

Daily Meditation and Prayer Book



Arranged by Venerable Lama Tendar



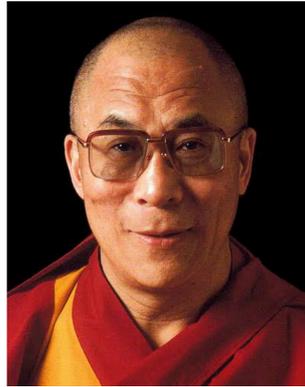
**Venerable Lama Tendar
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A PRECIOUS HUMAN LIFE



Every day,
think as you wake up,
today I am fortunate
to have woken up.

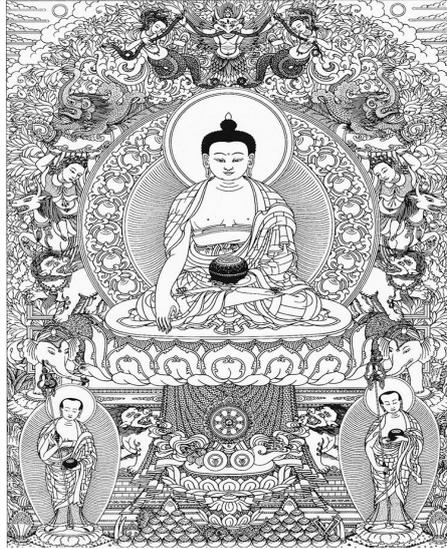
I am alive,
I have a precious human life,
I am not going to waste it.

I am going to use
all my energies to develop myself,
to expand my heart out to others,
to achieve enlightenment
for the benefit of all beings.

I am going to have
kind thoughts towards others.
I am not going to get angry,
or think badly of others.
I am going to benefit others
as much as I can.

His Holiness
The XIVth Dalai Lama

PRAYER OF SHAKYA MUNYE BUDDHA



**TON PAR CHOM DAN DHEN, DE ZHIN SHEG PA,
DRA CHOM PA, YANG DAG PAR,
DZOG PAI SANG GYE, RIG PA DANG,
ZHAP SU DAN PA, DE WAR SHAG PA,
JIG TEN CHEN PA, CHE BU DUL WA, KHA LO GYUR WA,
LA NA ME PA, LHA DANG MI NAM CHI,
TON PA SANG GYE, CHOM DAN DHEN,
PAL GYAL WA, SHAKYA THUP PA LA, CHAG TSAL LO,
CHO DO CHAP SU CHI WO**

Guru, Master, Bhagavan, Tathagata, Arhant, complete perfect and fully awakened one, perfect in knowledge and good conduct, Sugata, knower of the world, supreme driver of human beings to be tamed, teacher of Gods and human beings, to you, the Buddha, Bhagavan, Glorious Conqueror, Shakyamuni, to you, I prostrate, go for refuge, and make offerings. Please grant me your blessing.

GANG TSE KANG NYI TSO WO CHO TAM TSE
SA CHEN DI LA GOM PA DUN BOR NA
NGA NI JIK TEN DI NA CHOG KYI SUNG
DE TSE KHE PA KHO LA CHAG TSAL LO

When, O Chief of Biped, you were born,
On this earth you paced out seven strides,
Then said, I am supreme in this world.
To you who were wise then, I prostrate.

NAM DAG KU NGA CHOG TU ZUG ZANG WA
YE SHE GYA TSO SER GYI LHUN PO DRA
DRAG PA JIG TEN SUM NA LHAM ME WA
GON PO CHOG NYE CHO LA CHAG TSAL LO

With pure bodies, form supremely fine,
wisdom ocean, like a golden mountain
Fame that blazes in the three worlds,
Winner of the best, lord to you, I prostrate.

TSAN CHOG DAN PA DRI ME DA WAI SHAL
SER DOG DRA WA KHYO LA CHAG TSAL LO
DUL DRA KHYO DRA SRID PA SUM MA CHI
NYAM ME KHEN CHAN KYO LA CHAG TSAL LO

With the supreme signs; face, spotless moon,
Colours like gold to you I prostrate.
Dust free like you the three worlds are not,
Matchless wise one to you I prostrate.

GON PO THUG JE CHE DAN PA
THAM CHAD KHYAN PA TON PA PO
SO NAM YON TAN GYA TSO SHING
DE SHIN SHEG LA CHAG TSAL LO

Protector endowed with great compassion,
Omniscient teacher knowing everything
Field of ocean-like merit and good qualities
To the Thus Gone, I pay homage.

DAG PAI DO CHAG DRAL WAR GYUR
GE WAI NGAN SONG LA DROL CHING
CHIG TU DON DAM CHOG GYUR PA
SHI GYUR CHO LA CHAG TSAL LO

Free of attachment, through purity
Through virtue, released from realms of woe!
Uniquely supreme ultimate!
Peaceful dharma, homage to you!

DROL NA DRAL WAI LAM YANG TON
LAP PA DAG LA RAP TU NE
ZHING GI DAM PA YON TAN DAN
GE DUN LA YANG CHAG TSAL LO

Teaching the path from freedom to freedom!
Well established in the trainings!
Best of fields, endowed with virtues!
Sangha, homage to you too!

DIG PA CHI YANG MI JA SHING
GE WA PUN SUM TSOG PAR GYUR
RANG GI SEM NI YONG SU DUL
DE NYI SANG GYE TEN PA YIN

Do not commit any non-virtuous actions
Perform only virtuous actions
Subdue your mind thoroughly
This is the teaching of the Buddha.

KAR MA RAB RIP MAR ME DANG
GYU MA ZIL PA CHU BUR DANG
MI LAM LOK DANG TEIN TA BUR
DU JA CHO NAM DE TAR TA
SOD NAM DI YI TAM CHA ZIG PA YI
GO PANG TOP NA KYON GYI DRA TUL TE
GA DANG NA DANG CHI WAI LAP TRUP PAI
SI PAI TSO LA DRO WA DROL WAR SHOG

Like a star, a mirage, a lamp, illusion, drops of dew,
bubbles, dreams, lightning and clouds,
Look at all conditioned things as such.
Having attained the state of the All Seeing
Through these merits,
May sentient beings attain the rank of All Seeing,
Subdue the foe of faults, and
Be delivered from Samsara's ocean,
Stirred by the waves of ageing, sickness and death.

TADYATHA OM MUNI MUNI MAHA MUNYAE SVAHA

**TADYATHA OM MUNI MUNI MAHA MUNYAE
SHAKYAMUNI SVAHA**

REFUGE PRAYER AND MIND GENERATION OF BODHICITTA

**NA MO GURUBAYE, NA MO BUDDHA YA,
NA MO DHARMA YA, NA MO SANGHA YA. (x3)**

**LAMA LA CHAB SU CHE WO/ SANG GYE LA CHAB SU CHE WO/
CHO LA CHAB SU CHE WO/ GEN DU LA CHAB SU CHE WO/
YI DAM CHI KOR CHI, LHA TSOG, KOR DANG, CHI PA, NAM LA
CHAB SU CHE WO/ PAL GON DAM PA CHOE CHONG-YE/ SUNG MA
YE SHI CHI CHAN DANG DHEN PA NAM LA CHAB SU CHE WO!**

I take refuge in the Guru, I take refuge in the Buddha,
I take refuge in the Dharma, I take refuge in the Sangha.
For the sake of all mother and father sentient beings I transform
myself into a Guru-Yidam-Mandala and thus
I will lead all sentient beings to supreme enlightenment.

**SANG GYE CHO DANG TSOG CHE CHOG NAM LA/ JANG CHUB
BAR DU DHA NE CHAB SU CHE/ DAG GI JIG SOG GYI PAI TSO
NAM CHI/ DROL LA PAN CHAR SANG GYE DRUB PAR SHOK.**

I go for refuge until I am Enlightened to the Buddha, the Dharma
and the highest assembly. From the virtuous merit I collect by
practicing the teaching, may I attain the state of a Buddha to be
able to benefit all sentient beings.

**SEM CHEN THAM CHE DE WA DANG, DE WAI GYU DANG, DHEN PAR
GYUR CHIK. SEM CHEN THAM CHE DOOK NGAL DANG, DOOK NGAL YI,
GYU DANG DRAL WAR GYUR CHIK. SEM CHEN THAM CHE DOOK NGAL
ME PAY, DE WA DANG MI DRAL WA GYUR CHIK. SEM CHEN THAM CHE,
NYE RING CHAK DHANG, NYI DANG DRAL WAI, TANG NYOM LA, NEE
PAR GYUR CHIK.**

May all sentient beings have happiness and the cause of happiness,
May all sentient beings be free of suffering and the cause of suffering,
May all sentient beings not be separated from the bliss that is free of
suffering, May all sentient beings live in equanimity, free from
attachment and hatred, towards those near and far.

REQUEST TO THE LINEAGE

PAR DHAN TSA WAI LA MA RIN PO CHE
DAG GI CHI WOR PAD ME TENG SHUG LA
KA DRIN CHEN PO GO NAY JEE ZUNG TE
KU SUNG THUG JE NGO DRUB TSAL DU SOL

Magnificent and precious root Lama,
Please abide on the lotus seat at my crown.
Guide me with your great kindness,
and grant me the realisations of your holy body,
speech, and mind.

MIG ME TSE WAI TER CHEN CHAN RAN ZIG
DRI-ME KYIN PAI WANG PO JAM PAL YANG
DU PUNG MA LU JOM DZE SANG WAI DAG
GANG CHAN KHA PAI TSUG GYAN TZONG KA PA
LOB-SANG DRAG PAI ZHAB LA SOL WA DEB!

Avalokiteshvara, Great Treasure of compassion,
not aimed at true existence and Manjushri,
master of flawless wisdom, as well as Vajrapani,
destroyer of hordes of demons without exception,
O Tsong Khapa, crown jewel of sages of the land of snow,
Lobsang Dragpa, I make requests at your feet!

KYAB SUM KUN DU LA MA DOR JEE CHANG,
GANG LA GANG DUL SHE NYEN TSUI ZUNG NE,
CHOG DANG THUN MONG NGO DRUB TSOL ZED PAI
DRIN CHAN LA MA NAM LA SOL WA DEB.

Guru Vajradhara, unity of the three refuges,
for those to be subdued, assumes the manner of a
spiritual friend. To all the kind Gurus who grant the
supreme and common attainment I make requests.

SHORT MANDALA OFFERING

**SA SHI PUL CHI JUNG SHING ME TOG TRAM
RI RAB LING SHI NYI DHE GYAN PA DHI
SANG GYE SHING LA MIG TE PHUL WAI YEE
DROR KUN NAM DHAG ZHING DU CHOD PAR SHOK**

This ground, anointed with perfume,
strewn with flowers, adorned with Mount Meru,
four continents, the sun and the moon.
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

**JE TSUN LA MA DAM PA CHE NAM KYI
CHOE KUN KHA LA CHEN TSEI TRIN TRIG NEE
JI TAR TSAM PAI DUL JA ZIN PA LA
ZAB GYA CHOE CHI CHAR PA BAB TU SOL**

O holy and perfect, pure lama, from the clouds of
compassion that form in the skies of your
dharmakaya wisdom, please release a rain of vast
and profound dharma, precisely in accordance
with the needs of those to be trained.

IDAM GURU RATNA MANDALA KAMA NIRYA TAYAMI

HEART SUTRA

The Bodhisattva of Compassion, when he meditates deeply, saw the emptiness of all the five skandhas, and sundered the bonds that caused him suffering.

Hear then, form is no other than emptiness, emptiness no other than form. Form is only emptiness, emptiness only form. Feeling, thought and choice, consciousness itself, are the same as this. All things are the primal void, which is not born or destroyed, nor is it stained or pure, nor does it wax or wane.

So in emptiness, no form, no feeling, thought or choice, nor is there consciousness. No eye, ear, nose, tongue, body, mind; no colour, sound, smell, taste, touch, or what the mind takes hold of, nor even act of sensing.

No ignorance or end of it, nor all that comes of ignorance; No withering, no death, no end of them. Nor is there pain, or cause of pain; or cease in pain, or noble path to lead from pain; not even wisdom to attain!

Attainment, too, is emptiness.

So knowing that the Bodhisattva, holding to nothing whatever, but dwelling in Prajna wisdom, is freed of delusive hindrance, rid of the fear bred by it, and reaches clearest Nirvana.

All Buddhas of past and present, Buddhas of future time, using this Prajna wisdom, come to full and perfect vision. Here then the great dharani, the radiant peerless mantra, The Prajnaparaita whose words allay all pain; Hear and believe this truth!

**TADYATHA OM GATE GATE PARAGATE
PARASAMGATE BODHI SVAHA**

HOMAGE VERSE TO THE PERFECTION OF WISDOM



Prajnaparamita

**MA SUM JOR ME SHE RAB PHA ROL CHIN
MA KYE MI GAG NAM KHÄI NGO WO NYI
SO SO RANG RIG YE SHE CHO YUL MA
DU SUM GYÄL WÄI YUM LA CHHAG TSHÄL TO**

I bow down to the mother of the
conquerors of the three times
The Perfection of Wisdom,
inexpressible by words or thoughts
which is un-produced and unceasing
like the entity of the sky, the object
of the wisdom of unique knowledge.

**MANTRA OF THE HEART SUTRA
TADYATHA [OM] GATE GATE PARAGATE PARASAMGATE
BODHI SVAHA**

PURIFICATION OF THE EARTH

**TAM CHE DU NI SA ZHI DAG/ SEG MA LA SOG ME PA DANG/ LAG
THIL TAR NYAM BE DUR YA/ RANG ZHIN JAM POR NE GYUR CHIG**

May the surface of the Earth in every direction be pure, without even a pebble, as smooth as the palm of a child's hand, naturally polished as is lapis lazuli.

**LHA DANG MI YI CHO PAY ZE/ NGO SU SHAM DANG YI CHI TRUL/
KUN ZANG CHO TRIN LA NA ME/ NAM KAY KAM KUN
CHAB GYUR CHIG**

May all space be completely filled with the material offerings of gods and men, both these set before me and those mentally created as a peerless cloud of Samantabhadra offerings.

**OM NAMO BAHGA WATE BANZA SARA DRA MAR DANE TATHA GATA
YA ARAHATE SAMYAK SAM BUDDHA YA TAYATA OM BENZE BANZE
MAHA BANZE MAHA TENZA BANZE MAHA BIDYA BANZE MAHA
BODHI CHITTA BANZE MAHA BODHI MAN-DRO PA-SAM DRAMANA
BANZE SARWA KARMA A-VA RANA BISHO DHANA BANZE SOHA (X3)
(RING BELL)**

**KON-CHOG SUM-GYI DEN-PA-DANG, SANG-GYE DANG JANG-CHUB
SEM-PA TAM-CHE-CHI JIN-GYI-LAB-DANG, TSOG-NYI YONG-SU
DZOG-PAY/ NGA-TANG CHEN-PO-DANG, CHO-CHI YING NAM-PAR
DAG-CHING SAM-GYI MI-CHAB-PAY TOB-CHI,
DE-ZHIN NYI-DU GYUR-CHIG**

By the force of the truth from the Three Jewels of Refuge
By the firm inspiration from all Bodhisattvas and Buddhas
By the power of all the Buddhas who have fully completed their
collections of both good merit and insight
By the might of the void, inconceivable and pure may all of these
offerings be hereby transformed into
their actual nature of voidness.

VERSES FOR TAKING THE BODHISATTVA VOWS

**DRO NAM DRAL DOE SAM PA YI
SANG GYE CHOE DANG GE DUN LA
JANG CHUB NYING POR CHI KYI BAR
TAG PAR DAG NI KYAB SU CHI**

With the wish to liberate all migrators I will always
take refuge in the Buddha, the Dharma, and the
Sangha, until I reach the essence of enlightenment.

**SHE RAB NYING TSE DANG CHA PA
TSON PA SEM CHAN DON DU DAG
SANG GYE DUN DU NING JE TE
ZOG PAI JANG CHUB SEM KYE DO**

With wisdom, love, compassion and so forth,
I will make efforts to benefit all sentient beings,
Abiding in front of the Buddhas
I generate the mind of complete enlightenment.

**JI SID NAM KHA NEE PA DANG
DRO WA JI SID NEE GYUR PA
DE SID DAG NI NAE GYUR NA
DRO WE DUG NGAL SEL WAR SHOG**

For as long as space endures, and as long as sentient
beings remain, for that long I will abide to dispel
the suffering of all beings.

MANJUSHRI PRACTICE



LA MA DANG GON PO JE TSUN JAM PAL YANG LA
CHAK TSAL LO/
GANG GI LO DRO DRIB NYI TRIN DRAL NYI TAR
NAM DAG RAB SAL WAY/
JI NYE DON KUN JI ZHIN ZIG CHIR NYI KYI
THUK KAR LEG BAM DZIN/
GANG DAG SID PAY TSON RAR MA RIG MUN TOM
DUG NGAL GYI ZIR WAY/
DRO TSOK KUN LA BU CHIK TAR TSE
YAN LAK DRUK CHU YANG DAN SUNG/
DRUG TAR CHER DROK NYON MONG
NYI LONG LAY KYI CHAG DROK DROL DZA CHING/
MA RIG MUN SEL DUG NGAL NYU GU JE NYI
CHOE ZE RAL DRI NAM/
DHOE NAY DAK CHING SA CHU THAR SON YON TAN
LU ZOL GYAL SAY THU WO KU/
CHU THRAG CHU DANG CHU NYI GYAN TRE
DAK LOI MUN SEL JAM PAL YANG LA DU!

Obeisance to my Guru and Protector,
Manjushri, who holds at his heart a scriptural text,
symbolic of his seeing all things as they are.
Whose intelligence shines forth like the sun,
unclouded by delusions or traces of ignorance.
Who teaches in sixty ways,
with the loving compassion of a father for his only
child, all creatures caught in the prison of samsara,
confused in the darkness of their ignorance,
overwhelmed by their suffering.
You, whose dragon-thunder-like proclamation of
Dharma, arouses us from the stupor of our afflictions
and frees us from the iron chains of our karma;
who wields the sword of wisdom hewing down
suffering wherever its sprouts appear,
clearing away the darkness of ignorance;
you, who have completed the stages
achieving the highest perfection of a Bodhisattva,
whose princely body is adorned with the
one hundred and twelve marks of a Buddha,
who has been pure from the beginning
I bow down to you O Manjushri.

WISDOM MANTRA

OM A RA PA TSA NA DHIH

**TSE DHEN KHYE KYI KHYEN RAB O SER GYI/
DAG LO'I TI MOOK MOON PA RAB SAL NAY/
KA DANG TEN CHOE ZHUNG LOOK TOK PA YI/
LO DRO POP PAY NANG WA TSAL DU SOL**

With the brilliance of your wisdom,
O Compassionate One,
Illuminate the darkness of ignorance
enclosing my mind.
Enlighten my intelligence and wisdom
so that I may gain insight into
the Buddha's words and the texts that
explain them.

**GANG TSE TA WAR DOE PA YANG/
CHUNG ZE DRI WAR DOE NA YANG
GON PO JAM YANG DE NYE KYI/
GEK ME PAR NI THONG PAR SHOK**

May anyone wishing to engage in study,
or even wanting to do a little enquiry,
unobstructedly behold you
gentle-voiced protector Manjushri.

MEDITATION ON BLESSING ONE'S SPEECH



(The best time for this practice is early in the morning before one has said anything)

In the centre of my tongue appears an orange seed syllable **DHIIH**, the seed syllable of Manjushri, the Bodhisattva of Wisdom. Representing the speech making energy of the Enlightened Ones, the syllable streams out many light rays to illuminate my body. Striking all animate and inanimate phenomenon in this and other universes, the light rays gather qualities.

Absorbing into the seed syllable,
it melts and transforms into a cool,
refreshing and soothing stream of nectar.

Just as the morning sunrise dispels the darkness, the orange translucent stream of nectar removes the negative verbal habitual patterns and blesses my speech to become gentle, soft and truthful. Wherever the nectar flows, it implants the seed of mindfulness, giving the power to control the use of my own speech and the wisdom not to be adversely affected by other people's verbal abuse, understanding it as an expression of their mental anguish.

When other people are unable to use their speech skillfully, may I develop empathy and remain calm, focused and patient so that they will be relieved from their mental anguish by the blessing of Manjushri, the Lord of Speech. Let this recitation of the sacred mantra of Manjushri guard my own speech throughout all times.

MEDICINE BUDDHA PRACTICE



With compassion you serve all sentient beings, O Victorious Conqueror. Mere hearing of your name relieves the suffering of the lower realms and heals the three mental poisons. Enlightened Supreme Healer, Medicine Buddha, King of Aquamarine Light, I prostrate before you.

**TON PA CHOM DHAN DEN/ DE ZHIN SHEG PA/ DRA CHOM
PA YANG DAG PAR/ ZOG PAI SANG GYE MAN GYI LHA/ BEI
DROL YA WOO KYI GYAL PO LA CHAG TSAL LO/
CHO DO KYAP SU CHI WO!**

I prostrate to the Medicine Buddha, the awakened one, the King of Aquamarine Light, entered into meditative concentration called “the King of Medicine”, in order to alleviate four hundred and four disorders.

DAG DANG DRO WA NAM KHAI THA DANG NYAM PAI
SEM CHEN THAM CHE DU DHI NE ZUANG TE
JI SI JANG CHUB NYING PO LA CHE KYI BAR DU!
PAL DEN LA MA DAM PA NAM LA KYAB SU CHIO
YI DAM KYIL KHOR GYI LHA TSOG NAM LA KYAB SU CHIO
SANG GYE CHOM DAN DHEN NAM LA KYAB SU CHHIO
DAM PAI CHOE NAM LA KYAB SU CHIO
PHAG PAI GE DUN NAM LA KYAB SU CHIO
CHOM DAN DHE MEN GYI LHA DE WER SHEG PA CHOE GYE
KYI/ LHA TSOK KHOR DANG CHAY PA NAM LA KYAB SU
CHIO/ PA WO KHA DRO CHOE KYONG SUNG MAI TSOG
YE SHE KYI CHEN DANG DEN PA NAM LA KYAB SU CHIO

From this moment until the heart of
enlightenment is reached,
I and all sentient beings as limitless as the sky,
(We) go for refuge to all the splendid
accomplished Supreme Gurus.
We go for refuge to all the Yidams,
the Deities gathered in the mandala.
We go for refuge to all the Buddhas,
the transcendent accomplished Conquerors.
We go for refuge to all the Supreme Dharma.
We go for refuge to all the Noble Sangha.
I go for refuge to all the Medicine Buddhas, and
the eight Menla companions and
all the deities without exception
I invite here to this place.
I supplicate you, victorious of medicine.
We go for refuge to all the Dakas,
Dakinis, protectors and defenders of dharma who each
have the eye of transcending awareness.

THE VISUALISATION OF THE SEVEN MEDICINE BUDDHAS

CHOM-DAN-DE DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-
DAG-PAR DZOG-PAI SANG-GYA/ TSEN-LEG-PA YONG-DRAG
PAL-GYI GYAL-PO-LA CHAG-TSAI-LO

To Bhagavan, Tathagata, Arahate, perfectly completed
Buddha, renowned glorious king of excellent signs,
I prostrate.

CHOM-DAN-DE DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-
DAG-PAR DZOG-PAI SANG-GYA RINPOCHE DANG DA-WA
DANG PE-ME RAB-TU GYAN-PA KHA-PA ZI-JI DRA YANG-KYI
GYAL PO-LA CHAG-TSAI-LO

To Bhagavan, Tathagata, Arahate, perfect completed
Buddha, king of melodious sound, brilliant radiance of
skill, adorned with jewels, moon and lotus, I prostrate.

CHOM-DAN-DE DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-
DAG-PAR DZOG-PAI SANG- GYA SER-ZANG DRI-ME RIN-
CHEN NANG-TUL ZHUG-DRUB PA-LA CHAG-TSAL-LO

To Bhagavan, Tathagata, Arahate, perfectly completed
Buddha, Stainless excellent gold, great jewel who
accomplishes all, I prostrate

CHOM-DAN-DE DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-
DAG-PAR DZOG-PAI SANG-GYA NYA-NGAN ME-CHOG PAL-
LA CHAG-TSAL-LO

To Bhagavan, Tathagata, Arahate, perfectly completed
Buddha, glorious supreme one free from sorrow,
I prostrate.

**CHOM-DAN-DE DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-
DAG-PAR DZOG-PAI SANG-GYA CHO-DRAG GYA-TSO YANG-
LA CHAG-TSAL-LO**

**To Bhagavan, Tathagata, Arahate, perfectly completed
Buddha, melodious ocean of proclaimed dharma, I
prostrate.**

**CHOM-DAN-DE DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-
DAG-PAR DZOG-PAI SANG-GYA CHO GYA-TSO CHOG-GI
LUE-NAM-PAR ROL-PA NGON-PAR KHYAN-PA-LA
CHAG-TSAL-LO**

**To Bhagavan, Tathagata, Arahate, perfectly completed
Buddha, clear knowing by the play of supreme wisdom
of an ocean of dharma, I prostrate.**

**CHOM-DAN-DE DE-ZHIN SHEG-PA DRA-CHOM-PA YANG-
DAG-PAR DZOG-PAI SANG-GYA MEN-GYI-LHA BAI-DUR-YA
WO-KYI GYAL-PO-LA CHAG-TSAL-LO**

**To Bhagavan, Tathagata, Arahate, perfectly completed
Buddha, Medicine Guru, King of Lapis Lazuli, I prostrate.**

*(Recite the name of each Medicine Buddha seven times, in turn.
Visualise that nectars are emitted from each medicine buddha
and purify the person of all their negative karmas and
obscurations. With the final medicine buddha, recite as many
times as you wish and again visualise strong purification. Think
that the person is completely purified; no negative karma at all
exists in his or her mental consciousness, and their body becomes
as clear as crystal. Each medicine buddha then melts into light
and is absorbed within the person, blessing their body, speech,
and mind so that he or she becomes one with the medicine
buddha. The person's mind is transformed into medicine buddha's
holy mind. Mediate strongly on that oneness.)*

CULTIVATING SPECIAL BODHICITTA

**SEN CHEN THAM CHE KYI/ DON DU ZOG PAI SANG GYE
KYI/ GONG-PHAL THUP PA JA/ DE YI CHE DU CHOM DHAN
DAN/ DE WAR SHEG PA CHOE GYE KYI/ LHA TSOG KHOR
DANG KYI PA NAM LA/ CHAG GYE THUG DHANG / KUR WA
LA SOG PAI/ LAM GYE RIM PA LA NEE PAR JA WO**

All sentient beings are transformed into the aspect of the Medicine Buddha Guru. How wonderful that I am now able to lead all sentient beings into the Medicine Buddha's enlightenment.

**THUG JE KUN LA NYAM PAI CHOM DHAN DEN/
TSEN TSAM THOE PAI NGAN DROI DUG NGAL SEL/
DUG SUM NEE SEL SANG GYE MEN GYE LHA/
BEN DRU YA YE OE LA CHAG TSAL LO**

With compassion you serve all sentient beings, O Victorious Conqueror, mere hearing your name relieves the suffering of all lower realms. Healer of the malady of the three inborn mental poisons, the Enlightened Supreme Healer, the Medicine Buddha, the King of Aquamarine Light, I prostrate before you.

**SEM CHAN NEE PA JE NYIE PA/
NYUR DU NEE LAY THAR GYUR CHIG
DRO WE NEE NI MA LU PA/
TAG TU JUANG WA ME PAR SHOK**

You found the suffering of illness in sentient beings. May all sentient beings, once freed from sickness, May there be the auspiciousness of freedom from disease, harmful spirits, and suffering.

VAJRASATTVA PURIFICATION PRACTICE



**SEM CHAN KUN GI DON GYI CHIR/
DAG NI HE RU KAR GYUR NA/
SEM CHAN THAM CHA HE RU KAI/
GO PHANG CHOG LA GO PAR GYI**

I must become Heruka in order to lead all sentient beings
to the sublime state of Heruka-hood.

THE 100 SYLLABLE MANTRA

**OM BANZA-SATTVA SAMAYA, MANU-PALAYA/
BANZA SATTVA TVENO-PA TITRA, DIRDHRO/
ME BHAVA, SUTOKYO ME BHAVA,
SUPOKYO ME BHAVA, ANU RAKTO ME BHAVA,
SARVA SIDDHEE ME TA YANZA,
SARVA-KARMA SUCHA ME,
CITTAM SHRIYAM KURU HUM,
HA HA HA HA HOH, BHAGAVAN
SARVA TATHAGATA, BANZA MA ME MUNCHA,
BANZA BHAVA MAHA SAMAYA SATTVA,
AH HUM PHAT (X21)**

Vajrasattva sustain me by the commitment.
Vajrasattva may I achieve you and come closer to
you. May this achievement be stabilised. May your
nature become pleased and happy with me and make
me the victor. Grant me all the powerful
attainments, make all my activities good. May your
glory abide within my heart. I shall delight in the
powerful attainments and wisdom. I call out to the
Buddhas - do not part from me but make me one
who can hold the Vajra. You of the great
commitment may this request be granted. All
phenomena are empty by nature. May the blissful
state of Vajrasattva's wisdom destroy all delusions
and suffering.

PURIFICATION BUDDHA MANTRA

OM BANZA SATTVA HUM

**GE WA DI YI NYUR DU DAG /
DOR-JE SEM-PA DRUB-GYUR-NE
DRO-WA CHIG-KYANG MA-LU-PA /
CHE-KYI SA-LA GO-PAR SHOG**

By the accumulation of this merit
may I quickly accomplish in reality Vajrasattva and
may I lead all sentient beings
without exception to that stage.

AVALOKITESHVARA (CHENREZIG) PRACTICE



**CHAG TONG KHOR LOE GUR WE GYAL PO TONG/
CHEN TONG KAL WA ZANG PO SAN GYE TONG
GANG LA GANG DUL DE LA DER TON PA
TON PA CHEN REN ZIG LA CHAK TSAL LO**

The thousand arms serving as the thousand universe ruling emperors. The thousand eyes manifesting as the thousand Buddhas of our times, Who teach and show the way to whatever others desire. To you Chenrezig, the Buddha of compassion, I pay homage.

GREAT COMPASSION MANTRA

**NAMO RATNA TRA YA YA/ NAMA ARYA JNANA SAMGARA/
VARIOCHANA BYUH RAJAYA/ TATHAGATAYA/ ARHATE
SAMYAK SAM BUDDHAYA/ NAMA SARVA TATHAGATE BHY
ARHATE BHY/ SAMYAK SAMBUDDHE BHY/ NAMA ARYA
AVOLKITE SHARAYA/ BODHI SATTVAYA/ MAHA SATTVAYA
MAHA KARUNI KAYA/ TADYATHA/ OM DHARA DHARA/
DHIRI DHIRI/ DHURU DHURU/ ITTE VATTE/ CHALE CHALE/
PRACHALE PRACHALE/ KUSUME KUSUME VARE/ ILI MILI/
CHITI JVALA MAPANAYE SVAHA**

COMPASSION MANTRA

OM MANI PEDME HUM

GE WA DI YI NYER DU DAK/
CHEN RE ZI WANG DUP GYUR NA/
DO WA CHIG KHYANG MA LU PA/
DE YI SA LA GO PAR SHOK

Through this virtue, may I quickly accomplish Chenrezig and establish all beings without exception in that state. Bestow without obstruction the fulfilment of all wishes, like a wish fulfilling gem or an excellent vase.



TARA PRACTICE



**PO TA LA YI NAY CHOD NAY/
TAM YIG JANG GU LAY THRONG ZHING/
OD PAR ME LAY O LA GYAN/
DU SUM SANG GYE THRIN LAY MA/
DROL MA KHOR KYI SHEG SU SOL**

From Potala holy place rise from syllable Tam green
rescue all beings with its rays, Tara retinue please come.

**OM JEE TSUN MA PHAG MA DROL MA LA CHAG TSAL LO/
CHAG TSAL DROL MA TARE PEL MO/
TUTTRA YI JIG KUN SEL MA/
TURE DON NAM THAM CHAY TER MA/
SVAHA YI GHE CHE LA RAB DU**

OM I prostrate to the exalted goddess foe destroyer,
liberating Mother Tara!
Homage to TARE, saviouress, heroine,
TUTTARE is dispelling all fears,
TURE is gaining all the success,
I respectfully bow to the letters SVAHA.

**LHA DANG LHA MIN CHOD PEN GYI/
ZHAB KYI PE-MO LA TUD DE
PHONG PA KUN LAY DROL ZED MA/
DROL MA YUM LA CHAG TSAL LO**

The gods and demigods bow their crowns
to your lotus feet, O Tara,
You who rescue all who are destitute,
to you, Mother Tara, I pay homage.

OM TARE TUTTARE TURE SVAHA

**OM TARE TUTTARE TURE MA MA AYUR PUNYE
JNANA PUSHTIM KU RU SVAHA**

**GE WA DE YI NYUR DU DAG/
JE TSUN DROL MA DRUB GYUR NAY
DRO WA CHIG KYANG MA LU PA/
DE YI SA LA GOE PAR SHOK**

By this merit may I soon become reverend Tara and
may I be able to place all beings at her holy stage
so as to always enjoy peace and happiness.



A SHORT GUIDED HEALING MEDITATION

PREPERATION

Please sit comfortably with your back straight. Let your body relax and let go all tensions, worries, and frustrations. Imagine that tensions melt, dissolve, or fall away completely, leaving your body very light. Let your breath, in and out, be natural and comfortable.

Let go of any negative mental state, conceptual thoughts, distractions, and allow your mind be calm and peaceful. Let mental tiredness and lethargy fall away. Relax your head, face, shoulders, arms, chest, legs, hands, feet...

Set the motivation that you are doing this meditation in order to become a wise and compassionate person, more able to help yourself and benefit all sentient beings.

MEDITATION

When your mind is calm and clear, visualise in the space above your head a sphere of pale blue light (for Medicine Buddha, White light for Avalokiteshvara, Orange light for Manjushri, green light for Tara, or white light for Vajrasattva) smaller than the size of your head. It is made of pure light, transparent and radiant. Spend several minutes concentrating on the light, feeling its presence above your head. No need to worry if it does not appear sharply, it is enough to just feel that it is there.

Contemplate that the sphere of light represents all good qualities that exist. Bring to mind the good qualities you admire and would like to have within yourself: selflessness, loving kindness, compassion, generosity, patience, wisdom, humility, and so forth; and think that this light is the essence of these qualities. You can also think that it represents your own highest potential to be free of everything negative and to perfect everything positive, in other words, your Buddha nature.

Then visualise that the sphere of light decreases in size until it is about one inch in diameter, and it descends through the top of your head to your heart chakra in the centre of your chest. From there it begins to expand once more, slowly spreading to fill your entire body. As it does, all the solid parts of your body dissolve and become light - your organs, bones, blood vessels, tissue, and skin all become pure, transparent pale blue light. Your body becomes a body of light.

Concentrate on the experience of your body being a body of light. Think that all the good qualities represented by the light - love, compassion, wisdom, and so forth - have become a part of you; you are these qualities. Feel that all problems, negative energy, obstacles, and limitations have completely vanished and that you have reached a state of wholeness and perfection, feeling serene and joyful. If any thought or distracting object appears in your mind, imagine that it also dissolves into pale blue light. Meditate in this way for several minutes.

After some time, generate the wish to share this experience with others. Visualise that rays of light radiate from your heart, going out through all the pores of your body into every direction, just as light radiates from the sun. These rays go to each and every being in the universe and fill them with light. All these beings become free of all their problems and negativities and are filled with positive energy. Their bodies dissolve into pure light, and their minds experience peace and bliss. Meditate on this for some time, and feel joyful that you have been able to help all beings in this way.

DEDICATION

When you wish to end the meditation, mentally dedicate the merit or positive energy, from doing the meditation to the benefit of yourself and all other beings, helping all beings to become free from confusion and problems, to reach a state of peace and perfection, the state of enlightenment.

DEDICATION PRAYERS

**DAG GI JII NYE SAG PA'I GE WA DI
TAN DANG DRO WA KUN LA GANG PHAN DANG
KHYAD PAR JE TSUN LO ZANG DRAG PA YI
TAN PA'I NYING PO RING DU SAL JE SHOG.**

By the force of my offerings and requests to you,
In the lands and directions where I and others dwell,
Please pacify all diseases, fighting and quarrels
And increase the dharma and everything auspicious.

**JANG CHUB SEM CHOG RIN PO CHE
MA KYE PA NAM KYE GUR CHIG
KYE PA NYAM PA ME PA YANG
GONG NA GONG DU PAL WAR SHOG.**

May the supreme Bodhicitta, that has not arisen,
arise and grow, and may that which has arisen
never diminish, but increase more and more.

**JAM PAL PA WO JI TAR KHYEN PA DANG
KUN TU ZANG PO DE YANG DE SHIN TE
DE DAG KUN GYI JE SU DAG LOB CHIR
GE WA DI DAG THAM CHA RAB TU NGO**

In order to follow the excellent example set
by the wisdom of the Bodhisattva Manjushri
and the always sublime Samantabhadra,
I dedicate all virtue to their peerless ideals.

**DU SUM SHEG PA'I GYAL WA THAM CHA KYI
NGO WA GANG LA CHOG TU NGAG PA DE
DAG GI GE WA TSA WA DI KUN KYANG
ZANG PO CHO CHIR RAB TU NGO WAR GYI.**

All conquerors passed into the three times
have praised as supreme this peerless dedication
therefore I also surrender
all roots of my activity
to the sublime goals of a Bodhisattva.

**PHA MA SEM CHAN THAM CHAD DE DANG TAN GYUR CHIG
NGAN DRO THAM CHAD TAG TU TONG PA DANG
JANG CHUB SEM PA GANG NA SU SHUG PA
DE DAG KUN GYI MON LAM DRUB GYUR CHIG.**

May all sentient beings,
our fathers and mothers, have stable happiness.
May all the evil-gone realms
become empty forever, and
may all the prayers of all the Bodhisattvas,
wherever they reside, be fulfilled.

**CHAG TSHAL WA DANG CHOE CHING SHAG PA DANG!
JE SU YI RANG KUL ZHING SOL WA YI!
GE WA CHUNG ZAY DAG GI CHI SAG PA!
THAM CHE DZOG PAI JANG CHUB CHIR PO NGO WO!**

Whatever small virtues I have gathered from
prostrating, offering, declaring, rejoicing,
requesting and beseeching,
I dedicate this to attain full enlightenment.

**GE WA DI YI NYUR DU DAG.
LA MA SANG GYA DRUB GYUR NA.
DRO WA CHIG KYANG MA LU PA.
DE YI SA LA GOA PA SHOG.**

May I quickly become Guru, Lord Buddha, and
lead each and every sentient being
into his enlightened realm because of these merits.

**JE ZUN LA ME KU TSE RAB TEN CHING
NAM KAR TRIN LAY CHOK CHUR GYA PA DANG
LOB SANG TEN PAI DRON ME SA SUM GYI
DRO WAI MUN SEL TAK TU NA GYUR CHIK.**

May my venerable Lama's life be firm,
His white divine actions spread in the ten directions, and
the torch of Lobsang's teachings,
dispelling the darkness of the three worlds' beings,
always remain!

**GANG RI RA WAI KOR WAI ZHING KAM DIR
PAN DANG DE WA MA LU JUNG WAI NA
CHANG RA ZIG WANG TENZIN GYA TSO YI
ZHA PAI SI TAI BAR BU TAN GYUR CHIG**

O Avalokiteshvara, Tenzin Gyatso,
the source of benefit and bliss,
in the snow land of Tibet,
please live until the end of cyclic existence.

FOOD DEDICATION PRAYER

**TON PA LA MAY SANG GYE RIN PO CHE
KYO PA LA MAY DAM CHOE RIN PO CHE
DREN PA LA MAY GEN DOON RIN PO CHE
KYAB NAY KON CHOK SOOM LA CHO PA BOOL**

Precious is the Buddha, the unsurpassable teacher
Precious is the Dharma, the unsurpassable protector
Precious is the Sangha, the unsurpassable guide,
To the triple gem, object of my refuge,
I make this offering.

**SHAL ZAY RO GYA DHAN PAY YEE TROK PA
LEG JAR DHI NI GYAL WA SAY CHAY LA
DE PAY PHUL WAY DRO WA DHI DAK KUN
JOR DHAN TING DZIN ZAY LA CHO PAR SHOK**

With sincere devotion, I offer this carefully prepared food
which pleases the mind with a hundred tastes,
to the victorious ones and their successors.
May all living beings be sustained by the
abundant food of meditation!

OM AH HUM OM AH HUM OM AH HUM

MANTRAS

BUDDHA MANTRA

TADYATHA OM MUNI MUNI MAHA MUNYAE SVAHA

SHAKYAMUNI BUDDHA MANTRA

**TADYATHA OM MUNI MUNI MAHA MUNYAE
SHAKYAMUNI SVAHA**

HEART SUTRA MANTRA

**TADYATHA OM GATE GATE PARAGATE
PARASAMGATE BODHI SVAHA**

WISDOM MANTRA

OM A RA PA TSA NA DHIH

MEDICINE BUDDHA LONG MANTRA

**OM NAMO BHAGAVATE BE KHAN ZYE YA/ GURU BRDURYA
PRABHA RADZAYA TATHAGATAYA ARAHATE SAMAYAK SAM
BUDDHAYA TADYATHA OM BEKHAN DZYE, BEKHAN DZYE/
MAHA BE KHAN ZYE RADZA SAMUD GATE SVAHA**

MEDICINE BUDDHA MANTRA

**TADYATHA OM BE KHAN ZYE, BE KAN ZYE, MAHA
BE KHAN ZYE, RADZA SAMUD GATE SVAHA**

COMPASSION MANTRA

OM MANI PEDME HUM

GREEN TARA MANTRA

OM TARE TUTTARE TURE SVAHA

WHITE TARA MANTRA

**OM TARE TUTTARE TURE MA MA AYUR PUNYE JNANA
PUSHTIM KU RU SVAHA**

THE 100 SYLLABLE VAJRASATTVA MANTRA

**OM BANZA-SATTVA SAMAYA, MANU-PALAYA/ BANZA
SATTVA TVENO-PA TITRA, DIRDHRO ME BHAVA,
SUTOKYO ME BHAVA, SUPOKYO ME BHAVA, ANU RAKTO
ME BHAVA, SARVA SIDDHEE META YANZA, SARVA-
KARMA SUCHA ME, CITTAM SHRIYAM KURU HUM, HA HA
HA HA HOH, BHAGAVAN SARVA TATHAGATA, BANZA MA
ME MUNCHA, BANZA BHAVA MAHA SAMAYA SATTVA,
AH HUM PHAT**

PURIFICATION BUDDHA MANTRA

OM BANZA SATTVA HUM

GREAT COMPASSION MANTRA

**NAMO RATNA TRA YA YA/ NAMA ARYA JNANA
SAMGARA/ VARIOCHANA VYUH RAJAYA/ TATHAGATAYA/
ARHATE SAMYAK SAM BUDDHAYA/ NAMA SARVA
TATHAGATE BHY ARHATE BHY/ SAMYAK SAMBUDDHE
BHY/ NAMA ARYA AVOLKITE SHARAYA/ BODHI
SATTVAYA/ MAHA SATTVAYA MAHA KARUNI KAYA/
TADYATHA/ OM DHARA DHARA/ DHIRI DHIRI/
DHURU DHURU/ ITTE VATTE/ CHALE CHALE/
PRACHALE PRACHALE/ KUSUME KUSUME VARE/
ILI MILI/ CHITI JVALA MAPANAYE SVAHA**



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