

## Teaching Prayers

### Jewel Heart Prayers

TAYATHA GATE GATE PARAGATE PARASAMGATE BODHI SOHA

### Refuge

NAMO GURUBYAH	I take refuge in the Guru
NAMO BUDDHAYAH	I take refuge in the Buddha
NAMO DHARMAYAH	I take refuge in the Dharma
NAMO SANGHAYAH	I take refuge in the Sangha

### Invocation

MA LÜ SEM CHAN KUN JE GON JUR CHING  
DÜ DHE PUNG GYE ME ZÄ JOM ZÄ LHA  
NGÖ NAM MA LÜ YANG DHAH KEN JUR PÄ  
CHOM DHAN KHOR CHÄ NÄ DHER SHEG SU SOL

You who destroy all evil forces  
And who know all things perfectly,  
For the sake of all beings,  
Please come to me.

### Seven Practices

I bow down in body, speech and mind.  
I offer the best I have to give  
both real and imagined  
to fill the space between us.  
I regret and purify all transgressions.  
I rejoice in all virtues.  
I request you to remain until total enlightenment.  
I request wise and compassionate guidance.  
I dedicate my merit for the sake of all beings.

OM MUNI MUNI MAHA MUNI YE SOHA

NAMO RATNA TRAYAYA / NAMO ARYA JNANA SAGARA VAIROCHANA / VYUHA RAJAYA /  
TATHAGATAYA / ARHATE / SAMYAK SAMBUDDHAYA NAMAH SARVA TAGHAGATE  
BHYAH ARHATE BHYAH / SAMYAK SAMBUDDHA BHYAH / NAMAH ARYA  
AVALOKITESVARAYA / BODHISATTVAYA / MAHA SATTVAYA / MAHA KARUNIKAYA /  
**TADYATHA:** OM DHARA DHARA / DHIRI /DHIRI / DHURU DHURU/ ITTE VATTE / TSALE  
TSALE / PRATSALE PRATSALE / KUSUME KUSUME VARE / ILI MILI /TSITI DZOLAM /  
APANAYE SVAHA

OM MANI PADME HUM

OM TARE TUTTARE TURE SOHA

OM ARAPATZANA DHIH

Generating Love and Compassion

May all beings have happiness,  
May they be free from suffering,  
May they find the joy that has never known suffering,  
May they be free from attachment and hatred.

**Short Mandala Offering**

SA ZHI PÖ KYI JUG SHIING ME TOK TRAM  
RI RAB LING ZHI NYIN DAY GYEN PA DI  
SAN GYEY ZHING DU MIG TE UL WA YI  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

By directing to the fields of Buddhas this offering of a mandala built on a base,  
resplendent with flowers, saffron water and incense,  
adorned with Mt. Meru and the four continents, as well as with the sun and the moon,  
may all sentient beings be led to these fields.

**Dedication**

**Short Mandala Offering**

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DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

DAG GI JI NYE SAB PAI GE WA DI  
TAN DANG DRO WA KUN LA GANG PAN DANG  
KYA PAR JE TZUN LO ZANG DRAG PA YI  
TAN PAI NYING PO RING DU SAL JE SHOG

I dedicate whatever virtues I have ever collected  
for the sake of the teachings and of all  
sentient beings, and in particular for the essential teachings  
of Venerable Lozang Drakpa to shine forever.

JANG CHUB SEM CHOG RIN PO CHE  
MA KYE PA NAM KYE GYUR CHIG  
KYE PA NYAM PA ME PAR YE  
GONG NÄ GONG DU PEL BAR SHOK

May the precious superior mind of enlightenment  
Be generated in those who have not yet generated it  
And not decrease on those who have developed it;  
But increase continuously.

GE WA DI YI KYE WO KÜN  
SÖ NAM YE SHE TSHOG DZOG SHING  
SÖ NAM YE SHE LÄ JUNG WÄI  
DAM PA KU NYI THOB PAR SHOG

By this virtue, may all beings  
complete the collections of wisdom and merit  
and attain the two pure bodies,  
arisen from wisdom and merit.

JE TZÜN LA MEI KU TSE RAP TEN CHING  
NAM KAR TRIN LE CHOK CHUR GYE PA DANG  
LO ZANG TEN PEI DRÖN MEI SA SUM GYI  
DRO WEI MÜN SEL TAK TU NE GYUR CHIK

May my venerable Lama's life be firm,  
his white divine actions spread in the ten directions,  
and the torch of Je Rinpoche's teachings,  
dispelling the darkness of the three world's beings always remain.

CHÖ KYI GYEL PO TSONG KA PEI  
CHÖ TSÜL NAM PAR PEL WA LA  
GEK KI TSEN MA ZHI WA DANG  
TÜN KYEN MA LÜ TSANG WAR SHOK

May all conducive conditions arise  
And all obstacles be pacified  
In order to increase infinitely  
The teachings of the Spiritual King Tsongkhapa

DA DANG SHEN GI DÜ SUM DANG  
DRIL WA TSOK NYI LA TEN NE  
GYEL WA LO ZANG DRAK PA YI

DEN PA YU RING BAR GYUR CHIK

By the merits of the three times  
of myself and others  
may the teachings of Lama Tsongkhapa  
blaze forever.

MIK ME TZE WEI TER CHEN CHEN RE ZIK  
TRI ME KYEN PAI WANG PO JAM PEL YANG  
DÜ PUNG MA LÜ JOM DZE SANG WEI DAK  
GANG CHEN KE PEI TZUK GYEN TSONG KA PA  
LO ZANG DRAK PEI ZHAP LA SOL WA DEP

### **Long Lam Rim Dedication**

DENG NI RING DU BA LA TSOK NYI NI  
KA TAR YANG PA GANG ZHIK SAK PA DE  
LO MIK MA RIK GI DONG DRO WA NAM  
NAM DREN GYEL WEI WANG POR DAK GYUR CHIK

From my two collections, vast as space, that I have amassed from working with effort at this practice for a great length of time, may I become the Chief Leading Buddha for all those whose mind's wisdom eye is blinded by ignorance.

DER MEI SON PEI TSE RAP KUN TU YANG  
JAM PEI YANG KYI TSE WA JE ZUNG NA  
TEN PEI RIM PA KUN TSANG LAM GYI CHOK  
NYE NA DRUP PEI GYEL NAM NYE JE SHOK

Even if I do not reach this state, may I be held in your loving compassion for all my lives, Manjushri. May I find the best of complete graded paths of the teachings, and may I please all the Buddhas by practicing it well.

RANG GI JI ZHIN TOK PEI LAM GYI NA  
SHUK DRAK TZE WA DRANG WEI TAP KA KYI  
DRO WEI YI KYI MÜN PA SEL JE NA  
GYEL WEI TEN PA YÜN RING DZIN GYUR CHIG

Using skillful means drawn by the strong force of compassion, may I clear the darkness from the minds of all beings with the points of the path as I have discerned them:  
May I uphold Buddha's teachings for a very long time.

TEN PA RIN CHEN CHOK GI MA CHAP BAM

KYAP KYANG NYAM PAR GYUR WEI CHOK DER NI  
NYING JE CHEN P0 YI RAP KYO PA YI  
PEN DE TER DE SEL WAR JE PAR SHOK

With my heart going out with great compassion in whatever direction the most precious teachings have not yet spread, or once spread have declined, may I expose this treasure of happiness and aid.

SE CHE GYEL WEI MA JUNG TRIN LE LE  
LEK DRUP CHANG CHUP LAM GYI RIM PA KYANG  
TAR DO NAM KYI YI LA PEL TER ZHING  
GYEI WEI DZE PA RING DU KYONG GYUR CHIK

May the minds of those who wish for liberation be granted bounteous peace and the Buddha's deeds be nourished for a long time. By even this graded course of enlightenment completed due to the wondrous virtuous conduct of the Buddhas and their Children

LAM ZANG DRUP PA TŪN KYEN DRUP JE CHING  
GYEL KYEN SEL JE MI DANG MI MIN KUN  
TSE RAP KŪ TU GYAL WEI NGAK PA YI  
NAM DAK LAM DANG DREL WAR MA GYUR CHIK

May all human and nonhuman beings who eliminate adversity and make things conducive for practicing the excellent paths never be parted in any of their lives from the purest path praised by the Buddhas.

GANG TSE TEK PA CHOK LA CHÖ CHÖ CHU  
TSŪL ZHIN DRUP LA TZÖN PA DE YI TSE  
TUP DEN NAM KYI TAK TU DROK JE CHING  
TA SHI GYA TSO CHOK KÜN KYAP GYUR CHIK

Whenever someone makes effort to act in accordance with the tenfold Mahayana virtuous practices, may they always be assisted by the Mighty Ones, and may oceans of prosperity spread everywhere.

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of myself and others  
may the teachings of Lama Tsongkhapa  
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DÜ PUNG MA LÜ JOM DZE SANG WEI DAK  
GANG CHEN KE PEI TZUK GYEN TSONG KA PA  
LO ZANG DRAK PEI ZHAP LA SOL WA DEP

*You are Avalokiteshvara, great treasure of compassion not aimed at dualistic existence,  
and Manjushri, master of flawless wisdom  
as well as Vajrapani, destroyer of all the demons without exception  
O Tsongkapa, crown jewel of the sages of the land of snows, Lozang Drakpa,  
I make requests at your feet.*

**Long Life Prayer for His Holiness the Dalai Lama**

KANG RI RA WEI KOR WEI ZHING KAM TER  
PEN TANG DEI WA MA LU JUNG WEI NEI  
CHEN REI ZIK WANG TEN DZIN GYA TSO YI  
ZHAP PEI SI TEI BAR TU TEN GYUR CHIK

In the sacred land embraced  
by a chain of snow mountains,  
the source of all joy and benefit  
Tenzin Gyatso, compassion incarnate,  
may your lotus feet securely remain until eons end.