

Prayer Book



Lhagsam
Meditation

Produced for the teachings with Geshe Sherab at 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)

The Four Immeasurables

SEM CHÄN THAM CHÄ DE WA DANG DE WÄI GYU DANG DÄN PAR GYUR CHIG
May all sentient beings have happiness and the causes of happiness.

SEM CHÄN THAM CHÄ DUG NGÄLDANG DUG NGÄLGYI GYU DANG DRÄLWAR GYUR CHIG
May all sentient beings be free from suffering and the causes of suffering.

SEM CHÄN THAM CHÄ DUG NGÄLME PÄI DE WA DANG MI DRÄLWAR GYUR CHIG
May all sentient beings never be separated from the happiness that knows no suffering.

SEM CHÄN THAM CHÄ NYE RING CHAG DANG NYI DANG DRÄLWÄI TANG NYOM LA NÄ PAR GYUR CHIG
May all sentient beings abide in equanimity, free of attachment and hatred (for those held) close and distant.

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.

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.