

Prayerbook for Teaching Occasions
Maitreya Instituut Amsterdam



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Prayers for the Beginning of Teachings

Praise to Śākyamuni Buddha

[Guru], Teacher, Bhagavān, Tathāgata, Arhat, Perfectly Complete Buddha, Perfect in Knowledge and Good Conduct, Sugata, Knower of the World, Supreme Guide of Beings to Be Subdued, Teacher of Gods and Humans; to you, Buddha Bhagavān, Glorious Conqueror Śākyamuni, we prostrate, make offerings, and go for refuge. (3x)

When, supreme among humans, you were born on this earth,
 You paced out seven strides,
 Then said, “I am supreme in this world.”
 To you, who were wise then, we prostrate.

With pure bodies, form supremely pure;
 Wisdom ocean, like a golden mountain;
 Fame that blazes in the three worlds,
 Winner of the best—Savior, to you we prostrate.

With the supreme signs, face like a spotless moon,
 Color like gold—to you, we prostrate.
 Dust-free like you, the three worlds are not.
 Incomparably wise one—to you, we prostrate.

The savior having great compassion,
 The teacher having all understanding,
 The field of merit with qualities like a vast ocean
 To you, the One Gone to Thusness, we prostrate.

The purity that frees one from attachment,
 The virtue that frees one from the lower realms,
 The one path, the sublime pure reality
 To the Dharma that pacifies, we prostrate.

Those who are liberated and who also show the path to liberation,
 The holy field qualified with realizations,
 Who are devoted to the moral precepts
 To you, the Sublime Community Intending Virtue, we prostrate.

Do not commit any unwholesome actions.
 Engage in perfect, wholesome actions.
 Subdue one's own mind.
 This is the teaching of the Buddha.

A star, a defective view, a butter lamp flame,
 An illusion, a dew drop, a water bubble,
 A dream, lightning, a cloud:
 See all causative phenomena like this.

By these merits, may transmigratory beings
 Attain the state of all-seeing, subdue the enemy of faults,
 And be freed from the ocean of saṃsāra
 Disturbed by the waves of aging, sickness, and death.

Four Immeasurables

Immeasurable Equanimity

How wonderful it would be if all sentient beings were to abide in equanimity,
 free from the closeness of attachment and the distance of hatred.
 May they abide in equanimity.
 We ourselves will cause them to abide in equanimity.
 Please, Guru-Deity, bless us to be able to do this.

Immeasurable Loving Kindness

How wonderful it would be if all sentient beings were to achieve buddhahood.
 May they achieve buddhahood.
 We ourselves will cause them to achieve buddhahood.
 Please, Guru-Deity, bless us to be able to do this.

Immeasurable Compassion

How wonderful it would be if all sentient beings were free from suffering and
 the causes of suffering.
 May they be free from suffering and its causes.
 We ourselves will cause them to be free from suffering and its causes.
 Please, Guru-Deity, bless us to be able to do this.

Immeasurable Joyfulness

How wonderful it would be if all sentient beings were never separated from the happiness of higher rebirth and liberation.

May they never be separated from these.

We ourselves will cause them never to be separated from these.

Please, Guru-Deity, bless us to be able to do this.

Short version Four Immeasurables

May all beings have happiness and the causes of happiness.

May all beings be free from suffering and the causes of suffering.

May all beings never be separated from the happiness that knows no suffering.

May all beings have equanimity, free of attachment to some and hatred to others.

Request to the Lineage Gurus

To the Root Guru

Magnificent and precious root guru,

Please abide on the lotus and moon on our crowns,

Guide us with your great kindness,

And grant us the realizations of your holy body, speech, and mind.

To Guru Śākyamuni Buddha

Holy body created by ten million excellent virtues,

Holy speech fulfilling the hopes of infinite transmigratory beings,

Holy mind seeing all objects of knowledge just as they are:

To the principal of the Śākyas, we make requests.

To Maitreya and Mañjuśrī

Supreme heirs of the unequaled Teacher,

Having assumed the burden of all the conquerors' deeds,

Emanating in innumerable buddha lands:

To Maitreya and Mañjuṣa, we make requests.

To His Holiness the Dalai Lama

You who have control over Hero Mañjuśrī's speech,
 With a fine mind and transcendental wisdom upholding
 the Victorious One's teachings,
 Deep as the ocean, savior conquering the three levels of existence:
 To you, incomparable one, Jampal Ngawang Lozang Yeshe Tenzin Gyatso, we
 make requests.

To Kyabje Thubten Zopa Rinpoche

With your strong shoulders of learning and practice,
 You patiently establish in all directions the stainless banner of the Muni's
 teachings
 And especially the teachings of Lama Tsongkhapa.
 To the extremely steadfast Thubten Zopa, we make requests.

To All Spiritual Friends

Eyes viewing all the infinite scriptures,
 Supreme gateway for the fortunate traveling to liberation,
 Engaging with skillful means moved by love:
 To the illuminating spiritual friends, we make requests.

Seven-Limb Prayer

We prostrate reverently with our body, speech, and mind.
 We present clouds of every type of offering, both actually arranged and
 mentally emanated.
 We confess all our negative actions and downfalls collected from beginningless
 time.
 We rejoice in the virtues of ordinary beings and āryas.
 Please remain until the end of cyclic existence
 And turn the wheel of Dharma for transmigratory beings.
 We dedicate our own and others' virtues to great enlightenment.

Short Maṇḍala Offering

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, the four continents, the sun, and
the moon,
We imagine as a buddha land and offer it.
May all transmigratory beings enjoy this pure land.

Perfect, pure, holy gurus, from the billowing clouds
Of wisdom and compassion in the sky of the dharmakāya,
Please let fall a rain of profound and extensive Dharma
Upon the earth of those to be subdued, exactly as they need.

IDAṂ GURU RATNA MAṆḌALAKAṂ NIRYĀTAYĀMI

Taking Refuge and Generating Bodhicitta

We take refuge until we are enlightened
In the Buddha, the Dharma, and the Supreme Assembly.
By our merits of listening to the Dharma,
May we become buddhas to benefit all transmigratory beings. (3x)

SANG GYĀ CHÖ DANG SOG KYI CHOG NAM LA
I go for refuge until I am enlightened

JANG CHUB BAR DU DAG NI KYAB SU CHI
To the Buddha, the Dharma, and the Supreme Assembly.

DAG GI CHÖ NYEN GYI PE SÖ NAM GYI
By the merits I create through listening to the Dharma,

DRO LA PEN CHIR SANG GYE DRUB PAR SHOG (3x)

May I become a buddha in order to benefit all sentient beings. (3x)

Prayers for the Conclusion of Teachings

Dedicating the Merits of Listening

May whatever virtue we have collected
Benefit the teachings and all transmigratory beings
And may it especially cause the essence of
Perfect, pure Lozang Dragpa's teachings to shine forever.

To Actualize Bodhicitta

JANG CHHUB SEM CHHOG RIN PO CHHE
May the supreme jewel bodhicitta
MA KYE PA NAM KYE GYUR CHIG
That has not arisen, arise and grow;
KYE WA NYAM PA ME PA YANG
And may that which has arisen not diminish
GONG NÄ GONG DU PHEL WAR SHOG
But increase more and more.

Short Maṇḍala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM
This ground, anointed with perfume, strewn with flowers,
RI RAB LING ZHI NYI DÄ GYÄN PA DI
Adorned with Mount Meru, four continents, the sun and
the moon.
SANG GYÄ ZHING DU MIG TE ÜL WA YI
I imagine this as a buddha-field and offer it.
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
May all living beings enjoy this pure land!

May our perfect, pure guru's life be long
And his or her white actions flourish in the ten directions.
May the torch of the teachings of Lozang Dragpa always remain,
Dispelling the darkness of the transmigratory beings of the three levels.

IDAM GURU RATNA MAṆḌALAKAṆ NIRYĀTAYĀMI

For the Long Life of His Holiness the Dalai Lama

Incomparably kind and supreme Tenzin Gyatso,
 The wish-granting Wish-Fulfilling Jewel
 Source of every single benefit and happiness in this world
 May you have a long life and all your holy wishes be spontaneously fulfilled.

Savior of the Land of Snow's teachings and transmigratory beings,
 Who extensively clarifies the path that unifies emptiness and compassion,

To the Lotus Holder, Tenzin Gyatso, we beseech.
 May all your holy wishes be spontaneously fulfilled.

In the land encircled by snow mountains,
 You are the source of all happiness and good.
 All-powerful Chenrezig, Tenzin Gyatso,
 Please remain until saṃsāra ends.

For the Swift Return of Lama Zopa Rinpoche

Peerless Teacher and assembly of the children of the victorious ones, śrāvakas,
 and pratyekabuddhas;
 Victorious Lozang, father and sons, along with the lineage masters;
 All the objects of refuge of infinite lands—
 Please bestow the virtue and goodness of accomplishing this prayer here and
 now.

Holding and spreading the Muni's (thub) precious and complete teachings
 (ten)
 Through explanation and practice,
 You wore the armor of patience (zopa) that is never discouraged—
 Incomparable venerable guru, to you we make request.

While striving single-pointedly for the sake of the Victorious One's teachings,
 The sole gateway through which all benefit and happiness emerge,
 And for mother living beings,
 You suddenly departed to peace—what a great loss!

Nevertheless, through the undeceiving truth
 Of the blessings of the ocean of the Three Jewels
 And the great waves of bodhicitta of the children of the victorious ones,
 May the smile of a reincarnation swiftly beam in glory for fortunate disciples!

To dedicate and seal the Merits with Emptiness

GE WA DI YI NYUR DU DAG
 Due to the merits of these virtuous actions
 LA MA SANG GYÄ DRUB GYUR NÄ
 May I quickly attain the state of a Guru-Buddha
 DRO WA CHIG KYANG MA LÜ PA
 And lead all living beings, without exception,
 DE YI SA LA GÖ PAR SHOG
 Into that enlightened state.

May the precious view of emptiness
 Not yet born arise.
 May that arisen not decline,
 But increase more and more.

Due to all the past, present, and future merits collected by us, the numberless buddhas, and the numberless sentient beings, which are completely empty of existing from their own side, may we, who are completely empty of existing from our own side, achieve the state of full enlightenment, which is completely empty of existing from its own side, and lead all sentient beings, who are completely empty of existing from their own side, to that state, which is completely empty of existing from its own side, by ourselves alone, who are completely empty of existing from our own side.

To Dedicate in the Same Way as All the Past Buddhas and Bodhisattvas

We fully dedicate all these virtues
 To be able to train just like
 The hero Mañjuśrī, who knows reality,
 And just like Samantabhadra as well.

We fully dedicate all our roots of virtue
With the dedication praised as the best
By all the gone-beyond victorious ones of the three times
In order to have good conduct.

For the Dharma king Tsongkhapa's
Way of Dharma to flourish,
May all signs of obstacles be pacified
And all conducive conditions be complete.

Due to the two types of merits
Of the three times of ourselves and others,
May the teachings of the victorious one, Lozang Dragpa,
Shine resplendent forever.