

Prayer to the Root Lama

Glo-ri-ous Lama, source of dharma,
On lo-tus-moon a-bove my crown:
In your great kind-ness please support me,
At-tain-ments grant of bod-y, speech, mind.

Refuge Prayer

I and all sen-tient beings, we wan-der-ers who fill all space, from this time on
un-til we reach the es-sence of en-light-en-ment:

We take ref-uge in the glo-rious, ho-ly La-mas,
We take ref-uge in the Yi-dam de-ity man-da-las,
We take ref-uge in the Bud-dhas, tran-scen-dent con-quer-ors,
We take ref-uge in the true and sa-cred Dhar-ma,
We take ref-uge in the no-ble, exal-ted San-gha,
We take ref-uge in the hosts of wis-dom eye pos-ses-sing
Da-kas and da-ki-nis, guar-dians, and pro-tec-tors of the Dhar-ma. 3x

The Meditation and Recitation of the Great Compassionate One: The Prayer That Benefits Beings throughout Space

Refuge and Bodhicitta

In Bud-dha, Dhar-ma, and the San-gha
I take ref-uge till I a-wak-en.
Through all the vir-tues, such as giv-ing,
May I reach Bud-dha-hood for be-ings.
3x



Deity Visualization

Above my crown and those of / all sen-tient beings who fill space
On a white lo-tus-moon seat / from the [white] syl-la-ble HRI,
No-ble, su-preme Chen-re-zig, / bril-liant white, ra-di-a-ting
Five-col-ored [wis-dom] light rays. / Beau-ti-ful, smil-ing, gaz-ing
With eyes of kind com-pas-sion, / four hands, first pair with palms joined,
Low-er two hold a cry-stal / ros-ar-y and white lo-tus;
Wear-ing silks and pre-cious gems, / and a cape made of deer-skin,
Crown jewel is A-mi-ta-bha. / Two legs in vaj-ra pos-ture,
Stain-less moon as his back-rest, / he is the ve-ry es-sence
Of all the ref-uge sour-ces.

Prayer to Chen-re-zig

Recite as many times as you are able, while thinking that all sentient beings are praying in unison.

O flaw-less Lord in col-or white,
A per-fect Bud-dha as your crown,
You see us with com-pas-sion's eyes:
To you, Chen-re-zig, I bow down. 3x

Mantra Visualization

One-point-ed rec-i-ta-tion / of this prayer causes light to
Ra-di-ate from the Ar-ya's / body, which pur-i-fies all
Im-pure kar-mic ap-pear-ance / and all men-tal con-fu-sion,
Trans-forms the out-er world to / bliss-ful realm of De-wa-chen;
Trans-forms the in-ner es-sence, / bod-y, speech, mind of be-ings,
In-to en-light-ened bod-y, / speech and mind of Chen-re-zig.
Ap-pea-rance, sound, a-ware-ness / u-ni-fy with emp-ti-ness.

OM MANI PEME HUNG

Recite as many times as you can.

At the end, rest the mind in its own essence, which does not conceptualize triplicity.

My own and oth-ers' bod-ies / ap-pear in form Chen-re-zig;
Sounds are the mel-o-dy of / Chen-re-zig's sacred letters.
All mem-o-ries and thoughts ex-/pe-ri-ence of vast wis-dom.

This prac-tice may it quick-ly / ac-com-plish Great Chen-re-zig,

And place each sen-tient be-ing / in that same per-fect state.

This meditation and recitation of the Great Compassionate One, "The Prayer That Benefits Beings throughout Space," is imbued with the speech-blessing of the Mahasiddha Thangtong Gyalpo.

Dedication of Merit

This mer-it may it win om-ni-science
De-feat my faults, the en-e-my;
Then from the rough and storm-y sea
Of birth, old age, death and dis-ease,
From this o-cean of sam-sar-a
May I lib-er-ate all beings.

They know things in their true ex-is-tence,
Kun-tu-zang-po and Man-ju-shri;
To train my-self in their ex-am-ple
I ded-i-cate all prac-tice fully.

May every be-ing, through this prac-tice
Com-pletely gath-er merit and wisdom,
At-tain-ing the two sa-cred bod-ies
That merit and wisdom em-a-nate.

The bless-ings of the Bud-dha-ka-yas,
The bless-ings of change-less Dhar-ma-ta,
The bless-ings of the stead-fast San-gha,
This ded-i-ca-tion please ful-fill.