Shangpa Kagyu
Monlam
Monlam is aspiration and dedication prayer to all the sentient beings

Why we call ourself a “Buddhist practitioner”? Because we dedicate and we offer our dedication. We offer our prayer to benefit all sentient beings. With our wisdom and compassion combined, right?

– Kalu Rinpoche
Contents

Visualization and Mantra Recitation of the Great Compassionate One ...................... 1

Seven Line Prayer to Guru Rinpoche ............................................................................. 15

Brief Sukhāvatī Aspiration ........................................................................................... 17

Samantabhadra’s “Aspiration to Good Actions” (Zangchö Mönlam) .............................. 19

Niguma's Aspiration Prayer of Sealed Instructions ....................................................... 48

Prayer of Dedication, known as the "Oral Seal" .......................................................... 62

The Ship Which Sets Beings Free ................................................................................ 67

Long Life Prayer for His Holiness the Dalai Lama ...................................................... 80

Long Life Prayer for His Eminence Tai Situ Rinpoche .............................................. 81

Long Life Prayer for His Eminence Kalu Rinpoche ..................................................... 82

Long Life Prayer for Venerable Wangchen Rinpoche ................................................ 85

Long Life Prayer for the Lamas .................................................................................... 87

Concluding Dedication Prayers ................................................................................. 88
Far-Reaching Benefit of Beings, Extensive as the Sky

Visualization and Mantra Recitation of the Great Compassionate One

by Thangtong Gyalpo

For the visualization and recitation of Avalokiteśvara, begin by taking refuge and arousing bodhicitta:

\[
\text{sangye chö dang tsok kyi chok nam la} \\
\text{In the Buddha, the Dharma and the Supreme Assembly,} \\
\text{changchub bardu dak ni kyab su chi} \\
\text{I take refuge until I attain enlightenment.} \\
\text{dak gi jin sok gyipé sōnam kyi} \\
\text{Through the merit of practising generosity and so on,} \\
\text{dro la pen chir sangye drubpar shok} \\
\text{May I attain buddhahood for the benefit of all beings.}
\]

\text{Repeat three times.}

\text{Then, for the deity visualization:}
For me and all sentient beings throughout the whole of space,

On the crowns of our heads, seated upon white lotus and moon,

Is a Hrīḥ, out of which noble Avalokiteśvara appears—

Brilliantly white and radiating five-coloured rays of light.

He has a captivating smile and gazes with eyes of compassion.

The first two of his four hands are clasped together,

The lower two hold a crystal rosary and white lotus.

He is adorned with silken garments and jewels,

And an antelope pelt is draped over his shoulder.

Amitābha, 'Boundless Light', is his crown adornment.
shyab nyi dorjé kyitrung shyuk
His two legs are in the seated, vajra posture,
drimé dawar gyab tenpa
And a stainless moon supports him at his back.
kyabné kündü ngowor gyur
He is the essence and embodiment of all sources of refuge.

Consider that you recite the following prayer together with all sentient beings, as if with a single voice:

jowo kyön gyi ma gö kudok kar
Precious lord, your body white and unblemished,
dzok sangyé kyi u la gyen
Your crown adorned with the perfect buddhas,
tukjé chen gyi dro la zik
Your eyes of compassion gazing on all beings—
chenrezik la chaktsal lo
Avalokiteśvara, to you I pay homage!

Repeat this many times as possible.
Then recite the seven branches:

1. Prostration

pałpa chenrezik wang dang
To the noble lord Avalokiteśvara and
chok chu dü sum zhukpa yi
All the victors and their heirs,
gyalwa sé ché tamché la
Dwelling in all directions of the universe, through past, present and future,
kün né dangwé chaktsal lo
Sincerely and enthusiastically I pay homage!

2. Offering

metok dukpö marmé dri
I make offerings of flowers, incense, lamps, fragrant scents,
zhalzé rolmo lasokpa
And food, and music, and the like —
ngöjor yi kyi trul né bul
Both physical and imaginary, created by the mind.
pakpé tsok kyi zhé su sol
Assembly of Noble Ones, please accept them all!
3. Confession

All my negative deeds throughout beginningless time until today,

The ten non-virtues and the five with immediate reckoning —

Sprung from this mind that is driven by destructive emotions,

I confess them all, each and every one.

4. Rejoicing

With a heart full of delight, I rejoice in all the merits

Of šrāvakas, pratyekabuddhas, bodhisattvas,

And every living being,

Throughout the three times.

5. Imploring the Buddhas to Turn the Wheel of Dharma

I implore you: according to the temperament
Lo yi jedrak jitarwar
And mental capacity of sentient beings,
ché chung tün mong tekpa yi
Please turn the wheel of Dharma
chö kyi khorlo kor du sol
Of all the vehicles — lesser, greater, and general.

6. Requesting the Buddhas Not to Enter Nirvāṇa

khorwa jisi matong bar
Until samsāra has been completely emptied,
nya ngen mi da tukjé yi
I beseech you: do not pass into nirvāṇa,
dukngal gyatso jingwa yi
But look upon us with your boundless compassion,
semchen nam la zik su sol
As we flounder in this ocean of suffering.

7. Dedication

dak gi sönam chi sakpa
May whatever virtue I have amassed
tamché changchub gyur gyur né
Become the cause of enlightenment for all;
May I quickly, without delay or deferment, become an excellent guide to all beings.

Should you wish, you may recite here the prayer to Avalokiteśvara that was the personal practice of the bhikṣu Padma Karpo:

To you I pray, guru Avalokiteśvara.

To you I pray, yidam Avalokiteśvara.

To you I pray, sublime noble Avalokiteśvara.

To you I pray, lord of refuge Avalokiteśvara.

To you I pray, loving protector Avalokiteśvara.

Hold me in your compassion, caring and victorious one.

For us beings who wander endlessly throughout samsāra
And are subjected to intolerable pain and suffering,

Protector, we have no other refuge but you.

Inspire us to attain omniscience and awakening.

Through the force of negative karma, accumulated throughout beginningless time,

Beings who are overcome with hatred take birth in the hells,

Where they suffer the torments of intense heat and cold:

May they all be reborn in your presence, O supreme of deities!

Through the force of negative karma, accumulated throughout beginningless time,
Beings who are overcome with miserliness take birth in the preta realm,

Where they suffer the torments of intense hunger and thirst:

May they all be reborn in your supreme Potala pureland!

Through the force of negative karma, accumulated throughout beginningless time,

Beings who are overcome with folly take birth as animals,

And experience the misery of verbal incapacity and confusion:

May they all be reborn in your presence, O protector!

Through the force of negative karma, accumulated throughout beginningless time,
döchak wang gi mi yi né su kyé
Beings who are overcome with passionate desire take birth in the human realm,
drel pong dukngal nyongwé semchen nam
Where they suffer the torments of intense deprivation:
zhing chok dewachen du kyewar shok
May they all be reborn in the supreme pureland, Sukhāvatī!
tokmé dü né lé ngen sakpé tü
Through the force of negative karma, accumulated throughout beginningless time,
trakdok wang gi lhamin né su kyé
Beings who are overcome with jealousy take birth in the asura realm,
tabtsö dukngal nyongwé semchen nam
Where they suffer the torments of conflict and dispute:
po ta la yi zhing du kyewar shok
May they all be reborn in the Potala pureland!
tokmé dü né lé ngen sakpé tü
Through the force of negative karma, accumulated throughout beginningless time,
Beings who are overcome with pride take birth in the deva realm,
Where they suffer the torments of transmigration and fall:
May they all be reborn in the Potala pureland!
May I, in this and all my future lives,
Through activity like that of Avalokiteśvara,
Liberate the beings of impure realms,
And transmit the supreme speech of the six syllables throughout the ten directions!
Through the force of invoking you, the supremely noble,
འདོག་གི་དུལ་བྱར་གྱུར་པའི་འགྲོ་བ་རྣམས།

May all those whom I must discipline and guide,

ལས་འབྲས་ལྷུར་ལེན་དགེ་བའི་ལས་ལ་བརྩོན།

Take interest in cause and effect, strive to act virtuously,

འགྲོ་བའི་དོན་དུ་ཆེས་དང་ལྡན་པ་ཤོག

And come to possess the qualities that may benefit all.

Continue with:

དེ་ལྟར་རྩེ་གཅིག་གསོལ་བཏབ་པས།

Through praying single-pointedly in this way,

འཕགས་པའི་སྐུ་ལས་འོད་ཟེར་འཕྲོས།

Rays of light stream forth from the Noble One’s form,

དེ་ལྟར་རྩེ་གཅིག་གསོལ་བཏབ་པས།

Through praying single-pointedly in this way,

མ་དག་ལས་སྣང་འཁྲུལ་ཤེས་སྦྱངས།

And purify impure karmic perception and delusion.

དེ་ལྟར་རྩེ་གཅིག་གསོལ་བཏབ་པས།

Through praying single-pointedly in this way,

དཔེ་གོད་ལེགས་ཐེག་འགྲོས་པས།

To take on Avalokiteśvara’s enlightened body, speech and mind,
And appearance, sound and awareness become inseparable from emptiness.

While meditating on this, recite the mantra:

\[
\text{om mani padmé hung}
\]

Recite this as many times as possible. Occasionally read the above visualisation during the mantra recitation.

I and others appear as the Noble One's enlightened form.

All sounds take on the melody of the six-syllable mantra,

And all thoughts are the expanse of great primordial wisdom.

Finally, settle evenly in your own essential nature, beyond any thought of the three conceptual spheres (subject, object and activity).

Through the positivity and merit of this, may I swiftly attain the realization of Avalokiteśvara, and thereby
Every single sentient being
Reach his state of perfection too.
Through the merit of practising this visualization and recitation of mantra,
May I and all those with whom I am connected,
Be reborn miraculously in the blissful paradise of Sukhāvatī
The very moment we leave these impure bodies behind.
And as soon as we are born there may we fully traverse the ten stages,
And send out emanations to act for others' welfare throughout the ten directions.

This visualization and recitation of the Great Compassionate One, The Far-Reaching Benefit of All, Extensive as the Sky, is the blessed speech of the great adept Thangtong Gyalpo. Sarva Maṅgalam.
༄༅།།

Seven Line Prayer to Guru Rinpoche

Hūṃ! In the north-west of the land of Uddiyāna,

In the heart of a lotus flower,

Endowed with the most marvellous attainments,

You are renouned as the ‘Lotus-born’,

Surrounded by many hosts of ḍākinīs,

Following in your footsteps,

I pray to you: Come, inspire me with your blessing!

guru pema siddhi hūṃ
While meditating on this, recite the mantra:

ཨོ་རྒྱན་པདྨ་འགྲུབ་གྱུར་ནས།

Recite this as many times as possible.

Through the positivity and merit of this, may I swiftly

Attain the realization of Guru Rinpoche, and thereby

Every single sentient being

Reach his state of perfection too.
Brief Sukhāvatī Aspiration

from the terma of Mingyur Dorje

emaho
Emaho!

ngotsar sangye nangwa tayé dang
Wondrous Buddha Amitābha, Boundless Light,

yé su jowo tukjé chenpo dang
Lord of Great Compassion Avalokiteśvara on your right,

yöndu sempa tuchen tob nam la
Bodhisattva Mahāsthāmaprāpta on your left,

sangye changsem pakmé khor gyi kor
And buddhas and bodhisattvas, countless, all around—

dekyi ngotsar paktu mepa yi
Wonderment, happiness and joy are without end

dewachen zhejawé zingkham der
In your pure realm, ‘The Blissful’, Sukhavati.
The instant that I pass from this life,

Without any other birth in between,

May I be born there, Amitābha, and look upon your face!

Now let buddhas and bodhisattvas in all ten directions
Grant their blessing so this aspiration, this prayer of mine,
Is fulfilled, with nothing standing in the way.

When Tulku Mingyur Dorje was thirteen years old, on the 7th day of the month of Saga Dawa, Fire Bird year (1657), he had a vision of the deities of the maṇḍala, and Buddha Amitābha spoke these words directly.
The King of Aspiration Prayers:
Samantabhadra’s “Aspiration to Good Actions” (Zangchö Mönlam)
from the Gaṇḍavyūha chapter of the Avataṃsaka sūtra

The Translators’ Homage

The Seven Preliminaries for Purifying the Mind

1. Prostration

To all the buddhas, the lions of the human race,

In all directions of the universe, through past and present and future:
To every single one of you, I bow in homage;
Devotion fills my body, speech and mind.
Through the power of this prayer, aspiring to Good Action,
All the victorious ones appear, vivid here before my mind
And I multiply my body as many times as atoms in the universe,
Each one bowing in prostration to all the buddhas.

2. Offering

In every atom preside as many buddhas as there are atoms,
And around them, all their bodhisattva heirs:
And so I imagine them filling
Completely the entire space of reality.
dedak ngakpa mizé gyatso nam  
Saluting them with an endless ocean of praise,

yang kyi yenlak gyatsö dra kün gyi  
With the sounds of an ocean of different melodies

gyalwa kün gyi yönten rab jö ching  
I sing of the buddhas’ noble qualities,

dewar shekpa tamché dak gi tô  
And praise all those who have gone to perfect bliss.

metok dampa trengwa dampa dang  
To every buddha, I make offerings:

silnyen nam dang jukpa duk chok dang  
Of the loveliest flowers, of beautiful garlands,

marmé chok dang dukpö dampa yi  
Of music and perfumed ointments, the best of parasols,

gyalwa dedak la ni chöpar gyi  
The brightest lamps and finest incense.

naza dampa nam dang dri chok dang  
To every buddha, I make offerings:

chema purma rirab nyampa dang  
Exquisite garments and the most fragrant scents,
kūpa khyepar pakpé chok kün gyi
Powdered incense, heaped as high as Mount Meru,

gyalwa dedak la ni chöpar gyi
Arranged in perfect symmetry.

chöpa gang nam lamé gya chewa
Then the vast and unsurpassable offerings—

dedak gyalwa tamché la yang mö
Inspired by my devotion to all the buddhas, and

zangpo chö la depé tob dak gi
Moved by the power of my faith in Good Actions—

gyalwa kün la chaktsal chöpar gyi
I prostrate and offer to all you victorious ones.

3. Confession

döchak zhedang timuk wang gi ni
Whatever negative acts I have committed,

lū dang ngak dang dezhin yi kyi kyang
While driven by desire, hatred and ignorance,

dikpa dak gi gyipa chi chipa
With my body, my speech and also with my mind,

dedak tamché dak gi sosor shak
Before you, I confess and purify each and every one.
4. Rejoicing

chok chū gyalwa kün dang sangye sé
With a heart full of delight, I rejoice at all the merits

ranggyal nam dang lob dang mi lob dang
Of buddhas and bodhisattvas,

drowa kün gyi sönam gangla yang
Pratyekabuddhas, those in training and the arhats beyond training,

dedak kün gyi jesu dak yi rang
And every living being, throughout the entire universe.

5. Imploring the Buddhas to Turn the Wheel of Dharma

gang nam chok chū jikten drönma nam
You who are like beacons of light shining through the worlds,

changchub rimpar sangye machak nyé
Who passed through the stages of enlightenment, to attain buddhahood, freedom from all attachment,

gönpo dedak dak gi tamché la
I exhort you: all of you protectors,

khorlo lana mepar korwar kul
Turn the unsurpassable wheel of Dharma.
6. Requesting the Buddhas not to Enter Nirvāṇa

Joining my palms together, I pray

do you who intend to pass into nirvāṇa,

Remain, for aeons as many as the atoms in this world,

And bring well-being and happiness to all living beings.

7. Dedication

What little virtue I have gathered through my homage,

Through offering, confession, and rejoicing,

Through exhortation and prayer—all of it

I dedicate to the enlightenment of all beings!
The Actual Aspiration

1. Aspiration for Purity of Attitude

Let offerings be made to buddhas of the past,
And all who now dwell throughout the ten directions of this universe!
Let all who are yet to come swiftly fulfil their wishes
And attain the stages of enlightenment and buddhahood!
Let as many worlds as there are in all the ten directions
Transform into realms that are vast and utterly pure,
Filled with buddhas who have sat before the mighty bodhi tree,
Around them all their bodhisattva sons and daughters!
Let as many sentient beings as there are in all the ten directions
Live always and forever in happiness and health!

Let all beings meet the Dharma

That befits them best! And so may all they hope for be fulfilled!

2. Aspiration Never to Forget the Bodhicitta

As I practise the training for enlightenment,

May I recall all my previous births,

And in my successive lives, through death and through rebirth,

May I always renounce the worldly life!

Training in the footsteps of all the victorious buddhas,

May I bring Good Actions to perfection,

And my moral conduct be taintless and pure,
Never lapsing, and always free from fault!

In the language of the gods, nāgas, and yakṣas,

In the language of demons and of humans too,

In however many kinds of speech there may be—

I shall proclaim the Dharma in the language of all!

Taming my mind, and striving in the pāramitās,

I will never forget the bodhicitta;

May all my harmful actions and the obscurations they cause

Be completely purified, every single one!

3. Aspiration to be Free from Defilements

May I be freed from karma, harmful emotions, and the work of negativity,
drol zhing jikten drowa nam su yang
And act for all beings in the world,
jitar pemo chü michakpa zhin
Just like the lotus flower to which mud and water cannot cling,
nyida namkhar tokpamé tar ché
Or sun and moon that course unhindered through the sky.

4. Aspiration to Lead Beings to Happiness
zhing gi khyön dang chok nam chi tsampar
Throughout the reach and range of the entire universe
ngensong dukngal rabtu zhiwar jé
I shall pacify completely the suffering of all the lower realms,
dewa dak la drowa kün gö ching
I shall lead all beings to happiness,
drowa tamché la ni penpar ché
And work for the ultimate benefit of each and every one!

5. Aspiration to Wear the Armour of Dedication
changchub chöpa yongsu dzokjé ching
I shall bring enlightened action to perfection,
semchen dak gi chö dang tünpar juk
Serve beings so as to suit their needs,
6. Aspiration to Accompany other Bodhisattvas

May I always meet and be accompanied by those whose actions accord with mine; and in body, speech and mind as well, may our actions and aspirations always be one!

7. Aspiration to Have Virtuous Teachers and to Please Them

May I always meet spiritual friends who long to be of true help to me, and who teach me the Good Actions;
Never will I disappoint them!

8. Aspiration to See the Buddhas and Serve them in Person

May I always behold the buddhas, here before my eyes,

And around them all their bodhisattva sons and daughters.

Without ever tiring, throughout all the aeons to come,

May the offerings I make them be endless and vast!

9. Aspiration to Keep the Dharma Thriving

May I maintain the sacred teachings of the buddhas,

And cause enlightened action to appear;

May I train to perfection in Good Actions,

And practise these in every age to come!
10. Aspiration to Acquire Inexhaustible Treasure

As I wander through all states of samsaric existence,
May I gather inexhaustible merit and wisdom,
And so become an inexhaustible treasury of noble qualities—
Of skill and discernment, samādhi and liberation!

11. Aspiration to the Different Methods for Entering into the “Good Actions”

a) Seeing the Buddhas and their Pure Realms

In a single atom may I see as many pure realms as atoms in the universe:
And in each realm, buddhas beyond all imagining,
Encircled by all their bodhisattva heirs,
Along with them, may I perform the actions of enlightenment!
And so, in each direction, everywhere,
tra tsam khyön la dü sum tsé nyé kyi
Even on the tip of a hair, may I see an ocean of buddhas—
sangye gyatso zhing nam gyatso dang
All to come in past, present and future—in an ocean of pure realms,
kalpa gyatso chö ching rabtu juk
And throughout an ocean of aeons, may I enter into enlightened action in each and every one!

b) Listening to the Speech of the Buddhas
sung chik yenlak gyatsō draké kyi
Each single word of a buddha’s speech, that voice with its ocean of qualities,
gyalwa kün yang yenlak namdakpa
Bears all the purity of the speech of all the buddhas,
drowa kün gyi sampa jizhin yang
Sounds that harmonize with the minds of all living beings:
sangye sung la taktu jukpar gyi
May I always be engaged with the speech of the buddhas!

c) Hearing the Turning of the Wheels of Dharma
dü sum shekpé gyalwa tamché dak
With all the power of my mind, may I hear and realize
khorlö tsul nam rabtu korwa yi
The inexhaustible melody of the teachings spoken by
d) Entering into All the Aeons

ma ong kalpa tamché jukpar yang
Just as the wisdom of the buddhas penetrates all future aeons,

kechik chik gi dak kyang jukpar gyi
So may I too know them, instantly,

gangyang kalpa dü sum tsé dedak
And in each fraction of an instant may I know

kechik chashé kyi ni zhukpar ché
All that will ever be, in past, present and future!

e) Seeing all the Buddhas in One Instant

dü sum shekpa mi yi sengé gang
In an instant, may I behold all those who are the lions of the human race—

dedak kechik chik la dak gi ta
The buddhas of past, present and future!

f) Entering the Sphere of Activity of the Buddhas

taktu dedak gi ni chöyul la
May I always be engaged in the buddhas’ way of life and action,
Through the power of liberation, where all is realized as like an illusion!

**g). Accomplishing and Entering the Pure Lands**

On a single atom, may I actually bring about

The entire array of pure realms of past, of present and future;

And then enter into those pure buddha realms

In each atom, and in each and every direction.

**h) Entering into the Presence of the Buddhas**

When those who illuminate the world, still to come,

Gradually attain buddhahood, turn the Wheel of Dharma,

And demonstrate the final, profound peace of nirvāṇa:

May I be always in their presence!
12. Aspiration to the Power of Enlightenment through Nine Powers

Through the power of swift miracles,
The power of the vehicle, like a doorway,
The power of conduct that possesses all virtuous qualities,
The power of loving kindness, all-pervasive,
The power of merit that is totally virtuous,
The power of wisdom free from attachment, and
The powers of knowledge, skilful means and samādhi,
May I perfectly accomplish the power of enlightenment!

13. Aspiration to the Antidotes that Pacify the Obscurations

May I purify the power of karma;
Destroyed the power of harmful emotions;

Render negativity utterly powerless;

And perfect the power of Good Actions!

14. Aspiration to Enlightened Activities

I shall purify oceans of realms;

Liberate oceans of sentient beings;

Understand oceans of Dharma;

Realize oceans of wisdom;

Perfect oceans of actions;

Fulfil oceans of aspirations;

Serve oceans of buddhas!
15. Aspiration for Training

a) To Emulate the buddhas

All the buddhas throughout the whole of time,
Attained enlightenment through Good Actions, and
Their prayers and aspirations for enlightened action:

May I fulfil them all completely!

b) To emulate the bodhisattvas: Samantabhadra

The eldest of the sons of all the buddhas
Is called Samantabhadra: ‘All-good’—
So that I may act with a skill like his,
I dedicate fully all these merits!
To purify my body, my speech and my mind as well,

To purify my actions, and all realms,

May I be the equal of Samantabhadra

In his skill in good dedication!

c) Mañjuśrī

In order to perform the full virtue of Good Actions,

I shall act according to Mañjuśrī’s prayers of aspiration,

And without ever growing weary, in all the aeons to come,

I shall perfectly fulfil every one of his aims!

16. Concluding Aspiration

Let my bodhisattva acts be beyond measure!
Let my enlightened qualities be measureless too!

Keeping to this immeasurable activity,

May I accomplish all the miraculous powers of enlightenment!

Sentient beings are as limitless
As the boundless expanse of space;
So shall my prayers of aspiration for them
Be as limitless as their karma and harmful emotions!

Whoever hears this king of dedication prayers,
And yearns for supreme enlightenment,
Iha dang mi yi dewé chok nam kyang
Who even once arouses faith,

zhing gi dul nyé kalpar pulwa bé
Will gain true merit greater still

gang gi ngowé gyalpo di tō né
Than by offering the victorious buddhas

Ilen chik tsam yang depa kyepa na
Or offering them all the highest joys of gods and humans

sönam dampé chok tu di gyur ro
For as many aeons as there are atoms in those realms.

2. The Thirteen Benefits in Detail

gang gi zangchö mönlam di tabpé
Whoever truly makes this Aspiration to Good Actions,

dé ni ngensong tamché pongwar gyur
Will never again be born in lower realms;

dé ni drokpo ngenpa pangwa yin
They will be free from harmful companions, and

nangwa tayé deyang dé nyur tong
Soon behold the Buddha of Boundless Light.
དེ་དག་རོལ་པའི་བདེ་བར་འཚོ།

They will acquire all kind of benefits, and live in happiness;

mitsé dir yang dedak lekpar ong

Even in this present life all will go well,

kuntuzangpo deyang chindrawar

And before long,

dedak ringpor mitok dezhin gyur

They will become just like Samantabhadra.

tsammé ngapo dak gi dikpa nam

All negative acts—even the five of immediate retribution—

gang gi mishe wang gi jepa dak

Whatever they have committed in the grip of ignorance,

dé yi zangpo chöpa di jö na

Will soon be completely purified,

nyurdu malü yongsu jangwar gyur

If they recite this Aspiration to Good Actions.

yeshe dang ni zuk dang tsen nam dang

They will possess perfect wisdom, beauty, and excellent signs,

rik dang khadok nam dang denpar gyur

Be born in a good family, and with a radiant appearance.
Dü dang mutek mangpö dé mitub
Demons and heretics will never harm them,

Jikten sumpo kün na ang chöpar gyur
And all three worlds will honour them with offerings.

Changchub shingwang drung du dé nyur dro
They will quickly go beneath the bodhi-tree,

Song né semchen pen chir der duk té
And there, they will sit, to benefit all sentient beings, then

Changchub sangye khorlo rabtu kor
Awaken into enlightenment, turn the wheel of Dharma,

Dü nam dé dang chepa tamché tul
And tame Māra with all his hordes.

3. The Benefits in Brief

Gangyang zangpo chöpé mönlam di
The full result of keeping, teaching, or reading

Changwa dang ni tön tam lok na yang
This Prayer of Aspiration to Good Actions

Dé yi nampar minpa sangye khyen
Is known to the buddhas alone:

Changchub chok la somnyi majé chik
Have no doubt: supreme enlightenment will be yours!
Dedication of the Merits of this Meritorious Aspiration

1. Dedication that Follows the Bodhisattvas

jampal pawö jitar khyenpa dang
Just as the bodhisattva Mañjuśrī attained omniscience,

kuntuzangpo deyang dezhin té
And Samantabhadra too

dedak kün gyi jesu dak lob chir
All these merits now I dedicate

gewa didak tamché rabtu ngo
To train and follow in their footsteps.

2. Dedication that Follows the Buddhas

duṣṇaṃṣaṃmānaṃnyaṃnyaṃnāmaṃnāvetācitā
As all the victorious buddhas of past, present and future

ngowa gangla chok tu ngakpa dé
Praise dedication as supreme,

dak gi gewé tsawa di kün kyang
So now I dedicate all these roots of virtue

zangpo chö chir rabtu ngowar gyi
For all beings to perfect Good Actions.
3. Dedication towards Actualizing the Result

When it is time for me to die,

Let all that obscures me fade away, so

I look on Amitābha, there in person,

And go at once to his pure land of Sukhāvatī.

In that pure land, may I actualize every single one

Of all these aspirations!

May I fulfil them, each and every one,

And bring help to beings for as long as the universe remains!

4. Dedication towards Receiving a Prophecy from the Buddhas

Born there in a beautiful lotus flower,
In that excellent and joyous buddha realm,
May the Buddha Amitābha himself
Grant me the prophecy foretelling my enlightenment!

5. Dedication towards Serving Others

Having received the prophecy there,
With my billions of emanations,
Sent out through the power of my mind,
May I bring enormous benefit to sentient beings, in all the ten directions!

Conclusion

Through whatever small virtues I have gained
By reciting this “Aspiration to Good Actions”,

དེས་ནི་འགྲོ་བའི་སྨོན་ལམ་དགེ་བ་རྣམས།
May the virtuous wishes of all beings’ prayers and aspirations

kechik chik gi tamché jorwar shok
All be instantly accomplished!

gangyang zangpo chöpa di ngöpé
Through the true and boundless merit

sönam tayé dampa gang tob dé
Attained by dedicating this “Aspiration to Good Actions”,

drowa dukngal chuwor jingwa nam
May all those now drowning in the ocean of suffering,

öpakmepé né rab tobpar shok
Reach the supreme realm of Amitābha!

mönlam gyalpo didak chok gi tso
May this King of Aspirations bring about

tayé drowa kün la pen jé ching
The supreme aim and benefit of all infinite sentient beings;

kuntuzangpö gyenpé zhung drub té
May they perfect what is described in this holy prayer, uttered by Samantabhadra!

ngensong né nam malü tongpar shok
May the lower realms be entirely emptied!
This completes the King of Aspiration Prayers, Samantabhadra’s “Aspiration to Good Actions.”

The dhāraṇī for the accomplishment of all aspirations

teyatha pentsa indriya awabodhanaye soha
tadyathā pañcendriyāvabodhanīye svāhā
King of Noble Aspiration Prayers:

Niguma's Aspiration Prayer of Sealed Instructions

In English: King of Noble Aspiration Prayers: Niguma’s “Aspiration Prayer of Sealed Instructions”

May all my aspiration prayers be accomplished just as I express them.
From this moment on, with limitless reverence and devotion,

May I please the Lama, making pure offerings of

Body, speech and enjoyments as vast in extent as space,

May I never be separate from him for even an instant, and

May his activity flourish.

In all my succession of lives, when listening, explaining,

Meditating and practicing the Dharma,

May I not encounter false teachers, bad lamas, bad friends or bad patrons,

May I serve an excellent Lama and thereby attain enlightenment.

In all my births may I have an excellent family,
yang nyen zuk dzé ziji tob den né
Freedom from sickness, a pleasing appearance,

tsering khor dang longchö chö nam kün
Melodious speech, glory and power.

Ihun gyi drub ching kün gyi kurwar shok
May I be endowed effortlessly with everything:

gang du kyewé tserab tamché du
Long life, retinue and wealth - and be respected by all,

semchen nam kyi tong tö dren rek tse
Wherever in all my succession of lives: living beings see, hear, remember or touch me,

dzé shing yi ong tawé mi ngom shing
May they find me attractive and engaging.

mi tün chok dral kün dang tünpar shok
May I be in harmony with everyone, free of discord of any kind,

dak ni kha nyam semchen tamché kyi
May I become a protector, refuge, source of hope and

gönkyab rené pungnyen gyur né kyang
Defender of living beings as vast as space, and

gang la gang dö rewa tamché kün
May I fulfill in whatever way is suitable
At the wishes of each and every living being.

May my aspirations and conduct of body, speech and mind,

Be at one with those who wish to benefit me, and

From this moment onward may I have sacred outlook

Towards them and never be separate from them for even an instant.

May there be great happiness and joy!

Wherever I am born, may I be like a wish fulfilling jewel,

As soon as anyone needs or wishes for something, may it rain down in limitless abundance,

May I place all living beings in happiness!

Everywhere in the regions where I abide,
dro kün nedön tabtsö ulpong dral
May all beings be free of sickness, maras, fighting, dispute, poverty and neediness.

tsering nemé chö dang longchö den
May they have long lives and good health and

tashi delek pünsum tsokpar shok
May they have the Dharma and every comfort.

kyewa di dang kyewa tamché du
May there be immense auspiciousness and good fortune!

longchö namkhé dzö la nga nyé né
In this and all my other lives,

jinpa namzhí chokchur tong jé ching
Having obtained authority over a vast store of resources,

parol chin chü dro kün mindröl shok
May I practice the four kinds of generosity in every corner of the universe,

khor de chö nam malü tamché la
Ripening and liberating all beings through the ten paramitas.

chak tok mepé sherab püntsok né
Through knowing all phenomena samsara and nirvana with wisdom free from attachment and obstruction,

dű sum shejé kyilkhor malü kün
May all of the mandalas, which are the noble objects
སྐད་ཅིག་ཙམ་གྱིས་ཐམས་ཅད་མངོན་གྱུར་ཤོག

ke
chik tsam
gyi
tamché
ngön
gyur
shok
Of knowledge of the three times, manifest in a single instant.

དབག་ནི་བསླབ་གསུམ་དྲི་མེད་ལེགས་བརྒྱན་ཞིང

dak
ni
lab
sum
drimé
lec
gyen
zhing
Adorned with the three kinds of stainless training,

ཚུལ་ཁྲིམས་མཆོག་ལ་འགྲོ་བ་ཀུན་འགོད་ཅིང་། །

tsultrim
chok
la
drowa
kün
gö
ching
May I place all beings in pure morality, and

ཡེ་བ་རིས་འབྱུང་གི་ལྷ་འདྲེ་སྟོབས་ལྡན་དྲེག་ཅན་མ་ལུས་ཀུན

lekpé
yönten
malü
rabdzok
shok
Completely perfect all good qualities.

མ་ལུས་སྨྱིན་ཅིང་གྲོལ་བྱེད་ཤོག །

dro
nam
malü
min
ching
dröl
jé
shok
May I ripen and liberate each and every being

ལྷ་འདྲེ་སྟོབས་ལྡན་དྲེག་ཅན་མ་ལུས་ཀུན

lhadré
tob
den
drek
dchen
malü
kün
Without having to entreat them for even an instant.
Through recitation of approach and accomplishment practices,

May all the proud and powerful gods and demons,

Offering their lives and attending like servants,

Protect the teachings with their magnificent powers.

Manifesting loving kindness and compassion,

May I always be like a loving mother towards her only child,

Completely pacifying every harm that threatens

Each and every living being in the three realms

When it comes time to die, may there be no agony.

May I manifest the dharmakaya, and spontaneously benefit others with self-arisen form bodies,
kudung ringsel drowa drenpar shok
With relics appearing, may I be a guide for beings.
gyalwé zhingkham malü tamché du
In all buddha realms without exception,
sangye kalpé dul nyé gyatso la
To an ocean of buddhas as many as there are atoms in an aeon,
künzang chötrin namkha nyampa yí
May I make offerings for an ocean of aeons,
kalpa gyatsor dak gi chö jé shok
With offering clouds vast as space like those of Kuntuzangpo.
zhingkham namdak gyatsor ngön gyur té
Manifesting an ocean of pure buddha realms, and
chöpa namdak sherab tsemé kyi
Through immeasurable knowledge and pure conduct,
chö nam gyatso tamché rab tong né
Having completely understood oceans of Dharma,
yeshe gyatso malü tokpar shok
May I realize the full ocean of wisdom.
gyalwa gyatsö sung yang ngön gyur né
Manifesting the melodic speech of an ocean of victors, and
Proclaiming the Dharma in all the languages of beings,

In Brahmanic tones which reach unto the ends of space,

May I place all living beings without exception on the level of buddhahood.

Just as in the mirage-like life story of Kuntuzangpo,

May I accomplish infinite illusion-like samadhi, and

Instantly produce all the buddha realms and kayas on every particle.

Like the realms of beings, the depth and extent of the ocean,

The ends of space, the limitless expanse of phenomena —

May my aspiration prayers, samadhi and activities

Be unfathomable, boundless, and without measure.
In my hands are limitless universal monarchs,

May I fulfill the hopes of all beings,

Protect the kingdom of Dharma.

Having attained mastery over all the pure realms, vast as space,

May I place every living being in happiness.

When living beings are stricken with suffering,

In the future aeons of sickness and weapons,

May I become the king of excellent medicines,

Instantly relieving all suffering

When beings suffer from hunger and thirst during the aeon of famine,
Having become inexhaustible gathering clouds of food,

Drink, soft clothing, gold, silver and every comfort,

May I rain down whatever is desired in every direction.

Through great waves of bodhisattva activity,

Until the ocean of samsara is emptied,

May I appear in whatever form is needed

To discipline each and every living being throughout the infinite expanse of space,

Victors of the three times and ten directions,

Those following mistaken paths, the powerful and the headstrong –
སྐད་ཅིག་ཉིད་ལ་སངས་རྒྱས་སར་འགོད་ཤོག

kechik nyi la sangye sar go shok
And instantly place them on the level of buddhahood.

ji si khor war semchen né kyi bar
For as long as living beings remain in samsara –

de si trinlé tsol mé rangshar gyi
For that long - may I continuously and spontaneously

semchen malü min ching dröl jé pé
Benefit beings through self-arisen effortless activity,

dro dön lhundrub gyünché mépar shok
Ripening and liberating every single living being.

chokchu düsum gyalwa gyatso yi
When the ocean of victors of the three times and ten directions

so so kyewo changchub sempé tse
Were ordinary individuals and bodhisattvas,

kalpa drangmé semkye mönlam tab
They generated the awakened mind and

tsoknyi tarchin ngönpar sangye né
Made noble aspiration prayers for numberless aeons,

pünsam tsok nga yön ten gyatso yi
Perfecting the accumulations and manifesting Buddhahood.
semchen pakmé min ching dröl dzépé
Then, through an ocean of excellent qualities and resources,

mönlam trinlé chiktu dompa wé
They ripened and liberated limitless living beings.

dak gi mönlam trinlé gyacher shok
May my aspiration prayers and activities be even more vast

zhen dön lhundrub pakmé jung gyur pé
Than that of all of their aspirations and activity collected into one.

dak gi mönlam didak tamché kün
Because it brings limitless spontaneous benefit to others,

changchub chok mö depa rabkye de
May anyone who recites all these aspiration prayers of mine,

gang gi debpa de la yongdzok shok
Having clearly given rise to faith and the wish for supreme enlightenment,

chokchu düsum khorde tamché kyi
Completely accomplish their aims.

tashi delek pünsum tsokpa kün
May all the abundant auspiciousness and goodness

gyünche mépa chuwö zhung zhin du
Of all samsara and nirvana in the ten directions and three times,
dak zhen chok nam küntu khyabpar shok
Like the uninterrupted flow of a great river, pervade everyone in all directions.

This completes the King of Noble Aspiration Prayers: Niguma’s Aspiration Prayer of Sealed Instructions.
Prayer of Dedication, known as the "Oral Seal"

by the Great Yogi Khyungpo Naljor

སྐུ་གསུམ་མཁྱེན་བཅུ་ཆོས་ཀྱི་རྗེ།
May the buddhas, lords of Dharma,

ལྷ་བླ་མ་རྣམས་དང་ཡི་དམ་ལྷ།
Who possess the three kayas and the ten wisdoms,

ཁང་རྗེ་ཐེག་ཁྱུང་པོས་མཛད་པའི་བཀའ་རྒྱ་མར་གགས་པ་
The gurus and yidams, dakinis, dharma protectors and others,

བརྩེ་བས་བསྔོ་བའི་དཔང་དུ་བཞུགས་
All, with kindness, bear witness to my dedication of merit.

In this and other lives,

By all of my meritorious deeds of body, speech and mind,

For the sake of benefiting all living beings,
semchen kün gyi dön gyi chir
May my emotional defilements

nyönmong lam du long gyur chik
Be transformed into opportunities for spiritual progress.

nangwa wang du dü gyur chik
May I bring under my control all appearances.

kusum rang la nye gyur chik
May I attain the three kayas.

rang dön chöku drub gyur chik
For my own sake, may I attain the dharmakaya.

For as long as samsara is not emptied, for the benefit of others,

ji si khorwa ma tong bar
May I achieve a great wave of good deeds.

dro dön trinlé rabgye pé
May I achieve this through the two form kayas, with vast enlightened activities,

gang la gang dul der tön né
Bring benefit to all according to their individual needs.

zhen dön labchen drub gyur chik
May all beings to be trained
dul ja dü la theb gyur chik
Live in appropriate times for their spiritual growth.

tendrel thab la khe gyur chik
Through skilful means, arrange many auspicious circumstances.

drel tse dön dang den gyur chik
May all my connections with beings be meaningful.

khorwé gyatso tong gyur chik
May the ocean of samsara be emptied.

ösal chöku thob gyur chik
May I attain the clear light of the dharmakaya.

düsum sangye tamché kyi
May I accomplish this dedication of merit

ngowar dzépa ji zhin du
Just as the buddhas of the three times dedicate.

dak gi ngowa drub gyur chik
Until I attain enlightenment,

ji si sangye ma tob bar
May I take rebirth with good families,

rig zang nemé wangpo sal
Being free from illness, possessing clear faculties, and
Have moral conduct, with mindfulness and awareness.

May I be respected by all,

Fulfilling the hopes and wishes of all.

As long as I have not manifested enlightenment,

May all harm from diseases, evil spirits, harmful forces,

Humans, wild animals, demons and the four elements

Be completely pacified.

May my lifespan and

Merit increase.

May my glory and wealth increase.
Nyendrab Namkha Nyamgyur Chik
May my renown be equal to the sky.

Lüngak Yiyi Dzé Chö Kün
May all my activities of body, speech and mind

Chi Jé Semchen Don Gyur Né
Become beneficial for sentient beings, and

Khorwé Gyatso Tongpa Dang
May the ocean of samsara be emptied,

Dzokpé Sangye Tobpar Shok
May I attain perfect enlightenment.

This prayer of dedication, known as the "Oral Seal" composed by the Great Yogi Khyungpo Naljor.
The Ship Which Sets Beings Free:

A Wave of Wishes Based on the Cycle of

the Glorious Shangpa Kagyu Tradition

by His Eminence Dorje Chang Kalu Rinpoche

Vajradhara and the two dakinis who embody pristine cognition,

Khyungpo Naljor and the root and lineage gurus,

Chakrasamvara, Hevajra, Guhyasamaja and Mahamaya,

Vajrabhairava, Hayagriva and the other yidam deities,

Dakinis of the five classes, Fast-Acting Lord Protector and Remati,

The four obedient attendants and the ocean-like throng of the oath-bound,
All sources of refuge, the Three Jewels and the Three Roots,

I pray that from the imperceptible expanse, you think of me

Through the truth and power of your blessing and compassion, and

The power of all the roots of virtue gathered in the three times,

I pray that whatever aspirations I make in this birth,

And in all my lives, be quickly accomplished.

This precious birth, free and well-favored, is so difficult to obtain,

May I not waste it, but make meaningful use of it.

By reflecting on what is transitory, unsteady and changing,

May I make few plans and stop wasting time.
By coming to appreciate the effects of virtuous and unwholesome acts,
Whatever their importance, may I be able to keep to the working of cause and result.
By seeing clearly the suffering in the three realms of samsara,
May I develop the renunciation to leave samsara’s domain.
In this life, future lives and the intermediate state, at all times,
May I and others find shelter in the refuge of the Three Jewels and the Three Roots
May love and compassion be born from the depths of my heart
For all six kinds of beings, who are like my parents, as limitless as the sky.
In an uninhabited place in the mountains where all favorable conditions are present,
May I practice single-mindedly and reach the peaks of experience and realization.
སེམས་ལ་བདེ་སྟོང་ཏིང་འཛིན་བརྟན་པར་ཤོག། །

May the samadhi of bliss-emptiness be stable in my mind.

sem la detong tingdzin tenpar shok
May the samadhi of bliss-emptiness be stable in my mind.
Through the understanding that all phenomena are like dreams and enchantments,
May confusion and clinging to ideas of reality be totally destroyed.

At night, may I clearly recognize the dream state without effort, and
Practice refinement, increase, emanation, transformation and precision in perceiving specific objects.

In the interior darkness of ignorant and deluded sleep,
May I recognize and grasp the clear light of shallow and deep sleep.

May I master the various kinds of transference,
Dharmakaya, lama, yidam, sky-light, celestial realm and other,

Through the natural arising of the three kayas and freedom from deviation,
May the three kayas of the bardo of becoming be actualized.
In the self-liberation of the four faults and the spontaneous presence of the four kayas,
May I realize the natural state, Mahamudra, in this life.
May I bring all experiences onto the spiritual path.
May I master the path of development and completion and travel to their celestial realm.
The body is material substance, the mind knows neither birth nor death,
May I understand directly the deathless and undeviating result.
May I see clearly the noble form of the lama and the protector as one, and
lézhi chok gi ngödrub tobpar shok
Accomplish the four activities and supreme siddhi.

semchen nam kyi ne dang dukngal kün
In order to pacify the sickness and suffering of all beings,

zhiwé thujin sangye tabur shok
May I have the power and blessing like the Buddha.

tse sö wang tang nyam dang tokpa sok
May my life, merit, power, authentic presence, experience, and direct understanding,

yar gyi chuwo tabu gyepar shok
Increase like rivers in the rainy season.

ten dang dro la chok tu penpé chir
In order for me to be of utmost help to the Doctrine and to beings,

khamsum sisum wangdu duwar shok
May my power extend over the three realms and the three worlds.

zhiungchu tsangwé drawo dröl nu chir
In order for me to be able to liberate the enemies of the ten types,

drakngak núthu me zhin barwar shok
May my power and energy in wrathful mantras blaze like fire.

dak sok semchen ché dang rangzhin sok
May I and other beings be completely purified of all the unwholesome acts
dikpa gang chi malü changpar shok
Which we have committed, whether unwholesome in nature or because of ordination.

zangzing chö dang mijik jinpa yi
May I be able to make many beings happy

kyegu tamché de la gö nü shok
Through the generosity of material things, Dharma and protection.

sotar changsem sangngak damtsik sok
May I always be able to keep the virtuous codes

gewé trim nam dü kün sung nü shok
Of the vows of individual liberation, bodhisattva and samaya of the secret mantra.

semchen chik gi chiryang kal gya ru
Even for the sake of a single being,

dak lü jewar tub kyang zöpar shok
May I patiently endure the chopping of my body into 10 million pieces for a hundred kalpas.

dak zhen tarpé lamchok drubpa la
In the practice of the supreme path to freedom for all beings,

tubpé wangpö tsöndrü tsungpar shok
May I have the same enthusiastic diligence as Shakyamuni Buddha.

tadral ösal sem nyi chö kyi ku
May the samadhi of shamatha and vipassana, beyond extremes,
The clear light, the mind’s nature, the dharmakaya, be unwaveringly stable.

May I have as full a knowledge as Manjushri, of all phenomena in samsara and nirvana.

May I perfect whatever Dharma I practice, be it sutra or tantra, of the New School or Old.

May I obtain a pleasing appearance, melodious speech, a glorious life, power and wealth, a heart of love and be attractive to all who see me.

May I become like the six gems of the world, and like the eight charioteers, for the Buddhadharma and for the Shangpa lineage.

At the time of death, may there be no agony, and
ja ö ringsel drowa dren je shok
With rainbows and relics appearing, may I be a guide for beings.

dak zhen pö mataktu dewa chen
As soon as we have passed away, may I and others

khyungpo yabsé zhabdrung kyewar shok
Be born in Sukhavati, at the feet of Khyungpo and his disciples.

kyé mataktu sachu rab tob té
As soon as we are born there,

lamé dzokpé changchub tobpar shok
May we achieve the ten levels and supreme complete enlightenment.

sé zhi ta la mi né drowé dön
Not abiding in either samsara or nirvana,

gyalwa sé ché kün dang tsungpar shok
May we benefit beings as much as all buddhas and bodhisattvas.

tong tö dren rek zé chô drelpa kün
May all connected to me through sight, sound, thought, touch, food or dharma,

dul ja khor gyi tokmar kyewar shok
Be born among my first disciples.

dul ja nam la nyelam sangngak dang
May I rain down a shower of teachings,
ཐེག་ཆེན་ཆོས་ཀྱི་ཆར་པ་ཕབ་པར་ཤོག
Of the Mahayana and the direct path of Vajrayana on all who are to be tamed.

མཐར་ཐུག་སེམས་ཅན་གཅིག་ཀྱང་མ་ལུས་པ།
Ultimately, may I alone set each and every sentient being,

དཀོན་བོད་ཀྱི་བདེ་དང་དགེ་བ་ཅི་མཆིས་པ།
May all the six kinds of beings receive
བདག་ཐྱིམ་བདག་གིས་སྡུག་བསྔལ་མྱོང་པར་ཤོག།

May only I experience the suffering.

de nyong tob kyi semchen malüpa
Because I experience that pain,

dukngal dikdrib ten né mi jung shok
May all sentient beings never again have any misery, unwholesomeness or obscuration.

དཀོན་མཆོག་རྩ་བ་གསུམ་གྱི་བྱིན་རླབས་དང་།
Through the blessing of the Three Jewels and Three Roots,

khandro chökyong sungmé nütu dang
The power of the dakinis and protectors,

döndam gyurwa mépé denpa dang
The truth of the unchanging absolute, and

kündzob tendrel luwa mépé tü
The power of infallible relative interdependence,

jitar tabpé mönlam de dak kün
May all these aspirations I have made,

nyurwa nyidu yizhin drubbar shok
Be quickly fulfilled as I intend.

detar mön pé gewé tsawa de
I dedicate the roots of virtue of these aspirations,
To all my mothers, who are as limitless as space.

May we all be free from suffering,

Be completely happy, and together attain buddhahood.

This prayer was composed in the Male Earth Dragon Year (1928) by Karma Rarjung Kunchab, who is in the last position in the line of transmission of the Glorious Shangpa Tradition. May this prayer be of great benefit to beings! Mangalam!
Long Life Prayer for His Holiness the Dalai Lama

In the heavenly realm of Tibet, surrounded by a chain of snow mountains,

The source of all happiness and help for beings,

Is Tenzin Gyatso—Chenrezik in person—

May his life be secure for hundreds of kalpas!
Long Life Prayer for His Eminence Tai Situ Rinpoche

pemé gyaltsab ten dang drowé gön
Regent of Padma, protector of the teachings and beings,

ma ong sangye gyaltsab ma pampa
Representative of the future Buddha Maitreya,

tayi situ pema dönyö kyi
Tai Situ Pema Dönyo, may you live long

zhabpé ten ching dzétrin gyé gyur chik
And perform your enlightened acts on a vast scale.
Long Life Prayer for His Eminence Kalu Rinpoche

Namo guru
Namo Guru!

Gyalwa khyab dak chomden dorje chang
Bhagavan Vajradhara, all-pervasive victorious one,

Kater dahnag rangrik yidam lha
Yidam deities, reflexive awareness and the pure appearances of the karma and terma,

Tutsal lézi rolpa chösum tsok
Assemblies of dharma protectors, the expression of the powers of the four activities,

Mikmé rolpa chenpo long né gong
Think of me from the expanse of the great display, which is without reference.

Drangmé dumar gompo yeshe kyi
Through wisdom which has been developed throughout many countless kalpas,

Natsok gang dul der tön trul pé ku
Your nirmanakaya manifests in various ways to train beings.
drubgyü tenpé sokshing lama je
Jetsun Lama, life force of the practice lineage teachings,

shabpé ten ching dzétrin gye gyur chik
May your life be long and your activities expand.

dak gi namdak mölö lhaksam dang
By the noble intention of my completely pure aspirations,

chönyi nampar dakpé den tob kyi
By the power of the perfect truth of the Dharmata,

jitar mönpa tadak lhundrub ching
May all their wishes be spontaneously fulfilled,

getsen sizhi pal du bar gyur chik
And virtuous signs blaze as the glory of Samsara and Nirvana!

These verses for the longevity of His Eminence Rinpoche, the precious emanation of the glorious and holy-lama, Kyabje Kalu Rinpoche were requested first by Gyaltsen his father and former nephew, and by many disciples, ordained and lay persons and were spoken by Tai Situ Rinpoche.

May this prayer be accomplished!
Long Life Prayer for His Eminence Kalu Rinpoche

Om So Ti
Om So Ti

ngédön nyingpo dakshang kagyu dang
The heart of definitive meaning, the victory banner protector of beings,

rimé tenpé gyaltsen drowé gön
Teacher of Dak Shang Kagyu and Rimé

chok gi tulku gongmé namtar zhin
Supreme Nirmanakaya, just as in your former life,

zhabpé ten ching dzétrin gyé gyur chik
May you live long and your activity flourish!

Composed by Bokar Tulku.
Long Life Prayer for Venerable Wangchen Rinpoche

Stainless crystal jewel mountain polished hundreds of times by heavenly silk,

Demonstration in deity form, the activity goddess supreme beauty,

Exalted longevity provider,

May you give us auspicious omens.

Great expanse of courageous form like an elephant,

Your ripening habit of nobility is extraordinary like the scent of giwam.

Those who wish to be liberated swirl like a bee to your pleasant voice.

May you live long, one who delights all the buddhas.
While people propagate immorality in these degenerate times, and the world is filled with deluded beings, ascetic, the truth teller who abandons immorality, May you who skillfully shows the true noble path live long.

By the blessing and power of the Three Roots, and the virtuous force of our pure intention and action, May the guru's longevity and activity increase, and May all the Dharma activity be accomplished.

The long-life prayer of Wangchen Tulku, the reincarnation of Tré Hor Lama Kalu The Younger, collectively requested by the teachers and students of Kagyu Bengen Monastery was compiled by so-called Karmapa Orgyen Trinley, on this auspicious Buddhist year of 2567, 2nd November 2003, at Upper Tantric Monastery near Dharamsala, India. May it be auspicious!
Long Life Prayer for the Lamas

དཔལ་ལྡན་བླ་མ་ཞབས་པད་བརྟན་པ་དང་།
palden lama zhabpe tenpa dang
Glorious Lama, may your lotus feet remain firmly (in this world),

མཁའ་མཉམ་ཡོངས་ལ་བདེ་སྐྱིད་འབྱུང་བ་དང་།
kha nyam yong la dekyi jungwa dang
May happiness and well-being occur for all beings limitless in number like the sky,

བདག་གཞན་མ་ལུས་ཚོགས་བསགས་སྒྲིབ་སྦྱང་ནས།
dak zhen malu tsok sak drib chang ne
May I, and all beings, without exception collect all the accumulations and purify all the veils, and

མྱུར་དུ་སངས་རྒྱས་ས་ལ་འགོད་པར་ཤོག
nyurdu sangye sa la gopar shok
Thus quickly attain buddhahood!
Concluding Dedication Prayers

By this virtue may all attain omniscience,

Having defeated the enemy, wrongdoing,

May I free all beings from the stormy waves of

Birth, old age, sickness and death, and from the ocean of samsara.

Emulating the heroic Manjushri,

Samantabhadra and all the Omniscient Ones,

I too make a perfect dedication

Of all meritorious actions.
By this virtue,

May all beings perfect the accumulation of merit and wisdom, and

May they attain the two sacred kayas,

Which arise from merit and wisdom.

Through the blessing of the Buddha’s attainment of the three bodies,

Through the blessing of the unchanging truth of Dharmata, and

Through the blessing of the unwavering aspiration of the sangha,

May this dedication prayer thus be accomplished.
Bodhicitta is precious,

May it arise in whom it has not arisen,

Once arisen may it ever grow, and

Flourish ever more and more!