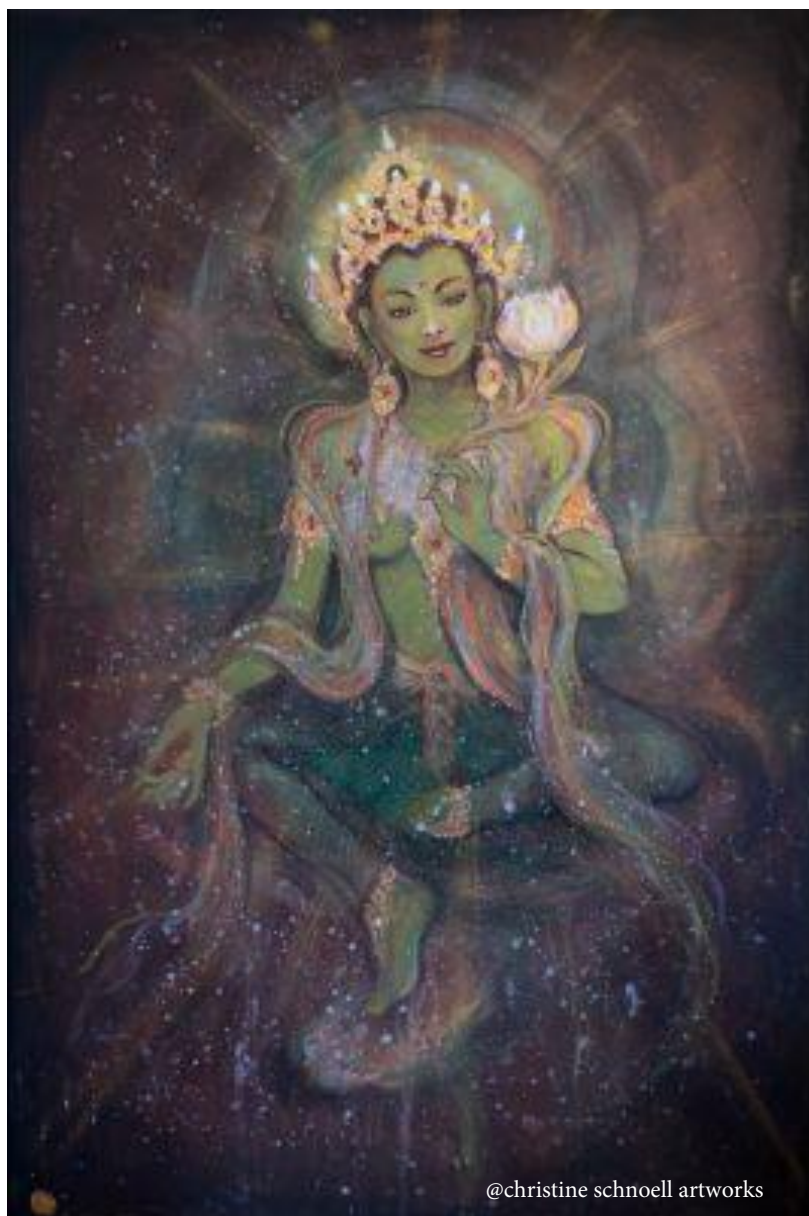


Prayer Book



Lhagsam
Meditation

Produced for the students of Lhagsam Tibetan Meditation, Zurich



Tara - Dispeller of Fears

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Praise to Shakyamuni Buddha

[LAMA] TÖN PA CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR
DZOG PÄI SANG GYÄ

**To the founder, the endowed transcendent destroyer, the one gone beyond, the foe
destroyer, the completely perfected, fully awakened being,**

RIG PA DANG ZHAB SU DÄN PA / DE WAR SHEG PA / JIG TEN KHYEN PA
perfect in knowledge and in good conduct, Sugata, knower of the world,

KYE BU DÜL WÄI KHA LO GYUR WA LA NA ME PA / LHA DANG MI NAM KYI TÖN PA
supreme guide of human beings to be tamed, teacher of gods and human beings;

SANG GYÄ CHOM DÄN DÄ PÄL GYÄL WA SHA KYA THUB PA LA
**to you, the completely and fully awakened one, the endowed transcendent
destroyer, the glorious conqueror, the subduer from the Shakya clan,**

CHHAG TSHÄL LO / CHHÖ DO KYAB SU CHHI WO (3x)
I prostrate, make offerings, and go for refuge. (3x)

GANG TSHE KANG NYI TSO WO KHYÖ TAM TSHÄ
When, O supreme amongst humans, you were born on this earth,

SA CHHEN DI LA GOM PA DÜN POR NÄ
You paced out seven strides,

NGA NI JIG TEN DI NA CHHOG CHE SUNG
Then said, "I am supreme in this world."

DE TSHE KHÄ PA KHYÖ LA CHHAG TSHÄL LO
To you, who were wise then, I prostrate.

NAM DAG KU NGA CHHOG TU ZUG ZANG WA
With pure bodies, form supremely pure;

YE SHE GYA TSHO SER GYI LHÜN PO DRA
Wisdom ocean, like a golden mountain;

DRAG PA JIG TEN SUM NA LHAM ME WA
Fame that blazes in the three worlds,

GÖN PO CHHOG NYE KHYÖ LA CHHAG TSHÄL LO
Winner of the best – Lord, to you I prostrate.

TSHÄN CHHOG DÄN PA DRI ME DA WÄI ZHÄL
With the supreme signs, face like spotless moon,

SER DOG DRA WA KHYÖ LA CHHAG TSHÄL LO
Color like gold – to you, I prostrate.

DÜL DRÄL KHYÖ DRA SI PA SUM MA CHHI
Dust-free like you, the three worlds are not.

NYAM ME KHYEN CHEN KHYÖ LA CHHAG TSHÄL LO
Incomparably wise one – to you, I prostrate.

GÖN PO THUG JE CHHE DÄN PA
The savior having great compassion,

THAM CHÄ KHYEN PA TÖN PA PO
The founder having all understanding,

SÖ NAM YÖN TÄN GYA TSHÖI ZHING
The field of merit with qualities like a vast ocean –

DE ZHIN SHEG LA CHHAG TSHÄL LO
To you, the one gone to thusness, I prostrate.

DAG PÄ DÖ CHHAG DRÄL WAR GYUR
The purity that frees one from attachment,

GE WÄ NGÄN SONG LÄ DRÖL CHING
The virtue that frees one from the lower realms,

CHIG TU DÖN DAM CHHOG GYUR PA
The one path, the sublime pure reality –

ZHI GYUR CHHÖ LA CHHAG TSHÄL LO
To the Dharma that pacifies, I prostrate.

DRÖL NÄ DRÖL WÄI LAM YANG TÖN
Those who are liberated and who also show the path to liberation,

LAB PA DAG LA RAB TU NÄ
The holy field qualified with realizations,

ZHING GI DAM PA YÖN TÄN DÄN
Who are devoted to the moral precepts –

GE DÜN LA YANG CHHAG TSHÄL LO
To you, the sublime community intending virtue, I prostrate.

SANG GYÄ TSO LA CHHAG TSHÄL LO
Homage to the supreme Buddha!

KYOB PA CHHÖ LA CHHAG TSHÄL LO
Homage to the Dharma refuge!

GE DÜN CHHE LA CHHAG TSHÄL LO
Homage to the great Sangha!

SUM LA TAG TU GÜ CHHAG TSHÄL
To all three, ever-devout homage!

CHHAG JAR Ö PA THAM CHÄ LA
To all worthy of respect,

ZHING DÜL KÜN GYI DRANG NYE KYI
Bowing with bodies as many as

LÜ TÛ PA YI NAM KÜN TU
All realms' atoms, in all aspects,

CHHOG TU DÄ PÄ CHHAG TSHÄL LO
With supreme faith I pay homage.

DIG PA CHI GE CHI YANG MI JA ZHING
Do not commit any non-virtuous actions,

GE WA PHÜN SUM TSHOG PAR CHÄ
Perform only perfect virtuous actions,

RANG GI SEM NI YONG SU DÜL
Subdue your mind thoroughly –

DI NI SANG GYÄ TÄN PA YIN
This is the teaching of the Buddha.

KAR MA RAB RIB MAR ME DANG
A star, a visual aberration, a flame of a lamp,

GYU MA ZIL PA CHHU BUR DANG
An illusion, a drop of dew, or a bubble,

MI LAM LOG DANG TRIN TA BUR
A dream, a flash of lightning, a cloud –

DÜ JÄ CHHÖ NAM DI TAR TA
See conditioned things as such!

SÖ NAM DI YI THAM CHÄ ZIG PA YI
Through these merits may sentient beings

GO PHANG THOB NÄ KYÖN GYI DRA TÜL TE
Attain the rank of all seeing, subdue the foe of faults,

GA DANG NA DANG CHHI WÄI LAB TRUG PÄI
And be delivered from samsara's ocean,

SI PÄI TSHO LÄ DRO WA DRÖL WAR SHOG
Perturbed by the waves of aging, sickness, and death.

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

The ground is blessed with scent and with flowers strewn

RI RAB LING ZHI NYI DÄ GYÄN PA DI

Adorned with Mount Meru, the four continents, the sun and moon,

SANG GYÄ ZHING DU MIG TE ÜL WA YI

Transformed as a pure land and offered.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

May all transmigratory beings enjoy this buddha land.

Request to Turn the Wheel of Dharma

JE TSÜN LA MA DAM PA KHYE NAM KYI

Perfect, pure, holy gurus, from the billowing clouds of

CHHÖ KÜI KHA LA KHYEN TSEI CHHU DZIN THRIG

Wisdom and compassion in the sky of the dharmakaya,

JI TAR TSHAM PÄI DÜL JÄI DZIN MA LA

Please let fall a rain of profound and extensive Dharma

ZAB GYÄ CHHÖ KYI CHHAR PA WAB TU SÖL

Upon the receptacle of those to be subdued, exactly as they need.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Taking Refuge and Generating Bodhichitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA
I take refuge until I am enlightened

JANG CHHUB BAR DU DAG NI KYAB SU CHHI
In the Buddha, the Dharma, and the Supreme Assembly.

DAG GI JIN SOG GYI PÄI TSHOG NAM KYI
By my merits of generosity and so forth,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)
May I become a buddha to benefit transmigratory beings. (3x)

Dedications

To Achieve Buddhahood

GE WA DI YI NYUR DU DAG

Due to this virtue, may I quickly

LA MA SANG GYÄ DRUB GYUR NÄ

Attain the state of a guru-buddha

DRO WA CHIG KYANG MA LÜ PA

And lead all transmigratory beings,

DE YI SA LA GÖ PAR SHOG

Without exception, into the enlightened state.

To Actualize Bodhicitta

JANG CHHUB SEM CHHOG RIN PO CHHE

May the precious supreme Bodhichitta

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise and grow.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.

To Realize Emptiness

TONG NYI TA WA RIN PO CHHE
May the precious view of emptiness

MA KYE PA NAM KYE GYUR CHIG
That has not arisen, arise and grow.

KYE PA NYAM PA ME PA YI
And may that which has arisen not diminish,

GONG NÄ GONG DU PHEL WAR SHOG
But increase more and more.

For the Long Life of His Holiness the Dalai Lama
By Lama Zopa Rinpoche

JIG TEN KHAM DIR PHÄN DE MA LÜ PA
The wish-granting Wish-Fulfilling Jewel,

GANG LÄ JUNG WÄI SAM PHEL YI ZHIN NOR
Source of every single benefit and happiness in this world,

KA DRIN TSHUNG ME TÄN DZIN GYA TSHO LA
To the incomparably kind Tenzin Gyatso, I beseech:

SÖL WA DEB SO THUG ZHE LHÜN DRUB SHOG
May all your holy wishes be spontaneously fulfilled.

For the Long Life of His Holiness the Dalai Lama

Traditional prayer

GANG RII RA WÄ KOR WÄI ZHING KHAM DIR
In the land encircled by snow mountains,

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ
You are the source of all happiness and good.

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI
All-powerful Chenrezig, Tenzin Gyatso,

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG
Please remain until samsara ends.

Prayer for the Swift Return of Lama Zopa Rinpoche

THUB TÄN CHI DANG JAM GÖN GYÄL WÄI TÄN
Patient in bearing the hardships of spreading the teachings of the Muni in general

CHHOG GYAR PEL LA KA CHÄ RAB ZÖ PA
And the teachings of the Victorious Jamgon [Tsongkhapa] in hundreds of directions

SUM DÄN NGUR MIG DZIN PA CHHÖ KYI JE
Lord of Dharma holding the three vows and wearing saffron robes

DA DRÄL TÄN PÄI PÄL DU NYUR JÖN SHOG
Please quickly return as the glory of the peerless teachings.