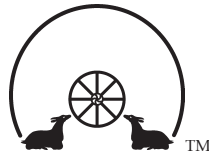


PAL DEN LA MA ZHAP PE TEN PA DANG
KHA NYAM YONG LA DE KYI JUNG WA DANG
DAK ZHEN MA LÜ TSHOK SAK DRIP JANG NE
NYUR DU SANG GYE SA LA GÖ PAR SHOK

May the glorious lamas live long.
May happiness and well being arise for all sentient beings, present throughout space.
May I and all beings without exception, having gathered the two accumulations and purified the two obscurations,
be swiftly established in the state of buddhahood.

SANG GYE KU SUM NYE PAY JIN LAP DANG
CHÖ NYI MIN GYUR DEN PAY JIN LAP DANG
GEN DÜN MI CHE DÜN PAY JIN LAP KYI
JI TAR NGO WA MÖN LAM DRUP GYUR CHIK

Through the blessing of the buddhas' attainment of the three bodies,
through the blessing of the unchanging truth of dharmata,
and through the blessing of unwavering aspiration of the sangha,
may this dedication prayer be accomplished.



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Daily Prayers

REFUGE PRAYER

SANG GYE CHÖ DANG TSHOK KYI CHOK NAM LA
JANG CHUB BAR DU DAK NI KYAP SU CHI
DAK GI JIN SOK GYI PAY SÖ NAM KYI
DRO LA PHEN CHIR SANG GYE DRUP PAR SHOK

Until I reach enlightenment, I take refuge
in the Buddha, the Dharma and the noble Sangha.
Through the merit of accomplishing the six perfections,
may I achieve awakening for the benefit of all sentient beings.

THE FOUR IMMEASURABLES

SEM CHEN THAM CHE DE WA DANG DE WAY GYU DANG DEN PAR GYUR CHIK
DUK NGAL DANG DUK NGAL GYI GYU DANG DREL WAR GYUR CHIK
DUK NGAL ME PAY DE WA DAM PA DANG MI DREL WAR GYUR CHIK
NYE RING CHAK DANG NYI DANG DREL WAY TANG NYOM CHEN PO LA NE PAR GYUR CHIK

May all sentient beings gain happiness and the cause of happiness.
May they be free from suffering and the cause of suffering.
May they never be separate from the highest bliss, which is devoid of suffering.
May they come to rest in the great impartiality, which is free of attachment and aversion.

MEAL PRAYER

TÜN PA LA ME SANG GYE RIN PO CHE
KYOB PA LA ME DAM CHÖ RIN PO CHE
DREN PA LA ME GEN DÜN RIN PO CHE
KYAP NAY KÜN CHOK SUM LA CHÖD PA BÜL

To the precious Buddha, unsurpassable teacher,
To the precious Dharma, unsurpassable refuge,
To the precious Sangha unsurpassable guide,
To the Three Jewels, the sources of refuge, I make this offering.

GENERAL PRAYER FOR THE LAMAS' LONG LIFE

LA MA KU KHAM ZANG WAR SÖL WA DEP
CHOK TU KU TSHE RING LA SÖL WA DEP
THRIN LE DAR ZHING GYE LA SÖL WA DEP
LA MA DANG DREL WA ME PAR JIN GYI LOP

I pray that the lamas' health be excellent,
that their supreme lives be long,
and that their activities increase and spread.
Bless us that we remain inseparable from the lamas.

DEDICATION PRAYERS

GE WA DI YI KYE WO KÜN
SÖ NAM YE SHE TSHOK DZOK TE
SÖ NAM YE SHE LE JUNG WAY
DAM PA KU NYI THOP PAR SHOK

Through this virtue, may all beings
gather the accumulation of merit and wisdom.
May they attain the two supreme kayas
arising from merit and wisdom.

SÖ NAM DI YI THAM CHE ZIK PA NYI
THOP NE NYE PAY DRA NAM PAM JE NE
KYE GA NA CHI BA LAP THRUK PA YI
SI PAY TSHO LE DRO WA DRÖL WAR SHOK

By this merit may all attain omniscience.
May it defeat the enemy, wrongdoing.
From the stormy waves of birth, old age, sickness, and death,
from the ocean of samsara, may I free all beings.

JAM PAL PA WÖ JI TAR KHYEN PA DANG
KÜN TU ZANG PO DE YANG DE ZHIN TE
DE DAK KÜN GYI JE SU DAK LOP CHING
GE WA DI DAK THAM CHE RAP TU NGO

The courageous Manjushri, who knows everything as it is,
Samantabhadra, who also knows in the same way,
and all the bodhisattvas – that I may follow in their path,
I completely dedicate all this virtue.