



RigDzin Dharma Foundation

Prayer Book

Showing Respect for Buddha Dharma Texts

Please treat this prayer book with respect as it contains the precious words of the Dharma. Please do not place it on the floor, and please do not step over it or place other objects on top of it. When you no longer have use for it, please give it to someone else or burn it in a clean place.

Grateful Appreciation

We offer our most grateful appreciation to the translators, Khenchen Konchog Gyaltshen Rinpoche, who translated these prayers from Tibetan; Virginia Blum, who translated excerpts from the *Dakdangma*, including *Praise to the Lama and Three Jewels*; Sarah Dechen Wangmo, who translated *Gang Lo Ma*; Elizabeth M. Callahan, who translated the last part of the *Dakdangma*, which is an excerpt from *The King of Aspiration Prayers: The Aspiration for Noble Excellent Conduct*; and Lama Gyursam Acharya, who translated the *Request for Teachings*. Venerable Traga Rinpoche has revised the order of some prayers.



DAKDANGMA (pp 3-10)

Altruistic Motivation

DHAG-LA DANG-WAR JYE-PAY-DRA/
NÖE-PAR JYE-PAY GEG/

THAR-PA DANG THAM-CHE KHYEN-PAY
BAR-DU CHÖE-PAR JYE-PA TAM-CHE
KYI TSO JYE-PAY/

MA NAM KHA DANG NYAM-PAY SEM-
CHEN TAM-CHE DEWA DANG-DEN/

DHUG-NYAL DANG DRAL NYUR-DU
LA-NA ME-PA YANG DAG-PAR DZOG-
PAY JYANG-CHUB RINPOCHE
THOB-PAR-JYA// *(repeat 3 times)*

All mother sentient beings, especially those enemies who hate me, obstructers who harm me, and those who create obstacles on my path to liberation and all-knowingness; may they experience happiness, and be separated from suffering. I will quickly establish them in the state of the most perfect and precious Buddhahood.

(repeat 3 times)

Action Bodhichitta Prayer

DEI CHE-DU SANG MA-GYE KYI BARDU
LU-NGAG YI-SUM GE-WA LA KOL/

MA-SHEI BARDU LU NGAG YI-SUM
GEWA-LA KOL/

DU DE-RING-NE SUNG-TE NYI-MA SANG
DA TSAM-GYI BARDU LU NGAG YI-SUM
GEWA-LA KOL//

Thus until I achieve enlightenment, I perform virtuous deeds with body, speech and mind.

Until death, I perform virtuous deeds with body, speech and mind.

From now until this time tomorrow, I perform virtuous deeds with body, speech and mind.

Long Refuge Prayer

NAM-KHAY THA-DANG NYAM-PAY
SEM-CHEN THAM-CHE CHOG CHU
DU SUM GYI DE SHIN SHEG PA
THAM CHE KYI KU SUNG THUG
YON-TEN TRIN-LEY TAM CHE KYI
NGO-WOR GYUR-PA/
CHOE-KYI PUNG-PO TONG-TRAG
GYE-CHU TSA-SHEI JYUNG-NE/
PAG-PAY GEDUN TAM-CHE KYI
NGA-DAG/

All sentient beings, limitless as the sky,
take refuge in the glorious, kind Lama
Vajradhara, the embodiment of the
Body, Speech, Mind, Qualities and
Activities of the Buddhas of the ten
directions and the three times, source
of the 84,000 categories of the teaching
and Lord of the Sanghas,

DRIN-CHEN TSAWA DANG GYUPAR
CHE PAY PAL-DEN LAMA DAMPA
NAMLA KYAB SU CHI-O/
YIDAM KYIL KHOR GYI LHA-TSHOG
NAM LA KYAB SU CHI-O/
SANGYE CHOMDEN DEY NAM LA
KYAB SU CHI-O/
DAM PAY CHOE NAM LA KYAB SU
CHI-O/
PAGPAY GEDUN NAM LA KYAB SU
CHI-O/
PAWO KHADRO CHOE KYONG
SUNG MAY TSHOG YESHE KYI
CHEN DANG DEN PA NAM LA KYAB
SU CHI-O//
(repeat 3 times)

(We take refuge in) the Kind Root-Lama
and Lineage Lamas.
We take refuge in the Deities of the
Mandalas of the Yidams.
We take refuge in all the exalted
Buddhas.
We take refuge in the perfect Dharma.
We take refuge in the excellent Order of
the Sanghas.
We take refuge in all the Noble Dakas,
Dakinis, and Dharma Guardians,
possessors of the Eye of Wisdom.
(repeat 3 times)

Cultivating the Mind of Enlightenment

CHANG CHUB NYINGPOR CHI KYI
BAR/
SANGYE NAM LA KYAB SU CHI/
CHÖ DANG CHANG CHUB SEM PA
YI/
TSHOG LAYANG DESHIN KYAB SU
CHI/
JITAR NGON GYI DE SHEG KYI/
CHANG CHUB THUG NI KYE PA
DANG/
CHANG CHUB SEM PAY LAB PA LA/
DE DAG RIM SHIN NE PA TAR/
DE SHIN DRO LA PHEN DON DU/
CHANG CHUB SEM NI KYE GYI
SHING/
DESHIN DU NI LAB PA LA/ RIMPA
SHINDU LAB PAR GYI//
(repeat 3 times)

Until I attain the heart of enlightenment,
I take refuge in all the Buddhas. I take
refuge in the Dharma, and likewise, in
the assembly of the Bodhisattvas.

As the previous Buddhas embraced the
enlightened mind and progressed on
the Bodhisattva's path, I too, for the
benefit of all sentient beings, give birth
to Bodhichitta and apply myself to
accomplish the stages of the path.
(repeat 3 times)

Short Refuge Prayer

SANG-GYE CHÖ DANG TSOG KYI CHOG
NAM LA/
CHANG CHUB BAR DU DAG-NI KYAB SU
CHI/
DAG-GI JYIN-SOK GYI PAY SO-NAM KYI/
DRO-LA PEN-CHIR SANG-GYE DRUB-
PAR SHOG//
(repeat 3 times)

In the Buddha, the Dharma and the
Sangha most excellent,
I take refuge until enlightenment is
reached.
By the merit of generosity and other
good deeds,
May I attain Buddhahood for the sake
of all sentient beings
(repeat 3 times)

The Four Immeasurables

MA NAM KHA-DANG NYAM-PAY
SEM-CHEN TAM-CHAY DE-WA
DANG DE-WAY GYU DANG DEN-
PAR GYUR CHIG/
DUG-NGAL DANG DUG-NGAL GYI
GYU-DANG DRAL WAR GYUR CHIG/
DUG-NYAL MEY-PAY DE-WA DANG
MI-DRAL WAR GYUR CHIK/
NYE-RING CHAK-DANG NYI-DANG
DRAL-WAY TANG-NYOM LA NE-PAR
GYUR CHIG//

(repeat 3 times)

May all mother sentient beings, bound-
less as the sky, have happiness and
the causes of happiness.

May they be liberated from suffering
and the causes of suffering.

May they never be separated from the
happiness which is free from sorrow.

May they rest in equanimity, free from
attachment and aversion.

(repeat 3 times)

BADZRA SAMADZA , BADZRA SAMADZA, BADZRA SAMADZA

MA LU SEM CHEN KUN GYI GON
GYUR CHING/
DU DE PUNG CHE MI ZE JOM DZE
LHA/
NGO NAM MA LU JI SHIN KYEN
GYUR PAY/
CHOM DEN KOR CHE NE DIR SHEG
SU SOL//

Refuge of all sentient beings without
exception,
Divine subjugator of terrifying maras
together with their hosts of demons,
The one who understands all realities
without exception exactly as they are,
Transcendent conqueror together with
your disciples,
Please come here to this place.

ARGAM PADYAM PUSHPE DUPE ALOKE GENDHE NEWIDE SHAPTA
PRATISHTA SVAHA

Short Mandala Offering

SA SHI PÖ CHÜ JYUG SHING ME
TOG TRAM/ RI RAB LING SHI NYI
DAY GYEN PA DI/ SANG-GYE
SHING LA MIG TE PHUL WA YI/
DRO KUN NAM DAG SHING DU KEY
WAR SHOG/

CHAG TSAL WA DANG CHÖ CHING
SHAG PA DANG/ JE SU YI RANG
KUL SHING SOL WA YI/ GE WA
CHUNG ZAY DAG GI CHI SAG PA/
THAM CHE ZOG PAY CHANG CHUB
CHIR NGO O//

The ground is sprinkled with scented
water and strewn with flowers. It is
adorned with Meru, the supreme
mountain, the four continents, and the
sun and moon. As a Buddhafield, I
offer it. May all sentient beings attain
the happiness of the Buddhafields.
Whatever merit I have gathered
through prostrations, offerings, confes-
sion, rejoicing, beseeching and
praying—
For the sake of the Enlightenment of all
sentient beings, all this I dedicate.

Praise to the Lama and Three Jewels

NAMO NANG SI YANG DAK GI LAMA
LA
NANG SI SHI SHENG SU CHÖ PA
BUL
KAM SUM YONG DROL DU SOL WA
DEB
KOR WA DONG TRUK SU JIN GYI
LOB

JE YI SHIN NOR BU TSUK GI GYEN
MA SAM JO ME GYAL WAY TUK
KYEN PAY YE SHE NGA DANG DEN

TSE WAY DAK NYI KA DRIN CHEN
DRO WA KYOB DZE RIN PO CHE
DAK SEM NYI KYI NGANG NE SOL
WA DEB
CHÖ NYI KYI NGANG DU JYIN GYI
LOB

SEM DÖ NE KYE ME NAM DAK DI
LO DE CHÖ KU TOK PAR JYIN GYI
LOB
CHOM DEN DE DE SHIN SHEK PA
DRA CHOM PA YANG DAK PAR
DZOK PAY SANG GYE RIG PA DANG
SHAB SU DEN PA

DE WAR SHEK PA JIG TEN KYEN PA
KYE BU DUL WAY KA LO GYUR WA
LA NA ME PA
LHA DANG MI NAM KYI TON PA
NYAM ME SHA KYE GYAL PO SHAB
KYI DUL DRI MA ME PA LA GO WÖ
RAB TU TUK TE GU PE CHYAK TSAL
LO

Namo to the Lama of completely
purified appearance and existence
I offer the basic ground of appearance
and existence.
I supplicate you to thoroughly liberate
the three realms.
Please grant your blessings and over-
turn the depths of samsara.

Sublime master, wish-fulfilling jewel
crown ornament,
The inconceivable, inexpressible mind
of the victorious ones,
The one endowed with the five
wisdoms of omniscience
Gracious one, the embodiment of love.

Precious protector of beings, I
supplicate you from within the essence
of mind
Please grant your blessings from within
the innate nature.
Please bless me that I may realize the
dharmakaya that is beyond intellect,
this primordially unborn completely
pure mind.

Transcendent Conqueror, The One
Thus Gone, Foe Destroyer [of afflictive
emotions], completely perfected
Buddha endowed with logic and virtue,
The One Gone to Bliss, knower of the
world, captain, tamer of beings, the
unexcelled, teacher of gods and men,

I respectfully prostrate completely
touching my head to the stainless feet
of the unequalled Shakya King.

At the time of your birth, leader of two-
legged beings,
Taking seven steps on this great earth
You proclaimed, “I am supreme in this
world.”

To you, who even then were so wise, I
prostrate.

GANG TSE KANG NYI TSO WO KYE
 TAM TSE
 SA CHEN DI LA GOM PA DUN WOR NE
 NGA NI JIG TEN DI NA CHOG CHE
 SUNG
 DE TSE KE PA KYÖ LA CHYAK TSAL
 LO
 NAM DAK KU NGA CHOG TU ZUK
 ZANG WA
 YE SHE GYAM TSO SER GYI LHUN PO
 DRA
 TRA PA JIG TEN SUM NA Lhang NGE
 WA
 GON PO CHOG NYE KYÖ LA CHYAG
 TSAL LO
 TSEN CHOG DEN PA DRI ME DA WAY
 SHAL
 SER DOK DRA WA KYÖ LA CHYAK
 TSAL LO
 DUL DRAL KYÖ DRA SI PA SUM NA
 DZE
 NYAM ME KYEN CHEN KYÖ LA CHYAK
 TSAL LO
 MI CHOG DUL WA KA LO GYU DZE
 CHING
 KUN JYOR CHING WA CHÖ DZE DE
 SHIN SHEK
 WANG PO ZHI ZHING NYER ZHI ZHI
 LA KHE
 NYEN YO SHUK PA DE LA CHYAK
 TSAL LO
 GON PO TUK JE CHE DEN PA
 TAM CHE KYEN PA TON PA PO
 SO NAM YON TEN GYA TSO ZHI
 DE SHIN SHEL LA CHYAK TSAL LO
 DAG PA Y DÖ CHAK DRAL WE GYU
 GE WAY NGEN SONG LE DROL SHING
 CHIG TU DON DAM CHOG GYUR PA
 ZHI GYUR CHÖ LA CHYAK TSAL LO

 DROL NE DROL WAY LAM YANG TON
 LAB PA DAG LA RAB TU GU
 ZHING GI DAM PA YON TEN ZHING
 GEN DUN LA YANG CHYAK TSAL LO

Possessing a body of complete purity,
 your sublime form is excellent
 Ocean of primordial wisdom, you are like
 a golden mountain,
 The one whose renown is evident
 throughout the three worlds,
 Supremely realized protector to you
 I prostrate.

You who are endowed with the supreme
 marks
 Whose face is like an immaculate moon,
 To you the one with a complexion like
 gold, I prostrate.

A flawless one such as you among the
 three levels of existence is most exquisite
 Unparalleled omniscient one to you I
 prostrate.

Supreme among humans, captain of
 those to be tamed,
 The One Thus Gone who severs the all-
 binding fetters,
 Who with senses pacified is utterly
 pacified and skilled in peace,
 To that one, the one who dwelled at
 Sravasti I prostrate.

Refuge endowed with great compassion
 Totally omniscient one who indicates the
 way
 Ground basis for oceans of merit and
 qualities
 I prostrate to the One Thus Gone.

The pure cause free from attachments,
 The virtue that liberates from the lower
 realms,
 The altogether supreme ultimate truth,
 To the pacifying Dharma I prostrate.

Having been liberated they also reveal
 the path to liberation
 Thoroughly respectful of the (three)
 higher trainings
 They are a field of sublime qualities,
 To the Sangha I also prostrate.

The King of Aspiration Prayers: The Aspiration for Noble Excellent Conduct (Excerpt)

JI NYE SU DAK CHOG CHU JIG TEN
NA
DU SUM SHEK PA MI YI SEN GE KUN
DAG GI MA LU DE DAG TAM CHE LA
LU DANG NGAK YI DANG WE CHAK
GYIO

ZANG PO CHÖ PAY MON LAM TOB
DAG GI
GYAL WA TAM CHE YI KYI NGON SUM
DU
SHING GI DUL NYE LU RAB TU PA YI
GYAL WA KUN LA RAB TU CHAG TSAL
LO

DUL CHIK TENG NA DUL NYE SAN
GYE NAM
SAN GYE SE KYI Ü NA SHUG PA DAK
DE TAR CHÖ KYI YING NAM MA LU PA
TAM CHE GYAL WA DAK GI GANG
WAR MÖ

DE DAK NGAK PA MI ZE GYAM TSO
NAM
YANG KYI YAN LAG GYAM TSO TRA
KUN GYI
GYAL WA KUN GYI YON TEN RAB JO
CHING
DE WAR SHEK PA TAM CHE TAM CHE
DAK GI TÖ

ME TOK DAM PA TRENG WA DAM PA
DANG
SIL NYEN NAM DANG JYUK PA DUK
CHOK DANG
MAR ME CHOG DANG DUK PÖ DAM A
YI
GYAL WA DE DAK LA NI CHÖ PAR GYI

NAB ZA DAM PA NAM DANG DRI CHOG
DANG
CHYE MAY PUR MA RI RAB NYAM PA
DANG
KO PA KYE PAR PAK PAY CHOG KUN
GYI
GYAL WA DE DAK LA YANG CHÖ PAR
GYI

To those in the worlds of the ten directions, however many there are, all the lions among humans who appear during the three times, to all of them without exception I pay homage with respectful body, speech and mind.

The force of my Aspiration Prayer for Excellent Conduct brings all the Victorious Ones directly to mind. Bowing down with bodies as numerous as atoms in the realms, I prostrate to all the Victorious Ones.

In a single atom there are Buddhas as numerous as atoms, each residing in the midst of their sons and daughters. Like that I imagine the whole dharmadhatu completely filled with Victorious Ones.

To those with oceans of inexhaustible praiseworthy qualities, with sounds containing oceans of tones of melodic speech, I express the qualities of all the Victorious Ones. I praise all the Sugatas.

With the finest flowers, the finest garlands, music, ointments, supreme parasols, supreme lamps, and the finest incense, I make offerings to the Victorious Ones.

With the finest cloths, supreme scents, and fine powders equal to Mount Meru, all displayed in supreme and magnificent ways, I make offerings to those Victorious Ones.

With vast and unsurpassable offerings I venerate all the Victorious Ones. Through the power of faith in excellent conduct, I prostrate and offer to the Victorious Ones.

CHÖ PA GANG NAM LA ME GYA CHE
WA
DE DAK GYAL WA TAM CHE LA YANG
MÖ
ZANG PO CHÖ LA DE PAY TOB DAK
GI
GYAL WA KUN LA CHAK TSAL CHÖ
PAR GYI

DÖ CHAK SHE DANG TI MUK WANG
GI NE
LU DANG NGAK DANG DE SHIN YI
KYI KYANG
DIG PA DAK GI GYI PA CHI CHI PA
DE DAK TAM CHE DAK GI SO SOR
SHAK

CHOK CHU GYAL WA KUN DANG
SAN GYE SE
RANG GYAL NAM DANG LOB DANG
MI LOB DANG
DRO WA KUN GYI SO NAM GANG LA
YANG
DE DAK KUN GYI JE SU DAK YI
RANG

GANG NAM CHOG CU JIG TEN DROL
MA DAK
JANG CHUB RIM PAR SAN GYE MA
CHAK NYE
GON PO DE DAK DAK GI TAM CHE
LA
KOR LO LA NA ME PA KOR WAR KUL

NYA NGEN DA TÖN GANG SHE DE
DAK LA
DRO WA KUN LA PEN CHING DE
WAY CHYIR
KAL PA SHING GI DUL NYE SHUK
PAR YANG
DAK GI TAL MO RAB JYAR SOL WAR
GYI

CHAK TSAL WA DANG CHÖ CHING
SHAK PA DANG JE SU YI RANG KUL
SHING SOL WA YI GE WA CHUNG ZE
DAK GI CHI SAK PA TAM CHE DAK GI
JANG CHUB CHIR NGO WO

Whatever negative actions I have
performed with body, speech and also
mind, overpowered by desire,
aggression and stupidity, I confess
each and every one of them.

I rejoice in everyone's merit--the
Victorious Ones of the ten directions,
the Bodhisattvas, the Pratyekabuddhas,
those in training, those beyond training
and all beings.

I request the protectors, the lamps of
the worlds of the ten directions, who,
passing through the stages of
awakening, attained Buddhahood
beyond attachment, to turn the
unsurpassable Dharma Wheel.

I supplicate with my palms joined
together those who intend to
demonstrate nirvana to remain for
kalpas as numerous as atoms in the
realms for the welfare and happiness of
all beings.

I dedicate whatever slight virtue is
accumulated through prostrating,
offering, confessing, rejoicing,
requesting and supplicating to
Enlightenment.

Praise to Manjushri: Gang Lo Ma

LA MA DANG GON PO JE TSUN JAM PAL
YANG LA CHAG TSAL LO

GANG GI LO DRO DRIB NYI TRIN DRAL
NYI TAR NAM DAG RAB SAL WA

JI NYI DON KUN JI ZHIN ZIG CHIR NYI KYI
TUG KAR LEG WAM DZIN

GANG DAG SI PAI TSON RAR MA RIG
MUN TUM DUG NGAL GYI ZIR WAI

DRO TSO G KUN LA BU CHIG TAR TSE
YEN LAG DRUG CHU YANG DEN SUNG

DRUG TAR CHER DROG NYON MONG
NYI LONG LE KYI CHAG DROG DROL
DZE CHING

MA RIG MUN SEL DUG NGAL NYU GU JI
NYI CHO DZE RAL DRI NAM

DO NE DAG CHING SA CHU TAR SON
YON TEN LU DZOG GYAL SE TU WO KU

CHU TRAG CHU DANG CHU NYI GYEN
TRE DAG LO MUN SEL JAM PAL YANG LA
DU

OM AH RA PA TSA NA DHI

TSE DEN KYE KYI KYEN RAB O ZER GYI

DAG LO TI MUG MUN PA RAB SAL NE

KA DANG TEN CHO ZHUNG LUG TOG PA
YI

LO DRO POB PAI NANG WA TSAL DU
SOL

I prostrate to the guru and protector, the
Noble Manjushri.

Your mind is completely pure and luminous
like the sun free from the clouds of the two
obscurations.

You hold a volume of scripture at your heart,
because you perceive all objects exactly as
they are.

You love like your only child all the
multitudes of beings who are imprisoned in
conditioned existence, enveloped by the
darkness of unawareness, and tormented by
suffering.

Your speech that possesses the sixty types
of melodies roars mightily like a dragon,
awakening from the sleep of afflictive
emotions and liberating from the chains of
karma.

Brandishing a sword, you illuminate the
darkness of unawareness, severing all
possible sprouts of suffering.

Primordially pure, you have perfected the
ten bhūmis. You are the perfect
embodiment of excellent qualities. The
enlightened form of the supreme son of the
victorious ones is adorned with one hundred
and twelve signs. Illuminating the darkness
of my mind, I pay homage to Manjushri.

OM AH RA PA TSA NA DHI

With compassionate love, by the light rays of
your supreme knowledge, completely dispel
the darkened ignorance of my mind.

To understand the scriptures of the
Buddha's words and their commentaries,
please bestow the illumination of confident
wisdom.

Request for Teachings

SEM-CHEN NYAM-KYI SAM-PA
DANG/
LÖ-YI JE DRAK JI-TA WA/
CHE-CHUNG THUN-MÖNG
THEK-PA YI/
CHÖ-KYI KHOR-LO KOR-DU SOL//

CHOG CHU SHUK PAY SAN GYE LA/
TAL MO JYAR TE SOL WA NI/
SEM CHAN MA RIG MUN TUM LA/
CHÖ KYI DRON ME BAR DU SOL//

Please turn the wheel of the Dharma of the two vehicles and their combination according to the dispositions and, likewise, the mental capacities of sentient beings.

With my hands folded in prayer, I supplicate the Buddhas abiding in the ten directions. Please shine the lamp of dharma for sentient beings obscured by the darkness of ignorance.



Dedication Prayers

DORJE CHANG CHEN TILLI NARO
DANG/
MARPA MILA CHÖ JE GAMPOPA/
PHAGMO DRUPA GYALWA DRI-
KUNPA/
KAGYU LAMA NAMKYI TASHI SHOG//
SO-NAM DI-YI THAM-CHE ZIG-PA NYI/
THOB-NE NYE-PAY DRA-NAM PHAM-
CHE TE/
KEY-GA NA-CHI BA-LONG TRUG-PA
YI/
SI-PAY TSHO-LEY DRO-WA DROL-
WAR SHOG//
CHANG-CHUB SEM-CHOG RIN-PO-
CHE/
MA-KYE PA-NAM KYE-GYUR CHIG/
KYE-PA NYAM-PA ME-PAR YANG/
GONG-NE GONG-DU PHEL-WAR
SHOG//
LA-MA KU-KHAM SANG-WAR SOL-
WA DEB/
CHOG-TU KU-TSHE RING-WAR SOL-
WA DEB/
TRIN-LEY DAR-SHING GYE-PAR SOL-
WA DEB/
LA-MA-DANG DRAL-WA ME-PAR
JYIN-GYI LOB//
JAM-PAL PA-WÖ JI-TAR KHYEN-PA
DANG/
KUN-TU SANG-PO DE-YANG DE-SHIN
TE/
DE-DAG KUN-GYI JE-SU DAG-LOB
CHING/
GE-WA DI-DAG THAM-CHE RAB-TU
NGO//
SANG-GYE KU-SUM NYE-PAY JYIN-
LAB DANG/
CHÖ-NYI MI-GYUR DEN-PAY JYIN-
LAB DANG/
GE-DUN MI-CHE DÜ-PAY JYIN-LAB
KYI/
JI-TAR NGÖ-SHIN MON-LAM DRUB-
PAR SHOG//

Dorje Chang, Tilopa, Naropa, Marpa,
Milarepa, Dharma Lord Gampopa,
Phagmodrupa, and Lord Drikungpa,
Please bestow upon us the most
auspicious blessing of all the Kagyu
Lamas.

By this virtue may I achieve the all
knowing state, and may all who travel
on the waves of birth, old age, sickness
and death cross the ocean of Samsara
by defeating all enemies—confusion,
the cause of suffering.

Bodhichitta, the excellent and precious
mind—where it is unborn, may it arise;
where it is born, may it not decline,
but ever increase higher and higher.

I pray that the Lama may have good
health and long life. I pray that your
Dharma activities spread far and wide.
I pray that I may not be separated from
you. As Manjushri, and likewise
Samantabhadra, realized the ultimate
state—Buddhahood, I will follow in their
path and share the merit for all sentient
beings.

By the blessing of the Buddha who
attained the three kayas, by the
blessing of the truth of the unchanging
Dharma-as-such, by the blessing of the
indivisible Sangha order, may the merit I
share bear fruit.

Well-Known Prayer Called Dakorma

DAK-DANG KHOR-DAY THAM-CHAY
KYI/

DU-SUM DU-SAG PA-DANG/

YÖ-PAY GE-WAY TSA-WA DI/

DAG-DANG SEM-CHEN THAM-CHAY/
NYUR-DU LA-NA ME-PA/ YANG-DAG-
PAR DZOG-PAY JYANG-CHUB RIN-
PO-CHE THOB-PAR GYUR CHIG//

SHE-JA KUN-ZIG KUN-KHYEN CHÖ-
KYI JE/

TEN-DREL NE-LA WANG-THOB DRI-
GUNG-PA/

RIN-CHEN PAL-GYI TEN-PA SI-TAY
BAR/

SHE-DRUB THÖ-SAM GOM-PEY ZIN-
GYUR CHIG//

By the virtues collected in the three
times

By myself and all beings in samsara
and nirvana,

And by the innate root of virtue,
May I and all sentient beings quickly
attain unsurpassed, perfect, complete,
precious Enlightenment.

May the teachings of the Great
Drigunpa, Ratna-Shri, who is
omniscient, Lord of the Dharma, Master
of Interdependence, continue and
increase through study, practice,
contemplation and meditation until the
end of samsara.

Dedication Prayer

By Lord Jigten Sumgon

Glorious, holy, venerable, precious, kind root and lineage lamas, divine
assembly of yidams and assemblies of buddhas, bodhisattvas, yogins, yoginis
and dakinis dwelling in the ten directions, please hear my prayer!

May the virtues collected in the three times by myself and all sentient beings
in samsara and nirvana and the innate root of virtue not result in the eight
worldly concerns, the four causes of samsara, or rebirth as a shravaka or
pratyekabuddha.

May all mother sentient beings, especially those enemies who hate me and
mine, obstructors who harm, misleading maras, and the hordes of demons
experience happiness, be separated from suffering and swiftly attain
unsurpassed, perfect, complete, and precious buddhahood.

By the power of this vast root of virtue, may I benefit all beings through my
body, speech, and mind. May the afflictions of desire, hatred, ignorance,
arrogance, and jealousy not arise in my mind. May attachment to fame,
reputation, wealth, honor, and concern for this life not arise for even a
moment.

(continued)

Dedication Prayer

By Lord Jigten Sumgon (continued)

May my mind stream be moistened by loving-kindness, compassion, and bodhichitta and, through that, may I become a spiritual master with good qualities equal to the infinity of space. May I gain the supreme attainment of Mahamudra in this very life. May the torment of suffering not arise even at the time of my death. May I not die with negative thoughts. May I not die confused by wrong view. May I not experience an untimely death.

May I die joyfully and happily in the great luminosity of mind-as-such and the pervading clarity of dharmata. May I, in any case, gain the supreme attainment of Mahamudra at the time of death or in the bardo.



Brief Prayer To Be Reborn In The Blissful Pure Land of Amitabha

EH MA HO/
NGO TSAR SANG-GYE NANG WA
THA YE DANG/
YE SU JO WO THUG JE CHEN PO
DANG/
YÖN DU SEM PA THUB CHEN THOB
NAM LA/
SANG GYE CHANG SEM PAG MED
KHOR GYI KOR/
DE KYID NGO TSAR PAG TU MED
PA YI/
DE WA CHEN ZHE CHA WA'I SHING
KHAM DER/
DAG ZHĀN DI NE TSHE PHÖ GYUR
MA THAG/
KYE WA ZHĀN GYI BAR MA CHÖ PA
RU/
DE RU KYI NE NANG THA'I ZHAL
THONG SHOG/
DE KĀD DAG GI MÖN LAM TAB PA
DI/
CHOG CHÜ'I SANG GYE CHANG
SEM THAM CHE KYI/
GEG MED DRUB PAR JYIN GYI LAB
TU SÖL/
TA YA THA/ PAN TSA DRI YA AWA
BODHA NAYA SVAHA//

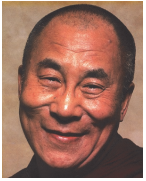
EH MA HO/
In the center is the marvelous Buddha
Amitabha of Boundless Light.
On the right side is the Lord of Great
Compassion,
And on the left is Vajrapani, the Lord of
Powerful Means.
All are surrounded by limitless
Buddhas and Bodhisattvas.
Immeasurable peace and happiness is
the blissful pure land of Dewachen.
When I and all beings pass from
samsara,
May we be born there without taking
samsaric rebirth.
May I have the blessing of meeting
Amitabha face to face.
By the power and blessings of the
Buddhas and Bodhisattvas of the ten
directions,
May I attain this aspiration without
hindrance.

Bodhichitta Prayer

CHANG-CHUB SEM-CHOG RIN-PO-CHE
MA-KYE PA-NAM KYE-GYUR CHIG/
KYE-PA NYAM-PA ME-PAR YANG/
GONG-NE GONG-DU PHEL-WAR
SHOG//

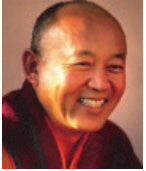
Bodhichitta, the excellent and precious
mind—where it is unborn, may it arise;
where it is born, may it not decline,
but ever increase higher and higher.

Long Life Prayers



His Holiness Tenzin Gyatso, the XIV Dalai Lama:

KANG-RI RA-WAY KOR-WAY SHING-KAM SU/
PHEN-DANG DE-WA MA-LÜ JUNG-WAY NE/
CHEN-RE-ZIG WANG TEN-ZIN GYA-TSO YEE/
ZHAP-PE SER-TI BAR-DU TEN JYUR CHIK//



His Holiness Drikung Kyabgon Chetsang Rinpoche:

KON-CHOG RIN-CHEN SUM-GYI NGO-WO KYI/
GYAL-TEN DZIN-PA TRUL-PAI PE-KAR CHANG/
DÖN-KUN SANG-PO CHÄN-GYI SIG DZE PA/
THRIN-LE LUN-DRUB KAL-GYAR SHAB TEN SHOG//



His Holiness Drikung Kyabgon Chungtsang Rinpoche:

KON-CHOG SUM-GYI TEN-PA DZIN-PA LA/
NGAG-GI WANG CHUG JE-TSUN JAM-PE YANG/
THUB-TAN RIN-CHEN DRON-ME DEG-DZE PA/
CHÖ-KYI NANG-WA KAL-GYAR SHAB-TEN SHOG//



His Eminence Garchen Rinpoche:

PHAG-PAI YÜL-NA AR-YA DE-VA ZHE/
DO-KHAM CHOK-SU GAR-GYI RIK-SU TRUL/
JIK-TEN GON-PO THUK-SE CHÖ-DING-PA/
PAL-DEN GAR-CHEN KU-TSE KAL-GYAR-TEN//
NYIG-DÜ GYAL-TEN NYAK-TRE NE-KAB DIR/
THU-TOB DOR-JE TA-BÜ TÜL ZHUK-KYI/
RI-ME TEN-PE KHUR-CHI DAG-GIR ZHE/
TEN-PE-NYI-MA GAR-CHEN ZHAP-TEN SÖL//



Khenchen Konchog Gyaltsen Rinpoche:

DZUNG-MANG THÖ-PAY NOR-GYI PAL-CHUG CHING/
SAM-DANG GOM-PE RANG-RIG NYAG-CHIG TOG/
GYAL-TEN TSUL-TRIM ÖD-BUM GYED-DZE CHE/
KHEN-CHEN KON-CHOG GYAL-TSHEN SHAB-TEN SOL//

His Holiness Tenzin Gyatso, the XIV Dalai Lama:

For this realm encircled by snow-covered mountains,
You are the source of every benefit and bliss without exception.
Tenzin Gyatso, you who are one with Avalokiteshvara,
May you remain steadfast until samsara's end!

His Holiness Drikung Kyabgon Chetsang Rinpoche:

Embodiment of the three precious jewels,
Padmapani, who holds the teachings of the Victorious One,
Seeing the all-goodness meaning with the wisdom eye,
May you who are Spontaneously Established Activities live long
for hundreds of kalpas!

His Holiness Drikung Kyabgon Chungtsang Rinpoche:

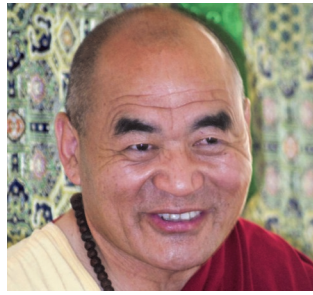
Noble Manjushri, the Lord of Speech,
Who manifests to hold the teachings of the Triple Gem,
Who raises the lamp of the Sage's teachings,
May you who are the Light of the Dharma live long for hundreds of kalpas!

His Eminence Garchen Rinpoche:

The one known in the holy land as Aryadeva
Emanated into the Gar clan of eastern Tibet as Chödingpa,
The heart-son of Jigten Sumgön,
May the life of glorious Garchen remain steadfast for a hundred aeons.
In this age of strife when the Victor's teaching faces hardship,
Through his powerful, vajra-like conduct, he takes on himself the heavy
responsibility of the unbiased teaching.
May Garchen, the Sun of the Teachings, live long!

Khenchen Konchog Gyaltsen Rinpoche:

You who are richly endowed with the glorious wealth of Dharma knowledge,
Who, through reflecting and meditating, have actualized the self-aware
absolute reality,
And shine with the hundred-thousand light rays of ethical discipline of the
Buddha-Dharma,
May you, Khenchen Ratna Dwaza, live long!



Venerable Traga Rinpoche's Long Life Prayer

Traga Rinpoche's Long Life Prayer

༄༅། །བདག་ཅག་མོས་དགེ་ལུན་སྤུས་ཚོགས་པ་དང།

dag chag mö ge pün sum tsog pa dang/

By power of the wealth of our devotion and virtue

།ཙཱ་མུམ་ལྷ་དང་སྤྱད་མའི་མགྲུ་ལྗོངས་ཀྱིས།

tša sum lha dang sung mai tu tob kyi/

and of the deities of the three roots and guardians,

།དཔལ་ལ་མགོན་སྤྱོད་མའི་སྤྱོད་ཆེ་རབ་བརྟན་ཞིང།

pal gön la mai ku tse rab ten zhing/

may the life of the Guru, glorious protector, hold firm,

།ཐྱིན་ལས་འགོགས་མེད་ཕྱོགས་བཅུར་འཕེལ་གྱུར་ཅིག།

trin le gog me chog chur pel gyur chig

and his actions ceaselessly spread in the ten directions!

།ཀླན་གཟིགས་དག་གི་དབང་པོའི་གསུངས་བྱིན་རྒྱབས་ཅན་ནོ།

།ཏི་མ་རྒྱལ་མཚན་གྱིས་བཀྲ་དགའི་ཆེད་བྱ་བྱས།།

This has the blessings of the enlightened speech of the All-Seeing Ngag! Wangpo.

This was written by Nyima Gyaltsen for the sake of Traga.

Chenrezig Mantra

OM MANI PADME HUM HRI

ཨོཾ་མ་ཎི་པ་དྲེ་བུ་ཧཱུྃ་ཧྲི་

Dedication

GEWA DI YI NYUR DU DAG/

CHENREZIG WANG DRUB GYUR NE/

DROWA CHIG KYANG MA LU PA/

DEYI SALA GOPAR SHOG//

Through this virtue may I swiftly attain the power of Chenrezig and
thus establish all migrating beings without exception in that state.



SUPPLEMENTARY PRAYERS AND PRACTICES

Lama Supplication

PAL-DEN LA-MA/ KU-SHIE WANG-
CHUG/ DAG-PO KA-GYU/ YONG-KYI
TSUG-GYEN/ DRO-WAY DE-PON/
DAM-PAY LAM-TON/ THUG-JEI NGA-
DAG/ GYAL-WAY GYAL-TSHAB/
KA-DRIN DA-DREL/ TON-PA DA-ME/
DOR-JE CHANG-WANG/ GON-PO
DRI-GUNG-PA CHEN-PO KHYEN-NO/

I pray to the Glorious Lama, the
embodiment of the four Buddha's bodies,
the crown-jewel of all the entire Dagpo
Kagyü, the leader of sentient beings, the
teacher of the ultimate path, the Lord of
Compassion, the regent of the Buddha, of
peerless kindness, incomparable teacher;
Vajradhara, great Lord Drikungpa, please
hear my prayer.

SOL-WA DEB-SO/ THUG-JE ZIG-
SHIG/ JYIN-GYI LOB-SHIG/ NGO-
DRUB NAM-NYI/ DA-TA TSOL-CHIG/
DON-NYI LHUN-DRUB/ DRE-BU
TSOL-CHIG//

I pray to you, please look upon me with
compassion. Please empower me with the
blessings, please grant me the two actual
accomplishments now. Please bestow the
fruit of the effortless establishment of the
two purposes.

Supplication To Lord Jigten Sumgon

KYAB-DREN-GYI DHO-ME
ZAM-LING GYEN/
DRAG-PAY TONG-SUM YON-LA
KHYAB/
TSÖ-MEY GYAL-WA DOR-JE
CHANG/
PHA JIG-TEN GON-PA'I SHAB-LA
DÜ/

DÜ TAG-TU SAM-GYU KHYÖ-LAY
MEY/
JIN-GYI LOB-SHIG THUG-JE CHEN/
NYING-GI MUN-PA SAL-NEY
KYANG/
SEM TRÖ DREL-DU TOG-PAR JIN-
GYI LOB//

Unequaled refuge, ornament of the
world,
Your fame pervades the three
thousand worlds.
You are the victor, Vajradhara, without
a doubt.
I bow at the feet of the father, Jigten
Sumgön.

Continually, I think of no one but you.
Compassionate One, grant your
blessings.
Dispel the darkness that surrounds my
heart.
Please bless me so that I realize the
unelaborated nature of mind.



ONE HUNDRED SYLLABLE MANTRA

OM/ The most excellent exclamation of praise

BAZRA SATTWA SAMAYA/ Vajrasattva's samaya

MANU PALAYA BAZRA SATTWA/ Oh Vajrasattva, protect the samaya

TENOPA TISHTHA / DRIDO ME BHAWA/ May you remain firm in me

SUTO KHYOME BHAWA/ Grant me complete satisfaction

SUPO KHYOME BHAWA/ Grow within me (increase the positive within me)

ANU RAKTO ME BHAWA/ Be loving toward me

SARWA SIDDHIM-ME PRA-YATSHA/ Grant me all the siddhis

SARWA KARMA SUTSA-ME/ Show me all the karma (activities)

TSIT-TAN SHRIYA KURU/ Make my mind good, virtuous and auspicious

HUNG/ The heart essence seed syllable of Vajrasattva

HAHA HAHA/ Symbolizes the four immeasurables, four empowerments, four joys and four kayas

HO/ The exclamation of joy at this accomplishment

BHAGAVAN SARWA TATHAGATA/ Oh, all the blessed Tathagatas

BAZRA-MAME MUN TSA/ May I be fully liberated in the Vajra

BAZRI BHAWA/ Grant me the realization of the Vajra nature

MAHA SAMAYA SATTWA AH// Oh great samaya sattva, AH

By virtue of this Dharma work, may all sentient beings be free from suffering and attain perfect, complete Enlightenment.

Mandala Offering

OM BAZRA BHUMI AH HUNG/ SHI NAM-PAR DAG-PA WANG-CHEN SER-
GYI SA-SHI/ OM BAZRA REKHE AH HUNG/ CHI CHA-GRI MU-KHYU KYI
YONG-SU KOR-WAY U-SU/ 1) HUNG RI-YI GYAL-PO RI-RAB/ 2) SHAR LU
PHAG-PO/ 3) LHO ZAM-BU LING/ 4) NUB BA-LING CHO/ 5) CHANG DRA-
MI NYEN/ 6, 7) SHAR-DU LU-DANG LU-PHAG/ 8, 9) LHOR NGA-YAB
DANG NGA-YAB SHEN/ 10, 11) NUB-TU-YO-DEN DANG LAM-CHOG DRO/
12, 13) CHANG-DU DRA-MI NYEN DANG DRA-MI NYEN-GYI DA/ 14) RIN-
PO-CHAY RI-WO/ 15) PAG-SAM-GYI SHING/ 16) DO JO-YI BA/ 17) MA-MO
PAY LO-TOG/ 18) KHOR-LO RINPOCHE/ 19) NOR-BU RINPOCHE/
20) TSUN-MO RINPOCHE 21) LON-PO RINPOCHE/ 22) LANG-PO RIN-
POCHE / 23) TA-CHOG RINPOCHE/ 24) MAG-PON RINPOCHE/
25) TER CHEN-POI BUM-PA 26) GEGPA MA/ 27) TRENGWA MA/
28) LUMA/ 29) GARMA/ 30) METOG MA/ 31) DUGPO MA/ 32) NANGSAL
MA/ 33) DRICHAB MA/ 34) NYIMA/ 35) DAWA/ 36) RINPOCHE DUG/
37) CHOG-LEY NAMPAR GYAL-WAY GYAL-TSEN U SU LHA DANG MI-YI
PAL-JOR PHUN-SUM TSOG-PA MA-TSHANG-WA ME-PA/ SHING-KHAM
NAM-PAR DAG-PA DI-NYI DRIN-CHEN TSA-WA DANG GYU-PAR CHE-PAY
PAL-DAN LA-MA DAM-PA NAM DANG/ YI-DAM KYIL-KHOR-GYI LHA-TSOG/
KON-CHOG RINPOCHE NAM-PA SUM/ PA-WO KHA-DRO CHO-KYONG
SUNG-MA DANG CHE-PA NAM-LA BUL-WAR GYI-O/ THUG-JE DRO-WAY
DON-DU SHE-SU SOL/ SHE-NE JYIN-GYI LAB-TU-SOL// SA-SHI PO-CHU
JYUG-SHING ME-TOG TRAM/RI-RAB LING-SHI NYI-DAY GYEN-PA DI/ SANG
-GYE SHING-LA MIG-TE PHUL-WA YI/ DRO-KUN NAM-DAG SHING-DU KYE-
WAR SHOG/ KU-SUM YONG-ZOG LA-MAY TSOG-NAM LA/ CHI-NANG SANG
-SUM DE-SHIN NYI-KYI CHO/ DAG-LU LONG-CHO NANG-SI YON-SHE LA/
LA-MAY CHOG-GI NGO-DRUB TSAL-DU SOL/CHAG-TSAL WA-DANG CHO-
CHING SHAK-PA DANG/ JE-SU YI-RANG KUL-SHING SOL-WA YI/ GE-WA
CHUNG-ZAY DAG-GI CHI-SAG PA/ THAM-CHE ZOG-PAY CHANG-CHUB
CHIR-NGO O/

OM GURU DEWA DAKINI RATNA MANDALA PRATITSA SVAHA/



Mandala Offering

OM BAZRA BHUMI AH HUNG/ The base is the completely pure golden ground, OM BAZRA REKHE AH HUNG/ A wall of iron mountains forms a circle. 1) At the center stands Mount Meru, the king mountain, 2) to the east is Superior Body, 3) to the south is Dzambudvipa, 4) to the west is Wish-granting Cow, 5) to the north is Unpleasant Sound, 6, 7) to the SE is Body and the NE is Superior Body, 8, 9) to the SW is Tail, to the SE is the Other Tail, 10, 11) to the NW is Possessing Movement, to the SW is Walk in the Supreme Path, 12, 13) to the NE is Unpleasant Sound, to the NW is Parallel Unpleasant Sound, 14) the precious mountain of jewels, 15) the wish-fulfilling tree, 16) the holy cow that grants wishes, 17) the grain that needs no toil, 18) precious wheel, 19) precious jewel, 20) precious queen, 21) precious minister, 22) precious elephant, 23) precious steed, 24) precious general, 25) a vase of many treasures, 26) the graceful goddess, 27) the goddess of garlands, 28) the goddess of song, 29) the goddess of dance, 30) the goddess of flowers, 31) the goddess with incense, 32) the goddess of radiant light, 33) the goddess with fragrant water, 34) the sun, 35) the moon, 36) the precious parasol, 37) the victory banner triumphant in every direction. In the center of this mandala is the most perfect collection of the glorious wealth of Gods and humans with nothing lacking. I offer these to the kind Root Lama and the Lineage Lamas, Yidams, Triple Gem, Dakas, Dakinis, and the host of Dharma Guardians. Please accept these offerings for the benefit of all sentient beings and grant me your blessings. The ground is sprinkled with scented water and strewn with flowers. It is adorned with Meru, the supreme mountain, the four continents, and the sun and moon. As a Buddhafield, I offer it. May all sentient beings attain the happiness of the Buddhafields. To the lamas who possess the three kayas, I offer the outer, inner and secret offerings with my body, wealth and all that is visible. Please grant me the supreme realization – Enlightenment. Whatever merit I have gathered through prostrations, offerings, confession, rejoicing, beseeching, and praying—for the sake of the enlightenment of all sentient beings, all this I dedicate.

OM GURU DEWA DAKINI RATNA MANDALA PRATITSA SVAHA/

CHENREZIG PRAYER

Your thousand arms are the thousand Chakravartin kings.

Your thousand eyes are the thousand Buddhas of this fortunate aeon.

I prostrate to the Venerable Chenrezig

Who shows whatever is needed to subdue those to be subdued.



ཨོཾ་པཌ་ལྷོ་ཨཱཾ་

MANTRAS



Amitabha

(Buddha of Boundless Light)

OM AMI DEWA HRI



Chenrezig

(Buddha of Compassion)

OM MANI PADME HUNG HRI



Guru Rinpoche

(Padmasambhava, Enlightened Buddha who helped bring
Buddhism to Tibet)

OM AH HUNG VAJRA GURU PADMA SIDDHI HUNG



Tara

(Female Buddha of Compassionate Protection)

OM TARE TUTTARE TURE SWAHA



Achi Chokyi Drolma

(Protrectress Deity)

OM MAMA TSAKRA SWAHA

YAR DU SARVA DU

RANDZA RANDZA DU

MAMA DU HUNG PHAT SWAHA



**This prayer book is dedicated to
Venerable Traga Rinpoche,
as a small gesture of appreciation for
his vast kindness and wisdom.**



RigDzin Dharma Foundation

322 Washington Street SE

Albuquerque, NM 87108

rigdzindharma.org

505-401-7340

May 2011



If you would like to take this prayer book home, please make a donation of \$5.00 to cover printing replacement costs. Thank you.