

**NYINGMA KATHOK BUDDHIST CENTRE**

**PRAYER TEXT FOR  
DZAMBALA GROUP PRACTICE**

## REQUEST PRAYER TO THE LINEAGE LAMAS

### PAGE 1

HUNG HRIH MA LU SEM CHEN KUN GYI GON GYUR CHIG  
DUD DE PUNG CHE MI ZED JOM DZED LHA  
NGO NAM MA LU JI ZHIN KHYEN GYUR PI  
CHOM DEN KHOR CHE NE DIR SHEG SU SOL

*HUNG HRIH The protector of all sentient beings  
The destroyer of the classes of demons and their armies  
The knower of all realities as they are -  
The Buddhas and their retinues - I request you all to come here*

### PAGE 2

HUNG HRIH NGON GYI KAL PI TANG PO LA  
O GYEN YUL GYI NUB JANG TSHAM  
DHA NA KO SHI TSHO LING DU  
PE MA KHE SAR DONG PO LA  
YAN TSHEN CHHOG GI NGO DRUB NYE

*HUNG HRIH In the beginning of this eon,  
In the northwest land of Oddiyana,  
On an island in lake Dhanakoshi,  
(Arising) from the heart of a lotus,  
Endowed with the marvelous attainments,*

### PAGE 3

PE MA JUNG NE ZHE SU THRAG  
KHOR TU KHAN DRO MANG PO KOR  
KHYE KYI JE SU DAG DRUB KYI  
JIN GYI LAB CHHIR SHEG SU SOL  
GURU PEMA SID DHI HUNG

*You are the renowned Lotus-born,  
Surrounded by numerous Dakinis.  
Following you in my practice,  
May your blessings thus descend upon me.  
Guru Pema Siddhi Hung*

### PAGE 4

NEN CHHOG DI RU JIN PHOB LA  
DRUB CHHOG DAG LA WANG ZHI KUR  
GEG TANG LON DREN BAR CHED SOL  
CHHOG TANG THUN MONG NGO DRUB TSOL

CHOM DEN DIR NI JON PA LEG

*By the descend of blessings onto this sacred place,  
For the purpose of accomplishing the sublime, grant me the four empowerments,  
Clear all obstacles arising from obstructers and agents of perversion,  
And bestow the supreme and common accomplishments.*

*I welcome the Victorious Ones to this place*

PAGE 5

DAG CHAG SO NAM KAL WA DEN  
DAG GI CHHOD YON ZHE NE KYANG  
DI NYID TU NI ZHUG SU SOL

DIR NI ZUG TANG LHEN CHIG DU  
DRO WI THON TU ZHUG NE KYANG

*All the portions of merits that we possess (we offer to you).  
Please accept these offerings  
And thus abide here.*

*Abiding here, together with your form,  
For the purpose of beings cycling in samsara*

PAGE 6

NE MED TSHE TANG WANG CHHUG TANG  
CHHOG NAM LEG PAR CHAL TU SOL

KUN ZANG DOR SEM GA RAB SHI RI SENG  
PE MA KA RA JEN BANG NYI SHU NGA  
SO ZUR NUB NYANG TER TON GYA TSA SOG

*Please bestow upon me health, long life, freedom from worldly cares,  
And all that is superior and excellent.*

*Buddha Samantabhadra, Vajrasattva, Garab Dorje and Shri Singha,  
Padmakara, King and twenty-five disciples,  
So, Zur, Nub, Nyang, the hundred tertöns and others,*

PAGE 7

KA TER LA MA NAM LA SOL WA DEB

NYAM MED CHUG GI GYEN GYUR KA DAM PA  
KUN DU OD KYI SAR ZHUG TSANG TON JE  
THAM CHE KHYEN NGO PAL DEN JAM PA BUM  
TEN PI JUNG NE SUM LA SOL WA DEB

*And all gurus of Kama and Terma, I supplicate.*

*Kadampa, the unequalled crown ornament  
Lord Tsangton, abiding in the land of "All Light"  
Glorious Jampa Bum, the knower of all realities  
To these three who are sources of teachings, I supplicate.*

PAGE 8

YONG DZOG TEN PI NGA DAG SO NAM BUM  
KYED DZOG GONG PA THAR CHIN YE SHE BUM  
SED SOI TUL ZHUG DRUB PA JANG CHUB PA  
TEN PI DRON ME SUM LA SOL WA DEB

KON CHHOG GYAM TSHOI RANG ZUG KA THOG PA

*Sonam Bum, who mastered the entire teachings  
Yeshe Bum, who thoroughly accomplished the intent of the generation and completion stages*

*Jangchubpa, who accomplished the yogic practice of taking and restoring of life  
To these three flames of the teachings, I supplicate.*

*Kathogpa, the very embodiment of an ocean of Three Jewels*

PAGE 9

THAM TSANG JAM SUM LUNG TEN BU ZHI TANG  
LA RAB CHUG SUM THRUNG RAB CHUG SUM SOG  
DRUB PI WANG CHHUG MOG RAB CHUG SUM SOG  
KA GYUD NOR BUI THRENG WA DE DAG LA  
NYING NE SOL WA DEB SO JIN GYI LOB

*Tham, Tsang and Jam, and the four foretold ones  
The thirteen La-Rabs and the thirteen Thrung-Rabs  
And the thirteen Mo-Rabs who accomplished all the qualities  
To them, the jewel garland of the kama lineage  
I supplicate from the depth of my heart for your blessings*

PAGE 10

DUD TANG THA MA DUL WI THUG JE TANG  
THU TOB NU PA DOR JE DZIN TANG TSHUNG  
THU SUM SANG GYE KUN DU LU MED KYAB  
TER ZHED NYING PI SHAB LA SOL WA DEB

THU SUM KHYEN TSE O GYEN BI MA LA

*You who with compassion subdue demons and the army of foreign enemies,  
Who is just like Vajrapani in capacity, strength and power.  
Who truly is the Buddha of the three times, the embodiment of refuge,  
At your feet, TerzhayNyingpo, I supplicate.*

*The wisdom-compassion of the three times, O-gyanVimala*

PAGE 11

SANG DZOD THUG KYI PAL WEI GO CHHE NE  
ZAB SAL NYEN GYUD KAL DEN DRO LA PEL  
LONG SAL NYING PI SHAB LA SO WA DEB

OG MIN CHHO KYI YING KYI PHO TRANG NE  
THU SUM SANG GYE KUN GYI NGO WO NYID

*Opening the door of the auspicious endless-knot\* of the mind's secret treasury  
Propagating the profound and luminous aural lineage to destined beings  
At your feet, Longsal Nyingpo, I supplicate.  
\*one of the eight auspicious emblems*

*In the dharmadhatu palace of Akanishtha  
The intrinsic nature of all the Buddhas of the three times*

PAGE 12

RANG SEM CHHO KU NGON SUM TON DZED PI  
TSA WI LA MI SHAB LA SO WA DEB

*The one who directly points out our mind as dharmakaya  
Root guru, at your feet, to you I supplicate.*

**EIGHT-BRANCH OFFERING**

DOR JE LOB PON SANG GYE PAL  
THU SUM ZHUG LA CHAN TSAL LO  
CHHOG SUM TEN PI ZHI GYUR LA  
NYI MED YID KYI KYAB SUN CHHI

*Vajra master (who is none other than) the glorious Buddhas  
I prostrate to you who is present throughout the three times.  
To the triple gems, the basis of the teachings  
With a non-dual mind, I go to you for refuge.*

PAGE 14

NGON JOR YID KYI NAM TRUL PI  
THAG PI CHHOD PA ZHE SU SOL  
NGO DRUB CHU WO CHOD PI GEG  
NYE JE MA LU SHAG PAR GYI

CHHOG CHUI KHOR SUM THAG PI CHHO

*Pure offerings both real and imagined  
I offer them to you, please accept  
Actions resulting in obstructions that cut the flow of accomplishments  
Such actions that are wrong or vows breaking, I confess them all.*

*Activities in the ten directions imbued with the threefold purity\*,*

*\* threefold purity refers to the notion of (1) not being caught up with ideas about yourself, (2) not being caught up with ideas about the practice, and (3) not being caught up with ideas about the result.*

PAGE 15

MA CHHAG CHOD LA JE YI RANG  
THAG PI THA ZHI THRI MA MED  
DZOG PI JANG CHUB SEM KYE DO

DE SHEG JANG CHUB SEM PA LA  
THAG PA SUM GYI LU BUL LO

*And performed without attachment, I rejoice.  
Untainted by the four extreme views\*\*,  
I generate the perfect bodhicitta.*

*To the Sugatas and Bodhisattvas  
We offer bodies of the three purities#.*

*\*\* four extreme views refer to views of phenomena as (1) existent, (2) non-existent, (3) both existent and non-existent, and (4) neither existent nor non-existent*

*# In Mahayoga, three purities refer to (1) purity of the outer world {snod dag pa} (2) purity of its inner contents {bcud dag pa} and (3) purity of the components, bases and activity fields forming the mind-stream {rgyudrnams dag pa}*

PAGE 16

TSHE RAB DRANG WI LE NAM KUN  
DU TE JANG CHUB CHHEN POR NGO

SEM CHEN DE TANG DEN GYUR CHIG

DUG NGAL KUN TANG DRAL WAR SHOG  
DE TANG TAG TU MIN DRAL ZHING

*All the merits performed in our series of lives  
We gather them together and dedicate them to Great Awakening.*

*In order that sentient beings have (temporal) happiness,  
May they be separated from suffering.  
In order that sentient beings have eternal (permanent) happiness,*

PAGE 17

CHHO KUN NYAM NYID TOG PAR SHOG

OM AH HUNG  
CHHO YING MANDAL RIG PE GYEN PA DI  
LA MA SANG GYE CHHO KYI KU LA BUL  
RANG LU MANDAL WANG PO GYEN PA DI

*May they realized the sameness of all phenomena.*

*Om Ah Hung  
This mandala of the dharmadhatu adorned with Rigpa (Knowledge)  
The dharmakaya of awakening, I offer to the lama.  
This mandala of my body adorned with sense faculties,*

PAGE 18

LA MA LONG CHOD DZOG PI KU LA BUL  
RIN CHHEN MANDAL SER YU GYEN PA DI  
LA MA THUG JE TRUL PI KU LA BUL  
GU RU RATNA MANDALA KAM NIRYA TA YA MI

*The sambhogakaya of complete enjoyment, I offer to the lama.  
This jeweled mandala adorned with gold and turquoise  
The nirmanakaya of compassion, I offer to the lama.  
Guru Ratna Mandala KamNiryayami*

PAGE 19

**ASPIRATION PRAYER TO THE PROTECTORS OF TRANSMIGRATORS**

E MA HO  
DRO GON PHAG PI TSHOG NAM GONG  
DROL LA DE KYID JUNG WI ZHI  
SANG GYE CHHO KYI SOL DZIN PI

*Emaho  
The intent of buddhas and bodhisattvas is to protect transmigrating beings,  
And is the basis of the arising of transmigrating beings' happiness.  
(As buddhas and bodhisattvas) are holders of the enlightened dharma,*

PAGE 20

CHHOG CHUR GEN DUN THAR GYUR CHIG

SANG GYE NAM KYI RAB NGAG SHING  
KYEN DRO ZHI WAR GO PI ZHI  
DU PA GYAM TSHOI TSON KHOR NAM

## THUG YID CHIG TU DRE GYUR CHIG

*I pray that the sangha (of buddhas and bodhisattvas) flourish in the ten directions.*

*As greatly praised by Buddhas and Bodhisattvas,  
The basis for the placement of samsaric beings in nirvana  
Is the hosts of principal deities and their retinues,  
May the enlightened mind and my mind mingle as one.*

### PAGE 21

LHA TANG LA MA CHIG PI THROG  
PHEN TSHUN TSE WA RAM PHEL ZHING  
SEM YID DA NOL MIN DZOL ZHING  
CHIG SEM CHIG LA THED PAR SHOG

KYIN KHOR WANG DRAL CHIG PI THROG

*With the Deity and Guru as friends,  
And as mutual affection deepens and grows,  
May our minds communicate without confusion, and  
Being of one mind, gain confidence in one another.*

*As friends through being initiated into the same mandala,*

### PAGE 22

PHEN TSHUN YON TEN THONG WA TANG  
KYIN KHOR LHA TANG LHA MO YI  
THAR LAM THROG SU THONG WAR SHOG

THROG KYI CHOE PI KYONG THONG NA  
RANG GI SEM KYI KYON TU NGE

*Mutually seeing good qualities in one another,  
(And as) male and female deities of the mandala,  
May we see each other as friends along the path to liberation.*

*Should I see faults in these friends,  
May I understand that it is due to my faulty mind.*

### PAGE 23

RANG KYON RANG GI THONG WA TANG  
THAG PI NANG WA THONG WAR SHOG

DU PI CHHED CHAM MA LU KUN  
THAM SEL TSA TUNG MI JUNG ZHING  
NYE PI THRI MA KHANG GO PA

*Recognizing my own faults,  
May I see pure appearances.*

*May all vajra brothers and sisters,  
Not give rise to root downfalls through lapses in keeping samaya.  
And may all stains and defilements from wrong doing,*

### PAGE 24

KED CHIG NYID LA THAG GYUR CHIG

THROG LA THAG NANG PHEL WA TANG  
CHHO LA CHHOG SHE MED PA TANG  
LAM KHYER CHHO CHOD CHU LA SOG  
THANG LHOD MED CHING RAM PHEL SHOG

*Be instantly purified.*

*May pure view of our friends grows,  
May we continue to thirst for the Dharma,  
And in proceeding along the path via the ten activities(#)  
May we not be inconsistent but progress rapidly.*

*(#) The ten Dharma activities are: (1) transcribe the Dharma (2) perform offerings to the three Jewels (3) do charity (4) listen to the Dharma (5) follow and uphold the Dharma (6) study the Dharma (7) teach the Dharma (8) recite the Dharma (9) contemplate (10) meditate*

#### PAGE 25

KYEN DROL DE ZHING KYED PI ZHI  
SANG NGAG NYING PO THAR GYUR CHIG  
SANG NGAG ZHUNG ZHIN CHOD PA TANG  
LAG LEN NON THRUL MI JED SHOG

LHA TANG LA MI JIN LAB KYI

*May the essence of the secret mantra - the basis of  
Happiness and well-being of sentient beings - flourish.  
May our conduct accord with the secret mantra  
And may we not err in our practice.*

*By the blessing of the deities and the lama,*

#### PAGE 26

CHHO KYI GAL KYEN KUN ZHI ZHING  
THUN KYEN KHONG TU PHEL WA TANG  
TEN PA KHONG PHEL RAB GYE SHOG

KYED DZOG DEN PI THU TOB KYI  
TEN LA NOD PA KUN ZHI NE

*May adverse conditions for the Dharma be completely pacified  
And favourable conditions flourish  
So that the teachings may develop, advance and thrive.*

*By the power and strength of the authenticity of the generation and completion,  
May all that can harm the teachings be subdued*

#### PAGE 27

SA CHU NYI DA NE KYI WAR  
TEN PA-ANG DE ZHIN RAB TEN SHOG

*Thereby enabling the teachings to last  
And abide everywhere.*

*SamayaGyaGyaGya. This prayer text is based on the hidden treasure (terma) of Vimalamitra, which by his blessing, was retrieved by the TertanLongsalNyingpo.*

#### PAGE 29

## LONGSAL DORJE NYINGPO LINEAGE PRAYER

HUNG HRIH KYE MED CHHO KU KUN TU ZANG PO TANG  
LHUN DRUB LONG KU RIG NGA KHANG CHHEN TSHO  
GA RAB DOR JEI ZHAB LA SOL WA DEB  
ZAG MED JA LU DRUB PAR JIN GYI LOB

*Hung Hrih To Samanthabadhra - the unborn dharmakaya  
To The five families of Buddha Immense Ocean - the spontaneously existing sambhogakaya  
And to Garab Dorje, at your feet I supplicate  
Bless me to accomplish the stainless rainbow body.*

### PAGE 30

NYING PI THON TON SHIRI SENGHA TANG  
CHHI MED RIN DZIN PE MA JUNG NE TANG  
DE CHHEN GYAM TSO ZHAB LA SOL WA DEB  
ZAG MED JA LU DRUB PAR JIN GYI LOB

RIN DZIN CHHEN PO DUN DUL DOR JE TANG

*To Shri Simha who points out the essential truth,  
To Vidhyadhara Padmakara, who is beyond death,  
And to Dechen Gyamtso, at your feet I supplicate  
Bless me to accomplish the stainless rainbow body*

*To Great Vidhyadhara Dundul Dorje*

### PAGE 31

LONG SAL THON TON THRIN CHHEN LA MI ZHAB  
LUN ZIN CHHO DAG NAM LA SOL WA DEB  
ZAG MED JA LU DRUB PAR JIN GYI LOB

BUM THRAG THRUG CHUI KA YI CHYA RA WA  
NGAG DAG THRANG SONG KYE BU LEG PA TSAL

*To the immensely kind lama who shows the meaning of Longsal's teachings  
And to all the Dharma kings foretold (to become Buddhas), I supplicate  
Bless me to accomplish the stainless rainbow body.*

*To the guardians of the six million divisions of the Kama  
The mantra masters, the rishis, and the leaders of men, who exude excellence,*

### PAGE 32

THAM CHEN GYAM TSOI ZHAB LA SOL WA DEB  
DRUB PI BAR CHED ZHI WAR JIN GYI LOB

*To the ocean of samaya-bound protectors, at your feet I supplicate  
Please pacify all obstructers and clear all obstacles to (my) practice.*

### PAGE 33

**THE DAILY PRACTICE TEXT IN THE MEDIUM LENGTH GENERATION & COMPLETION  
STAGES OF FORCEFUL BLAZING WISDOM**

**Refuge**

NAMO DAG TANG THA YE SEM CHEN NAM  
WANG DRAG PEMA KYAB SUN CHI  
NGEN SONG DUG NGAL JONG TU SOL

PAGE 34

KHOR WI THRUN KOR DOG TU SOL (3X)

*Namo I and infinite sentient beings  
Go to the forceful Lotus Guru for refuge.  
Please purify us of the sufferings of bad transmigration.  
Please reverse the vicious turning of the wheel of existence.*

**Generate Intention of Bodhicitta**

HUNG MA GYUR DRO WA THA DAG KUN  
THRAG PI KHON PHANG THOB JI CHHIR  
DAG NYI THRAG PI GOR ZHUG NE

*HUNG All sentient beings who have been my mother\*  
For the purpose of (leading them to) the attainment of the state of the Forceful One  
I shall enter the door of the Forceful One.*

PAGE 35

DRO WAY THON LA TSON PAR JA(3X)

*And strive for the benefit of transmigrating beings. (3x)*

OM MAHA SHUNYATA JHANNA BENZA SVABHAWA ATMA KON HANG *Thus train in emptiness.*

**Visualization**

THRU SUM MAR NAG CHHOE KYI JUNG NE U  
DOR JE PE NYI GYAL SEN NOL WI DEN  
HUNG YIG MAR NA TSHA TSHA THRO PA LE

*In the centre of a dark red triangle, the source of dharmas  
Is a seat made from a (cross) vajra, lotus and entwined demons  
(On top of which is a) HUNG syllable with sparks flying off.*

PAGE 36

DAG NYI THRAG PO CHEM CHOG MAR NAG THRUG  
ZHAL SUM CHHAG THRUG ZHAB ZHI DOR THAB DRE  
YE KAR YON JANG U MAR CHEN GU THRUG  
ZHAL DANG CHHE TSIG JAG DRIL MIN MA BAR  
DOR JE THO WA KAL PI ME PUNG YE

*I (the HUNG) become raging dark red forceful Mahottara  
Three faces, six arms and four legs astride in the fighting posture  
(The faces) right white, left green, centre red; the nine eyes raging.  
Mouth snarling, baring the teeth; the tongue curled, eyebrows blazing.  
Right hands holding vajra, hammer and kalpa-ending fire.*

PAGE 37

BEN THRAG CHAG DIG CHAG PHUR YON NA DZIN  
YUM CHOG DOR JE PHAG MO KU DOG THING  
CHHAG YE THRI KUG YON PE THO THRAG TOB  
THO KAM U GYEN LON PI THO SHAL TANG  
LANG CHHEN KO LON TAG SHAM DRUL CHHUN TANG

*Left hands holding skullcup of blood, iron scorpion and iron phurba  
Supreme consort is DorjePhagmo (Vajra Sow) with bright blue body.  
Right hand holding a hooked knife, left hand holding a skullcup of blood.  
Headdresses of dried skulls and necklaces of freshly severed heads.  
Fresh (moist) whole elephant skin, lower garment of tiger skin, bracelets/bands of snakes*

#### PAGE 38

ZHING PAG YANG ZHI THUR THRO CHHE NAM DZOG  
DE CHHEN KHOR LO JAM PAL SHIN JE SHE  
LONG CHO KHOR LO WANG CHHEN TAM DRIN MAR  
CHHO KYI KHOR LO SANG DAG DOR JE DZIN  
TRUL PI KHOR LO KHAN DRO DE NGA SHAR

*Whole human skin, the complete charnel ground accoutrement.  
At the chakra of great bliss is ManjushriYamantaka.  
At the chakra of the enjoyment is The Mighty One - Hayagriva  
At the chakra of dharma is the Lord of Secret Vajrapani  
At the chakra of emanation are the five classes of dakinis.*

#### PAGE 39

DE KYONG KHOR LO YAKSHA ME WAL TRUL  
RANG DUN SHAR TU DORJE THRAG PO TSAL  
LHO YI CHHOG SU RATNA THRAG PO TSAL  
NUB KYI CHHOG SU PEMA THRAG PO TSAL  
JANG GI CHHOG SU KARMA THRAG PO TSAL

*At the chakra of bliss preservation is the Yaksha Warmth-of-Fire  
In front of oneself, to the east is ForcefulVajra  
To the south is ForcefulRatna  
To the west is Forceful Padma  
To the north is Forceful Karma*

#### PAGE 40

KUN KYANG NAM CHAG DORJE CHAG DIG DZIN  
CHHI ROL NAM CHAG KHOR LO TSIB CHU LA  
PAL CHHEN THUG TRUL RAM JIG THRO GYAL CHU  
ZHAL SUM CHHAG THRUG KU ME NAM CHAG PHUR  
NYAM PI NYING KHAR ZIR WI TSHUL TU KYE

*All of them holding vajra and scorpion of meteorite iron.  
Outside (the above), in ten-spoke wheels of meteorite iron are  
The ten extremely frightful kings emanated by the compassion-mind of Great Glory.  
(Each has) three faces, six arms and a lower body of meteorite iron phurba  
Piercing the heart of a samaya-breaker. Visualize thus.*

*Visualize the main deity and retinue entirely and clearly as described, and then recite the following:*

#### PAGE 41

THUG KAR PHA LAM DORJI TE WA RU  
NYI DEN U SU HUNG YIG KAR NAG THAR  
YE SHE RAM BAR SANG WI NYING PO KOR  
BAR THRUG ZER KYI LON DREN DON GEG DUL

*At the heart is a diamond vajra and at the centre of that vajra  
Is a sun seat with a white syllable HUNG at the centre and  
At the edge (of the sun seat) the black colourheart mantra of YesheRambar (Blazing Wisdom) rotates,*

*Subduing agents of perversion and obstructing spirits with tongues of violent flames,*

PAGE 42

RAM BAR TSHA TSHE GYAL SEN GONG PO ZIR

DON GEG LON DREN SHE TU LHUN GYI DRUB

OM AH HUNG OM AH TSIG NI TSIG NAMO BHAGAWATE HUNG HUNG PHET AH HUNG HUNG PHET

*Harassing powerful and evil spirits with intensely scorching sparks,*

*(And thereby) convert spontaneously these agents and spirits to ways opposite to what they were before.*

*Visualize this clearly.*

*Om Ah Hung Om Ah Tsig Ni Tsig Namo Bhagawate Hung Hung Phet Ah Hung Hung Phet*

*Thus recite the mantra of the main Deity while maintaining the visualization. After that, recite the mantra of the five protectors and their retinue.*

PAGE 43

OM YAMANTAKA HAYADRIWA BENZAPANI DAKINI HA RI NI SA BENZA HUNG YAKSHA HUNG

RAKSHA HUNG AHYA MADURU TSA SHA NA NOJE AHMUKAM MARAYA HUNG PHET

DAG CHAG GI NE DON JIG GYE SHINGTANG KURUYE SOHA

*And also: If there is a need to direct the four activities, the practice can be taken from elsewhere. Before the practice, do the yogic practice of sounding HUNG nasally as a preparation. At the end, for the purpose of correcting for additions and omissions, recite the consonants and vowels and the essence of dependent origination dharani.*

*Om Yamantaka Hayadriwa Benzapani Dakini Ha Ri Ni Sa Benza Hung Yaksha Hung Raksha Hung Ahya MaduruTsa Sha Na Noje Ahmukam Maraya Hung Phet*

*The sickness/difficulties caused by spirits and the eight fears of myself and others - SHINTANG KURUYE SOHA*

PAGE 44

TSHE SO PAL JOR PUKTHIM KURUYE SOHA

KHOR DE SID SUM PASHAM KURUYE SOHA

NO JAY DRA GEG MARAYA PHET

DAG GI DE PI SANG NGAG KYI NYING PO DI MI NYAM SHING KHONG NE KHONG TU PHEL

WAR GYUR CHIG

*Longevity, merit and riches - Pukthim Kuruye Soha*

*Samsara, nirvana and the three realms of existence - Pasham Kuruye Soha*

*Harmful beings, enemies and obstructing spirits - Maraya Phet*

*May the essence of the secret mantra of my recitation not degenerate but increase more and more.*

PAGE 45

OM AH AHH YI YII U UU RI RII LI LII E EE O OO AM AH KA KHA GA GHA NGA TSA

TSHA DZA DZHA NYA TA THA DA DHA NA *(hard sound)* TA THA DA DHA NA *(normal sound)* PA PHA BA

BHA MA YA RA LA WA SHA KHA SA HA KYA

OM YE DHARMA HETU PRABHAWA HETUN TEKEN TATHAGATO HYA WA DE TEKEN TSA YO

NIRODHA EWAM BAHDI MAHA SHRAMANA SOHA

(3X)

*Om Ah Ahh Yi Yii U Uu Ri Rii Li Lii E Ee O Oo Am Ah Ka Kha Ga Gha Nga Tsa Tsha Dza Dzha Nya Ta Tha Da Dha Na Ta Tha Da Dha Na Pa Pha Ba Bha Ma Ya Ra La Wa Sha Kha Sa Ha Kya*

*Om Ye Dharma Hetu Prabhawa Hetun Tekan Tathagato Hya Wa De Tekan Tsa Yo Nirodha Ewam Bah Di Maha Shramana Soha*

(3x)

PAGE 46

## **Request Prayer**

HO CHEM CHOG PEMA THRAG PO TSAL YE SHE RAM BAR GYI LHA TSHOG KYED NAM LA  
KHYEN PE YE SHE TSE WE THUG JE DZE PE THRIN LE KYOB PE NU THU TER GYI NGO DRUB  
SAM GYI MI KHYAB PA NGA WA LAG PE CHHIR SANG GYE GYI TEN PA DAR WA TANG GO SEM  
CHEN LA DE KYID JUNG WA TANG KYE PAR TU NAL JOR PA DAG CHAG DRUB PA PO YI KYEN  
CHHI NANG GI GAL KYEN BAR CHE THAM CHE NYE WAR ZHI NE CHHOG THUN MONG GI NGO  
DRUB MA LU PA DE LAG NYID TU TSOL WA TANG THRIN LE NAM PA ZHI LHUN GYI DRUB PAR  
DZE TO SOL

*Marvellous! Forceful Padma Mahottara Blazing Wisdom deity and assembly, as you possess inconceivable all-seeing wisdom, loving compassion, enlightened activities, protective might and store of accomplishments, and as the teachings of Buddha need to be spread, may sentient beings and their circumstances be happy, especially the conditions of yogis and practitioners such as myself and others. And may all adverse outer and inner conditions and hindrances be absolutely pacified. May we then strive easily and quickly in the common and uncommon siddhis and naturally/spontaneously accomplish the four activities.  
In this way, make the request prayer.*

## **PAGE 47**

### **Outer, Inner and Secret Offering**

OM NAMA SARWA TATHAGATA TRODHA RADZA SAPARIWARA ARGHAM PAHDYAM PUKPE DHUPE  
ALOE GANDHE NEWITYA SHABTA RUPA SHABTA GHANDHE RASA SPARSHE PUDZA BHODHI  
TSITTA MAHA SARWA PANTSAMRITA RAKTA BHALINGTA KHARAM KHAHI

*Om Nama Sarwa Tathagata Trodha Radza Sapariwara Argham Pahdyam Pukpe Dhupe Alope Gandhe Newitya Shabta Rupa Shabta Ghandhe Rasa Sparshe Pudza Bhodhi Tsitta Maha Sarwa Pansa Amrita Rakta Bhalingta Kharam Khahi*

## **PAGE 48**

### **Praise**

THUG JE DZIN PA LU TANG THIRIB MA ZHIN  
KE CHIG MIN DRAL SUNG KYOB MI YEL WAR  
CHHOG THUN NGO DRUB WAB PI THE PON CHHOG  
YE SHE RAM BAR LHA LA CHHAN TSHAL TOD

*To you who is never apart from compassion like a body from its shadow,  
To you who not even for a moment stray away from providing (us with) protection and refuge,  
To you the supreme guide who rain down the common and uncommon siddhis,  
To you Yeshe Rambar (Blazing Wisdom) I prostrate and give praise.*

## **PAGE 49**

### **Confession of mistakes in the practice**

OM BENZA SATO SAMAYA / MANU PALAYA / BENZA SATO TENOPA / TIKTHA DRIDHO MEBHAWA /  
SUTOKAYO MEBHAWA / SUPOKAYO MEBHAWA / ANURAKTO MEBHAWA / SARWA SIDDHI  
MEMTRA YATSA / SARWA KARMA SUTSAME / TSITTAM SHRIYAM KURU HUNG / HA HA HA HA HO  
BHAGAWAN / SARWA TATHAGATA / BENZA MA ME MUN TSA / BENZRI BHAWA / MAHA SAMAYA  
SATO AH

*Om Benza Sato Samaya / Manu Palaya / Benza Sato Tenopa / Tiktha Dridho Mebhawa / Sutokayo Mebhawa /  
Supokayo Mebhawa / Anurakto Mebhawa / Sarwa Siddhi Memtra Yatsa / Sarwa Karma Sutsame / Tsittam Shriyam  
Kuru Hung / Ha Ha Ha Ha Ho Bhagawan / Sarwa Tathagata / Bensa Ma Me Muntsa / Benzri Bhawa / Maha Samaya  
Sato Ah*

## **PAGE 50**

### **Prayer to Wealth Deities**

JANG CHHOG KYONG WI GYAL CHHEN NAM THO SE

NOR GYI DAG PI ARYA DZAM BA LA  
UL WA SEL WI LA MO NOR GYUN MA  
NOR LA TER DAG NAM LA CHHAN TSHAL TO

OM BE SHRA MA NA YE SO HA RATNA SIDDHI HUNG HUNG

*To Nam Tho Se the great king and protector of the northern direction  
To Arya Jambhala the Lord of Wealth  
To Nor Gyun Ma the female deity who dispels poverty  
To wealth deities and treasure guardians I prostrate and give praise.*

*Om Be Shra Ma Na Ye So Ha Ratna Siddhi Hung Hung*

#### PAGE 51

HUNG HUNG HUNG

*You and the Deity dissolve into the state of luminosity.*

PHET PHET PHET

*Instantly you arise again in the form of Forceful Guru.*

#### **Dedication**

GE WA DI YI NYUR TU DAG

*By these virtues may I quickly*

#### PAGE 52

GU RU THRAG PO DRUB GYUR NE  
DRO WA CHIG KYANG MA LU PA  
THE YI SA LA GOE PAR SHOG

*Accomplish the Forceful Guru, then  
Without excluding any transmigrating beings  
Set them on that ground.*

*This dedication segment may be further enhanced by other appropriate dedication verses.*

*This sadhana was composed by the yogi Kathok Situ ChokyiGyamtso, one who is dedicated to the Dharma.*

#### PAGE 54

### **ASPIRATION PRAYER VERSES**

*Nama Guru! In the 10th day of the monkey month and monkey year, in the turquoise-covered room at Samye, at the time of the opening of the mandala of vajra basic space, these aspiration verses were recited by Orgyan (Guru Rinpoche). Consequently, they were taken up as part of their regular practice by the King and his ministers. Subsequent generations continued single-pointedly with this practice.*

CHHOG CHU THU ZHI GYAL WA SE TANG CHE  
LA MA YI DAM KHAN DRO CHHO KYONG TSHOG  
MU LU ZHING GI DUL NYED SHEG SU SOL

*Conquerors and sons of the four times and ten directions  
Gurus, yidams, dakinis and Dharma protectors  
As many as particles in all the lands, please come here*

#### PAGE 55

DUN GYI NAM KHAR PE DI DEN LA ZHUG  
LU NGAG YI SUM KHU PE CHHAN TSHAL LO

CHHI NANG SANG WA DE ZHIN NYID KYI CHHOD  
TEN CHHOD DE SHEG NAM KYI CHEN NGA RU  
NGON GYI DIG PI TSHOG LA DAG NONG ZHING

*To the space in front, and sit on the lotus and moon-disk seats.  
Reverently with my body speech and mind, I prostrate.  
Outer, inner, secret and suchness offerings, I offer.  
In the presence of supreme representations of the Sugatas.  
Remorseful of my past evil deeds, and*

PAGE 56

TAN TI MI GE GYOD PE RAB TU SHAG  
CHHIN CHHED TE LE DOG CHHIR DAG GI DOM  
SOD NAM GE TSHOG KUN LA YI RANG NGO  
GYAL WI TSHOG NAM NYA NGEN MI DA WAR  
DE NOD SUM TANG LA MED CHHON KHOR KOR

*Now, regretting my non-virtuosity, I truly confess.  
To turn away from non-virtues, henceforth, I shall stop such evil acts.  
In all merits and virtues, I rejoice.  
Conquerors, do not pass into nirvana, but  
Turn the dharma wheel of the unsurpassed tripitaka.*

PAGE 57

GE TSHOG MA LU DRO WI GYUD LA NGO  
DRO NAM LA MED THAR PI SAR CHHIN SHOG  
SANG GYE SE CHE DAG LA GONG SU SOL  
DAG GI TSAM PI MON LAM RAB ZANG DI  
GYAL WA KUN TU ZANG TANG TE SE TANG

*I dedicate all virtues to transmigrating beings.  
May they go to unsurpassed liberation.  
Buddhas and sons to think of me, I request.  
By this excellent prayer  
All Conquerors and sons,*

PAGE 58

PHAG PA JAM PAL YANG KYI KHYEN PA TAR  
TE DAG KUN GYI JE SU DAG LOB SHOG  
TEN PI PAL GYUR LA MA RIN CHEN NAM  
NAM KHA ZHIN TU KUN LA KYAB PAR SHOG  
NYI DA ZHIN TU KUN LA SOL WAR SHOG

*Bodhisattva Manjushri, since you all are all knowing,  
May I from here onwards, learn and train.  
May the teachings be glorified and precious gurus  
Pervade everywhere like space,  
Shine everywhere like the sun and moon, and*

PAGE 59

RI WO ZHIN TU TAG TU TEN PAR SHOG  
  
TEN PI ZHI MA GE DUN RIN PO CHE  
THUG THUN THRIM TSEN LAB SUM GYI CHHUG SHOG  
TEN PI NYING PO SANG NGAG DRUB PI DE

## THAM TSHIG DEN ZHING KYED DZOG THAR CHHIN SHOG

*Always be stable like the mountain.*

*The precious sangha - the supporting base of the teachings,  
May their minds be harmonious, their discipline strong, and by the three trainings, prosper.  
As the sadhana of secret mantra section is the essence of the teachings,  
May the samaya be kept and the end of the generation and completion stages be reached.*

### PAGE 60

TEN PI JIN DAG CHHO KYONG GYAL PO YANG  
CHHAB SID GYE SHING TEN LA MEN PAR SHOG  
TEN PI ZHAB DEG GYAL RIG LON PO YANG  
LO DRO RAM PHEL TSAL TANG DEN PAR SHOG

TEN PI SO JED KHYIM DAG JOR DEN NAM

*The benefactors of the teachings - the Dharma protectors and kings  
May they provide good governance and benefit the teachings.  
The kingly lineage and ministers who serve the teachings  
May their intellect grow greatly and possess adroitness.*

*The affluent householders who provide support for the teachings,*

### PAGE 61

LONG CHOD DEN ZHING NYER TSHE MED PAR SHOG  
TEN LA TED PI YANG PI GYAL KHAM KUN  
DE KYID DEN ZHING BAR CHED ZHI WAR SHOG

LAM LA NE PI NAL JOR DAG NYID KYANG  
THAM TSHIG MI NYAM SAM PA DRUB PAR SHOG

*May they have enjoyment and fortune and not meet with danger or harm  
In countries where the teachings are respected and widespread  
May there be happiness and may obstructors be pacified and obstructions be cleared.*

*May I, the yogi abiding on the path  
Do not violate my samaya and have all my wishes fulfilled.*

### PAGE 62

DAG LA ZANG NGEN LE KYI DREL GYUR KHANG  
NE KEB THAR THUG GYAL WE JE DZIN SHOG  
DRO NAM LA MED THEG PI GOR SHUG NE  
KUN ZANG GYAL SID CHHEN PO THOB PAR SHOG

*Whoever is connected to me by my deeds, be they good or bad,  
May they pass their temporary phases and reach the final destination under the care of Conquerors.  
Transmigrating beings who have entered the door of the unsurpassed vehicle and abide therein,  
May they attain the governmental power of Samanthabhadra.*

### PAGE 63

*Pray intensely like this six times a day. SamayaGya. This was from a terma that was uncovered publicly by the great tertön Chogyur Dechen Lingpa, an emanation of Prince Murub Tseypo, from the foot of the precious layered mountain rock of Gongmo which was situated to the right of the sacred place of Sengchen Namdrag. The terma was in the form of silk paper containing the Dharma of Vairochana, written in dakini script by Tsogyal (i.e. the dakini Yeshe Tosgyal). There and then, it was copied without error by Pema Garwang Lodro Thaye. May virtues increase!*

### PAGE 64

## PRAYER FOR REBIRTH IN AMITABHA PURELAND

E MA HO  
NGON TSHAR SANG GYE NANG WA THA YE TANG  
YE SU JO WO THUG JE CHHEN PO TANG  
YON TU SEM PA THUG CHHEN TOB NAM LA

*Emaho,  
The wondrous Buddha Boundless Light (Amitabha) with  
The Lord Great-Compassion (Avalokiteshvara) to your right and  
The being Who-Obtained-Great-Power (Vajrapani) to your left,*

### PAGE 65

SANG GYE JANG SEM PAG MED KHOR GYI KOR  
DE KYID NGON TSHAR PAG TU MED PA YI  
DE WA CHEN ZHE JA WI ZHING KHAM TER  
DAG ZHEN DI NE TSHE PHO GYUR MA THAG  
KYE WA ZHEN GYI BAR MA CHHOD PA RU

*Surrounded by a limitless retinue of buddhas and bodhisattvas.  
To the wondrous, immeasurably blissful  
Pure Land of Great Bliss (Dewachen) -  
May I and others, at the moment of death,  
Without any intervening births,*

### PAGE 66

TE RU KYE NE NANG THI ZHAL THONG SHOG  
TE KED DAG GI MON LAM TAB PA DI  
CHHOG CHUI SANG GYE JANG SEM THAM CHE KYI  
GEG MED DRUB PAR JIN GYI LAB TU SOL  
TAYATHA PEN TSA DRI YA AH WA BO DHA NA YE SVAHA

*Be reborn there and behold the face of Amitabha.  
By the force of this prayer,  
May the buddhas and bodhisattvas of the ten directions  
Bestow blessings of accomplishment without obstructions.  
Tayatha Pentsa DriYa Ah Wa Bho Dha Na Ye Sva Ha*

### PAGE 67

CHHOG THU GYAL WA SE CHE GONG  
TSHOG NYI DZOG LA JE YI RANG  
DAG GI THU SUM GE SAG PA  
KON CHHOG SUM LA CHHOD PAR BUL  
GYAL WI TEN PA PHEL GYUR CHIG

*Conquerors and sons in the ten directions, think of me:  
I rejoice in the perfection of the two accumulations.  
The virtues that I have accumulated in the three times,  
I offer to the three Jewels,  
May the teachings of the Conqueror spread widely.*

### PAGE 68

GE WA SEM CHEN KUN LA NGO  
DRO KUN SANG GYE THOB GYUR CHIG  
GE TSA THAM CHE CHIG DU TE

DAG GI GYUD LA MIN GYUR CHIG  
DRIB NYI THAG NE TSHOG DZOG TE

*I dedicate the virtues to all sentient beings,  
That they all attain buddhahood.  
I gather together the roots of virtue,  
May they ripen my continuum.  
Purify the two obscurations and thereby complete the accumulations,*

PAGE 69

TSHE RING NE MED NYAM TOG PHEL  
TSHE DIR SA CHU NON GYUR CHIG  
NAM ZHIG TSHE PHO GYUR MA THAG  
DE WA CHEN TU KYE GYUR CHIG  
KYE NE PE MI KHA CHHE TE

*May I have long life without sickness, develop my experience and understanding,  
And in this life, be firmly on the ten bhumis.  
When the time comes for me to transit from this life, at that moment  
May I be reborn in Dewachen  
In an open lotus*

PAGE 70

LU TEN TE LA SANG GYE SHOG  
JANG CHUB THOB NE JI SID TU  
TRUL PE DRO WA DREN PAR SHOG

*And attain buddhahood in that very body.  
Having obtained bodhi, may I as long as needed,  
Produce emanations to guide transmigrating beings.*

PAGE 71

**PRAYER FOR VIRTUES**

RIN CHEN GE TSHOG DI YE DRO WA KUN  
TAG TU THAM PI CHHO TANG MIN DRAL ZHING  
RANG ZHEN THON NYI DZOG PA THAR CHHIN NE  
CHHO NGA DROG PE JIG TEN DZE PAR SHOG

*By these precious virtues, may all transmigrating beings,  
Always be not separated from the holy Dharma.  
Having completely gone beyond and attain the benefit for oneself and for others,  
May the world be beautifully replete with the sound of the Dharma drum.*

PAGE 72

SANG GYE TEN PA THAR ZHING GYE PAR SHOG  
SEM CHEN THAM CHE DE ZHING KYED PAR SHOG  
NYIN TANG TSHEN TU CHHO LA CHOD PAR SHOG  
RANG ZHEN THON NYI LHUN GYI DRUB PAR SHOG

KHANG TU KYE PI KYE WA THAM CHE TU

*May the Buddha's teaching flourish and spread widely.  
May happiness arise in all sentient beings.  
May the Dharma be practised day and night.*

*May the two benefits for oneself and for others be naturally and spontaneously accomplished.*

*Wherever I may be born,*

PAGE 73

THO RI YON TEN DUN DEN THOB PAR SHOG  
KYE MA THAG TU CHHO TANG THED GYUR CHIG  
TSHUL ZHIN DRUB PI RANG WANG YOD PAR SHOG

TE YANG LA MA THAM PA NYE JED CHING  
NYIN TANG TSHEN TU CHHO LA CHOD PAR SHOG

*May I obtain the seven excellent attributes of the gods.  
Having taken birth, may I without delay meet with the Dharma, and  
Accordingly possess the innate-autonomy that comes from accomplishments.*

*Furthermore, may I please the holy guru  
And practise the Dharma day and night.*

PAGE 74

CHHO TOG NE NI NYING PI THON DRUB TE  
TSHE TER SID PI GYAM TSO GAL WAR SHOG

SID PAR THAM PI CHHO RAB TON JED CHING  
ZHEN PHEN DRUB LA KYO NGAL MED PAR SHOG  
LAB CHHEN ZHEN THON CHHOG RI MED PA YI  
THAM CHE CHYAM CHIG SANG GYE THOB PAR SHOG

*Realizing the essential truth of the Dharma,  
May I in this life cross the ocean of existence.*

*In instructing the profound Dharma within the realm of existence,  
May I not be weary in working for the benefit of others.  
Like a great wave that brings benefit to beings without discrimination,  
May all attain buddhahood together.*

PAGE 75

**PRAYER FOR THE LONG LIFE OF HH LHOGA RINPOCHE**

THUB TEN CHI TANG NANG GYUR DE SUM GYI  
LEG SHED DZIN KYONG PEL WI LO DRO THU  
THO SAM GOM PE NGE NYE WANG JOR DEN  
TSHO KYE TEN PI GYAM TSEN ZHAB TEN SOL

*You who have the mental capacity to hold, preserve and propagate the elegant teachings  
Of the Muni's outer and inner tantras, and tripitaka;  
You who have definitely attained mastery through hearing, contemplation and meditation,  
You the Lake-born, the teachings victory banner, please live long.*

CHHI TAR NAM DREN ZHI PA SHA KYI TOG  
NANG TAR CHHI ME RIN DZIN PE MA JUNG  
SANG WA KUN ZANG DO MI GON PO NGO  
YE ME CHHOG TRUL LO DRO GYAM TSEN LA  
SOL WA DEB SOL KU TSHE KAL GYI BAR

## ZHAB PE TEN CHING DZED THRIN GYE GYUR CHIG

*Externally, you are like the fourth universal guide, the crowning glory of Shakya clan.  
Internally, you are like the immortal Vidhyadhara, the Lotus-born.  
Secretly\*, you are in fact the All-good Prime Protector.  
Inseparable (from the above) supreme emanation Lodro Gyamtsen  
I request that you live a hundred eons.  
May your enlightened activities flourish.  
\* i.e. Not obvious to ordinary beings*

PAGE 76

## DEDICATION

SOD NAM DI YI THAM CHE ZIG PA NYID  
THOB NE NYE PI DRA NAM PHAM JE NE  
KYE GA NA CHHI BA LAB THRUG PA YI  
SID PI TSHO LE DRO WA DROL WAR SHOG

*By these merits, seeing all there is  
And defeating the enemy of wrong doing,  
May, transmigrating beings be free from the whirlpool of  
Birth, aging, sickness and death in the ocean of existence.*