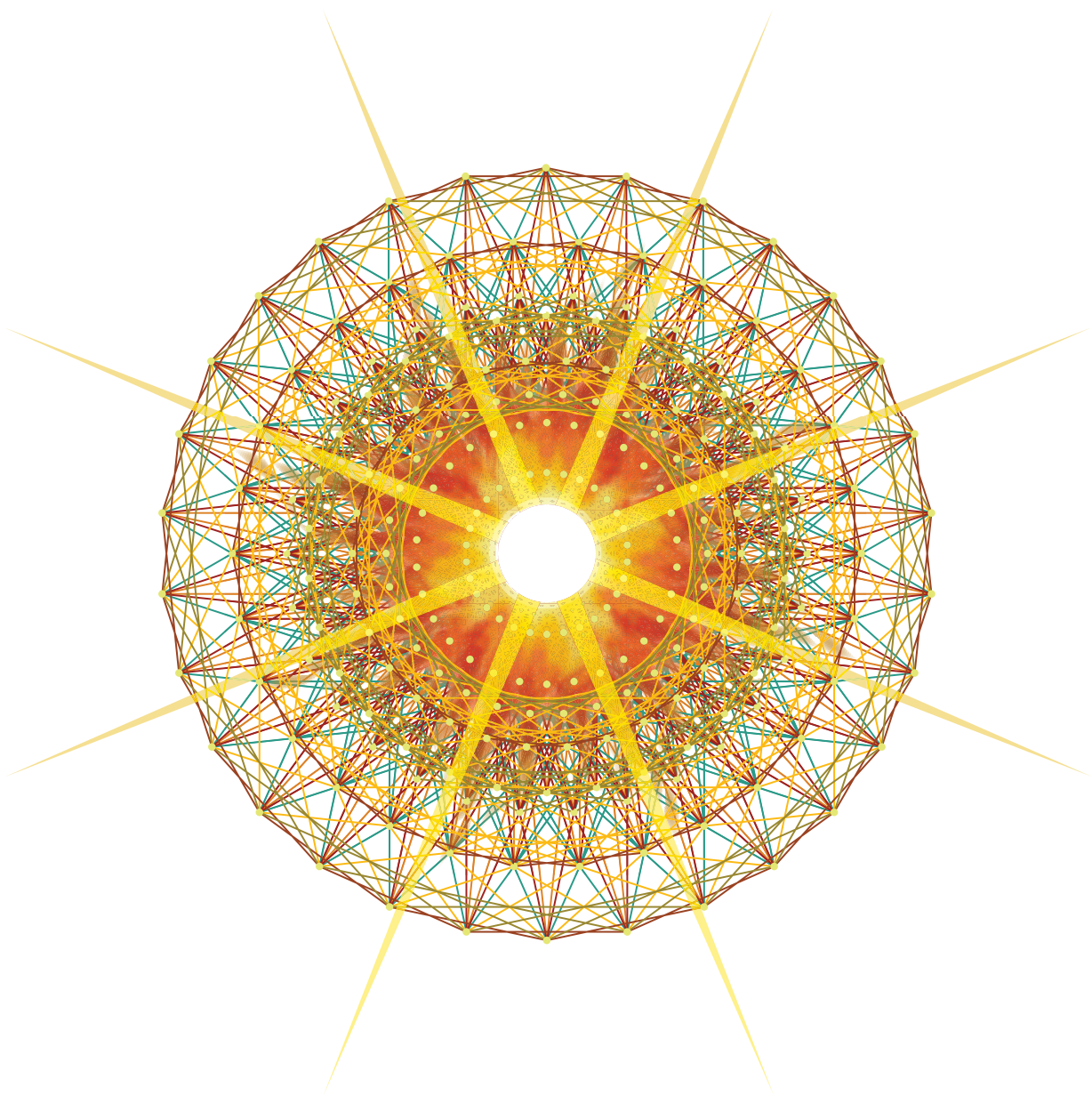




Prayers

OPENING

Namo Tassa Bhagavato Arahato Sammāsambuddhassa
Naming the state that has no state beyond it.

REFUGE PRAYER

Palden Lama Dampa Namla Chapsu Chi-O

Yidam Chilkor Gyi Lhatso Namla Chapsu Chi-O

Sangye Chomdenday Namla Chapsu Chi-O

Dampe Chur Namla Chapsu Chi-O

Papé Gendun Namla Chapsu Chi-O

Pawo Khandro Chur Chong Sungme Tsog

Yeshe Yi Shen Den Dampa Namla Chapsu Chi-O

REFUGE PRAYER

We go for refuge to all the glorious holy lamas.

We go for refuge to all the yidams and deities assembled in the mandala.

We go for refuge to all the transcendental accomplished conquerors.

We go for refuge to all the holy dharma.

We go for refuge to all the noble sangha.

We go for refuge to all the noble dakas, dakinis,

Protectors and guardians of the dharma,

Who possess the eye of wisdom.

VAJRASATTVA DIAMOND BEING

OM VAJRASATTVA SAMAYAM ANUPĀLAYA; VAJRASATTVA TVENOPATIṢṬHA;
DRIDHO ME BHĀVA; SUTOṢYO ME BHĀVA; SUPOṢYO ME BHĀVA; ANURAKTO ME BHĀVA;
SARVA SIDDHIM ME PRAYACCHA; SARVA KARMA SUCHA ME CHITTAM ŚHRĪYĀH KURU;
HŪṢ; HA HA HA HA HOḤ; BHAGAVĀN; SARVA TATHĀGATA VAJRA; MĀ ME MUNCA;
VAJRĀ BHĀVĀ; MAHĀ SAMAYA SATTVA ĀH



Vajrasattva, pray guard the Samaya vow; Vajrasattva, pray thou stay near; Steady me; Gladden me;
Enrich me; Be loving towards me; Bestow on me all realizations; In all my actions make my mind pure;
Subduing (discipline); (HŪṢ); The four blisses (HA HA HA HA); The watcher in the night (HOḤ);
Blessed state; All the Vajra Buddhas; Do not abandon me; Make me Vajra-like;
Great Samaya Being ĀH.

BODHISATTVA VOW

However innumerable beings are
I vow to meet them with kindness and interest.

However inexhaustible the states of suffering are,
I vow to touch them with patience and love.

However immeasurable the Dharmas are,
I vow to explore them deeply.

However incomparable the mystery of being is,
I vow to experience it fully.

From this moment forth,
With wisdom and compassion as my lamp and staff,
I dedicate all my life energy to the welfare of all beings.

THE FOUR IMMEASURABLES: BRAHMA VIHARAS

May all beings have happiness and the causes of happiness.

(METTĀ)

May all beings be free from sorrow and the causes of sorrow.

(KARUṆĀ)

May all beings come to realize the bliss-wisdom of the transcendental.

(MUDITĀ)

May all beings abandon attachment and aversion.
May all beings come to know the unceasing joy of equanimity.

(UPEKKHĀ)

PRECEPTS

I undertake to train myself to support, extend and appreciate the life of all living beings.

I undertake to train myself to live with a sensitive and responsible awareness for the whole ecology of life.

I undertake to train myself to dwell more and more in the mind of spontaneous generosity.

Daily, I undertake to train myself to give material, emotional and mental support and act as an example to others of awakening in action.

I undertake to train myself to use the senses to further awakening, explore dharma, and come to know the world more profoundly and compassionately.

I undertake to train myself to communicate in a skillful and compassionate manner.

I undertake to train myself to be ever more directly aware of how nutriment affects the mind and body.

I undertake to train myself to eat and drink and nurture myself in a way that supports awakening.

SEVEN-FOLD PRAYER

Komchog Sumla Dagchab Chi

Digpa Mige Sosor Shé

Drowe Gela Jeyi Rang

Sangye Chanchub Yidchi Zung

Sangye Churdang Tshog Chola

Changchub Bardu Chabsu Chi

Changchub Semsu Dijé De

Dag Dang Shandon Rabdub Chir

Dagi Changchub Semcho Che

E MA Ho Semkun Tronyer

Changchub Chocho Dzeshin Cha

Drola Panchir Sangye Shog

SEVEN-FOLD PRAYER

To the triple gem I go for refuge,
and lay open unwholesome states separately.

I rejoice in the unfolding of beings
and grasp the bodhicitta with the mind.

To the Buddha, the Dharma and the excellent Sangha,
until bodhi is realized, I go for refuge.

I and others, for the sake of the highest attainment,
will allow the bodhicitta to arise.

As the mind of excellent bodhi arises,
all beings I will invite to the banquet as guests.

Following the path of the bodhisattva, in order to benefit beings,
may I quickly attain Buddhahood.

CAUSALITY AND THE FOUR NOBLE TRUTHS

Of all things that have sprung from causes,
the Tathagata has explained
the origin and also the cessation.
This is the teaching of the great Samana.

(IN PALI)

Ye Dhamma Hetuppabhavā
Tesam Hetum Tathāgato Ahā
Tesañca Yo Nirodho
Evam Vādi Mahā Samana.

(IN SANSKRIT)

OM YE DHARMAḤ HETU-PRABHAVĀ,
TESAM HETUM TATHĀGATO AHĀ
TESAÑCA YO NIRODHO, EVAM VĀDI
MAHA-ŚRAMANA SVĀHĀ.

GURU YOGA PRAYER

(First Karmapa)

Lama Rinpoche La Sol Deb

Dang Dzin Lo Y Thong Gar Chin Gi Lob

Go Med Nam Tog Kye War Chin Gi Lob

Cho Min Nam Tog Gai Par Chin Gi Lob

Rand Sem Kye Med Tog Par Chin Gi Lob

Trul Wa Rang Sar Shi War Chin Gi Lob

Nang Si Cho Ku Tog Par Chin Gi Lob

GURU YOGA PRAYER

(First Karmapa)

Lama Rinpoche, to you I supplicate—grant your blessings,

So that my intellect may renounce ego-clinging,

So that contentment may arise within me,

So that defilements may cease,

So that mind may be realized as unborn,

So that illusion may be self-pacified,

So that all phenomena may be realized

to be the Dharmakaya.

SEVEN-POINT MANDALA OFFERING

Sashi purchu chugshin metog tram

Ri-rab lingshi ñyide gyenpa di

Sangye shindu migte phülwa yi

Drokun namdag shinla churpara sho

SEVEN-POINT MANDALA OFFERING

The ground is purified with scented water and strewn with flowers.

It is adorned with Meru, king of mountains,

the four corners of the universe, the sun and the moon.

Thinking of this as the blessed Buddha Field I offer it:

By the merit of this practice

may all beings be brought to the happiness of the Pure Land.

JĀḤ HŪṢ BĀṢ HOḤ

EIGHT OFFERINGS

<i>OM VAJRA ARGHAM PRATĪCCHAYE HŪM SVĀHĀ</i>	Drinking water	Hearing Dharma
<i>OM VAJRA PĀDYAM PRATĪCCHAYE HŪM SVĀHĀ</i>	Washing water	Hearing Dharma
<i>OM VAJRA PUṢHPE PRATĪCCHAYE HŪM SVĀHĀ</i>	Flowers	Virtue
<i>OM VAJRA DHŪPE PRATĪCCHAYE HŪM SVĀHĀ</i>	Incense	Ethics
<i>OM VAJRA ĀLOKE PRATĪCCHAYE HŪM SVĀHĀ</i>	Light	Wisdom
<i>OM VAJRA GANDHE PRATĪCCHAYE HŪM SVĀHĀ</i>	Scented water	Faith
<i>OM VAJRA NAIVIDYA PRATĪCCHAYE HŪM SVĀHĀ</i>	Food	Meditation
<i>OM VAJRA ŚABDA PRATĪCCHAYE HŪM SVĀHĀ</i>	Music	Praise

Everything that I have heard becomes like a great ocean, which I use as a water offering.
All virtues are the flowers I offer. The beauty of moral conduct turns into a cloud of incense.

Wisdom is a brilliant light. Scented water is faith as boundless as an ocean.

Meditation becomes nectar and food offerings.

The voice of praise is transmuted into cymbals.

Great compassion, good conduct and noble aspiration become the sacred canopy.

The banner of Victory is the four-sided offering table.

The body is the dwelling place of the Buddhas.

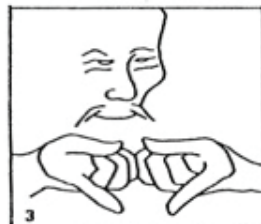
These are its decorations.



Angham



Padmam



Puspe



Dhupe



Aloke



Gandhe



Naivedye



Sabde

LONG MANDALA OFFERING (37 HEAPS)

OM VAJRA BHŪMI ĀH HŪM

SHĪ NAMPARA DAGPA WONGCHEN SERJI SĀ SHĪ Basic completely pure very powerful golden foundation

OM VAJRA REKHE ĀḤ HŪM

CHĪ CHARĪ KORYU-GI RAWÉ YONGSU KORWÉ Outer Iron Mountain ring by enclosure completely surrounded

1. ŪSŪ RĪ GYALPO RIWO CHORAB (In the center King Mountain Supreme)
2. SHARA LUPAPO (In the east Pūrvavideha) 3. LHO DZAM'BU'LING (South Jambudvipa)
4. NU BALANG CHUR (West Aparagodantya) 5. CHANG DAM'IN'YON (North Uttarakuru)
6. LU DANG (Deha) 7. LUPĀ (Videha) 8. NĀYA DANG (Cāmara) and
9. NĀYA SHAN (Aparacāmara) 10. YOLDAN DANG (Shāthā and) 11. LANCHO DRO (Uttaramantrina)
12. DAM'IN'YON DANG (Kurava and) 13. DAMINYON-JI DĀ (Kaurava)
14. RINPOCHE ' I RIBO (Jewelled Mountain) 15. PAZAM JI SHING (Wish-Fulfilling Tree)
16. DONJUR PA (Wish-Granting Cow) 17. MA'MO'BÉ LOTO (Without-Plowing Harvest)
18. KORLO RINPOCHE (Wheel Precious) 19. NORBU RINPOCHE (Jewel Precious)
20. TSUMO RINPOCHE (Queen Precious) 21. LONPO RINPOCHE (Minister Precious)
22. LANGPO RINPOCHE (Elephant Precious) 23. TAMCHO RINPOCHE (Horse Precious)
24. MAPON RINPOCHE (General Precious) 25. TE'AA CHEN'PO BUMPA (Treasure Great Vase)
26. KE'MO'MA (Sensuous Goddess) 27. TEN'GWA'MA (Garlands) 28. LŪMA (Song) 29. KA'RA'MA (Dance)
30. METOMA (Flowers) 31. DUPOMA (Incense) 32. NANG'SALMA (Radiance) 33. TRI'CHAMA (Perfumes)
34. NYĪ'MA (Sun) 35. DĀ'WA (Moon) 36. RINPOCHE'I DU (Jeweled Umbrella)
37. CHO'LE NAM'PA'RA GYALWÉ GYAL'TSEN (Everywhere Completely Victorious Banner)

ŪSŪ LHĀ'DANG MI'YI PAL'JORA

In the center, devas and men their qualities and possessions

PUN'SUN TSOG'PA-MA TSAN'G'PA MÉPA.

Quintessence accumulated Brahmā purified

RAB'JAM GYAM'TSO'I DUL'JI DON'GLÉ

(This Mandala) multiplied countless times Ocean's drops in number

DEPA NGON'PAR KO'DÉ LAMA YIDAM SAN'GYÉ

Surpassing openly arrayed Gurus Yidams Buddhas

CHANG'CHU SEM'PA, PA'WO KHAN'DRO CHO'JONG

Bodhisattvas Vīras Dākas Dharmapālas

SHUN'G'MÉ THOG DANG CHEPA NAMLA BUL'PA'RO JĪ'O

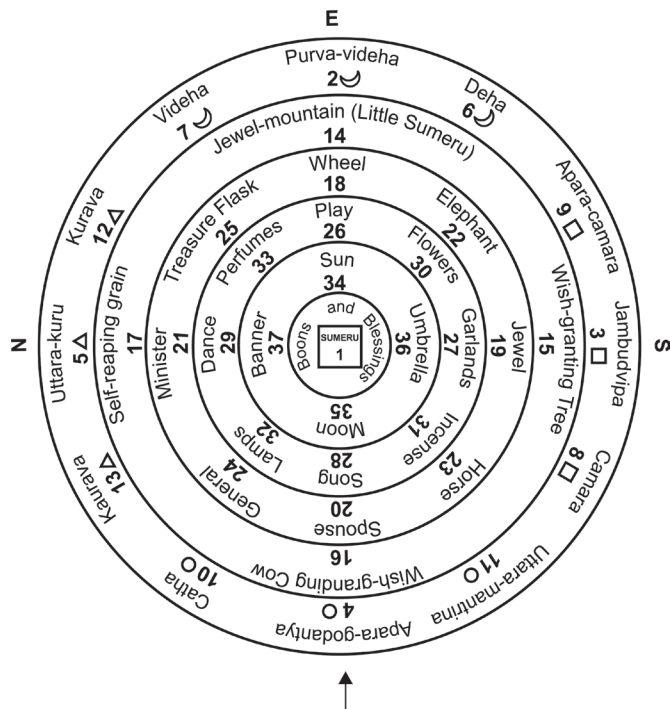
Raksasas assembled and Retinues to these I making offerings.

TUJÉ DRO'WÉ DON'DU SHE'SU SOL

With compassion Beings for the sake of accept I pray

SHÉNÉ CHIN'JI LAB TU SOL.

Accepting grant your gift wave I pray.



RECOLLECTION OF LOVING KINDNESS

AHAM AVERO HOMI

ABYĀPAJJHO HOMI

ANĪGO HOMI

SUKHĪ ATTĀNAM PARIHARĀMI

SABBE SATTĀ

AVERĀ HONTU

ABYĀPAJJHĀ HONTU

ANIGHĀ HONTU

SUKHĪ ATTĀNAM PARIHARANTU

May I be free from enmity!

May I be free from hurtfulness!

May I be free from troubles of mind and body!

May I be able to protect my own happiness!

All beings:

May they be free from enmity!

May they be free from hurtfulness!

May they be free from troubles of mind and body!

May they be able to protect their own happiness!

CLOSING

(Dedicate the Merit)

IDAM TE PUÑÑAKAMMAṂ ĀSAVĀKKHAYA-VAHAM HOTU

May these wholesome and powerful activities
eliminate negativity and ignorance
while producing happiness and illumination
for the uplifting of the world.

By the power of this action, may all bad formations be dissolved,
And may all good conditions be shared

SABBE SATTĀ SUKHĪTA HONTU.

May all beings be well and happy!

As a means of purifying the mindstream and perfecting skill and means to support the conscious evolution of all sentient beings, this prayer booklet has been compiled under the direction of Acharya Doug Duncan with the steadfast support and dedication of Catherine Pawasarat.

Through these and all other strengthening practices,
may all beings be brought to the happiness of the Pure Land.

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