

## ***Refuge and Generating Bodhicitta***

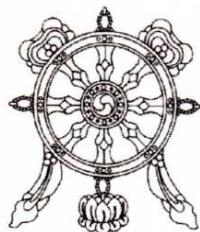
**Sang-gye cho-dang tsog-je chog-nam-la  
Jang-chub bar-du dag-ni jyab-su-chi  
Dag-ghi jin-sog je-bee so-num-gee  
Dro-la pen-chir sang-gye drub-par-shog ( x3 )**

Until enlightenment, I go for refuge  
To the Buddha, the Dharma and the Sangha.  
By the accumulation of the practices of giving and so forth  
May I become a Buddha to benefit all sentient beings. ( x3 )

## ***The Four Immeasurables***

**Sem-chen tam-che de-wa dang-de-wai gyu-dang den-par gyur-chig  
Sem-chen tam-che du-ngal dang du-ngal gyi-gyu dang-dral war-  
gyur-chig  
Sem-chen tam-che du-ngal me-pai de-wa dang mi-drel war-gyur-  
chig  
Sem-chen tam-che nye-ring chak-dang nyi-dang drel-wai tang-nyom  
la-ne par-gyur-chig ( x3 )**

May all sentient beings be endowed with happiness and the causes of happiness.  
May all sentient beings be free from suffering and the causes of suffering.  
May all sentient beings never be separated from joyful bliss.  
May all sentient beings abide in equanimity, free of bias, attachment and anger. ( x3 )



## ***Praise to Perfection Wisdom***

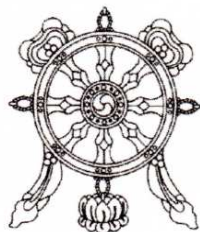
Inexpressible, inconceivable perfection wisdom  
Unarisen, never ceasing space, the very essence,  
The domain of ever-present wisdom knowing itself completely  
I bow to the mother of all victorious ones in all three times.

## ***Fundamental Wisdom of the Middle Way***

In dependent origination, there is no ceasing, no arising,  
No annihilation, no permanence, no coming, no going,  
No separateness and no sameness. I prostrate to the consummate  
Buddha,  
The supreme among all teachers, the one who taught this peace  
Which is free of elaboration.

## ***Abhisamayaalankara - Ornament of Clear Realizations***

I prostrate to the sublime mother of Buddhas and of the assembly of  
Hearers and Bodhisattvas  
Who through the knower of bases leads Hearers seeking pacification to  
complete peace  
Who through the knower of paths causes those who are benefitting  
migrating beings to achieve the aims of the world  
And who through possession of the exalted knower, the Subduers set  
forth the varieties having all aspects.



## ***Praise to Manjughoshā***

Obeisance to my teacher and protector, Manjugoshā,  
Who holds at his heart a volume of Scripture,  
Showing that his mind, unclouded by obstructions,  
With clarity and radiance like the sun,  
Sees all existent things just as they are.

In a melodious voice with sixty qualities  
He teaches living beings, tormented by suffering  
And benighted by ignorance in this prison of existence,  
With a parent's affection for an only child.

His speech awakens us with its thunderous resonance,  
From the sleep of disturbing attitudes and emotions  
And frees us from the shackles of our previous actions.

The sword in his hand removes the darkness of ignorance  
And cuts down the sprouts of suffering, as many as there are.

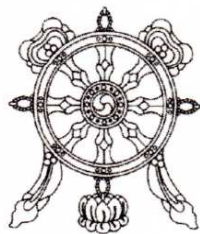
Pure from the outset, having traversed the ten stages,  
He is a mass of perfected good qualities  
In the form of the principle son of the Victors,  
Adorned with a hundred and twelve glorious signs.

I bow to Manjugoshā who removes my mind's darkness.

*Om A Ra Pa Tsa Na Dhi*

ཨོཾ་ཨ་ར་པ་ཙ་ན་ཏི་

Compassionate one, with the radiance of your wisdom  
Light the dark confusion enshrouding my mind  
And grant me radiant and confident understanding  
Of the sutras, the treatises and the scriptural tradition.



## ***Mandala offering***

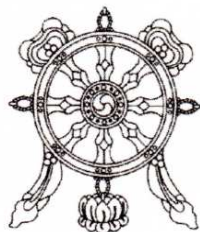
**Sa-zhi puh-kyi juk-shing me-tok-tram  
Ri-rab ling-zhi nyin-de gyen-pa-di  
Sang-gye zhing-du mik-te ul-war-gyi  
Dro-kun nam-dak zhing-la chuh-par-shog**

*IDAM GURU RATNA MANDALAKAM NIRYATA YAMI*

This ground spread with incense, adorned with strewn flowers  
Mount Meru, the four continents, the sun and the moon;  
I imagine as a Buddha land and by offering it to you,  
May all living beings enjoy this pure land.

Thus meeting the teaching of the peerless teacher  
Is due to the spiritual mentors' kindness  
I dedicate this virtue for all living beings  
To be cared for by excellent spiritual friends.

*IDAM GURU RATNA MANDALAKAM NIRYATA YAMI*



## Prayers after teaching

### ***Long Life Prayer for His Holiness***

**Gang-ri ra-we kor-wei shing-kam-dir  
Pen-dang de-wa ma-lu jung wai-ni  
Chen-re-zig wang ten-dzin gya-tso-yi  
Shab-peï si-tai bar-du ten-gyur-chig**

In the land encircled by snow white mountains,  
The source of all happiness and benefit  
flows in your person, Chenrezig, Tenzin Gyatso.  
Remain until samsara ends.

### ***Dedication***

**Jam pal pa wo ji tar chyen pa dang  
Kun ti zang po de yang de shyin te  
De dak kun ji je su dak lob ching  
Ge wa di dak tam che rab tu ngo**

Just as the Bodhisattva Manjushri attained omniscience  
And Samantabhadra too,  
So now I dedicate these merits  
to train and follow in their footsteps.

**Du sum shek pe jal wa tam che ji  
Ngo wa gang la chok tu ngak pa te  
Dak shen ge we tsa wa di kun jang  
Zang po jo chir rab dun go war ji**

As all the victorious buddhas of the past, present and future  
Praise dedication as supreme,  
So now, I too, dedicate these sources of my merit  
For all beings to perfect Good Actions.

