

Prayer Book



Lhagsam
Meditation

Produced for the 2023 course with Ven. Mary Reavey at Lhagsam Tibetan Meditation, Zurich

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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)

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 NGÄL DANG DUG NGÄL GYI GYU DANG DRÄL WAR
GYUR CHIG
May all sentient beings be free from suffering and the causes of suffering.

SEM CHÄN THAM CHÄ DUG NGÄL ME PÄI DE WA DANG MI DRÄL WAR GYUR CHIG
**May all sentient beings never be separated from the happiness that knows no
suffering.**

SEM CHÄN THAM CHÄ NYE RING CHHAG DANG NYI DANG DRÄL WÄI 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.**

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.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

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.

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.