



Prayers Before Teachings

Gathering the Accumulations

CHHAG TZAL WA DANG CHHÖD CHING SHAG PA DANG JEY SU YI RANG KUL ZHING SOL WA YIY
 GÉ WA CHUNG ZAD DAG GIY CHI SAG PA T'HAM CHAD DAG GIY JANG CHHUB CHHIR NGO WO
 Through prostration, offering, confession, rejoicing, requesting to remain and supplication, whatever small merit I
 have accumulated, I dedicate to the enlightenment of all.

Mandala Offering

SA ZHI PÖ CHHÜ JUG SHING MÉ TOG TRAM RI RAB LING ZHI NYI DAY GYAN PA DI
 SANG GYAY ZHING DU MIG TÉ P'HUL WA YIY DRO KUN NAM DAG ZHING LA CHÖD PAR SHOG
 The ground is perfumed with scented waters and strewn with flowers, and adorned by Mt Meru, the four continents,
 the sun and the moon. By my imagining and offering these as a buddha realm, may all beings come to enjoy
 pure realms.

IDAM GURU RATNA MANDALA KAM NIRYA TAYAMI

Request for Teachings

SEM CHAN NAM KYI SAM PA DANG LO YI JÉ DRAG JI TA WAR CHHÉ CHHUNG T'HÜN MONG T'HEG PA YI
 CHHÖ KYI KHOR LO KOR DU SOL
 To fulfill the needs of all sentient beings at their various levels of understanding, we request that you turn
 the wheel of dharma, including the lesser and greater, common and extraordinary approaches.

Prayers After Teachings

Dedication of Merit & Aspiration Prayers

SÖD NAM DI YIY T'HAM CHHAD ZIG PA NYID T'HOB NAY NYEY PAI DRA NAM P'HAM JAY NAY
 KYÉ GA NA CHHI BA LAB T'HRUG PA YI SRID PAI TSO LAY DRO WA DROL WAR SHOG
 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 DAG LA MA DANG DRAL MED CHHÖ KYI PAL LA LONG CHÖD DÉ
 SA DANG LAM GYI YÖN TAN RAB DZOG NAY PAL DAN LA MAI GO P'HANG NYUR T'HOB SHOG
 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 the glorious Lama!



JAM PAL PA WÖ JI TAR KHYEN PA DANG KUN TU ZANG PO DÉ YANG DÉ ZHIN TÉ DÉ DAG KUN GYIY JEY
 SU DAG LOB CHING GÉ WA DI DAG T'HAM CHAD 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 SHEG PAI GYAL WA T'HAM CHAD KYIY NGO WA GANG LA CHHOG TU NGAG PA DEY
 DAG GI GÉ WAI TZA WA DI KUN KYANG ZANG PO CHÖD CHHIR RAB TU NGO WAR GYI
 Just as all the victorious buddhas of the past, present, and future have extolled the sublime qualities of dedication,
 I too completely dedicate this root of virtue to all noble and virtuous conduct.

GANG DU KYEY PAI KYÉ WA T'HAM CHAD DU T'HO RIY YÖN TAN DUN DAN T'HOB PAR SHOG
 KYEY MA T'HAG TU CHHÖ DANG T'HRAD GYUR CHIG TSUL ZHIN DRUB PAI RANG WANG YÖD PAR SHOG
 DER YANG LA MA DAM PA NYEY JED CHING NYIN DANG TSAN DU CHHÖ LA CHOD PAR SHOG
 CHHÖ TOG NAY NI NYING POI DON DRUB TÉ TSÉ DEY SRID PAI GYA TSOI GAL WAR SHOG
 SRID PAR DAM PAI CHHÖ RAB TÖN JED CHING ZHAN P'HAN DRUB LA KYO NGAL MED PAR SHOG
 LAB CHHEN ZHAN DÖN CHHOG RIY MED PA YIY T'HAM CHHAD CHAM CHIG SANG GYAY T'HOB PAR SHOG
 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.
 Furthermore, may I serve a qualified lama, and day and night be immersed in the dharma.
 Realizing the teachings, may the heart essence meaning be accomplished, and in that very life,
 may I cross over the ocean of conditioned existence.

[At that time] may I teach the sacred dharma within conditioned existence and tirelessly accomplish benefit for
 others. 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 awoken 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 SHEG GYAL SRAY KUN GYI T'HUG KYED DANG DZAD PA MÖN LAM KHYEN TZÉ NÜ
PAI TSUL LA MED YÉ SHEY GYU T'HRUL JI DRA WAR DÉ DRA KHO NAR DAG SOG GYUR WAR SHOG
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. — *Written by Mipham Rinpoche*

Prayer for the People of this Earth

DZAM LING CHI DANG YUL KHAM DI DAG TU NAD MUG TSÖN SOG DUG NGAL MING MI DRAG
CHHÖ DANG SÖD NAM PAL JOR GONG DU P'HEL TAG TU TRA SHIY DÉ LEG P'HUN TSOG SHOG
At this very moment for the peoples 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. — *Written by Jnana [Jigdral Yeshey Dorje]*

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 PAD KAL GYAI BAR DU TAN GYUR CHIG
In the land surrounded by rings of snowy mountains, you are the sole source of all benefit and happiness, powerful Avalokiteshvara, Lord of Compassion, Tenzin Gyamtsö; may your lotus feet stand firmly for hundreds of aeons!

Longevity Prayer for Khentrul Lodrö Thayé Rinpoche

GANG RII T'HRÖD DU NGA GYUR NYING MA PA KA T'HOG DOR JÉ DAN GYI GYAL TSAB JÉ
GU RU PAD MAI T'HUG CHÜD DÜD LONG GI TAN PA DZIN KYONG PEL WAI WANG CHHUG 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 Dudul Dorje and Longsel Nyingpo that are the heart essence of Guru Padma –

DRUB T'HOB NAM KHA GYAL TSAN TRUL WAI KU GANG NYID LO DRÖ T'HA YAY MING DZIN PA
KHYED NYID KU TSÉ TAN PAR ZHUG 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 CHIG PU TAN PA YUN RING NAY PA DANG TAN PA DZIN PAI KYEY BU NAM
KU TSÉ GYAL TSAN TAN GYUR CHIG
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'HOG PA ZHEY KAR POI LING DU DRAG DRAG PA T'HA YAY GYAL WAI ZHING KUN KHYAB
KHYAB DAG GYAL WA KUN DANG YER MED JEY JÉ DEI TRA SHIY YUN RING TAN GYUR CHIG
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 in auspiciousness.