

Shower of Blessings
(Jinlab Charbep)
And Additional Prayers and Practices

Seven Line Prayer

HUNG OR GYAN YUL GYI NUB JANG TSAM PAY MA GÉ SAR DONG PO
LA YAM TSAN CHHOK GI NGÖ DRUB NYEY PAY MA JUNG NAY ZHEY SU
DRAK

HUNG On the northwest border of the country of Oddiyana, you appeared in the pollen heart of a lotus. Marvelous and having attained the most sublime siddhi, you are renowned as the Lotus Born

KHOR DU KHA DRO MANG PÖ KOR KHYEY KYI JEY SU DAK DRUB KYIY
JIN GYIY LAB CHHIR SHEK SU SOL GURU PADMA SIDDHI HUNG

and surrounded by a retinue of many dakinis. As I practice, accomplishing you, please approach in order to confer blessings! *GURU PADMA SIDDHI HUNG*

Recite three times.

Refuge and Bodhicitta

KYAB NAY KUN DÜ MA HA GU RU LA DI ZUNG JANG CHHUB BAR DU KYAB
SU CHHI KHA KHYAB DRO KUN SANG GYAY SAR GÖ CHHIR ZAB LAM
LA MAI NAL JOR LA TZÖN JA

From now until enlightenment is attained, I take refuge in the mahaguru, embodiment of all sources of refuge. In order to bring all beings throughout space to the level of buddhahood, I will exert myself in this profound path of guru yoga.

Recite three times.

Shower of Blessings

A Guru Yoga Practice Connected to the Seven Line Prayer

**AH RANG LÜ T'HA MAL NAY PAI DUN KHA RU OR GYAN DRI MEY DHA
NA KO SHAI TSO TING ZAB YAN LAK GYAY DAN CHHÜ GANG WAI Ü SU
RIN CHHEN PAY DONG DAB GYAY TENG**

AH Before me in my ordinary form is the stainless Danakosha Lake of Oddiyana, its profound depths filled by water endowed with eight qualities. In its center, upon a precious fully open lotus,

**KYAB NAY KUN DÜ OR GYAN DOR JÉ CHHANG TSAN PEI PAL BAR TSO
GYAL YUM DANG T'HRIL CHHAK YAY DOR JÉ YÖN PAY T'HÖ BUM NAM
DAR DANG RIN CHHEN RÜ PAI GYAN GYI DZAY**

appears the embodiment of all sources of refuge, Orgyan Dorjechang. Radiant with the splendor of the major and minor marks of perfection, he embraces the mother consort, Tsogyal, and brandishing a vajra in his right hand and a skull cup with a vase in the left, he is adorned by silks, jewels, and bone ornaments.

**Ö NGAI LONG NAY DÉ CHHEN ZI JIN BAR KHOR DU TZA SUM GYA TSO TRIN
TAR TIB**

Within an expanse of five-colored light, they are ablaze with the majestic blessings of great bliss. His retinue of three roots gathers like an ocean of clouds.

**JIN LAB T'HUK JEI CHHAR BEB DAK LA ZIK GYAL KUN NGO WO CHHI MEY
YÉ SHEY KUR DUNG SHUK DRAK PÖ DAY CHHAK TAK TU TSAL LÜ
DANG LONG CHÖ DÜ SUM GÉ WAI TSOK**

Look upon me! Let rain the blessings of great compassion. To your timeless knowing form that is the deathless essence of all victorious ones I continuously prostrate with intense and fervent faith. I offer my body, wealth, and gathered virtues of the three times

**KUN ZANG CHHÖ PAI TRIN DU MIK NAY BUL T'HOK MEY NAY SAK DIK TUNG
MA LÜ SHAK SRAY CHAY GYAL WA KUN GYI YÖN TAN GYI KHYAB DAK
CHIK PU GÖN POI NAM T'HAR LA**

visualized as Samantabhadra's offering clouds. I acknowledge and lay aside all negative actions and downfalls without exception accumulated since beginningless time. Sole sovereign of the qualities of all victorious ones and spiritual heirs, protector —

**NYING NAY YI RANG DAY PAY SOL DEB SHING ZAB GYAY CHHÖ KYI
CHHAR CHHEN BEB PAR KUL RANG ZHAN GÉ WAI NGÖ PO KUN DOM NAY
DRO KHAM GYA TSO JI SRI NAY KYI BAR**

I rejoice from my heart in your liberation story and supplicate you with faith. I beseech you to bring down a great rain of profound and vast dharma. I gather all actual virtues of myself and others here, and following your example, O protector,

**GÖN PO KHYÖ KYI NAM T'HAR JEY NYEK TÉ KHA KHYAB DRO WA DREN
PAI DÖN DU NGO KYAB NAY KUN DÜ KHYEN TZEI TER CHHEN PO DÜ
NGAN NYIK MAI KYAB CHHOK RIN PO CHHÉ**

for as long as beings remain within the ocean-like realms of existence, I dedicate it to the guidance of beings throughout space. Embodiment of all sources of refuge, great treasury of omniscience and compassion, supremely precious refuge in these negative and degenerate times —

**NGA DOI GYÜ PAY NAR SHING DUNG SHUK KYIY SOL DEB BU LA TZÉ WAY
T'HUK KYI GONG GONG PAI LONG NAY T'HUK JEI TZAL CHHUNG LA MÖ
DAN DAK GI NYING LA JIN GYIY LOB**

tormented by the five rampant degenerations, I pray with intense yearning — through your love for your spiritual children, embrace me! Bring forth the dynamic energy of great compassion from within the expanse of enlightened intent, and imbue my heart, so full of devotion, with blessings.

**TAK DANG TSAN MA NYUR DU TÖN PA DANG CHHOK DANG T'HUN MONG
NGÖ DRUB TZAL DU SOL**

I pray, swiftly reveal signs and indications and grant supreme and common spiritual accomplishments.

Having recited this, repeat the Seven Line Prayer as much as possible. By praying with devotion, from the lama and consort's point of union, and from their heart centers, five-colored timeless knowing light extends like filaments dissolving into your heart. Through that, think that your mindstream is infused with blessings. Recite, as much as is appropriate, the Vajra Guru Mantra. If you wish to engage in the elaboration of a tsok offering, it is joined here as a supplementary practice. Daily practice is concluded by receiving the four empowerments.

Seven Line Prayer

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DRAK**

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**KHOR DU KHA DRO MANG PÖ KOR KHYEY KYI JEY SU DAK DRUB KYIY
JIN GYIY LAB CHHIR SHEK SU SOL GURU PADMA SIDDHI HUNG**

and surrounded by a retinue of many dakinis. As I practice, accomplishing you, please approach in order to confer blessings! *GURU PADMA SIDDHI HUNG*

[Recite multiple times.]

OM AH HUNG VAJRA GURU PADMA SIDDHI HUNG

[Recite multiple times.]

[If offering tsok, turn to page 10.]

At the end of the session

**LA MAI NAY SUM YI GÉ DRU SUM LAY Ö ZER KAR MAR T'HING SUM JUNG
NAY SU RANG GI NAY SUM T'HIM PAY GO SUM GYI DRIB JANG KU SUNG
T'HUK KYI DOR JER GYUR**

From the three seed syllables in the lama's three places, white, red, and dark-blue light shine forth. Dissolving into my three places, these three doors are purified of obscurations and become vajra body, speech, and mind.

**T'HAR NI LA MA KHOR CHAY Ö DU ZHU KAR MAR T'HIK LÉ HUNG GIY TSAN
PA RU RANG GI NYING GAR T'HIM PAY LA MAI T'HUK RANG SEM YER
MEY LHAN KYEY CHHÖ KUR NAY AH AH**

Finally, the lama and retinue dissolve into light becoming a reddish-white sphere marked with a *HUNG*, which melts into my heart. Abiding within co-emergent Dharmakaya, the lama's enlightened mind and my mind are indivisible. *AH AH*

Reciting thus, look at the true face of foremost dharmakaya, the primordial nature of mind, which timelessly transcends being something that could be made, changed, eliminated, or adopted. Again, everything appears like an illusion, seen as the lama's nature, within which dedicate the merit and recite words of auspicious good fortune for all positive excellence. This arose from the ocean of my mind during the year called Taming All, on the eighth day of the waxing moon, in the month of Drozhin. I make the aspiration to serve Guru Padma throughout all my lives.

— Mipham Nampar Gyalwa. Excellence! Sarwa Mangalam!

Dedication

**DIY TSON DÜ SUM SAK PAI GE TSOK KUN MA LÜ DRO NAM SANG GYAY
T'HOB CHIR NGO KYE KUN OR GYAN CHHEN PÖ JEY ZUNG NAY RIM
NYIY NGON GYUR DON NYIY T'HAR CHIN SHOK**

All gathered virtues accumulated in the three times, represented by this practice, I dedicate so that all beings without exception attain buddhahood. In all lifetimes, may we be cared for by the Great Orgyen, and may the two stages be actualized and two-fold benefit perfected.

Auspicious Wishes

**CHHOK SUM TZA SUM JIN LAB GÉ LEK PAL CHOK DÜ DRO KHAM KHYAB
PAI TRA SHIY SHOK**

May there be the auspicious good fortune that the blessings, virtue, excellence, and splendor of the three jewels and three roots permeate the countless realms of beings throughout all directions and time.

Dedication and Aspiration Prayers

**SÖ NAM DI YIY T'HAM CHHAY ZIK PA NYI T'HOB NAY NYEY PAI DRA NAM
P'HAM JAY NAY KYÉ GA NA CHHI BA LAB T'HRUK PA YI SI PAI TSO LAY
DRO WA DROL WAR SHOK**

By this merit, may all beings attain the state of omniscience, and by defeating all faults and hindrances, may they be liberated from the ocean of conditioned existence, which is disturbed by the waves of birth, old age, sickness, and death.

**KYÉ WA KUN TU YANG DAK LA MA DANG DRAL MEY CHHÖ KYI PAL LA
LONG CHÖ DÉ SA DANG LAM GYI YÖN TAN RAB DZOK NAY DOR JÉ
CHHANG GI GO P'HANG NYUR T'HOB SHOK**

May I never in any lifetime be separate from the authentic lama and always enjoy the splendor of the dharma. Perfecting the qualities of the paths and levels of realization, may I swiftly attain the state of Vajradhara.

**JAM PAL PA WÖ JI TAR KHYEN PA DANG KUN TU ZANG PO DÉ YANG DÉ
ZHIN TÉ DÉ DAK KUN GYI JÉ SU DAK LOB CHING GÉ WA DI DAK T'HAM
CHAY RAB TU NGO**

Just as the heroic Manjushri achieved omniscience, and like Samantabhadra too, following in their footsteps I completely dedicate this merit.

**DÜ SUM SHEK PAI GYAL WA T'HAM CHAY KYIY NGO WA GANG LA CHHOK
TU NGAK PA DEY DAK GI GÉ WAI TZA WA DI KUN KYANG ZANG PO
CHÖ CHHIR RAB TU NGO WAR GYI**

Just as all the victorious buddhas of the past, present, and future extol the sublime qualities of dedication, I too completely dedicate this root of virtue to all noble and virtuous conduct.\

Longchenpa's Aspiration Prayer

**GANG DU KYEY PAI KYÉ WA T'HAM CHAY DU T'HO RIY YÖN TAN DUN DAN
T'HOB PAR SHOK KYEY MA T'HAK TU CHHÖ DANG T'HRAY GYUR CHIK
TSUL ZHIN DRUB PAI RANG WANG YÖ PAR SHOK**

Throughout all lifetimes, wherever I am born, may I attain the seven qualities of the higher realms, and at birth may I meet with the dharma and have the complete freedom to accomplish it accordingly.

**DER YANG LA MA DAM PA NYEY JEY CHING NYIN DANG TSAN DU CHHÖ LA
CHÖ PAR SHOK CHHÖ TOK NAY NI NYING POI DÖN DRUB TÉ TSÉ DER SI
PAI GYA TSO GAL WAR SHOK**

There, may I serve a qualified lama, and day and night be immersed in the dharma. Through realizing the teachings, may I accomplish the meaning of the heart essence, and in that very lifetime, cross over the ocean of conditioned existence.

**SI PAR DAM PAI CHHÖ RAB TÖN JEY CHING ZHAN P'HAN DRUB LA KYO
NGAL MEY PAR SHOK LAB CHHEN ZHAN DÖN CHHOK RIY MEY PA YIY
T'HAM CHAY CHHAM CHIK SANG GYAY T'HOB PAR SHOK**

[At that point] may I teach the sacred dharma within conditioned existence and tirelessly accomplish benefit for beings. May the great waves of impartial benefit to others bring everyone simultaneously to buddhahood.

Additional Dedication and Aspiration Prayers

Throughout my many lives and until this moment, whatever virtue I have accomplished, including the merit generated by this practice, and all that I will ever attain, this I offer for the welfare of sentient beings. May sickness, war, famine, and suffering be decreased for every being, while their wisdom and compassion increase in this and every future life. May I clearly perceive all experiences to be as insubstantial as the dream fabric of the night and instantly awaken to perceive the pure wisdom display in the arising of every phenomenon. May I quickly attain enlightenment in order to work ceaselessly for the liberation of all sentient beings.

**DÉ SHEK GYAL SAY KUN GYI T'HUK KYEY DANG DZAY PA MÖN LAM
KHYEN TZÉ NÜ PAI TSUL LA MEY YÉ SHEY GYU T'HRUL JI DRA WAR DÉ
DRA KHO NAR DAK SOK GYUR WAR SHOK**

Buddhas and bodhisattvas all together, whatever kind of motivation you have, whatever kind of beneficial action, whatever kind of wishing prayers, whatever kind of omniscience, whatever kind of life accomplishment, whatever kind of benevolent power, and whatever kind of immense wisdom you have, then similarly I, who have come in the same way to benefit beings, pray to attain these qualities.

This prayer was written by Mipham Rinpoche.

**DZAM LING CHI DANG YUL KHAM DI DAK TU NAY MUK TSÖN SOK DUK
NGAL MING MI DRAK CHHÖ DAN SÖ NAM PAL JOR GONG DU P'HEL TAK
TU TRA SHIY DÉ LEK P'HUN TSOK SHOK**

At this very moment for the people and the nations of the earth may not even the names disease, famine, war and suffering be heard. Rather may their moral conduct, merit, wealth, and prosperity increase and may supreme good fortune and well being always arise for them.

This prayer was written by Jnana (Jigdral Yeshey Dorje).

If tsok was offered, skip to the Longevity Prayer for All Lamas, page 9.

Longevity Prayer for His Holiness the Dalai Lama

**GANG RI RA WAY KOR WAI ZHING KHAM SU P'HAN DANG DÉ WA MA LÜ
JUNG WAI NAY CHAN RAY ZIG WANG TAN DZIN GYA TSO YI ZHAB PAY
KAL GYAI BAR DU TAN GYUR CHIG**

In the realm surrounded by rings of snowy mountains, you are the source of all benefit and happiness without exception, powerful Avalokiteshvara, lord of compassion, Tenzin Gyatso; may your lotus feet stand firmly for hundreds of aeons!

Longevity Prayer for Khentrul Lodrö Thayé Rinpoche

**GANG RII T'HRÖ DU NGA GYUR NYING MA PA KA T'HOK DOR JE DAN GYI
GYAL TSAB JE GU RU PAY MAI T'HUK CHÜ DÜ LONG GI TAN PA DZIN
KYONG PEL WAI WANG CHHUK PA**

Nyingmapa of the early translation school amidst snow mountains; lord regent of the vajra seat of Katog; sovereign who holds, protects, and increases the teachings of Dündul Dorje and Longsel Nyingpo that are the heart essence of Guru Padma —

**DRUB T'HOB NAM KHA GYAL TSAN TRUL WAI KU GANG NYI LO DRÖ T'HA
YAY MING DZIN PA KHYEY NYI KU TSÉ TAN PAR ZHUK NAY NI DZAM
LING SANG GYAY TAN PA GYAY DZAY SOL**

Siddha Namkha Gyaltsen, whose tulku now bears the name Lodrö Thayé — may your life be long and stable, and may you propagate the Buddha's teachings throughout the world.

Longevity Prayer for All Lamas

**P'HAN DÉ JUNG WAI NAY CHIK PU TAN PA YUN RING NAY PA DANG TAN
PA DZIN PAI KYEY BU NAM KU TSÉ GYAL TSAN TAN GYUR CHIK**

Single source of benefit and happiness, may the teachings long remain and may the lives of those who hold these teachings be stable like a victory banner.

Prayer for the Katog Tradition to Flourish

**KA T'HOK PA ZHEY KAR POI LING DU DRAK DRAK PA T'HA YAY GYAL WAI
ZHING KUN KHYAB KHYAB DAK GYAL WA KUN DANG YER MEY JEY JÉ
DEI TRA SHIY YUN RING TAN GYUR CHIK**

May the Katog lineage, and all others renowned for their perfectly virtuous teachings, have infinite fame that spreads throughout all the realms of the victorious ones; may the holders of those teachings, lords who are inseparable from the buddhas, remain long and stable and abide within auspiciousness.

OM AH HUNG VAJRA GURU PADMA SIDDHI HUNG

Purification

The Heart Essence of Purification

From The King of Refinement

**HO RANG NANG YÉ SHEY KYI KHOR LO KHA KHYAB TU SAY PAR GYUR
OM VAJRA SAPARATNA KHAM**

HO Awaken to self-appearances as the mandala of timeless knowing filling all of space. *OM VAJRA SAPARATNA KHAM*

From the stainless secret of Vajrasattva, “The Heart Essence of Purification” from “The King of Refinement” is taught.

**OM ZHI T’HOK DANG POI SANG GYAY KUN TU ZANG DOR JÉ SEM PA
DOR JÉ DÉ ZHIN SHEK PA WO CHHEN PO DRO WA KYOB PAI GÖN DAK
LA TZER GONG YÉ SHEY CHAN GYIY ZIK**

OM Buddha of the original ground, Samantabhadra; Vajrasattva, tat’hagata of the vajra family; and foremost powerful lord protector of beings — gaze lovingly upon me with your wisdom eyes.

**AH DÖ NAY MA KYEY YÉ NAY NAM DAK KYANG T’HRUL NGOR LO BUR
SHAR WAI KUN TOK LAY MA RIK ZUNG DZIN KYEN NANG NYAM CHHAK
KUN DAK CHHEN CHÖ YING YUM GYI LONG DU SHAK**

AH Although primordially unborn and timelessly pure, in confused perception, conceptual thought arises adventitiously. From that, the condition of ignorance and dualistic grasping manifests as appearances. Any impairment or flaw I may have incurred due to this, I confess within the expanse of the mother of infinitely pure dharmadhatu.

**VAJRA SANG WAI DAK PO DOR JEI DAM DRAK PA KU SUNG T’HUK
SANG SA MA YA BUM GYI DAM LAY NYAM SHING TSIK LAY GAL WA GANG
RAB TU NONG ZHING GYÖ PAY T’HOL LO SHAK**

VAJRA Lord of Secrets, who proclaims vajra samaya — however I have impaired samaya and transgressed the sacred words of the hundred-thousand secret samayas of enlightened body, speech, and mind, with utter remorse and regret, I openly acknowledge and confess them.

**SATVA NYAM PA KYÖN DU GYUR PAI DÜ DAY NAY LAY KYI NYER DZIN
DOR JÉ KHA DRO YI KA YI CHHAY PA DRAK POI GYUR GYUR PAI DI
CHHI DRIB GYUR NYAL CHHEN GYU SAK SHAK**

SATVA As time passes these impairments become flaws that break the bonds with the vajra dakinis, custodians of karma. These become destructive causes for obscurations in this and future lives — I confess the accumulated causes for the hell realms.

**HUNG DÖ PAI GYAL PO YÉ NAY DOR JÉ CHHÉ MIK SU MEY CHING NYAM
DANG SHAK PA DRAL KUN TU ZANG PO YÉ DZOK RIG PAI LONG DU
DRAL MEY PA CHÖ YING LONG DU AH**

HUNG The primordial king is the timeless supreme vajra. In this there nothing to aim at, so it is free of impairment and confession. In the timelessly perfect, profound awareness of Samantabhadra, there is no coming together or separation. Within this profound expanse of dharmadhatu, *AH*.

This king of confession of the three vajra words empties the depths of samsara. Like the application of alchemy that transforms ordinary metals into gold, it purifies ignorance and impaired samaya. This oral instruction that protects beings arose in the expanse of Samantabhadra's enlightened mind. I, Padma, wrote it down in the dakini script of symbols for the benefit of future generations. May it meet with my emanation — my heart disciple. SAMAYA BUDHYA SHUBHA This was deciphered from the dakini script of symbols by Trak-t'hung Lay-kyi Pawo. Virtue! Virtue! Virtue!

Hundred-Syllable Mantra

**OM VAJRA SATVA SAMAYA MANU PALAYA VAJRA SATVA TENOPA
TIKT'HRA DRIDHO MEBHAWA SUTO KAYO MEBHAWA SUPO KAYO
MEBHAWA ANU RAKTO MEBHAWA SARWA SIDDHI MEPRA YATSA
SARWA KARMA SUTZA MÉ TZITTAM SHREYAM KURU HUNG HA HA HA
HA HO BHAGAWAN SARWA TAT'HAGATA VAJRA MA MÉ MUNTZA
VAJRI BHAWA MAHA SAMAYA SATVA AH**

Recite multiple times.

OM VAJRA SATVA HUNG

Recite multiple times.

Aspiration

**NAM KHAI T'HAR T'HUK T'HA YAY SEM CHAN NAM MA BAY ZHIN DU KU
SUM NGÖN GYUR TÉ P'HA MA DRO DRUK SEM CHAN MA LÜ PA CHHAM
CHIK DÖ MAI SA LA CHHIN PAR SHOK**

May sentient beings, infinite as the furthest reaches of space, effortlessly actualize the three kayas and thus may they, mother and father beings of the six classes without exception, simultaneously attain the primordial state.

Tsok

Offering tsok in connection to The Seven Vajra Lines called "Glorious Vase of Excellence."

Having arranged the sacred substances of meat, alcohol, and so forth, whatever you have:

**HUNG AH LAY CHHÖ YING DANG NYAM KA P'HA LAR OM LAY NANG SRI
DÖ YÖN TSOK SU SHOM HUNG GIY DÉ CHHEN YÉ SHEY ROL PAR GYUR
HRI YIY TZA SUM LHA TSOK GYEY PA KANG**

HUNG From *AH* appears a skull cup equal in extent to the basic space of phenomena. Within it, from *OM*, the sense pleasures of the world of appearances and possibilities are arranged as the tsok. Through *HUNG* they become the display of the timeless knowing of great bliss. With *HRI* the gathered deities of the three roots are delighted and fulfilled.

Consecrate with [and recite] OM AH HUNG HRI and invite the field of accumulation and make offerings with:

[Invitation]

**HUNG OR GYAN YUL GYI NUB JANG TSAM PAY MA GÉ SAR DONG PO
LA YAM TSAN CHHOK GI NGÖ DRUB NYEY PAY MA JUNG NAY ZHEY SU
DRAK**

HUNG On the northwest border of the country of Oddiyana, you appeared in the pollen heart of a lotus. Marvelous and having attained most sublime siddhi, you are renowned as the Lotus Born

**KHOR DU KHA DRO MANG PÖ KOR KHYEY KYI JEY SU DAK DRUB KYIY
DÖ YÖN TSOK LA CHAN DREN NA JIN GIYIY LOB CHHIR SHEK SU SOL**

and surrounded by a retinue of many dakinis. As I engage in this accomplishment of you, I invite you to this feast of sense pleasures. Please approach to confer your blessings.

**NAY CHHOK DI RU JIN PHOB LA TSOK CHHÖ YÉ SHEY DÜ TZIR GYUR
DRUB CHHOK DAK LA WANG ZHI KUR GEK DANG LOK DREN BAR CHHAY
SOL CHHOK DANG T'HUN MONG NGÖ DRUB TZOL**

Send down a shower of blessings upon this excellent place, transforming these tsok offerings into wisdom nectar, and bestow the four empowerments upon me, a sincere practitioner. Please dispel hindrances, misleading influences, and obstacles, and grant supreme and common spiritual accomplishments.

[Tsok Offering]

**HUNG LA MA JÉ TZUN PAY MA T'HÖ T'HRENG TZAL RIK DZIN KHA DROI
TSOK DANG CHAY PA YI TZA SUM KUN DÜ GYAL WAI KYIL KHOR LA MÖ
GÜ DUNG SHUK DRAK PÖ SOL WA DEB**

HUNG Jetzun lama, Pema T'höd-T'hreng Tzal, together with your assembly of vidyadharas and dakinis — complete embodiment of the three roots, mandala of victorious ones — I pray to you with fierce and fervent devotion.

**DAK ZHAN GO SUM GÉ TSOK LONG CHÖ CHAY NANG SRI DÖ YÖN GYEY
GU MA TSANG MEY KUN ZANG DÉ CHHEN TSOK KYI KHOR LOR BUL
T'HUK TZEI GYEY ZHEY T'HUK DAM KONG GYUR CHIK**

The gathered virtue of the three doors accumulated by myself and others together with our wealth and enjoyments of the sense pleasures of all possible appearances with none incomplete, I offer as the ganachakra of Samantabhadra's great bliss. Joyfully accepting with your loving and compassionate heart, may your supreme enlightened intentions be fulfilled.

**SOL WA DEB SO GU RU RIN PO CHHÉ JIN GYIY LOB SHIK RIK DZIN KHA
DROI TSOK MÖ DAN BU LA CHHOK T'HUN NGÖ DRUB TZOL DAM TSIK
NYAM CHHAK T'HAM CHAY JANG DU SOL**

I pray to you, precious guru! Grant your blessings! Hosts of vidyadharas and dakinis, bestow supreme and common spiritual accomplishments upon this devoted child and purify all broken and impaired samayas.

**CHHI NANG SANG WAI BAR CHHAY YING SU DROL JANG CHHUB BAR DU
DRAL MEY JEY DZIN ZHING TSÉ SÖ NYAM TOK YAR NGOI DA TAR P'HEL
SAM PA LHUN GYI DRUB PAR JIN GYIY LOB**

Liberate outer, inner, and secret obstacles within basic space. Never being separate, care for me until enlightenment is attained. Increase longevity, merit, meditative experience, and realization like the waxing moon and grant blessings for the spontaneous accomplishment of all wishes.

Tsok Verses of Jigmé Lingpa

RAM YAM KHAM OM AH HUNG

**TSOK DZAY DÖ YÖN YÉ SHEY ROL PAI GYAN TSOK JÉ TSOK DAK RIK DZIN
LA MA DANG DAN SUM KYIL KHOR NAY YUL NYER ZHI DAK PA WO KHA
DRO DAM CHAN CHHÖ KYONG NAM**

RAM YAM KHAM OM AH HUNG These tsok substances are desirable objects, the adorning display of timeless knowing. Masters of the feast, rigdzin lamas who preside over the tsok, mandala of the three seats, and masters of the twenty-four sacred lands and places — dakas, dakinis, oath-bound guardians, and dharma protectors —

**DIR SHEK LONG CHÖ TSOK KYI CHHÖ PA BUL GAL T’HRUL NONG DANG
DAM TSIG NYAM CHHAK SHAK CHHI NANG BAR CHÖ CHHÖ KYI YING SU
DROL LHAK TOR ZHEY LA T’HRIN LAY DRUB PAR DZÖ**

approach! I present to you this offering feast of enjoyments. I confess and purify all contradiction, confusion, error, and impairment and breaking of samaya. Liberate outer and inner obstacles within the basic space of phenomena. Accept this remainders torma and carry out your enlightened activities.

GURU DEWA DAKINI GANACHAKRA PUDZA HO UTZITA BALINGTA KHAHI

Recite multiple times.

Concise Tsok Verses of Mipham Rinpoche

Consecrate the tsok substances with OM AH HUNG HO.

**OM AH HUNG HO TSA SUM LHA TSOK TSOK LA CHAN DREN SHEK CHHI
NANG SANG WAI DÉ CHHEN TSOK CHHÖ BUL DAM TSIK NYAM CHHAK
T’HAM CHAY T’HOL LO SHAK NYIY DZIN DRA GEK CHHÖ KYI YING SU DROL**

OM AH HUNG HO Assembly of deities of the three roots, I invite you to the tsok, please approach. I present an outer, inner, and secret offering feast of great

bliss. I acknowledge and lay aside all impairments and breaches of samaya. Liberate the enemies and hindrances caused by dualistic perception within the expanse of phenomena.

**NYAM NYI DÉ WA CHHEN POI T'HUK DAM KANG CHHOK DANG T'HUN MONG
NGÖ DRUB TZAL DU SOL**

Fulfill the supreme enlightened intention of great bliss evenness. I pray, bestow supreme and common spiritual accomplishments.

[Recite multiple times.]

I, Jampel Dorjé, further composed this concise tsok offering for when it is necessary to gather a number of accumulations.

Offering the Plates

Offer with:

Accept with:

TSOK KYI CHHÖ PA GYEY PAR ROL

Delighted, partake of the offering feast.

AH LA LA HO

How marvelous!

Removal of Obstacles to the Path (Barchay Lamsel)

**DÜ SUM SANG GYAY GU RU RIN PO CHHÉ NGÖ DRUB KUN DAK DÉ WA
CHHEN POI ZHAB BAR CHHAY KUN SEL DÜ DUL DRAK PO TSAL SOL
WA DEB SO JIN GYI LAB TU SOL**

Guru Rinpoche, embodiment of the buddhas of the three times, lord of all spiritual accomplishments, guru of great bliss — dispeller of all obstacles, tamer of maras--, wrathful and powerful one — I pray to you, bestow your blessings.

**CHHI NANG SANG WAY BAR CHHAY ZHI WA DANG SAM PA LHUN GYI DRUB
PAR JIN GYI LOB**

Remove all outer, inner, and secret obstacles and grant your blessing that our wishes be spontaneously accomplished.

[Recite multiple times.]

OM AH HUNG VAJRA GURU PADMA SIDDHI HUNG

Longevity Prayer for His Holiness the Dalai Lama

**GANG RI RA WAY KOR WAI ZHING KHAM SU P'HAN DANG DÉ WA MA LÜ
JUNG WAI NAY CHAN RAY ZIG WANG TAN DZIN GYA TSO YI ZHAB PAY
KAL GYAI BAR DU TAN GYUR CHIG**

In the realm surrounded by rings of snowy mountains, you are the source of all benefit and happiness without exception, powerful Avalokiteshvara, lord of compassion, Tenzin Gyatso; may your lotus feet stand firmly for hundreds of aeons!

Longevity Prayer for Khentrul Lodrö Thayé Rinpoche

**GANG RII T'HRÖ DU NGA GYUR NYING MA PA KA T'HOK DOR JE DAN GYI
GYAL TSAB JE GU RU PAY MAI T'HUK CHÜ DÜ LONG GI TAN PA DZIN
KYONG PEL WAI WANG CHHUK PA**

Nyingmapa of the early translation school amidst snow mountains; lord regent of the vajra seat of Katog; sovereign who holds, protects, and increases the teachings of Dödul Dorje and Longsel Nyingpo that are the heart essence of Guru Padma —

**DRUB T'HOB NAM KHA GYAL TSAN TRUL WAI KU GANG NYI LO DRÖ T'HA
YAY MING DZIN PA KHYEY NYI KU TSÉ TAN PAR ZHUK NAY NI DZAM
LING SANG GYAY TAN PA GYAY DZAY SOL**

Siddha Namkha Gyaltzen, whose tulku now bears the name Lodrö Thayé — may your life be long and stable, and may you propagate the Buddha's teachings throughout the world.

Longevity Prayer for All Lamas

**P'HAN DÉ JUNG WAI NAY CHIK PU TAN PA YUN RING NAY PA DANG TAN
PA DZIN PAI KYEY BU NAM KU TSÉ GYAL TSAN TAN GYUR CHIK**

Single source of benefit and happiness, may the teachings long remain and may the lives of those who hold these teachings be stable like a victory banner.

Partake of tsok and then return to the mantra on page 4.

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