

၁၅၁

Prayer to the Golden Rosary of the Mahamudra Lineage:

ပုလေသနနတ်မန္တနာဂါ

PAL DEN TSA WAY LA MA RIN PO CHE

Glorious and precious Root Guru

မနစ်ရီရွှေနတ်မန္တနာဂါ

DAK KI CHI WOR PE DAY DEN ZHUK LA

sitting on the lotus and moon seat on the crown of my head,

မရာနီရနတ်မန္တနာဂါ

KA TRIN CHEN PÖY GO NAY JE ZUNG TE

in your great kindness hold me,

အန္တနာဂါ

KU SUNG TUK KYI NGÖ DRUP TSAL TU SOL /

and bestow the accomplishment of body, speech and mind.

၁၆၁

မြတ်နှစ်နှစ်နှစ်နှစ်နှစ်

CHANG CHUP PAR TU DAK NI KYAP SU CHI

I take refuge until enlightenment.

ပါသနများ မိန္ဒိန္ဒိန္ဒိ

(Repeat three times, then...)

မင်းနှစ်နှစ်နှစ်နှစ်နှစ်

SANG GYAY CHÖ TANG TSOK KYI CHOK NAM LA

In Buddha, Dharma and the Supreme Assembly,

မင်းနှစ်နှစ်နှစ်နှစ်နှစ်

DAK KI JIN SOK GYI PAY SO NAM KYI

By the merit of practicing generosity and
the other paramitas,

မင်းနှစ်နှစ်နှစ်နှစ်နှစ်

DRO LA PEN CHIR SANG GYAY DRUP PAR SHOK /

May I achieve Buddhahood for the benefit of beings.

॥

। བ୍ରାହ୍ମିଣୀନାମିତାରାମାତ୍ରାମାତ୍ରା ।

THE TWENTY-ONE PRAISES OF TARA, THE LIBERATOR.

୫୭।

ଦ୍ୱାର୍ଯ୍ୟାତ୍ମନ୍ତର୍ୟୋ

NAMO ARYA TARAYE :

Praise to the Exalted Liberator !

ଶୁଣ୍ଠିଶ୍ଵରପ୍ରଭାତରକ୍ଷଣ୍ୟୋ । ଚେନ୍ରାଜି

PO TA

Powerful Chenrazi, Treasury
of Compassion).

ଶୁଣ୍ଠିଶ୍ଵରପ୍ରଭାତରକ୍ଷଣ୍ୟୋ । ତମ୍ୟିଙ୍ଗଦ୍ଵଦ୍ଦ

KU LAY TRUNG SHING/ TAM YI Ö
Potala, born of the green syllable
the light radiating from this



ରଥଶ୍ଵରପ୍ରଭାତରକ୍ଷଣ୍ୟୋ

(I bow down at the feet of the

ତମ୍ୟିଙ୍ଗଦ୍ଵଦ୍ଦରକ୍ଷଣ୍ୟୋ । ତମ୍ୟିଙ୍ଗଦ୍ଵଦ୍ଦ

LA YI NAY CHO NAY/ TAM YI JANG
From the supreme abode of the

ଶୁଣ୍ଠିଶ୍ଵରପ୍ରଭାତରକ୍ଷଣ୍ୟୋ । ଶ୍ରୀତମ୍ୟିଙ୍ଗଦ୍ଵଦ୍ଦ

CHI DRO WA DRÖL/ DRÖL MA KOR
TAM, you liberate beings through
syllable (TAM).

१

। ପତ୍ର ଗମନ ଶୁଣିବୁ । କୁରୁ ଅବେଳା ସବୁ । ବ୍ୟଥିତ ପଦ୍ମନାଭ ।

CHAY SHE SU SOL/

HLA DANG HLA MIN CHÔ PEN JI/ SHAP CHI PAY MO LA TU NAY/ PONG

Tara, I pray that you come together with your retinue ! The gods and jealous gods lower their crowns at your lotus-feet, you who liberates (beings) from all destitution.

ସମୁଦ୍ରପତିଶ୍ଚାପନବନ୍ଦମା । ଶ୍ଵର୍ଣ୍ଣପାତ୍ରପୁଷ୍ପକୁଣ୍ଡଳପର୍ବତୀ । ହୈପତୁକିନ୍ଦ୍ରଧରାଶାପନ୍ଦମା । ଶୁଣେଷାପତୁ

BA KUN LAY DRÖL DZAY MA/

DRÖL MA YUM LA CHA TSAL LO/

I make prostrations before you, the Mother, the Liberator. I offer respect completely and sincerely, to you Venerable and Exalted Tara as well as to the Buddhas and Bodhisattvas who dwell in the ten directions

କୁଳଶୁଦ୍ଧିକୁଳଶୁଦ୍ଧି । କୁଳଶୁଦ୍ଧିକୁଳଶୁଦ୍ଧିକୁଳଶୁଦ୍ଧି । କୁଳଶୁଦ୍ଧିକୁଳଶୁଦ୍ଧିକୁଳଶୁଦ୍ଧି ।

TU SUM SHUK PA YI/

JAL WA SAY CHAY TAM CHAY LA/

and the three times. I offer real and imagined flowers, incense, lights, scents, food, music

KUN NAY DANG WAY CHAK JIO/

ME TOK

ਮੁਗ ਸ਼ੇਸ਼ ਅਰ ਏਕੀ

DUK PÖ MAR ME DRI/
and all other pleasing things;

। ਬ੍ਰਿਧਾ ਤਥਾ ਰੰਧ ਘੋਲ ਸ਼ੇਸ਼ ਪਾ।
SHEL SAY ROL MO LA SOK PA/

। ਨਗ ਨਹੂਰ ਘੀ ਦ੍ਰੀ ਚਿ ਸ਼੍ਰੂਪ ਵੱਖ ਰਸੂਪ।
NGÖ JOR YI CHI TRUL NAY BUL/
I pray that the Assembly of the Exalted Deity accepts these offerings.

ਛੋਥ ਸ਼੍ਰੀ ਵਾਲ ਸ਼੍ਰੂਪ ਰਸੂਪ।

TSO CHI SHE SU SOL/
I openly admit the five actions of immediate consequence and all wrongs committed,

। ਮੈਂ ਘ ਘੇ ਦ੍ਰਾ ਦ੍ਰਾ ਦ੍ਰਾ ਦ੍ਰਾ।
TO MA ME NAY DA TAY BAR/

। ਘੀ ਦ੍ਰੀ ਯ ਤੁਂ ਦੁ ਦੁ ਅਕ ਅਕ ਅਕ।
MI GE CHU TANG TSAM ME NGA/
since beginningless time,

6

ਅੰਦ ਦ ਧਰ ਸ਼ੂਰ ਪਦੀ।

MONG WANG JUR PAY/

। ਜੀ ਪਾ ਤਮ ਚਾਹ ਸ਼ਾਕ ਪਾ ਜੀ।
DIK PA TAM CHAY SHAK PAR JI/

। ਨ੍ਯੇਨ ਟੋ ਰਾਂ ਜਾਂ ਜਾਂ ਚੁਪ ਸੇਮ।
NYEN TÖ RANG JAL JANG CHUP SEM/

ਸੋ ਸੋ ਚੇ ਵਾ

with the mind under the power of the negative emotions. I rejoice in the merit and in all virtues
whatever they be, which ordinary beings, Sravakas, Prateykbuddhas and Bodhisattvas have accumulated

ଓ

। ପାଲେଶକ୍ଷମତା । ତୁ ସମ୍ମାନ ଦୟା ସହିତେ ପାଲେଶକ୍ଷମତା । ସମ୍ମାନ ଅନ୍ତର୍ବିଦ୍ୟା ପିନଦା ।

LA SOK PAY/

TU SUM GE WA CHI SAK PAY/

SÖ NAM LA NI DA YI RANG/

in the three times.

I urge you to turn the Wheel of Dharma in the form of.

ସେବନ କରନ୍ତୁ ଅନ୍ତର୍ବିଦ୍ୟା ପିନଦା । ଲୋ ଯି ଚେ ତ୍ରାକ ଜି ତା ଓର / CHE CHUNG TUN MONG TEK PA YI/ CHÖ CHI KOR LO

SEM CHEN NAM CHI SAM PA TANG/

LO YI CHE TRAK JI TA WAR/

the Ordinary, Great or Small Vehicles, according to the different ways of thinking and intellectual

ଅନ୍ତର୍ବିଦ୍ୟା ପିନଦା । ନୀତି ଶିଖିବା ପାଇବା । ନୀତି ଅନ୍ତର୍ବିଦ୍ୟା ପିନଦା । ନୀତି ଅନ୍ତର୍ବିଦ୍ୟା ପିନଦା ।

KOR DU SOL/

KOR WA JI SI MA TONG BAR/

NYA NGEN MIN DA TUK JE YI/

DU NGEL JAM TSOR

capacities of each being.

I entreat you not to go into Nirvana as long as the Cycle of Existence
is not emptied, and through compassion, to look upon the beings

ਕੁਦਾਵਾਂ ਪੀ | ਅੰਮਰਤ ਕੁਮਲ ਪਿਣੀ ਕੁਸ਼ ਜੈਂਪਾ | ਧੁਨ ਗਿਆ ਪਿੰਡ ਕੁਤੁਬ ਹੋ ਯਾਗ ਪਾ |

JING WA YI/ SEM CHEN NAM LA ZI SU SOL/
drowning in the ocean of suffering.

DA KI SÖ NAM CHI SAK PA/
May all the merit which I have been able to accumulate be-

DA KI SÖ NAM CHI SAK PA/

TAM CHAY JANG CHUP JUR JUR NAY,
come a cause of Enlightenment an-

RING POR MI TOK DRO WA YI/
rough this, may I quickly ad-

DREN PAY PAL DU DAK JUR CHIK/

come a cause of Enlightenment and through this, may I quickly acquire the qualities of the glorious Guide of

જેણે એવું કરીને આપણા જીવનની અનુભૂતિ હોય તો આપણા જીવનની અનુભૂતિ હોય

OM JE TSUN MA PA MA DRÖL MA LA CHA TSAL LO/

* OM I praise the Venerable, Exalted Tara !

CHA TSAL TA RE NYUR MA PA MO/

TU TA RA YI...

I praise you, TARE, "the Liberator".

* Beginning of the Twenty-One Praises

ஓ

। ଜିକ୍ ପା ଶେଲ୍ ମା । । ତୁ ରେ ଦୋନ୍ କୁନ୍ ଜିନ୍ ପାୟ ଦ୍ରୋଳ୍ ମା । । ଶୋ ହା ଯି ଗେ ଚୋଲାଦୁ

JIK PA SEL MA/

TU RE DÖN KUN JIN PAY DRÖL MA/

SO HA YI GE CHÖ LA DU

swift and courageous, who through TUTARE *, removes all fear, and through TURE *, bestows all benefits; through the syllable SOHA, I bow down at your feet.

ସୀ । ଚା ତ୍ସାଲ ଦ୍ରୋଳ ମା ନ୍ୟୁର ମା ପା ମୋ । ଚେନ୍ ନି କାୟ ଚିକ ଲୋ ତଙ୍ଗ ଦ୍ରା ମା । । ଜିକ୍ ଟେନ୍ ସୁମ୍

DO/ CHA TSAL DRÖL MA NYUR MA PA MO/

CHEN NI KAY CHIK LO TANG DRA MA/

JIK TEN SUM

- I praise the Swift and Courageous Tara whose look is as instantaneous as lightning; Who appeared from

9

ଅ ଯେବୁ କୁଣ୍ଡଳ ଶ୍ରୀ । କେ ଶର ଜେ ଓ ଲା ଯ ନି ଜଂ ମା । । ଚା ତ୍ସାଲ ଟୋନ୍ କାୟ ଦା ଵା କୁନ୍ ତୁ । । କାଂ ଓ ବା ଜା ନି

GON CHU CHE SHEL JI/

KE SAR JE WA LAY NI JUNG MA/

CHA TSAL TÖN KAY DA WA KUN TU/

KANG WA JA NI

the opened water-born lotus on the face of the Protector
of the three worlds.

- I praise the One whose face is (sublimely

* TUTARE is the mantra expressing joy

* TURE means "Swift-One"

ସଫ୍ରେଶମାସରିବ୍ୟାମା । ଅନ୍ତମାଖ୍ୟାତମାକ୍ଷଣମାକ୍ଷଣମାଗୁମା । ୧୩୭. ଛୁଟେଶଦୀର୍ଦ୍ଦନମାନ୍ୟମା । ପ୍ରଥା
TSEK PAY SHEL MA/ KAR MA TONG TRAK TSOK PA NAM CHI/ RAP TU CHE WAY Ö RAP BAR MA/ - CHA

white) like a stack of a hundred full autumn moons; Who blazes with the illuminating light of thousands
of stars together.

ନକ୍ଷୟାମୂଳରଖ୍ୟାତମାକ୍ଷୁଣ୍ମା । ପକ୍ଷିମାହ୍ୟାତମାକ୍ଷୁଣ୍ମା । ଜୁଵିନ୍ଦମାପକ୍ଷିନ୍ଦମାନ୍ତରମା ।

TSAL SER NGO CHU NAY CHE CHI/ PAY MAY CHA NI NAM PAR JEN MA/ JIN PA TSÖN DRU KA TUP SHI
I praise the One who has a turquoise and gold body and a hand perfectly adorned with the lotus; Whose sphere

ସା । ସତ୍ତିଦମାସମାନ୍ତରମାଖ୍ୟାତମା । ପ୍ରଥାନକ୍ଷୟାଦମାବିନ୍ଦମାଗୁମାମାନ୍ତରମା ।

WA/ ZÖ PA SAM TEN CHÖ YUL NYI MA/ CHA TSAL DEB SHIN SHEK PAY TSU TOR/ TA
of activity is generosity, diligence, austerity,
peacefulness, patience and meditation. - I praise the One, seated above the heads of the

۹۵۱

YAY NAM PAR JAL WAR CHÖ MA/ MA LU PA ROL CHIN PA TOP PAY/ JAL WAY SAY CHI

Tathagatas, who enjoys complete and infinite victory; Who is deeply honoured by the Bodhisattvas who perfected the Transcendental Virtues (paramitas).

perfected the Transcendental Virtues (paramitas).
শৰ্ম্মাদ্বিষ্টু পূর্ণাদ্বিষ্টু পূর্ণাদ্বিষ্টু পূর্ণাদ্বিষ্টু

SHIN TU TEN M

CHA TSAL TU TA RA HUNG YI GE/

DÖ TANG CHO DANG NAM KA KANG MA/

JIK TEN

- I praise the One who fills the world of desire, the ten directions and space with the mantra TUTARE... and the syllable HUNG; Who, trampling the seven worlds with her feet, has the power to summon them all.

ସହିତ ମାତ୍ରାମାତ୍ରା କୁଳାଶ ଅନ୍ତରେ ପରିବର୍ତ୍ତନ ହେଲା ।

DUN BO SHAP CHI NEN TE/

LU PA ME PAR GU PAR NU MA/

CHA TSEL JA JIN ME HLA TSANG BA/

- I praise the One to whom Indra, Agni, Brahma, Vayu and the other powerful ones make offerings;

lung hla ma tsok wang chuk chö ma | jung bo ro lang dri sa nam tang |

LUNG HLA MA TSOK WANG CHUK CHÖ MA/
Who is honoured by demons, zombies and other harmful spirits who (bow down) before her.

nö jin tso chi

abdu nay to ma | cha tsal tray che ja tang pay chi | pa rol trul kor rap tu jom ma | yay

DUN NAY TO MA/
CHA TSAL TRAY CHE JA TANG PAY CHI/
- I praise the One who completely destroys the plots of adversaries through TRAT and PAT;

pa äkshay shap kum yon chang shap chi nen te | me bar truk pa shin tu bar ma | cha tsal tu re jik pa

KUM YÖN CHANG SHAP CHI NEN TE/
Who, trampling them under her feet, right leg folded, left out-stretched,
completely consumes them with the fire that burns and rages.

- I praise the One who

۹۹

CHEN MO/ DU CHI PA WO NAM PAR JOM MA/

... triumphs over the most resistant demons through TURE and her terrifying aspect; Whose lotus-face, frowning

CHU CHE SHEL NI TRO NYER DEN DZAY/

ମୁଖ୍ୟାଙ୍କାରି ପ୍ରତିଶ୍ରୁତି ଏହାରେ ଉପରେ ଥିଲା ।

DRA WO TAM CHAY MA LU SÖ MA/
angrily, slays all enemies*

CHA TSAL KÖN CHOK SUM TSON CHA JAY/

SOR MÖ TUK

angrily, slays all enemies* without exception. - I praise the One whose fingers perfectly adorn her heart

କରନମ୍ ପରଜେନମ୍

MA LU CHO CHI KOR LO JEN PAY/

RANG GI Ö CHI TSO NAM TRU

in the mudra of the Three Rare and Sublime Jewels; Whose own light rays,in the form of a wheel in her hand, radiate in all directions.

*Mainly the enemies of spiritual realization: the negative emotions and the obscurations of the mind.

अ। १ श्वरक्षिप्तयन्त्रिदग्नान्यस्मृद्यन्ति । २ शंकृतेन्दुष्टेन्यश्विभ्या । ३ ब्रह्मवन्यवल्मिक्यन्ते

MA/ - CHA TSAL RAP TU GA WAR JI PAY/

U JEN Ö CHI TRENG WA PEL MA/

SHAY PA RAP SHAY TU TA RA

- I praise the One who spreads the Supreme Joy* and garlands of the light which shines from her diadem;
Who bursts out laughing with the joyous exclamation TUTARA, placing the demons and the worldly gods under

पीमि । ४ वृद्धदृष्टिशक्तियद्वाभद्रामि । ५ श्वरक्षिप्तशग्निश्चेष्टासक्षममि । ६ अस्तद्वशुभिः

YI/ DU TANG JIK TEN WANG TU DZAY MA/
her power.

CHA TSAL SA SHI CHONG WAY TSO NAM/

TAM CHAY GU

- I praise the One who has the power to summon all the assemblies

परनुभवित्वा । ७ गुरुर्यज्ञवरीयेषुद्दुर्गिः । ८ रेत्याद्वश्वमित्वद्विष्टप्यामि । ९ श्वरक्षिप्तश्वरी

PAR NU MA NYI MA/ TRO NYER YO WAY YI GE HUNG GI/ PONG BA TAM CHAY NAM PAR DRÖL MA/

CHA TSAL DA WAY

of the protectors of the world; Who liberates (all beings) from destitution through
the letter HUNG agitated by her wrathful frowning.

- I praise the One

* Supreme Joy is the name of the first stage of Enlightenment, the first degree Bodhisattva.

༄༅

15 བ්‍රුණු ག්‍රුණු ག්‍රුණු | ພ්‍රක්ෂා ພ්‍රක්ෂා ພ්‍රක්ෂා | ປ්‍රේ ພ්‍රේ ພ්‍රේ ພ්‍රේ

TUM BU U JEN/

JEN PA TAM CHAY SHIN TU BAR MA/

REL PAY TRÖ NAY Ö PA

whose crescent-moon-shaped diadem and ornaments blaze; Who shines with a flow of continual light streaming

අද්‍ය ම ම ම ම ම | ම ම ම ම ම ම ම | ම ම ම ම ම ම ම | ම ම ම ම ම ම ම |

ME LAY/

TAK PAR SHIN TU Ö RAP DZAY MA/

CHA TSAL KAL PA TA MAY ME TAR/

BAR WAY TRENG WAY U

from Amithaba (who rests) on top of her hair. - I praise the One, abiding in the center of a garland,

15

ක ම ම ම | ම ම ම ම ම ම ම | ම ම ම ම ම ම ම | ම ම ම ම ම ම ම |

NA NAY MA/

YAY CHANG YON KUM KUN NAY KOR GAY/

DRA YI PUNG NI NAM PAR JOM MA/ CHA

who blazes like the fire at the end of a kalpa; Who, right leg out-stretched and left folded, completely
subdues the enemies of those who rejoice in the turning of the Wheel of Dharma.

ਨਕਘ·ਸਾਗਰੀਦੁਖ·ਪ੍ਰਭਾਣੀ । ਅਬੰਧ·ਗ੍ਰੈਸ·ਵਸੂਵ·ਰੰਦ·ਕਿਵਾਹ·ਗ੍ਰੈਸ·ਵਕੁਦਾ । | ਝੋਗਨੇਵਕ·ਅਹੰਦ·ਧੀ·ਸੋਹੁੰਗੀ ।

TSAL SA SHI NGÖ LA CHA GI/ TIL JI NUN CHING SHAP CHI DUNG MA/ TRO NYER CHEN DZAY YI GE HUNG GI,
- I praise the One who stamps with her foot and strikes the surface of the world's foundation with the palm
of her hand; Whose frowning expression masters the seven levels (of the underworld) through

ਨਿਵ·ਸਾਵਨ·ਸਕਲਾਕੀਵਾਵਾਮਾ । ਪ੍ਰਭਾਨਕਘ·ਧਨੀਮਾ । ਧੁਨ·ਨਕਘ·ਧਨੀਮਾ । ਧੁਨ·ਨਕਘ·ਧਨੀਮਾ । ਜੁਨ

RIM PA DUN BO NAM NI GEM MA/ CHA TSAL DE MA GE MA SHI MA/ NYA NGEN DAY SHI CHÖ YUL NYI MA/ SO HA
the syllable HUNG.

- I praise the One who is bliss, virtue, serenity; whose sphere of activity
is the Peace-that-Transcends-Suffering*; Who overcomes the great

ਅੰਦੁਧਦ·ਧਨ·ਭੁਵ·ਧਾ । ਸ੍ਰੀਸਾਕਾਰ·ਅੰਦੁਧਦ·ਧਾ । ਪ੍ਰਭਾਨਕਘ·ਗੁਵ·ਅੰਦੁਧਦ·ਧਾ । ਨਾਨਾ... ।

OM DANG YANG DAK DEN PAY/ DIK PA CHEN PO JOM PA NYI MA/ CHA TSAL KUN NAY KOR RAP GA WAY/ DRA YI...
negative actions through reciting the (mantra)
perfectly with OM and SOHA.

* Metaphore for Nirvana.

- I praise the One who destroys the bodies

۱۰

। ପୁଅ କି ରୁଷ ହୁ ଦଶ ବ୍ୟାଖ୍ୟା । ଯି ସେ ସନ୍ତ ପତି ଦଶ କି ପାହା ମନ୍ଦିର । । ୧୩୩ ପାହା ମନ୍ଦିର ଜ୍ଞାନ ପାହା ମନ୍ଦିର

LU NI RAP TU GEM MA/

YI GE CHU PAY NGA NI KO PAY

RIK PA HUNG LAY DRÖL MA NYI MA

of the enemies of those who rejoice in the turning of the Wheel of Dharma; Who liberates through (the light) radiating from the arrangement of the ten syllables, the letter HUNG, and (from the mantra) of awareness.

CHA TSAL TU RE SHAP NI DAP PAY/

HUNG GI NAM PAY SA BÖN NYI MA

RI RAP MAN DA RA DANG BI JE/

- I praise TURE (the Swift One) whose seed has the form HUNG; Who shakes Mount Meru, Mandara, Kailasha...

ନେଇଁ କୁଟିଶୁଭ ଦୁଃଖରୀ ଯାହାରେ ପାଇଲା ମାତ୍ରା । କୁଣ୍ଡଳାରୀ କୁଣ୍ଡଳାରୀ କୁଣ୍ଡଳାରୀ ।

JIK TEN SUM NAM YO WA NYI MA/

and the three worlds by striking with the sole of her foot.

CHA TSAL HLA YI TSO YI NAM PAY/

RI DAK TA CHEN CHA NA NA MA/

- I praise the One who holds the moon in her hand, like a gods' lake, marked with the symbol of the peaceful animal; Who completely

ਨੂੰ ਗਨ੍ਧਿਸਾ ਵੈਦ ਸਹਿ ਪੀ ਗੇ ਸਾ। ਤੁ ਨਾਮ ਮਾ ਲੁ ਪਰ ਨੀ ਸੇਲ ਮਾ। ਚਾ ਤਸਾਲ ਹਲਾ ਧਿ ਤਸਾਲ ਨਾਮ ਜਾਲ ਪੋ। 1

TA RA NYI JÖ PAY CHI YI GE/ TU NAM MA LU PAR NI SEL MA/
removes poisons and venoms through the recitation of TARA
two times, and through saying PAT.

CHA TSAL HLA YI TSO NAM JAL PO/
- I praise the One who is served by the

ਛਾਂਦ ਕੰਬਿ ਨ ਅਤੀ ਧਿ ਸਾ ਯ ਲੈ ਨ ਥਾ। ਕੁਨ ਨ ਕੋ ਚਾ ਗਾ ਵਾਯ ਜਿ ਚਿ। ਤ੍ਸੋਂ ਤਾਂ ਮਿ ਲਾਮ ਨਗੇਨ ਪਾ ਸੇਲ ਮਾ। 1 ਤੁ

HLA TANG MI AM CHI YI TEN MA/ KUN NAY KO CHA GA WAY JI CHI/ TSÖ TANG MI LAM NGEN PA SEL MA/ CHA
kings of gods, gods and spirits; Who dispels bad dreams and ends quarrels through her joyous armour.

ਤਸਾਲ ਨੀ ਬਾ ਜਾਂਵ ਕੁਲ ਸਾ ਪਦ। ਚੁਕ ਗਨ੍ਧਿਸਾ ਧੰਡ ਰਾ ਵਾ ਸਾ। ਨੂੰ ਗਨ੍ਧਿਸਾ ਵੈਦ ਕੁਲ ਰਾ ਧਿ ਸਾ। ਚਿਨ ਤੁ ਦਰਾ

TSAL NYI MA DA WA JAY PAY/ CHEN NYI PO LA Ö RAP SEL MA/ HA RA NYI JÖ TU TA RA YI/ SHIN TU DRAK
- I praise the One who is radiant with the light of her two eyes, full like the sun and moon; Who

३

। རྩୟ ད୍ଵୀ རୈ ལୁ ས୍ଵା

ମୁଖ୍ୟାନନ୍ଦପାତ୍ରଶଶୁଦ୍ଧ

བྱା རྒྱྲ རྒྱྲ རྒྱྲ

eliminates the fiercest epidemics by reciting HARA two times and TUTARA.

- I praise the One who possesses completely the power to pacify through the arrangement of the three seed letters;

୫୯. ଯଦିଶ୍ଵରାଜୁଙ୍କାରୀ । ଯଦିଶ୍ଵରାଜୁଙ୍କାରୀ ଶର୍ମିଷ୍ଠାନାରୀ । ରହମାନାରୀ ।

DANG YANG DAK DEN MA,

DÖN DANG RO LANG NÖ JIN TSO NAM/

JOM PA TU BE RAP CHOK NYI MA/

Sublime and Excellent One who quickly (TURE) vanquishes malevolent spirits, zombies, and other harmful demons

କୁ-ଶରୀଶ୍ଵରାଶ୍ରମୀ-ଶର୍ମ୍ଭଦ୍ର-ମନ୍ଦିରମ୍ । | ଶୁଣ-ରକ୍ଷ୍ୟ-ବକ୍ତୀତ୍ୱ-ଶୁଣ-ଶରୀଶ ॥ ॥ ଶୁଣ-ରକ୍ଷ୍ୟ-ଶୁଣ-ଯଦ୍ବନ୍ଧଗ୍ରହ

TSA WAY NGA CHI TÖ PA DI TANG/

CHA TSAL WA LA NI NYI SHU TSA CHIK/

HLA MO LA GU YANG DAK DEN

¹This is the praise with the root mantra and the twenty-one homages.

Whoever has pure devotion

মদীঁ। লেন্দেনকাংগিরাপড়াঁজোপায়। সোতাংতোরাঙ্গবারজানেই। । দ্ৰেনপায়মিৰিকীৰ্তনেশুল

PAY/ LO DEN KANG GI RAP DANG JÖ PAY/ SÖ TANG TO RANG LANG BAR JAY NAY/ DREN PAY MI JIK

to the Deity and recites this with deep confidence and mindfulness, and also remembers her upon rising

চায়ৰাপড়াৰলৈৰা। দিক্পাৰাপড়াৰশুলৈৰা। । দ্ৰেনশুলৰাপড়াৰজোন্যিৰো। জালওয়াৰুণ্য।

TAM CHAY RAP TER/ DIK PA TAM CHAY RAP TU SHI WA/ NGEN DRO TAM CHAY JOM PA NYI DO/ JAL WA JE WA
at dawn and at dusk, is given excellent protection from all fears, complete pacification of all negativities

ত্ৰাক্তুন্দুনামচি। ন্যুরতুওঁবারজুৰলা। । দীলায়চেওয়ানিতোপচিং। সঙ্গেগোম।

TRAK DUN NAM CHI/ NYUR TU WANG NI KUR WAR JUR LA/ DI LAY CHE WA NYI NI TOP CHING/ SANG JE GOM...
and freedom from unfortunate rebirths. (Through this recitation), the 70 million Buddhas having quickly bestowed their empowerments, we obtain better conditions and arrive at the ultimate state of Buddhahood.

३

॥୨୫୮୯୪୩୨୦ସୁଶ୍ରେଷ୍ଠା ପିଲ୍ଲାଶ୍ଵରୀ ପିଲ୍ଲାଶ୍ଵରୀ ॥

PHANG TAR TUK TER DRO/

TE XI TU NI DRAK PO CHEN PO/ TEN LA NAY PAM SHEN YANG

By remembering the Deity we will obtain the complete elimination of violent and powerful poisons, venoms located in places or hidden by moving beings, regardless of whether they have been eaten, drunk or given

DRO WA/

SÖ PA TANG NI TUNG WA NYI CHANG/

DREN PAY RAP TU SEL

DON DANG RIM TANG TU KI

by another means. It causes the entirety of all sufferings inflicted by demons, epidemics and poisons

ਗੁਰੂ ਰਾਮਦਾਸ ਮਿਸ਼ਨ ਸੀਰੀਜ਼ | ਪੰਜਾਬ ਅਤੇ ਹਿੰਦੂ ਧਰਮ ਦੀ ਸੱਭਿਆਚਾਰੀ ਵਿਰਾਸਤ

ZIR AY/

DU NGEL TSO NI NAM PAR PANG TE/

SEM CHEN SHEN PA NAM LA YANG NGO/

NYI SUM...

to completely disappear. And all this applies for other beings as well. Through clearly reciting these

ସତ୍ୟକୁଳକୁମାର ପହଞ୍ଚାଇଲା । ଶୁଦ୍ଧିକାରୀ ପାତାରେ ପାତାରେ ପାତାରେ । ପାତାରେ ପାତାରେ ପାତାରେ ।

DUN DU NGÖN PAR JÖ NA/ U DÖ PAY NI ! U TOP JUR SHING/ NOR DÖ PAY NI NOR NAM NYI TOP/ DÖ PA...
praises two, three and seven times, if one wants a son, one will obtain a son; if one wants wealth, all

ସବୁମାତ୍ର କୁଣ୍ଡଳୀରେ ପାଇଲାମାନିବାରି । ଯଶେଶବନ୍ଦୁରେ କୁଣ୍ଡଳୀରେ ପାଇଲାମାନିବାରି ।

TAM CHAY TOP PAR JUR LA/ GE NAM ME CHING SO SOR JOM JUR CHIK/ OM TARE TUTARE TURE SO HA/
wealth will be obtained and all desires will be fulfilled without encountering obstacles (each obstacle having been suppressed)

ੴ ਸਾਹਮਣੀ ਪ੍ਰਿਣ੍ਤੁ ਰੂਪੁ ਸੁਧੁ । ਰਖਸ਼ਾ ਬੁਲ੍ਹੁ ਵਾਨ੍ਗੁ ਵਾਨ੍ਗੁ । ਰਖੇ ਵਾਨ੍ਗੁ ਰੈਗੁ ਅਚੁਆਦੁ । ਰੱਖੇ ਅਚੁਆਦੁ

By this virtue, may I quickly realize the Exalted Tara, and establish all beings without a single

۹۱

|| ੴ ਸਤਿਗੁਰ ||

॥ ଅନ୍ତର୍ମାଣକୁ ଯାଏଇଲୁ ଦୂରମାନ ସବୁଥିରୁ ଦୂରମାନ ପାଇଁ ଶବ୍ଦମାନ ପାଇଁ ଶବ୍ଦମାନ ପାଇଁ ଶବ୍ଦମାନ ପାଇଁ

PAR SHOK/

exception, in this state.

(This is the Teaching of all the Buddhas and Bodhisattvas and is taken from the Tantra explaining the various activities of Tara, the Liberator.)

JE TSUN CHOM DEN DAY MA TUK JE CHEN/

DAK TANG TA YAY SEM CHEN TAM

Venerable Compassionate-One, subduer of all wrongs who possesses all qualities and
the bliss of Nirvana, I pray let all beings and myself remove the two obscurations of the mind, achieve

ତଦ୍ବୀ । ଜ୍ଞାଯାନଟିମୁହୂର୍ତ୍ତକଣଶ୍ଵରୀଷ୍ଵରାମା । । ଇଶାମନୀଶରାମକୁଳସ୍ଵର୍ଗପଦାମହାନୁଷାର୍ଥୀ ॥

CHAY CHI/ DRIP NYI JANG SHING TSO NYI NYUR DZO NAY/

the two accumulations and attain perfect awakened Enlightenment. In all lives until we reach this

དྲྲ ମା ଚେ ରୁ କୋ ରସ ଗୁ କୁ ଯଦା | ଛା ଦ୍ଵା ବି ଯି ଶି ଦେ ସ ଅକେ ଶା ବ୍ରେ ସ ବନ୍ଧା | ସ ବନ୍ଧ ତଦ ମାତ୍ରେ କା ପା ଶୁଷ ସନ ପ୍ରେ ଦ ପଣ

TE MA TOP CHI TSE RAP KUN TU YANG/ HLA TANG MI YI DE WA CHOK TOP NAY/ TAM CHAY CHEN PA DRUP PAR JE PA LA/
attainment, I pray that you let us acquire all the joys of gods and men. Every obstacle to our

ମାକଦ ଶଦ୍ରୁ ସାହମ ରୈ ଶମ ଦିନ ପରମ ଶମ | କୁ ମା ବି କା ଦେ ସ ର ଶୁଷ ସ ଶୁକ୍ଳ ଶମ ଦିନ | କୀ ପା ଦିନ ଦିନ ମାର୍ଗ

BAR CHAY DÖN GEK RIM TANG NAY LÄ SOK/ DU MIN CHI WAR JUR PA NA TSO TANG/ MI LAM NGENDANG TSEN
attainment of complete Knowledge - such as demons, epidemics, sickness and all other obstacles - untimely

ଅନ୍ତର ଶମ ଦିନ | ନିର୍ମିଶ ଏକୁ ଦିନ ଶମ ନାହିଁ | ସନ ଅକେ ସ ବନ୍ଧା | ଶୁଷ ଶୁକ୍ଳ ଏକେ ଅନ୍ତର ଶମ ଦିନ | ନିର୍ମିଶ

MA NGEN PA TANG/ JIK PA JAY SOK NYE WAR TSE WA NAM/ NYUR TU SHI SHING ME PAR DZAY DU SÖL/ JIK
death and all other incidents - bad dreams, evil omens, the eight fears and all other dangers - having been
removed, may they be destroyed.

॥ । ହେବ୍ ରହି ଯାହେ ପାଦ ନିଦାନ ଯାଏ । । ମହା ଶିଖ ସଦେ ଲେଖାତୁ ଶୁଣ ଶୁଣୁ କେଣାତୁ ଯାଇବା । । ୧୫୫
TEN JIK TEN LAY NI DAY PA YI/ TRA SHI DE LEK PUN SUM TSOK PA NAM/ PEL
Let all the best auspicious signs of this world and beyond be gathered together;

ସିଂହାସନରେ ଦ୍ଵାରକାମଣାମୁଖୀମା । ବ୍ୟବସରେ ଦ୍ଵାରକାଶୁଦ୍ଧିମୁଖୀମାନଙ୍କୁରୁଷୀ । ଜ୍ଞାନୀମାନଙ୍କୁରୁଷୀମା ।

SHING JAY PAY DÖN NAM MA LU PA/ BAY ME HLUN JI DRUP PAR DZAY DU SÖL/ DRUP LA TSÖN SHING DAM..

May the increase and growth of all benefits which we should develop, be spontaneously and effortlessly achieved. I pray that through the diligence of our practice, the Pure Dharma may spread and that through

ཡར་င်္ဂါဌားမူးသံမြတ်နှင့်အမျှောင်။ ।
YAR NGÖ DA TAR PEL SHING JAY PAR DZÖ/

JAL WAYCHIL KOR ZANG SHING GA WA TER/

PAY MO DAM PA SHIN TU

meaning of Sunyata and of the precious thought of Enlightenment (Bodhicitta) increase like the waxing moon.
As actually prophecized by the Buddha of Infinite Light, you are born from the sublimely beautiful,

မြတ်နှင့်အမျှောင်။ ।
DZE LAY CHE/

NANG WA TA YAY JAL WAY NGON SUM DU/

LUNG TEN PA YANG DAK KI TER TOP SHOK/

pure Lotus in the joyful and excellent mandala of the Buddhas. May I, myself, also attain this.

သုတေသနရှိနှင့်အမြတ်နှင့်အမျှောင်။ ।
DA KI TSE RAP NGÖN NAY DRUP PAY HLA/

TU SUM SANG JAY KUN JI TRIN LAY MA/

NGO JANG SHEL CHIK

Deity on whom I have been meditating during previous lives, who manifests the activity of all the Buddhas
of the three times, green-blue, one face and two arms, you are the Swift One, the Pacifier, the Mother

ஓ

ପୁଣ୍ୟଶତ୍ରୁଷ୍ଟିକୀମା । ଯୁବାନୁରାଜୁନମା ସଞ୍ଚୂଅଶମଦିଷ୍ଟାପାର୍ଶ୍ଵଶିର୍ଷେ ॥ ॥ ଉତ୍ସାହୀନ୍ତିର୍ବିଶାଖାଧର୍ମା

CHA NYI NYUR SHI MA/ YUM JUR U PAL NAM PAY TRA SHI SHOK/

holding the lotus-flower (Utapala). May all your excellent auspicious signs be brought together ! (This

ଅଙ୍ଗର୍ଥଶ୍ରୀଶବନ୍ଦମର୍ତ୍ତେ ॥ ॥ କୁପ୍ରଯୁବାନୁର୍ବେଦିମା କ୍ରୈତ୍ତିରନ୍ଦମା । ରିତ୍ସନ୍ଦମା କ୍ରୈତ୍ତିରନ୍ଦମା । କ୍ରୈତ୍ତିର୍ବିଶାଖାଧର୍ମା । କ୍ରୈତ୍ତିର୍ବିଶାଖାଧର୍ମା ॥

JAL YUM DRÖL MA CHE KU CHI DRA TANG/ KOR TANG KU TSE TSAY TANG SHING KAM DANG/ " CHE CHI
prayer was written by the Venerable Drakpa Gyaltsen.)

Female aspect of all the Buddhas, Tara,

27

ଅଙ୍ଗର୍ଥଶ୍ରୀଶବନ୍ଦମର୍ତ୍ତେ ॥ ॥ ତେନ୍ଦ୍ରାକୋନାରଦାକ୍ଷୋକ୍ତିର୍ବିଶାଖାଧର୍ମା । ଅନ୍ତର୍ଭୂଷାକ୍ରିଗାନ୍ତିର୍ବିଶାଖାଧର୍ମା । କ୍ରୈତ୍ତିର୍ବିଶାଖାଧର୍ମା ॥

TSEN CHOK ZANG PO CHI DRA WA/ TENDRA KO NAR DAK SOK JUR WAR SHOK/

CHÖ LA

may all beings and myself have a body like yours, a retinue like yours, the same longevity as you and the
same field of activity. May we obtain all your sublime characteristics. (These words were transcribed

ସଜ୍ଜି ରିତି ଗର୍ଭାୟ ସହ ଯଦି ମସୁଦା | ଯଦି ଗର୍ଭାୟ ଶବ୍ଦାନ୍ତର ପରିଷକ୍ଷଣାଙ୍କୁ | ୧୮୩ ଦେଖି ଦୁଇ ପରିଷକ୍ଷଣାଙ୍କୁ

TÖ CHING SÖL WA TAP PAY TU/

DA SOK KANG NA NAY PAY SA CHOK SU/

NAY DÖN UL PONG

Through the power of these praises and our prayers to you, for all beings wherever they may be, may all

କ୍ଷେତ୍ର କ୍ଷେତ୍ର କ୍ଷେତ୍ର | କ୍ଷେତ୍ର କ୍ଷେତ୍ର କ୍ଷେତ୍ର କ୍ଷେତ୍ର କ୍ଷେତ୍ର କ୍ଷେତ୍ର |

TAP TSÖ SHI WA TANG/

CHÖ DANG TRA SHI PEL WAR DZAY DU SOL/

quarrels and wars be ended; may poverty, destitution and sickness be suppressed; may all demons be dispelled; may the Dharma and all that is auspicious increase ! (This is known as the speech of the Dharma

ଶୁଣି ଶୁଣି ଶୁଣି ଅଳ୍ପ ଦୂରାନ୍ତର ଶୁଣି | ଶୁଣି ଶୁଣି ଶୁଣି ଶୁଣି ଶୁଣି |

KU YI CHÖN PANG DANG PE JAY DEN/ SUNG GI CHÖN PANG KA LA PING KA YANG/ TUK CHI CHÖN PANG SHE JA
King, Trisong Detsen). Having eliminated all imperfections of the body, you possess all the signs and

charcateristics (of the Sublime Body). Having eliminated all imperfections of speech, your voice is the melody of the Kalapingka bird. Having eliminated all

༄༅

। མྱନ୍‌ତ୍ରମ୍‌ଭାବୁଁ । | ຖର୍ମ୍‌ପିଲ୍‌ଦ୍ୱାରା ଅର୍ପିତ ସମ୍ମାନିତ ଶବ୍ଦ ।

TA DAK CHEN/

TRA SHI PAL BAR MA YE TRA SHI SHOK/

imperfections of the mind, you know all that is to be known.

May all beings be happy under the auspices of the One who blazes with glory !

THE PRAYER OF ORGYEN

THE FATHER OF CRISTER

CHOK CHU DU SHI JAL WA SAY TANG CHAY/

LA MA YI DAM KAN DRO CHO CHONG TSOK/

MA LU SHING GI DUL NYE SHE SU SOL/

Buddhas and Bodhisattvas of the ten directions and the four times, Lamas, Yidams, Dakinis and Dharma Protectors, innumerable as the atoms in all the Buddha-fields, I pray that you all come without exception!

THE KING SANG-JIU DER SHIN-NYI CHI CHOK TEN CHOK

DUN JI NAM KAR PAY DAY DEN LA SHU

LU NGA YI SUM GU PAY CHA TSAL LO/

CHI NANG SANG WA DEB SHIN NYI CHI CHO/ TEN CHOK
the body, speech and mind. I make offerings

To you who dwell before me in the sky, on lotus and moon seats, I respectfully bow down with body, speech and mind. I make offerings.

10.000-15.000 m²

וְעַמְקָדָה תִּתְהַלֵּךְ אֶת-בָּנֶיךָ

କାନ୍ତିରୁଦ୍ଧ ପାଇଁ ଏହାରେ ମହାଶୂନ୍ୟ ହେଲାମାତ୍ର

DA JIHEK NAM CHI CHEN NGA RU/

NGON JI DIK PAY TSO LA DA NONG SHING/

TA TAY MI GE JÖ PAY RAP TU SHAK/ CHIN C

CHIN CHAY DE LAY

DOK CHIR DA KI DAM/ SO NAM GE TSOK KUN LA YI RANG NGO/ JAL WAY TSO NAM NYA NGEN MIN DA WAR/ DE NO SUM DANG LA ME CHO KOR
I feel remorse for harmful actions previously committed; with reprentence, I openly admit my present unvirtuous actions and I vow to
turn away from them hereafter. I rejoice in all merit and all virtue. I pray to the Buddhas not to go into Nirvana and to turn

KOR/ GE TSOK MA LU DRO WAY JU LA NGO/ DRO NAM LA MAY TAR PAY SAR CHIN SHOK/ SANG JAY SAY CHAY DA LA GONG SU SOL/ DA KI
the Wheel of Dharma of the Three Collections (Tripitaka) and of the Insurpassable Teaching. Without exception, I dedicate all virtues
to all beings. May they all reach the Insurpassable Liberation! Buddhas and Bodhisattvas, keep your mind turned towards me !

TSAM PAY MON LAM RAP ZANG DI/ JAL WA KUN TU ZANG TANG DE SAY TANG/PAK PA JAM PAL YANG CHI CHEN PA TAR/ TE DAK KUN JI JE
I have composed this excellent prayer in accordance with the knowledge of the Buddha Samantabhadra, His Sons and Manjusri;

PO YANG/
CHAP SI JAY SHING TEN LA MEN PAR SHOK/
The rulers who protect the Dharma are the benefactors of the Teaching.

TEN PAY SHAP DEK JAL RIK LÖN PO YANG/
TEN PAY SHAP DEK JAL RIK LÖN PO YANG/
LO DRÖ RAP PEL TSALTANG DEN PAR SHOK/
The rulers who protect the Dharma are the benefactors of the Teaching; may their domain increase; may they care for the Teaching.

TEN PAY SÖL JE CHIM DAK JOR DEN NAM/
LONG CHO DEN SHING NYER TSE ME PAR SHOK/
TEN LA DAY PAY YANG PAY JAL KAM KUN/
Government officials are the servants of the Teaching; may they be gifted with the skillfullness of increasing discernment. The wealthy householders are those who sustain the Teaching; may they be prosperous and may the dangers which they encounter, disappear.

DE CHI DEN SHING BAR CHAY SHI WAR SHOK/
LAM LA NAY PAY NAN JOR DA NYI CHANG/
DAM TSIK MY NYAM SAM PA DRUP PAR SHOK/
DAM TSIK MY NYAM SAM PA DRUP PAR SHOK/
May all the vast nations trusting in the Teaching have joy and happiness and see all obstacles removed. As for myself, the yogi on the Path

༄༅

༅ དྲେ རྒ གྱା རྒ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

NGEN LAY CHI DREL JUR KANG/

༅ ན ཨ ས ཨ ས ཨ ས ཨ ས ཨ ས ཨ ས ཨ

NAY KAP TAR TUK JAL WAY:DZIN SHOK/

may I not break my Vajrayana commitments; may my aspirations be accomplished ! May the Buddhas keep under their guardianship, temporarily and ultimately, all those who are connected to me through good or bad actions ! May all beings having entered the door

༅ དྲେ རྒ གྱା རྒ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

KUN ZANG JAL SI CHEN PO TOP PAR SHOK/

༅ དྲେ རྒ གྱା རྒ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

KUN ZANG DOR JE CHANG CHEN MEN CHAY NAY/

of the Insurpassable Vehicle, attain the great kingdom of Samantabhadra ! From the Great Kunzang Dorje Chang down to my kind Root-Lama,

༅ དྲେ རྒ གྱା རྒ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

༅ དྲେ རྒ གྱା རྒ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

DON DU MON LAM KANG TAP PA/

TE DAK TAM CHAY DAK KI DRUP PAR SHOK/

whatever prayers have been made for the benefit of beings, may I fulfill all of them !

༅ དྲେ རྒ གྱା རྒ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

DRO NAM LA ME TEK PAY GOR SHUK NAY/

༅ དྲେ རྒ གྱା རྒ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

DRIN CHEN TSA WAY LA MA'CHAY CHI/

༅ དྲେ རྒ གྱା

DRO WAY

From the Great Kunzang Dorje Chang down to my kind Root-Lama,

༅ དྲେ རྒ གྱା

21

ଓହମ୍ ଦୁଷ୍ଟି ଦୁଷ୍ଟି ସାହିତ୍ୟର କଲ୍ପନା ଶୁଣି ଯଦି ଯଦି ଯଦି ଯଦି

JAM PAL PA WO JI TAR CHEN PA TANG/

KUN TU ZANG PO DE ANG DE SHIN TE/

In order that I train following the knowledge of the Daka Manjushri and that of-

TE DAK KUN JI JE SU DA LOP CHIR/

GE WA DI DAK TAM CHAY RAP TO NGO/

Samantabhadra and all the Buddhas and Bodhisattvas, I completely dedicate all these virtuous actions.

၁၆၁

Seven Line Prayer to Guru Rinpoche:

ယ·မက်စ·မက်ရာ·ရှိ·နှင့်စာ·ရွှေးနန္ဒီစား

YA TSEN CHOK KI NGÖ DRUP NYE ။

marvelous in your attainment of supreme siddhi,

ပြု·ရှိ·နှင့်စာ·ရွှေးနန္ဒီစား

KYE KYI JE SU DAK DRUP KYI ။

so that we can follow your example in accomplishment,

၁ နှံး အောင်ယူပါရှိနှင့်မက်မား

HUNG OR GYEN YÜL KYI NUP CHANG TSAM ။

On the northwest border of the land of Oddiyana,

ပါးနှင့်ရာသာရဲ့နှင့်ရွှေးနန္ဒီစား

PEMA JUNG NAY SHE SU DRAK ။

renowned as The Lotus Born,

ပြု·ရှိ·နှင့်စာ·ရွှေးနန္ဒီစား

CHIN GYI LAP CHIR SHEK SU SOL ။

we pray you to come grant us your blessing.

ပါးနှင့်ရွှေးနန္ဒီစား

PEMA KE SAR DONG PO LA ။

born on the pistil of a stemmed
lotus flower,

ရှိ·နှင့်မားနှင့်ရွှေးနန္ဒီစား

KOR DU KAN DRO MANG PÖ KOR ။

surrounded by your retinue of many Dakinis,

ရွှေးနန္ဒီစား

GURU PEMA SIDDHI HUNG ။

ॐ अः हुः हुः ए ए ए ए ए ए ए

OM AH HUNG BENZA GURU PEMA SIDDHI HUNG ॥

[Repeat the mantra in song.]

37

ਵਾਦੀ ਪ੍ਰਿਸਾ ਮੂਦੁ ਸਨ

GE WA DI YI NYUR TU DAK

By this virtue, having quickly

ਅੰਕੁਰ ਧੂ ਨ ਸੁਵ ਸੁਵ ਸਾ

OR GYEN PEMA DRUP GYUR NAY

accomplished Orgyan Padma,
Guru Rinpoche,

ਇਸ਼ਾ ਸਾਤਿਸਾ ਗੁਰ ਮਾਲੁ ਸਾ

DRO WA CHIK KYANG MA LÜ PA

may I establish all beings,
without a single exception,

ਟ੍ਰਿਪ੍ਰਿਸਾ ਵਾਰਣਦ ਧੁ ਸਾ

TE YI SA LA GO PAR SHOK //

at that same level.

୩୭। ଶିଖିତାମନଶୁଣିଦେଖି

A Condensed Aspiration Prayer:

ସର୍ବକୁଣ୍ଡାଶିମନାଦିପଦାମନ୍ତରକେନ୍ଦ୍ରିଷ୍ଟିପଦାକୁଣ୍ଡାଶିମନାଦିପଦା

YÖN TU SEM PA TU CHEN TOP NAM LA ☽
to his left the efficacious Bodhisattva of Great P

ସଦି·ଶତବିର୍ଷା·ପ୍ରକାଶନରେ·କ୍ରିଏସନ୍ୟାମ୍‌ପରିବହନ

DE WA CHEN SHE CHA WAY SHING KAM DER ☽
are in this Pure Land known as Dewachen.

ଅମ୍ବା

ଦ୍ୟମକ୍ଷଣାଦଶାତ୍ରୀଶ୍ଵରପାତ୍ରାଧିକାରୀ

NGO TSAR SANG GYAY NANG WA TA YAY TANG

Wonderful Buddha of Limitless Light and

શદ્ગણાં શ્રુતિઃ પ્રુદ્ધાં સીમણાં દ્વારણાં મેદાં વિષિતાં શ્રુતિઃ નાન્નાં

SANG GYAY CHANG SEM PAK ME KOR GYI KOR ၁၀
all surrounded by a retinue of countless Buddhas
and Bodhisattvas.

བྱଧଶ୍ୱରୀ·ଦ୍ୱାରା·କଣ୍ଠେ·ଦ୍ୱାରା·ଶୁଦ୍ଧମାନଙ୍କ

DAK NI DI NAY TSE PÖ GYUR MA TAK 10

May I be born there as soon as I pass from this life,

ପାତ୍ରଶିଳ୍ପୀଙ୍କ ମହାନାନ୍ଦି

YAY SU JO WO TUK JE CHEN PO TANG ☽
to his right the Lord of Great Compassion and

བං·ສ්විද්ද·මර්ස·දඩාජ්·හැං·ඡේඩ්

DE KYI NGO TSAR PAK TU ME PA YI

Wonderful bliss and happiness beyond measure

ଶ୍ରୀ ମାତ୍ରାନ୍ତିକ ଶ୍ରୀଶାହ ମାତ୍ରାନ୍ତିକ

KYE WA ZHEN GYI PAR MA CHÖ PA RU ๖
without any intervening birth.

ଦ୍ଵିତୀୟାଶ୍ରମାନୁଷ୍ଠାନମସ୍ତରିତ୍ୟଥାପର୍ବତ୍ସଂଗଃ

TE RU KYE NAY NANG TAY SHAL TONG SHOK ୯

When I am born there, may I see Amitabha's face.

ଦ୍ୱାଦ୍ସମାନୁଷ୍ଠାନମସ୍ତରିତ୍ୟଥାପର୍ବତ୍ସଂଗଃ

CHOK CHÜY SANG GYAY CHANG SEM TAM CHAY KYI ୯

may all the Buddhas and Bodhisattvas of the ten directions

ଦ୍ୱାଦ୍ସମାନୁଷ୍ଠାନମସ୍ତରିତ୍ୟଥାପର୍ବତ୍ସଂଗଃ

TE KAY DAK KI MÖN LAM TAP PA DI ୯

This aspiration prayer that I have made,

ଶେଷାଶ୍ଵରିକ୍ଷାପନମସ୍ତରିତ୍ୟଥାପର୍ବତ୍ସଂଗଃ

KEK ME DRUP PAR CHIN GYI LAP TU SOL ୯

grant their blessings that it may be fulfilled without obstacle.

ଶ୍ରୀମଦ୍ଭଗବତପ୍ରକଳ୍ପନାମଃ ॥

TAYATA ୯ **PENTSAN DRA YA A WA BO DHA NA YE SO HA** ୯ //

ଓ়

।। এন্দে কেন্দে শৰণ গুণ পর্বত পর্বত পর্বত পর্বত | মুখ শুশুক্র পর্বত পর্বত পর্বত পর্বত | যে নৃশঙ্ক পর্বত পর্বত পর্বত পর্বত পর্বত | পঞ্জীয়

DAY CHEN TSOK CHI KOR LOR TA ROL PA/ DÜ SUM JAL WAY TER CHEN KARMAPA/ YAP SAY JÜ PAR CHAY PAY SI TSO DIR/ KAL
Forever enjoying the feast offering of Great Bliss, great treasure of the Buddhas of the three times, Karmapa, may you with all your lineage of lamas and disciples remain firmly

পদক্ষেপ পর্বত পর্বত পর্বত পর্বত | শৰণ পর্বত পর্বত পর্বত পর্বত | প্রিণ পর্বত পর্বত পর্বত পর্বত | প্রিণ পর্বত পর্বত পর্বত |

PA KAL PAY BAR DU SHAP TEN SOL/ KANG KI SAB SANG SUNG KI SANG WA LA/ TÖ SAM DRUP PA NYING POR JAY PA YI/ PONG DANG LO PAY DAY
in the ocean of conditioned existence for eons and eons. May the community of those who renunciates and learned ones who actualize the heart of listening, contemplation, and

কুরুক্ষেত্র পর্বত পর্বত পর্বত |

NAM TAM CHAY NI/ YAR NI CHU WO TA BUR JAY JUR CHI/
accomplishment in the secret of your profound secret speech increase like the rivers of summer.

ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କିର୍ତ୍ତମାନଙ୍କ ସମ୍ବନ୍ଧରେ ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କିର୍ତ୍ତମାନଙ୍କ ପର୍ଯ୍ୟନ୍ତ ରୀତିଶାସ୍ତ୍ରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କିର୍ତ୍ତମାନଙ୍କ ସମ୍ବନ୍ଧରେ ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କିର୍ତ୍ତମାନଙ୍କ ସମ୍ବନ୍ଧରେ ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କିର୍ତ୍ତମାନଙ୍କ ସମ୍ବନ୍ଧରେ

LAMA CHENNO DRIN CHEN TSA WAY LAMA CHENNO/ NAMO GURU/ RIK JAYCHAP DA TEN DANG DRO WAY GÖN/ DÜ SUM JAL WAY CHI ZUK Lama
hear me! Supremely kind Lama hear me! Namo Guru! Master pervading hundreds of enlightened families, protector of the Doctrine and beings, manifestation in common of

ਆମ୍ବାରୀ । କଷଣଦିନକୁ ତିର୍ଯ୍ୟକ କରୁଥିଲୁଗୁରୁ ତିର୍ଯ୍ୟକ । ଶିଖାରୁକୁଣ୍ଡଳାକରଣକୁ କରୁଥିଲୁଗୁରୁ ତିର୍ଯ୍ୟକ ।

KARMAPAY/ SHAP PAY TEN CHING DZAY TRIN JAY JUR CHI/ TRIN LAY CHO TA KUN TU CHAP JUR CHI/ DAY DEN RAP GÜ DUNG WAY SOL DEP NA/
the Glorious One of the three times, Karmapa, may the lotus of your feet remain firmly and the activity of your deeds increase. May your Buddha activity extend to the furthest limit in all directions. Having prayed thus with faith and intense devotion and yearning, through the power of the truth of the intention of the ocean of Glorious Ones, the three

କୁଶାନ୍ତରୀଯାମାନିକୁମାରରେଣୁଷାମାନିକୁମାରା । କେତେବେଳେକୁମାରରେଣୁଷାମାନିକୁମାରା ।

TSA SUM JAL WA JAM TSÖ TUK CHAY DANG/ CHÖ NYI NAM PAR DA PAY DEN TOP CHI/ JI KAY MÖN PAY DÖN CHEN NYUR DRUP SHO/
Roots, and the completely pure True Nature, may the tremendous meaning of this aspiration quickly be accomplished just as it was uttered.

१

PEMAI JALTSAP TEN DANG DRO WAI GÖN/ MA ONG SANGJAY JALTSAP MA PAM PA/ TAI SITU PEMA DÖNYÖ CHI/ SHAP PAY TEN CHING
Regent of Pema, protector of the Teaching and of beings, future Buddha – Regent Ma Phampa, Tai Situ Pema Dönyö, may the lotus of your feet remain firm and your

ଶ୍ରୀକୃଷ୍ଣାତ୍ମିକା

୩ କଷାରପଦକିଶାପେନ୍ଦ୍ରକେପରିଶାହେନ୍ଦ୍ରକେପରିଶା । କଷାରପଦକିଶାପେନ୍ଦ୍ରକେପରିଶାପରିଶା । । ।

DZAY TRIN JAY JUR CHIK/
enlightened activity increase.

TAYAY MIK MEY TSEY WAI TER CHEN PÖ/ NAMPAR NANGDZAY RIK DROL TRULPAI KU/ JAMGÖN LODRÖ CHÖ CHI 42
Through the vast treasury of limitless, non-referential love, emanation of awareness and liberation of Nampar Nangdzay –

ଶ୍ରୀବାପି । ବିଷଣୁଦୟକୁ ତେବେହିନ୍ତିରୁ କୁଶଶୂନ୍ତିରୀ

NYIMA YI/ SHAP PAY TEN CHING DZAY TRIN JAY JUR CHIK/

Jamgön Lodrö Chöchi Nyima – may the lotus of your feet remain firm and your enlightened activity increase.

ਸਿੰਦੁਦਕੀ ਸਰੰਦਪ ਪਾਖ੍ਰੀ ਕੁੰਝਲੈਂਧਾ | ਸ਼੍ਰੁਤ ਸ਼ੁਦਾ ਸਨਦ ਸਰੰਦ ਗਾਈ ਕੁਮਾਰ ਘੁਖਾ ਯਕੋਂਗ | ਸ਼੍ਰੁਤ ਹੋਵ ਸ਼ੁਸਾਖ ਪਾਖੀ ਇਸੂਰ ਰੋਂਕਾਂਪੀ | ਕਵਣ ਸਨਦ ਸਫਰ ਤੇਂ

SI DANG SHIWAI PAL JI TSEMO LAY/ PUL JUNG SANGWAI DAKPO NAMTRUL CHOK/ JALTSAP DRAKPA MINJUR GOCHA YI/ SHAP PAY TEN CHING
From the pinnacle of all that is good in conditioned existence and in peace, the supreme, splendid emanation of the Lord of Secrets, known as Gyaltsap, Minjur Gocha, may the

ਮੰਦ ਸ਼੍ਰੁਤ ਸ਼ੁਦਾ ਤੇਂ | ਮਾਂਗ ਯਕੋਂਗ ਕੁੰਝਲੈਂਧਾ ਸਨਦ ਸਾਖ੍ਰੀ ਵਿਸ਼ਵ ਸਨਦਾ | ਕੋਂਗ ਤੇਂ ਕੁਮਾਰ ਦਾ ਸਾਖ ਸਰੰਦ ਗਾਈ ਕੁਮਾਰ ਘੁਖਾ ਯਕੋਂਗ | ਸ਼੍ਰੁਤ ਹੋਵ ਕਵਣ ਸਨਦ ਯੂਰ ਨੁ ਸਫਰ ਤੇਂ |

DZAY TRIN JAY JUR CHI/ KÖNCHOK TSAWA SUM JI JINLAP DANG/ CHÖNYI NAMPAR DAKPAI DEN DRAY CHI/ LAMAI SHAP PAY YÖN DU TEN PA
lotus of your feet remain firm and your enlightened activity increase. As the expression of the blessing of the Three Jewels and Roots and the truth of the pure Dharma essence,

ਮੰਦ ਸ਼੍ਰੁਤ ਸ਼ੁਦਾ ਸਨਦ ਸਾਖ ਸਰੰਦ ਕੁੰਝਲੈਂਧਾ ||

DANG/ DZAY TRIN CHOK TAR CHAP CHING JAY JUR CHI/
may the lotus of the lama's feet remain long, and his enlightened activity, extending to the limits of all directions, increase.

१९९

॥**४**॥ एक्षत्रिवर्णवारपक्षुदीर्घक्षेत्रे ॥ एक्षत्रिवर्णवारपक्षुदीर्घक्षेत्रे ॥ एक्षत्रिवर्णवारपक्षुदीर्घक्षेत्रे ॥ एक्षत्रिवर्णवारपक्षुदीर्घक्षेत्रे ॥

DRUP TEN NYINGPO KAGYU RINPOCHE/ TENPA DZINPAI CHUNG CHOK DROWAI GÖN/ PALDEN LAMA RANGJUNG KUNCHAP CHI/ CHOK KI amongst the Holders of the Teaching of the essential practice lineage – the precious Kagyu, glorious Lama Rangjung Kunchap – please, may the lotus of the feet of your

ସମ୍ବନ୍ଧରେ କଥାପଦହାରଣା ଏହିତଙ୍କିମ୍ବା

TRULKUI SHAP PAY TAK TEN SOL
supreme Nirmanakaya always remain st-

DAK SHANG KAGYU TENPAI JALTSEN DZIN/ PAK NOR DUN DANG TÖ SAM GOMPAI CHUK/
[*Lama Norlha Rinpoche's long-life prayer:*] Holding aloft the Victory Banner of the Dagpo and Shangpa Kagyu Teachings,

༄༅ සිංහ සුජාව ඩේ කෙරුණ රෝග ප්‍රත්‍යුම් ය මූල්‍ය ප්‍රත්‍යුම් ය මූල්‍ය ප්‍රත්‍යුම් ය

LHA CHIK TUKJAY CHENPOI NALJORPA/ DREL TSAY DÖN DEN LAMAI SHAP PAY TEN/ CHOK DANG TUNMONG NGÖDRUP TSAL DU SOL/
you are endowed with the seven kinds of spiritual wealth and the wisdom of hearing, reflection, and meditation. Accomplished in the nature of the deity who embodies Great
Compassion, you benefit all who meet you. Lama, please live long and grant us the supreme and ordinary attainments.

དཔལ་දྲན་ସାର୍ଵବତ୍ତା དୟା ༜ୀବନ ପଦକ୍ଷମାର୍ଗରେ ଶ୍ରୀନିବାସଙ୍କାଳେ ପଦମାର୍ଗରେ ଶ୍ରୀନିବାସଙ୍କାଳେ

PAL DEN LA MAY SHAP PAY TEN PA DANG/ KA NYAM YONG LA DAY CHI JUNG WA DANG/ DA ZHEN MA LÜ TSOK SAK DRIP JANG NAY/ NYUR DU
May the lotus feet of the glorious lamas remain firm, may happiness and prosperity arise for beings as vast as space, may I and all others gather the accumulations and purify the

ଅଦ୍ୱୟାକୁଣ୍ଡଳାରାମାର୍ଥା

SANG JAY SA LA GÖ PAR SHO/
obscurations, and be quickly established on the level of Buddhahood.

Dedication of Merit:

༄༅ ། བ ཉ ག ད མ ཉ ཁ ང ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ

СЕИ ДНИ МИ СНЕ ДНИ МИА СНИ ГУЖА

SO NAM DI YI TAM CHAY ZIK PA NYI

Through this merit may beings, having won omniscient perception,

ଶ୍ରୀ ଶର୍ମକୁ ଦେଖିଲୁଗାପାଇଁ

KYE GA NA CHI BA LAP TRUK PA YI

May all beings be liberated from the ocean of existence

ଶିର୍ଷ-ପଦି-ମହା-ବନ୍ଦର୍ମ-ଏକ୍ଷ-ବନ୍ଦର୍ମ-ଏକ୍ଷ

SI PAY TSO LAY DRO WA DROL WAR SHOK /

and its surging waves of birth, old age, sickness and death.

ସିଂହାଶାନକାଳୀନ ପ୍ରକାଶକ ମୁଦ୍ରଣକାରୀ

TOP NAY NYE PAY DRA NAM PAM CHAY NAY

defeat all harmful enemies.

୨୯୮ମ'ଦ୍ୟବ'ଦ୍ୟବ'ଶ୍ଵର'ହି'ଖଳ'ମାତ୍ରିକ'ଧ'ନ୍ଦ'।

JAM PAL PA WÖ JI TAR KYEN PA TANG

Heroic Manjusri has the all-knowing wisdom of the possibilities of manifestation,

༄༅ དැ ສ ག ད བ ད མ ད བ ད

KÜNTUZANGPO TE YANGTE ZHINTE

and so does Samantabhadra.

ព្រះរាជាណាចក្រកម្ពុជា

TE TAK KÜN KYI-JE SU DAK LOP CHING

I would follow their example,

༄༅· ພ· ས· ཨ· ཤ· ສ· ຖ· ສ· ས· ས·

GE WA DI DAK TAM CHAY BAP TU NGO

so I dedicate all this virtue completely.

Ե. Վ. Դ. Ա. Ռ. Ա. Ռ. Ա. Վ. Ա. Վ.

GE WA DI YI KYE WO KÜN

By this virtue, may all beings,

Ա. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ.

SANG GYAY KU SUM NYE PAY CHIN LAP TANG

By the blessings of the Three Bodies of Buddhahood being achieved,

Ա. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ.

GEN DÜN MI CHE DÜN MAY CHIN LAP KYI

by the blessings of the unwavering counsel of the Sangha,

Ե. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ.

SO NAM YE SHE TSOK DZOK NAY

having perfected the accumulations
of merit and wisdom,

Ե. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ.

SO NAM YE SHE LAY JUNG WAY

obtain the two sacred Kayas

Ե. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ.

TAM PA KU NYI TOP PAR SHOK /

that arise from merit and wisdom.

Ա. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ.

CHÖ NYI MIN GYUR DEN PAY CHIN LAP TANG

by the blessings of the unaltering truth of the Dharmata, and

Ա. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ. Վ.

JI TAR NGO WA MÖN LAM DRUP PAR SHOK //

may this aspiration prayer of dedication be fulfilled.

۱۰۹

। ཁྱା-ସ୍ଵର୍ଗ-ମହା-କ୍ଷେତ୍ର-ଶୁଦ୍ଧି-ପରିବର୍ତ୍ତନ-ସମ୍ବ୍ଲାଙ୍ଘ । ସାହୁ-ଶହୀ-ମହା-ଶ୍ରୀ-ଶାସ

NAM PAR NANG DZAY CHÖ CHI KOR LO JUR/

KA TER DO NGA

The One who turns the Wheel of Dharma, Vairocana, has collected

བୁද୍ଧ ད୍ୱାରା କହିଲା । ମନେ କହିଲା ଯାହାର ପାଦରେ ଆଶିଷ ପାଇଲା ।

TEN PA JAM TSO SOK/

an ocean of Teachings: canonical and revealed teachings (termas), sutras and tantras, in the marvelous and perfectly compiled "Five Great Treasures". May this tradition continue and blossom until the end of the

KA SÖL SI TAR NAY SHING JAY

NGO TSAR YONG DZOK DZO CHEN NAM NGA YI/

an ocean of Teachings: canonical and revealed teachings (termas), sutras and tantras, in the marvelous and perfectly compiled "Five Great Treasures". May this tradition continue and blossom until the end of the

୩୫

11

JUR CHIK/
cycle of existence.