

Lama Tsong Khapa



Session 1: After setting up the offerings to the Merit Field on the altar, before breakfast

Confession of Downfalls to the Thirty-Five Buddhas

To multiply every prostration by ten million, prostrate while reciting Buddha Rinchen Gyaltsen's holy name in Tibetan and mantra

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Precious Victory Banner,
I prostrate 1x

Chom Dän Dä De Zhin Shegpa Dra Chompa Yang Dagpar Dzogpäi Sanggyä Rinchen Gyäl Tshän
La Chhag Tshällo 2x

OM NAMO BHAGAVATE RATNAKETU RĀJĀYA / TATHĀGATĀYA ARHATE SAMYAK
SAMBUDDHĀYA / TADYATHĀ / OM RATNE RATNE MAHĀRATNE RATNA VIJAYE SVĀHĀ 3x

To multiply every prostration by one thousand, prostrate while reciting:

OM NAMO MAÑJUŚHRIYE / NAMAḤ SUŚHRĪYE / NAMA UTTAMAŚHRIYE SVĀHĀ 3x

*Prostrate while reciting Guru Shakyamuni Buddha's holy name in Tibetan and the mantra as a pair.
According to the Kangyur, each recitation of Guru Shakyamuni Buddha's holy name purifies eighty
thousand billion eons of negative karmas:*

To Guru, Teacher, Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha,
Glorious Conqueror Shakyamuni, I prostrate 1x

Lama Tönpa Chomdän Dä Dezhin Shegpa Dra Chompa Yang Dagpar Dzogpäi Sanggyä Päl
Gyälwa Shakya Thubpa La Chhag Tshällo
OM NAMO DAŚHADIK TRIKĀLA SARVA RATNA TRAYĀYA / NAMAḤ PRADAKṢHĀ
SUPRAKṢHĀ SARVA PĀPAṂ VIŚHODHANI SVĀHĀ 4x

I, [say your name], throughout all times,
Take refuge in the Guru
I take refuge in the Buddha
I take refuge in the Dharma
I take refuge in the Sangha 1x

To Teacher, Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Glorious
Conqueror Shakyamuni, I prostrate

To Tathagata Thoroughly Destroying with Vajra Essence, I prostrate blue
To Tathagata Radiant Jewel, I prostrate
To Tathagata King, Lord of the Nagas, I prostrate
To Tathagata Army of Heroes, I prostrate
To Tathagata Delighted Hero, I prostrate
To Tathagata Jewel Fire, I prostrate

To Tathagata Jewel Moonlight, I prostrate white
To Tathagata Meaningful to See, I prostrate
To Tathagata Jewel Moon, I prostrate
To Tathagata Stainless One, I prostrate
To Tathagata Bestowed with Courage, I prostrate
To Tathagata Pure One, I prostrate
To Tathagata Bestowed with Purity, I prostrate

To Tathagata Water God, I prostrate yellow
To Tathagata Deity of the Water God, I prostrate
To Tathagata Glorious Goodness, I prostrate
To Tathagata Glorious Sandalwood, I prostrate
To Tathagata Infinite Splendor, I prostrate
To Tathagata Glorious Light, I prostrate
To Tathagata Sorrowless Glory, I prostrate

To Tathagata Son of Noncraving, I prostrate red
To Tathagata Glorious Flower, I prostrate
To Tathagata Pure Light Rays Clearly Knowing by Play, I prostrate
To Tathagata Lotus Light Rays Clearly Knowing by Play, I prostrate
To Tathagata Glorious Wealth, I prostrate
To Tathagata Glorious Mindfulness, I prostrate
To Tathagata Glorious Name Widely Renowned, I prostrate

To Tathagata King Holding the Victory Banner of Foremost Power, I prostrate green
To Tathagata Glorious One Totally Subduing, I prostrate
To Tathagata Utterly Victorious in Battle, I prostrate
To Tathagata Glorious Transcendence Through Subduing, I prostrate
To Tathagata Glorious Manifestations Illuminating All, I prostrate
To Tathagata All-Subduing Jewel Lotus, I prostrate
To Tathagata, Arhat, Perfectly Complete Buddha, King of the Lord of Mountains Firmly
Seated on Jewel and Lotus, I prostrate

Prostrations to the Seven Medicine Buddhas

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha,
Renowned Glorious King of Excellent Signs, I prostrate

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, King of Melodious Sound,
Brilliant Radiance of Skill, Adorned with Jewels, Moon, and Lotus, I prostrate

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Stainless Excellent Gold,
Illuminating Jewel Who Accomplishes All Conduct, I prostrate

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Glorious Supreme One
Free from Sorrow, I prostrate

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Melodious Ocean
of Proclaimed Dharma, I prostrate

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, King Clearly Knowing
by the Play of Supreme Wisdom of an Ocean of Dharma, I prostrate

To Bhagavan, Tathagata, Arhat, Perfectly Complete Buddha, Medicine Guru,
King of Vaidurya Light, I prostrate

Confession Prayer

All the 35 Buddhas, 7 Medicine Buddhas, tathagatas, arhats, fully enlightened buddhas who exist and reside in all the world systems of the 10 directions, please pay attention to me!

In this life and in countless lives in cyclic existence, whatever negative actions I've done, made others do or rejoiced in;

Whatever possessions of stupas or possessions of the sangha of the 10 directions I've taken, made others take or rejoiced that they were taken; whichever of the 5 extreme negative actions I've done, caused to be done or rejoiced in, whichever of the 10 non-virtuous actions I've done, made others do or rejoiced in:

Being obscured by these actions will cause me to be born in the hell, hungry ghost or animal realms; in countries without dharma; among primitives; as a long-life god; with impaired faculties; holding incorrect views or not rejoicing when a buddha appears.

In the presence of the buddha-bhavagans who are transcendental wisdom, who are compassionate eyes, who are witnesses, who are valid and who see with omniscient minds, I'm admitting and confessing all these negative actions. I won't conceal them and I'll never do them again

All supreme buddha-bhavagans please pay attention to me

In this life and countless past lives in cyclic existence, whatever merit I've created by acts of generosity, even as small as giving one mouthful of food to an animal;

Whatever merit I've created by keeping morality; whatever merit I've created by following pure conduct; whatever merit I've created by ripening sentient beings' minds; whatever merit I've created by developing bodhichitta; and whatever merit I've created of highest transcendental wisdom-

All this merit I dedicate to the highest, to the unsurpassed, to the unexcelled, to that higher than the high and to the superior of the superior. I fully dedicate it to the highest, perfect and complete enlightenment

Just as the previous buddha-bhavagans have dedicated, just as the future buddha-bhavagans will dedicate, and just as the present buddha-bhavagans are dedicating, I fully dedicate in the same way

I confess all my negative actions individually. I rejoice in all merits. I implore all the buddhas to grant my request- may I receive the highest, most sublime transcendental wisdom

To the conquerors, supreme of humans, those who are living now, those of the past and those who will appear- to those who have qualities as vast as an infinite ocean, with hands together, I go for refuge

A Prayer on the Graduated Path

By Dorje Chang Lozang Jinpa

Path of relying on the guru

Magnificent and precious gurus
Essence encompassing all buddhas
Source of the pure lineage of teachings and realizations
Principal among the arya sangha
In you, I take refuge

Please bless my mind to become imbued with the teachings
Those teachings to become realizations
And the spiritual path to be free of obstacles

Until I achieve enlightenment
May I, like the bodhisattvas Sudhana and Always Weeping
Have pure devotion in thoughts and actions
See all your deeds as wise
And follow whatever you advise

Path of the initial level

This highly meaningful perfect human birth
Is difficult to obtain and easily lost
The law of karma complex
And the suffering of the lower realms unbearable
So let me from my heart, take refuge in the Three Rare and Sublime Ones
Abandon negativity and engage in virtue

Path of the middle level

By doing this, I'll obtain a good rebirth as human or god
But still not having abandoned the disturbing thoughts
I'll continually experience cyclic existence
After contemplating well how samsara works
Bless me to train day and night in the fundamental path
Of the three precious higher trainings- the path to liberation

Path of the higher-level

By doing this, I would be liberated from cyclic existence
However, since no one in the six realms
Has not been my mother or father
Let me instead fulfill their ultimate purpose
By meditating on equalizing and exchanging self for others
Developing precious bodhicitta
And perfecting the six activities of a bodhisattva

Vajrayana path of the highest-level

Having trained my mind well in this shared path
May I, without aversion for the suffering of cyclic existence
But with unbearable compassion
Enter the quick Vajrayana path
Then bless me to keep purely my vows and commitments
And quickly attain the unified state of Vajradhara, in one lifetime of this degenerate age

Request to receive the guru's blessing

May I not judge, for even a second,
Any actions done by my glorious guru
And only see whatever he does as pure
With this devotion, may I receive my guru's blessings
In my heart

Magnificent and precious gurus
Please take your seat on the lotus at my heart
Guide me with your great kindness
And grant me the realizations of your holy body, speech and mind

How to live for others

Langri Thangpa's Eight Verses of Thought Transformation

Sentient beings are more precious than a wish-granting jewel
For they are the causes of all my happiness and attainments,
Therefore, I will always cherish them deeply in my heart

Aryasura's Prayers in Seventy Stanzas

May I become like a wish-granting jewel
Fulfilling everyone's hopes
And like a wish-granting tree
Fulfilling everyone's needs

Verses from Shantideva's Bodhisattva Way of Life Ch.3: 11-22

My body, enjoyments and all my virtues,
I offer without any sense of loss;
Nirvana is attained by giving away everything,
So best to give it all to others

Having given them my body,
May they use it as they please,
Merely for their happiness

Having now given it away,
Why should I hold it dear?
May it be a source of benefit for all

If those who see me develop an angry
Or unkind thought,
May that negative mind always turn
Into a cause of happiness for them
May those who harm me reach enlightenment

May I be a guide, a protector, a boat, a bridge,
An island, a lamp, a bed, a servant,

A wishing jewel, a vase of plenty,
A powerful mantra, a wish-granting tree and more

Like the earth may I be the ground
And sustenance of all beings,
And till they pass to nirvana,
May I provide their livelihood and nourishment

For as long as space endures,
As long as beings remain,
Until then may I remain
To ease the suffering of the world

Gampopa, Milarepa's heart disciple

After waking up and before getting out of bed, think:
'Today I am going to use my body, speech and mind to practice virtue for sentient beings.'

It's essential to generate this precious thought of bodhichitta, the ultimate good heart. If whatever you do that day is done with bodhichitta, everything becomes virtuous and a cause of enlightenment.

If your motivation is wrong, then everything you do creates negative karma and results in lower rebirths.

When you go to sleep dedicate all your actions of body, speech and mind for sentient beings. This is really important, as without difficulties, this becomes the path to the dharmakaya.

Blessing the Speech

I take refuge in the Three Rare and Sublime Ones
May I become a buddha to benefit all beings 3x

Meditate on the lack of an inherently existent I. Imagine that this wisdom seeing emptiness experiences infinite bliss and that this bliss is one with emptiness

Within emptiness I become the deity
On my tongue an AH transforms into a white moon disc
On it appears a white OM
It is encircled, going outward, by the clockwise white vowels
The anticlockwise red consonants
And the clockwise blue dependent-arising mantra

Light radiates from the OM and the mantra garlands, it hooks the blessings and power of speech of the buddhas, bodhisattvas, arhats, and other holy beings in the aspect of the three mantra garlands, the seven royal emblems and the eight auspicious symbols, which dissolve into the mantra garlands on my tongue

Sanskrit Vowels

While reciting, **white nectar** beams flow down from the mantra, filling and illuminating your body, purifying your negative physical actions

OM A AA I II U UU RI RII LI LII E EE O OO AM AH SVAAHAA 3x

Sanskrit Consonants

Red nectar beams flow down from the mantra, filling and illuminating your body, purifying negative actions of speech

OM KA KHA GA GHA GNA
TSA TSHA DZA GYA NYA
TrA TrHA DrA DrHA NrA tongue curled back at the roof of the mouth
TA THA Da DHA NA tongue at the back of the front teeth
PA PHA BA BHA MA
YA RA LA WA
SHA KA SA HA KYA SVAAHAA 3x

Heart Mantra of Dependent Relation

Blue nectar beams flow down from the mantra, filling and illuminating your body, purifying negative karma of mind

OM YE DHARMAA HETU PRABHAVA HETUN TEKÄN
TATHAAGATO HYAVADÄ TEKÄN TSA YO NIRODHA
EVAM VAADII MAHAA SHRAMANA YE SVAAHAA 3x

“Om of the phenomena that arise from causes
The Tathagata explains their causes and their cessations
The truthful great ascetic, svaha” Aśvajit

Then the mantra of dependent arising dissolves into the consonants. The consonants dissolve into the vowels. The vowels dissolve into the Om. The Om dissolves into the moon disc
The moon disc transforms into an Ah. The Ah dissolves into pink nectar that dissolves into my tongue
Have strong faith that the power and blessings of the buddhas, bodhisattvas and yogis speech has entered and perfected your speech

Dedication

May my speech have the positive influence of the tathagatas
And by the power of my words may I guide all beings
And whatever I say, may its meaning immediately be accomplished.

Daily Mantras

Blessing the mala

Om Rutsira Mani Prawartaya Hum 7x

Recognize the mala as being merely imputed by the mind on a collection of parts. Blow on the mala

This mantra increases the power of mantras by one sextillion times, 10.²³, as mentioned in the Sutra Unfathomable Celestial Mansion, Great Increasing Jewel

Increasing Virtue mantra

Om Sambhara Sambhara Bimana Sara Maha Java Hum
Om Smara Smara Bimana Skara Maha Dzawa Hum 7x

Multiplies the merits of any virtuous action by 100,000 as mentioned in the Sutra of the Wheel of Complete Dedication

Stainless Light Mantra

Nama Nawa Nawa Tiinään Tathaagata Gang Gaa Nam
Diiwaa Lukaa Nän Kotini Yuta Shata Saha Sraa Nän
Om Bobori Tsari Ni Tsari Mori Goli Tsala Waari Swaahaa

So powerful that it purifies even the five extreme negative actions of whomever we encounter

Mantra of Buddha Drodên Gwälwa Chö

Om Hri Ya Dhe Sarwa Tathaagata Hridaya Garbhe
Dzola Dharma Dhatu Garbhe Sang Harana Aayu
Sang Shodaya Paapam Sarwa Tathaagata
Samendra Ushnikha Bimale Bishudhe Swaahaa

*Attracts the blessing of buddhas into us, stupas, statues etc.
and purifies the negative karma of samaya broken with gurus*

Mantra that Fulfills Wishes

To Tathagata Earth Holder King, I prostrate

Chom Dande Dezhin Shegpa Dra, Chompa Yang, Dag Par Dzog Päi Sang Gyä, Sa Dzin Gyäl Po
La Chhag Tshäl Lo
Tadyatha Om Dhare Dhare Dharani Bandhe Svaha 7x

Anyone who recites the names and mantra of this tathagata will have their wishes fulfilled

Mantras for Specific Occasions

Mantra to Increase the Power of Recitations

Tayatha Om dhare dhare bhendhare swaha

Recite this mantra right before reading, reciting prayers, sutras etc.

Blessing the feet

Om Khretsa Raghana Hūm Hrii Svaahaa 3x

By reciting this mantra the insects, you drive or walk on are reborn into the deva realms of the Thirty-Three

Rest of session: personal prayers and meditation

Session 2

Lama Tsong Khapa Guru Yoga

Refuge/bodhichitta

I take refuge, until I'm enlightened
In the Buddha, dharma and sangha
By my virtuous actions of giving and so on
May I become a buddha to benefit all beings 3x

Four Immeasurables

May all beings have equanimity free of attachment and aversion
May all beings have happiness and the causes of happiness
May all beings be free of suffering and the causes of suffering
May all beings find good rebirths and the bliss of liberation

Purifying the place

Everywhere may the ground be pure
Free of pebbles and so on
Level as the palm of a hand
Soft and in the nature of vaidhuria

Blessing the offerings

Human and divine offerings
Both actual and imagined
Become clouds of Samantabhadra offerings
Filling the expanse of space

The offerings are blessed, multiplied and received by the merit field

OM NAMO BHAGAVATE VAJRA SARA PRAMARDANE, TATHAGATAYA, ARHATE
SAMYAKSAM BUDDHAYA, TADYATHA OM, VAJRE VAJRE, MAHA VAJRE, MAHA TEJA VAJRE,
MAHA VIDYA VAJRE, MAHA BODHICHITTA VAJRE, MAHA BODHI MÄNDÖ PASAM KRAMANA
,VAJRE SARVA KARMA, AVARANA VISHO DHANA VAJRE SVAHA 3x

Invocation

You who emanate on snow-white clouds
From the heart of Buddha Maitreya
Savior of Hundred Devas Joyful Realm
Losang Dragpa, all knowing king
Of dharma with your two heart disciples,
I request you, please come before me bell

Requesting to live long

In space on lion-throne, lotus and moon
My kind guru smiling with delight
Is the supreme field for my faithful mind
Please forever abide and teach us

Prostrations

Your holy mind knows all phenomena
Your fluent speech- a sweet melody bell
For the ears of fortunate beings

Your form- resplendent with fame's glory
I bow down to you who is meaningful
To see, hear and also bring to mind

Offerings

Pure water and well-arranged flowers
Fragrant incense, lights, perfume and more bell
Clouds of offerings real and imagined
I offer you, supreme merit field

Confession

Non-virtues of body, speech and mind
Transgressions of my three sets of vows
Committed since beginningless time
All I confess deeply from my heart

Rejoicing

In these times of degeneration
You made your life highly meaningful
Renounced the eight worldly concerns
Strove for knowledge and realizations
In your extensive accomplishments
I deeply rejoice from my heart

Requesting to teach

Lama in dharmakaya's clear sky
From clouds of wisdom and compassion
Please rain down vast and profound dharma
Upon us fortunate disciples

Dedication

I dedicate all these virtues
To the dharma, all living beings
And specially that the heart teachings
Of Losang Dragpa remain forever

Mandala offering

This ground adorned with perfume and flowers
Mount Meru, four worlds, sun and moon
Imagined and offered as a pure land
May all beings enjoy this pure land

May we always meet the teachings of the victorious one
Losang Dragpa, who had the morality of a pure way of life
Was courageous in the extensive conduct of the bodhisattvas
And accomplished the yoga of the two stages of great bliss
and emptiness
I send this jeweled mandala to you, my precious guru

By the power of strongly requesting blessings
Hollow beams of white light are emitted
From the hearts of the noble father and sons
Combining into one beam, it enters through the top of my head

White nectar flows purifying my sicknesses,
Spirit harms, negative karmas
Disturbing emotions and their imprints
My body becomes as pure and clear as crystal

Nine-Line prayer

NGÖ DRUB KÜN JUNG THUB WANG DOR JE CHHANG
MIG ME TSE WÄI TER CHHEN CHÄN RÄ ZIG
DRI ME KHYEN PÄI WANG PO JAM PÄL YANG
DÜ PUNG MA LÜ JOM DZÄ SANG WÄI DAG
GANG CHÄN KHÄ PÄI TSUG GYÄN LO ZANG DRAG
KYAB SUM KÜN DÜ LA MA SANG GYÄ LA
GO SUM GÜ PÄI GO NÄ SÖL WA DEB
RANG ZHÄN MIN CHING DRÖL WAR JIN GYI LOB
CHHOG DANG THÜN MONG NGÖ DRUB TSÄL DU SÖL
(NYUR DU KHYE RANG TA BUR JIN GYI LOB)

Vajradhara, source of all attainments
Chenrezig, great treasure of objectless compassion
Manjushri, lord of stainless wisdom
Vajrapani, destroyer of mara's forces
Losang Dragpa, crown jewel of Tibetan sages
Guru Buddha, embodying the Three Refuges
With my body, speech and mind I humbly request:
Help us gain liberation,
Guide us to the supreme and common attainments
(May we quickly become just like you!)

Five-line prayer

Mig me tse wä .ter chen chän rä zig
Dri me kyen pä .wang po jam päl yang
Dü pung ma lü .jom dza sang wäi dag
Gang chän kä pä .tsug gyän tsong kha pa
Lo sang drag pä .zhab la söl wa deb

You are Chenrezig great treasure. of objectless compassion
You are Manjushri lord. of stainless wisdom
You are Vajrapani destroyer. of mara's forces
Tsong Khapa crown. jewel of Tibetan sages
Losang Dragpa. to you I pray

Meditation:

While reciting the five-lines prayer, spend most of the time purifying your negative karmas created since beginningless time that are the main obstacles to your happiness now and prevent success in your activities, by visualizing white light coming from the heart of Lama Tsong Khapa and his two spiritual sons that completely washes away those negative imprints from your mind and fills your body with light.

Pay special attention to purifying the negative karma that you might have created toward your holy gurus, in this or past lives, such as criticizing, not following advice, etc. as they are the heaviest karmas and the greatest obstacles to achieving enlightenment.

Then continue with the visualizations for achieving the seven wisdoms. Focus on the first four wisdoms and only on the last three when doing those actions

Achieving the Seven Wisdoms

1 Great Wisdom

“Bless me to achieve great wisdom that easily understands the meanings of the scriptures”

Great wisdom flows from the hearts of the three beings into the top of my head in the form of orange nectar, filling my entire body. The atoms of the nectar are in the form of **Manjushris**.
The great wisdom of the buddhas and bodhisattvas of the ten directions absorbs into me.

2 Clear Wisdom

“Bless me to achieve clear wisdom that discerns the difficult and subtle points of the scriptures”

Clear wisdom flows in the form of **A RA PA TSA NAs** absorbs into me

3 Quick Wisdom

“Bless me to achieve quick wisdom that immediately understands correctly anything that I study”

Quick wisdom flows in the form of **DHIHs** absorbs into me

4 Profound Wisdom

“Bless me to achieve the profound wisdom that understands the many levels of meanings of the scriptures”

Profound wisdom flows in the form of Manjushri’s implements- **texts** and **swords** absorbs into me

-5 Wisdom of Teaching

“Bless me to achieve the wisdom of teaching that’s able to explain clearly each word of the scriptures”

The wisdom of teaching flows in the form of the **scripture** to be explained absorbs into me

-6 Wisdom of Debating

“Bless me to achieve the wisdom of debating that skillfully defeats the opponents’ mistaken views”

The wisdom of debating flows in the form of **wheels of swords** absorbs into me

-7 Wisdom of Writing

“Bless me to achieve the wisdom of writing, to be able to write sweet, clear words that present all deeper meaning bringing joy to the intelligent beings”

The wisdom of writing flows in the form of the **books** and **wheels** absorbs into me

Request

May the wisdoms of listening, reflecting and meditating increase
May the wisdoms of explaining, debating and composing develop
May I be granted the supreme and common realizations
Bless me to quickly become just like you

May the wisdom gone-beyond of great bliss-emptiness arise
May the stains of mistakenly grasping things as real be purified
May the mentally created net of doubts be removed
Bless me to quickly become just like you 3x

Foundation of All Good Qualities (Yon Ten)

The foundation of all good qualities is my kind lama
Correct devotion to him is the heart of the path
Seeing this clearly, bless me to make a strong effort
To properly respect and rely on all my gurus

Knowing this precious life with its freedoms
Is highly valuable, rare and difficult to find again
Bless me to take its essence
Both day and night

This body is as fragile as a water bubble
I must remember how quickly it decays and death comes
And after death the effects of good and bad actions follow
Just like a shadow follows the body

With firm conviction in this
Bless me always to be careful
To avoid even the slightest negative action
And to do only virtuous ones

Seeking worldly pleasures is the door to all suffering
Unsatisfying and unreliable, they cannot be trusted
By clearly seeing this bless me to develop
A strong wish for the bliss of liberation

Based on this thought of full renunciation
Bless me to make my essential practice
Keeping my vows of self-liberation, root of the path
With mindfulness, alertness and great care

Just as I've sunk into the swamp of samsara
So have all mother sentient beings
With this awareness, bless me to cultivate bodhichitta
And take the responsibility to free all transmigrating beings

Knowing that developing bodhichitta
Without upholding the three types of morality
Will prevent me from achieving enlightenment
Bless me to diligently keep my bodhisattva vows

By taming all mental wandering
Then correctly analyzing the nature of phenomena
Bless me to produce in my mindstream
The union of calm abiding and special insight

Having become a suitable disciple
By training in the Mahayana path
Bless me to enter the supreme Vajrayana
The holy entrance of the fortunate ones

The basis for achieving the two attainments
Is keeping pure tantric vows and commitments
Firmly convinced of this
Bless me to protect them as I do my life

Understanding the importance of the two stages of tantra
I'll maintain a strong practice
By diligently practicing the four daily sessions
Bless me to realize my holy gurus' teachings

May the masters who teach this excellent path
And the spiritual friends who practice it have long lives
Please bless me to completely
Remove all outer and inner obstacles

In all my lives, may I never be separated from perfect gurus
And enjoy the magnificent dharma
By gaining the realization of the stages and paths
May I quickly attain the state of Vajradhara

Absorption meditation

Magnificent, precious root guru
Please rest on the lotus above my head
Guide me with your great kindness
And grant me the realizations
Of your holy body, speech and mind

Magnificent, precious root guru
Please rest on the lotus at my heart
And stay with me always
Until I achieve enlightenment

Mahamudra meditation

Dedications

Ge wa di yi nyur du dag
La ma sang gyä drub gyur nä
Dro wa chig kyang malü pa
Deyi sa la gö par shog

Due to this virtue, may I quickly
Become a Guru-Buddha
And lead all transmigratory beings
Without exception, to that state

Jang chub sem chog rinpoche
Ma kye pa nam kye gyur chig
Kye pa nyam pa me pa yi
Gong nä gong du phel war shog

May the precious supreme bodhichitta
Not yet born arise
May that arisen not decline
But increase more and more

Session 3

Refuge/bodhichitta

I take refuge, until I'm enlightened
In the Buddha, dharma and sangha
By my virtuous actions of giving and so on
May I become a buddha to benefit all beings 3x

Mandala offering

This ground adorned with perfume and flowers
Mount Meru, four worlds, sun and moon
Imagined and offered as a pure land
May all beings enjoy this pure land

Vajradhara, source of all attainments
Chenrezig, great treasure of objectless compassion
Manjushri, lord of stainless wisdom
Vajrapani, destroyer of mara's forces
Losang Dragpa, crown jewel of Tibetan sages
Guru Buddha, embodying the Three Refuges
With my body, speech and mind I humbly request:
Help us gain liberation,
Guide us to the supreme and common attainments
May we quickly become just like you!

Calling the Guru from Afar

LA MA KHYEN

Lama, think of me!

Guru, think of me 3x

MA RIG MÜN SEL PÄL DÄN LA MA

Magnificently glorious guru, dispelling the darkness of ignorance

Glorious guru, ousting ignorance

TAR PÄI LAM TÖN PÄL DÄN LA MA

Magnificently glorious guru revealing the path of liberation

Glorious guru, revealing the path

KOR WÄI CHU DRÖL PÄL DÄN LA MA

Magnificently glorious guru, liberating from the waters of samsara

Glorious guru, freeing from samsara

DUG NGÄL NÄ SEL PÄL DÄN LA MA

Magnificently glorious guru, eliminating the diseases of the five poisons

Glorious guru, ceasing five poisons

YI ZHIN NOR BU PÄL DÄN LA MA

Magnificently glorious guru who is the wish-granting jewel

Glorious guru, wish-granting jewel

KYE LA SÖL DEB JIN GYI LOB SHIG

I beseech you, please bless me

I beseech you, please grant me blessings

MI TAG CHI WA NYING NÄ DREN PA
Magnificently glorious guru, please bless me
Glorious guru, please bless me to recall
PÄL DÄN LA MÄI JIN GYI LOB SHIG
To remember impermanence and death from my heart
Death and impermanence from the heart

GÖ ME LO NA GYU LA KYE PA
Magnificently glorious guru, please bless me
Glorious guru, please bless me to have
PÄL DÄN LA MÄI JIN GYI LOB SHIG
To generate the thought of no-need in my mind
The thought of no need in my mind

BEN PAR TSE CHIG DRUB LA NÄ PA
Magnificently glorious guru, please bless me
Glorious guru, bless me to abide
PÄL DÄN LA MÄI JIN GYI LOB SHIG
To abide one-pointedly in practice in isolated places
In wilderness focused on my practice

DRUB LA BAR CHE GANG YANG ME PA
Magnificently glorious guru, please bless me
Glorious guru please bless me not to
PÄL DÄN LA MÄI JIN GYI LOB SHIG
To not have any hindrances to my practice
Have any hindrance to practice

THRÜL ME NÄ LUG TA WA TOG PA
Magnificently glorious guru, please bless me
Glorious guru, bless me to realize
PÄL DÄN LA MÄI JIN GYI LOB SHIG
To realize, without error, the view of the fundamental nature of reality
The unerring view of reality

KYEN NGÄN TAM CHÄ DROG SU CHAR WA
Magnificently glorious guru, please bless me
Glorious guru, please bless me so all
PÄL DÄN LA MÄI JIN GYI LOB SHIG
So that all bad conditions appear encouraging
Bad conditions appear encouraging

DAG ZHEN DÖN NYI LHÜN GYI DRUB PA
Magnificently glorious guru, please bless me
Glorious guru, please bless me to complete
PÄL DÄN LA MÄI JIN GYI LOB SHIG
To accomplish effortlessly the two works of self and others
The two works of self and others

NYUR WA NYUR DU JIN GYI LOB SHIG
Please bless me quickly, very quickly
Please bless me quickly, very quickly

DEN TOG DIR RU JIN GYI LOB SHIG
Please bless me as I sit here now
Please bless me as I sit on my cushion

TÜN TOG DIR RU JIN GYI LOB SHIG
Please bless me in this very session
Please bless me in this very session

PÄL DÄN LA MÄI NAM PAR TAR PA LA
May I not judge, for even for a second
KÄ CHIG TSAM YANG LOG TA MI KYE SHING
Any actions done by my glorious guru
CHI DZE LEG PAR TONG WÄ MO GO KYI
And only see whatever he does as pure
LA MÄI JIN LAB SEM LA JUG PAR SHOG
With this devotion, may I receive the guru's blessing in my heart

PÄL DÄN TSA WÄI LA MA RIN PO CHE
Magnificent and precious root guru
DAG GI NYING KAR PA MÖI TENG ZHUG LA
Please take your seat on the lotus seat at my heart
KA DRIN CHEN PÖI GO NÄ JE ZUNG TE
Guide me with your great kindness
KU SUNG TUG KYI NGÖ DRUB TSÄL DU SÖL
And grant me the realizations of your holy body, speech, and mind

Dedications

Ge wa di yi nyur du dag
La ma sang gyä drub gyur nä
Dro wa chig kyang malü pa
Deyi sa la gö par shog

Due to this virtue, may I quickly
Become a Guru-Buddha
And lead all transmigratory beings
Without exception, to that state

Jang chub sem chog rinpoche
Ma kye pa nam kye gyur chig
Kye pa nyam pa me pa yi
Gong nä gong du phel war shog

May the precious supreme bodhichitta
Not yet born arise
May that arisen not decline
But increase more and more

Session 4

Vajrasattva Purification Practice

1 Power of regret: Remember your negative actions

2 Power of reliance: Refuge and bodhichitta

I take refuge, until I'm enlightened
In the Buddha, dharma and sangha
By my virtuous actions of giving and so on
May I become a buddha to benefit all beings 1x

Sanggyä chhö dang tshog yyi chhog nam la
Jang chhub bardu dagni kyab su chhi
Daggi jinsog gyipäi tshog namkyi
Drola phänchhir sanggyä drubpar shog 2x

On top of my head, seated upon a lotus and moon cushion is white Vajrasattva with one face and two hands holding a vajra and bell. He is adorned with silks and various jewel ornaments.

Vajrasattva is my root guru, the holy mind of all the buddhas, the dharmakāya. Out of unbearable compassion encompassing me and all other sentient beings, my root guru appears in this form to purify me and all sentient beings.

Thinking in this way, your mind is transformed into guru devotion—the source of all blessings and realizations of the path to enlightenment.

3 Power of the remedy: “Bhagavan Vajrasattva, please clear away all the negative karmas and obscurations of myself and all sentient beings”

Having been thus requested, from the HUM and the mantra garland at Vajrasattva's heart comes a powerful stream of white nectar entering the top of my head and filling my entire body.
All my negative karmas, obscurations, sicknesses and spirit harms are completely purified

Om Vajra Satva Samaya Manu Palaya
Vajrasatva Tvenopa Tishta Dridho Me Bhava
Sutoshyo Me Bhava Suposhyo Me Bhava
Anu Rakto Me Bhava
Sarva Siddhi Me Prayaccha
Sarva Karma Sucha Me
Cittam Shriyam Kuru Hum
Ha Ha Ha Ha Ho Bhagavan
Sarva Tathagata Vajra Mame Muncha
Vajra Bhava Maha Samaya Sattva Ah Hum Phat 21x

Or: Om Vajrasattva Hum 108x

“Through ignorance and delusions, I have broken and degenerated my commitments.
Guru, be my savior and refuge. Lord, holder of the vajra, endowed with great compassion, in you, the foremost of beings, I take refuge.”

4 Power of restraint:

“Before Guru Vajrasattva, I vow never again to commit those negative actions from which I can easily abstain.

I vow not to commit the negative actions from which I find it difficult to abstain for (mention how long you can realistically refrain from doing these negative actions)”

Generating faith in having been purified

Guru Vajrasattva says, “Child of the lineage, your negative karmas, obscurations, and all broken and degenerated commitments have been completely purified”

Guru Vajrasattva is extremely pleased with your promise. He then melts into light and absorbs into you. Your body, speech and mind become inseparably one with Guru Vajrasattva’s holy body, speech, and mind

In emptiness, there is no I, the creator of negative karma; no action of creating negative karma; and no negative karma created

Place your mind in that emptiness for a little while. In this way, look at yourself and all phenomena as empty—they do not exist from their own side. With this awareness of emptiness, dedicate the merits.

Dedication:

Due to this virtue, may I quickly
Become Vajrasattva,
And lead all transmigratory beings
Without exception to that state.

End of Day Dedication Prayers

Dedication 1

Due to this merit created today
May I quickly become enlightened
And lead all sentient beings to that state

May the precious jewel bodhichitta
Not yet born arise and grow
May that arisen not decrease
But increase more and more

I offer all the merits accumulated from the practices done today:
The prayers; lamrim and calm-abiding meditation
To every hell being; every hungry ghost; animal; every human being, including family members;
friends; enemies; the wealthy and poor, the healthy and sick
And to those living and who have died

To every sura, asura and intermediate state being,
And to everyone suffering in wars in Ukraine, Gaza and so on

May they receive everything they want and need
May enjoying all this cause them to actualize the path
Remove their two obscurations
And may they quickly become enlightened

Due to all the past, present and future merits collected by me
And all the merits of the three times collected by countless buddhas
and countless sentient beings
May the precious bodhichitta be developed in the hearts of all those
who rely on me
And in all those whose names have been given to me who I've promised to pray for

For as long as space remains
And living beings exist
So too may I remain
To ease the suffering of the world

Dedications 2

Due to this merit created today
May I quickly become enlightened
And lead all sentient beings to that state

May the precious jewel bodhichitta
Not yet born arise and grow
May that arisen not decrease
But increase more and more

I dedicate this merit in the same way
The victors of the three times praised as the best
That I perform the noble bodhisattvas 'actions

By these merits, may all my mothers and fathers be happy
May the lower realms be empty
May the prayers of all bodhisattvas be fulfilled
And may I alone cause all this to happen

Until the end of cyclic existence
May the precious teachings remain unmoved by winds of
superstitions
May the world always be filled with people
Who have stable understanding and faith in this path

Due to all the past, present, and future merits collected by me
And the three-time merits collected by countless sentient beings and countless buddhas
For the milk, butter and so on enjoyed today
May the people who worked so hard to provide this food, and also who harmed any insects or
animals
Such as the mother cows and calves who were separated from each other with so much worrying
and suffering
Never be reborn in the lower realms and immediately be reborn in a pure land where they can get
enlightened.
May they receive a perfect human body
Meet the Mahayana teachings and a perfectly qualified Mahayana guru revealing the unmistakable
path to enlightenment,
And by pleasing the holy mind of the guru may they achieve enlightenment as quickly as possible

For as long as space remains
And living beings exist
So too may I remain
To ease the suffering of the world

Dedications 3

Due to this merit created today
May I quickly become enlightened
And lead all sentient beings to that state

May the precious jewel bodhichitta
Not yet born arise and grow
May that arisen not decrease
But increase more and more

May I quickly become a buddha
So anyone who merely sees, hears, criticizes, praises,
Touches, remembers, dreams or thinks about me
In that very second may all their sufferings and problems end

May everyone be freed from disease, spirit harms and obscurations
Never again to be reborn in the lower realms;
Be immediately liberated from cyclic existence;
Abide in everlasting happiness
And become buddhas by actualizing the path- especially bodhichitta

Through the three-time merits created by the buddhas, bodhisattvas,
other beings and myself
May there be no fighting, famines, diseases or unhappy minds
May there be prosperity
And may everything good be easily obtained

Whatever suffering or happy life I experience
May it be of the greatest benefit to others
And cause them to achieve enlightenment as quickly as possible
May whatever problem or joy I might have
Be only helpful for everyone

Due to all the past, present, and future merits created by me
Created by countless sentient beings and countless buddhas
That exist in mere name
May I, who exists in mere name
Achieve buddhahood, that exists in mere name
And lead all the sentient beings who exist in mere name
To enlightenment, that exists in mere name
By myself alone, who exists in mere name

For as long as space remains
And living beings exist
So too may I remain
To ease the suffering of the world

Dedications 4

Due to this merit created today
May I quickly become enlightened
And lead all sentient beings to that state

May the precious jewel bodhichitta
Not yet born arise and grow
May that arisen not decrease
But increase more and more

May I become like a wish-granting jewel
Fulfilling everyone's wishes and needs
And like a wish-granting tree
Fulfilling all the hopes of migrating beings

In all my lives, never separated from perfect gurus
May I enjoy the magnificent dharma
By completing the attainments of the path
May I quickly reach the state of Vajradhara

May I live a life of pure morality
Listen to many teachings
Train in the precious bodhichitta
And have pure view and conduct

May everyone be guided by spiritual masters teaching the dharma
And enjoy true happiness from their practices
May everyone have perfect living and practice conditions
May we have compassion and love for each other in our hearts
And may we only benefit and never harm one another

Due to all the past, present, and future merits created by me
Created by countless sentient beings and countless buddhas
That exist in mere name
May I, who exists in mere name
Achieve buddhahood, that exists in mere name
And lead all the sentient beings who exist in mere name
To enlightenment, that exists in mere name
By myself alone, who exists in mere name

For as long as space remains
And living beings exist
So too may I remain
To ease the suffering of the world

Dedications 5

Due to this merit created today
May I quickly become enlightened
And lead all sentient beings to that state

May the precious jewel bodhichitta
Not yet born arise and grow
May that arisen not decrease
But increase more and more

Like a wish-fulfilling jewel and wish-granting tree
May I fulfill the hopes of sentient beings
Without needing much effort
May all be auspicious for me to accomplish their wishes

Only through the kindness of my gurus
Have I met the Buddha's incomparable, unsurpassed teachings
I dedicate this merit that I and all transmigrating beings
May be guided by kind and realized masters

Whatever suffering and problems others have, may I experience it
Whatever merit I've created, may others enjoy it

Due to past, present and future merits accumulated by myself and everyone
May we meet perfectly qualified Mahayana gurus in all our lives
Always see them as enlightened beings
Act in ways only pleasing their holy minds and
And may we immediately fulfill their holy wishes

By these merits may my actions never cause
Even the slightest harm to anyone
But only bring benefit and happiness to everyone

Due to all the past, present, and future merits created by me
Created by countless sentient beings and countless buddhas, who exist in mere name
May I, who exists in mere name
Achieve buddhahood, that exists in mere name
And lead all the sentient beings who exist in mere name
To enlightenment, that exists in mere name
By myself alone, who exists in mere name

For as long as space remains
And living beings exist
So too may I remain
To ease the suffering of the world

Dedications 6

Due to this merit created today
May I quickly become enlightened
And lead all sentient beings to that state

May the precious jewel bodhichitta
Not yet born arise and grow
May that arisen not decrease
But increase more and more

Through my past, present and future merits
May I pass the time, day and night
Thinking and examining in what ways
These teachings can reach and spread in the minds
Of myself and all living beings

Whatever suffering and problems others have, may I experience it
Whatever merit I've created, may others receive it

Until the end of samsara, may the teachings of the Beneficial One
Remain undisturbed by the winds of evil thoughts
And may the world always be filled
With those who have faith in this supreme path
Through understanding the true nature of Buddha's teachings

May I quickly become a buddha
So anyone who merely sees, hears, criticizes or praises,
Touches, remembers, dreams about or thinks about me
In that very second all their sufferings and problems cease

May our glorious gurus' lives be long and stable
May all beings equal to the extent of space have happiness
May we all accumulate merit and purify negativities
And be blessed to quickly attain the state of a buddha

Due to all the past, present, and future merits created by me
Created by countless sentient beings and countless buddhas, who exist in mere name
May I, who exists in mere name
Achieve buddhahood, that exists in mere name
And lead all the sentient beings who exist in mere name
To enlightenment, that exists in mere name
By myself alone, who exists in mere name

For as long as space remains
And living beings exist
So too may I remain
To ease the suffering of the world

For Lama Zopa Rinpoche

May all of Rinpoche's wishes and projects be immediately achieved
May all of Rinpoche's students please this holy guru by following his advice
And by completing their pure, devoted dharma practices and activities
I dedicate this merit for the quick return of his reincarnation
So that he may guide again many fortunate students

Due to these merits may all the obstacles to Rinpoche's perfect rebirth
be instantly removed
May Rinpoche remain and teach us till samsara ends
And may all his holy wishes be instantly fulfilled

For His Holiness

Savior of the Snow Land teachings and of all transmigrating beings
Who makes the unified path of emptiness and compassion so clear
Lotus Holder, Tenzin Gyatso, I pray
May all your holy wishes be spontaneously fulfilled

I dedicate this merit for the very long life of His Holiness,
Buddha of Compassion
Source of happiness and success of all of us
May all His Holiness's wishes be immediately successful

Final Lam-Rim Dedication Prayer dorni ringdu

From the two collections of merit and wisdom-
Vast as space that I've collected
From diligently working at this practice for a long time
May I become the chief leading buddha for all those
Whose mind's wisdom eye is blinded by ignorance

Even if I don't reach this state
May I be held in your loving compassion in all my lives,
O Manjushri
May I find the best of the complete graded paths
And may I please all the buddhas with my practice

Using skillful means drawn by the powerful force of compassion
May I clear the darkness from the minds of all beings
With the points of the path as I've understood them
May I uphold Buddha's teachings for a very long time

With my heart going out with great compassion
In whatever direction the most precious teachings
Haven't yet spread, or once spread have declined
May I reveal this treasure of benefit and happiness

May the minds of those who wish for liberation be granted
everlasting peace
And the buddhas' activities be nourished for a long time
With this graduated path to enlightenment completed
Due to the amazing virtuous conduct of the buddhas and their sons

May all human and non-human beings who eliminate adversity
And create conducive conditions for practicing the excellent paths
Never be parted in any of their lives
From the purest path praised by the buddhas

Whenever someone makes effort to act
In accordance with the ten-fold Mahayana virtuous practices
May they always be guided by the mighty ones
And may oceans of prosperity spread everywhere

The Complete Path

Whatever you want for yourself and others
With a human form is easily attained
Disengage yourself from meaningless efforts
Strive to accomplish the highest goals

Because all things composite are impermanent
Life changes and never abides
That change is basis of suffering
For the samsaric mind fills with frustration
On watching its creations continually fade

The higher you climb in samsara
The higher the cliff on which you perch
The more things you own
The tighter you are bound
The dearer you hold someone
The greater the chance he will hurt you
The faster you subdue enemies
The faster their numbers increase

This body is a thing borrowed for a moment
And possessions are things stored for others
Now we dally with them
But quickly are they lost and misused
And only are sources of misery

Therefore no worldly possession is worth the effort of gaining.
Turn your back on that which only handicaps
An unburdened mind is joy supreme

The pinnacle of aims is to follow this path
Body, speech and mind kept stainless with pure self-discipline
Mind held in samadhi blissful and clear
And wisdom seeing all realities of every situation

The mother beings wandering in the six realms
To me, their son, are pieces of my heart
For many times have they soothed my troubles
And in infinite ways have they brought me joy

These infinite beings, so kind
Are covered by the fog of ignorance
Constantly lashed by whips of delusions
They have no chance to lay down
The burden of misery from their minds

Therefore, whenever you meet anyone
Greet them with eyes smiling with love
Why mention that you should not even consider
Holding evil intentions or deceptive thoughts?

The way people and things seem to be
Other than projected labels
Is a distortion created by deluded mind
If we look at the root of things
Emptiness is clearly understood

Understanding interdependence, we understand emptiness
Understanding emptiness, we understand interdependence
This is the view which is the middle
And which is beyond the terrifying cliffs of
Eternalism, nihilism, neither or both

*Composed by the Seventh Dalai Lama, translated by Glenn Mullin in selected work of the Seventh Dalai Lama,
Wisdom Publication*

Melodies of an Adamantine Song
A Chanting Meditation on Mind Training
Attributed to Maitriyogi

To guide all beings who've been my parents
I'll extract without exception the five poisons of each being
By means of the five poisonous afflictions present in me;
Whatever virtue I may possess, such as an absence of attachment,
I will distribute equally to all beings of the six realms

Using the painful fruits of my karma, such as sickness and so on
I will extract all similar sufferings of sentient beings;
Whatever joy and benefit I may possess, such as absence of illness
I will distribute equally to all beings in the six realms

If I do this, what occasion is there for me, even for a single instant
To wander aimlessly in this ocean of cyclic existence?
Yet until I have attained full enlightenment
Whatever class of the five poisons and their fruits may lie in store
I will exhaust entirely in this very lifetime

I will extract them in this very year and this very month
I will exhaust them this very day and this very instant
I will seek the means to cut even the thread of minor sufferings

O Maitriyogi, make sure that your mind becomes trained!

Translated by Thubten Jinpa, extracted from Essential Mind Training, p 179, Wisdom Publication

Colophon:

Prostrations to the 35 Buddhas, Morning lamrim and mantras are copied from the FPMT prayerbook 2020

Lama Tsong Khapa Guru Yoga, is based on Dulnagpa Paldan Zangpo's "Hundred Deities of Tushita" (Ganden Lha Gyama) Translated and Compiled by Lama Zopa Rinpoche

Over the years, various people have contributed to this English translation of the Seven Limbs adapted for chanting with the traditional Tibetan tunes; foremost among them: Rene Feusi, Thubten Wongmo, Sarah Thresher and Elaine Jackson.

The "Calling the Guru from Afar", Vajrasattva Practice and the multiple dedications come from translations by Lama Zopa Rinpoche, edited by Thubten Wongmo and Rene Feusi 2025