

Prayer Book



Lhagsam
Meditation

Produced for the weekend with HE Serkong Tsenshap Rinpoche – August/September 2024

Lhagsam Tibetan Meditation, Zurich

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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 Bodhicitta

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)

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 Bodhichitta

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.

For His Holiness's Wishes to be Spontaneously Fulfilled

TONG NYI NYING JE ZUNG DU JUG PÄI LAM

Savior of the Land of Snow teachings and transmigratory beings,

CHHE CHHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN

Who extensively clarifies the path that unifies emptiness and compassion,

CHHAG NA PÄ MO TÄN DZIN GYA TSHO LA

To the Lotus Holder, Tenzin Gyatso, I beseech –

SÖL WA DEB SO ZHE DÖN LHÜN DRUB SHOG

May all your holy wishes be spontaneously fulfilled.

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.