

I beg you to abide for a hundred eons to increase the teachings.
Your holy mind understands the full extent of objects to be known.

Your eloquent speech is the ear-ornament of the fortunate ones.
Your holy body is glowing and glorious with fame.
To you, who is meaningful to see, hear, and remember, I prostrate.

Pleasing offerings of various arranged flowers, fragrant incense,
Light, scented water, and so forth;
Actually performed and mentally transformed oceans of clouds of offerings
I offer to you, the supreme field of merit.

Whatever non-virtues of body, speech and mind,
And especially, actions opposite to the three vows
That I have created for beginningless times,
From the bottom of my heart, I regret and fervently confess them all individually.

In this time of the five degenerations, you strove for learning and realizations,
And made meaningful the perfect human rebirth
By renouncing the eight worldly concerns.

In the savior's extensive deeds I rejoice sincerely from the depths of my heart.

Please, holy venerable gurus,
From billowed clouds of compassion and wisdom in the sky of dharmakaya,
Make rainfalls of profound and extensive teachings of whatever is suitable
For the ears of sentient beings who are the objects to be subdued.

I dedicate whatever virtues I have ever collected,
For the benefit of the teachings and of all sentient beings,
And in particular, for the essential teachings
Of venerable Losang Dragpa to shine forever.

Brief Mandala Offering

Sa shi pö kyi jug shing me tog tram
Ri rab ling zhi nyi dä gyän pa di
Sang gyä zhing du mig te ul wa yi
Dro kun nam dag zhing la chö par shog

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!

Inner Mandala

Dag gi chhag dang mong sum kye wäi yul
Dra nyen bar sum lu dang long chö chä
Phang pa me par bul gyi leg zhe nä
Dug sum rang sar dröl war jin gyi lob

The objects of my attachment, aversion and ignorance –
friends, enemies and strangers – and my body, wealth,
and enjoyments; without any sense of loss,
I offer this collection.
Please accept it with pleasure and bless me with freedom from
the three poisons.

I send forth this jeweled mandala to you precious guru

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

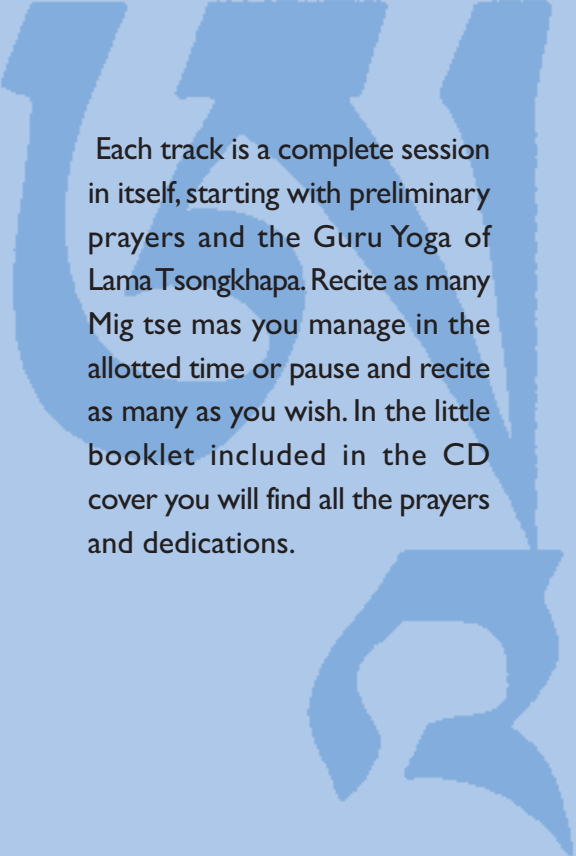
Mig-tse-ma

Mig me tse wäi ter chhen chän rä zig
Dri me khyen päi wang po jam päi yang
Dü pung ma lü jom dzä sang wäi dag
Gang chän khä pä tsug gyän tsong kha pa
Lo zang drag pä zhab la söl wa deb

Avalokiteshvara, great treasure of non-objectifying compassion;
Manjushri, master of stainless wisdom;
Vajrapani, destroyer of the entire host of maras,
Tsongkhapa, crown jewel of the sages of the land of snow;
To Losang Dragpa, at your feet I make requests.

The Guru Entering the Heart

Magnificent and precious root guru,
Please abide on the lotus and moon seat at my heart.
Guide me with your great kindness,
And grant me the realizations of your holy body, speech, and
mind.



Each track is a complete session in itself, starting with preliminary prayers and the Guru Yoga of Lama Tsongkhapa. Recite as many Mig tse mas you manage in the allotted time or pause and recite as many as you wish. In the little booklet included in the CD cover you will find all the prayers and dedications.

Refuge and Bodhichitta

Sang gyä chö dang sog kyi chog nam la
Jang chub bar du dag ni kyab su chi
Dag gi jin sog gyi pä tsog nam kyi
Dro la pen chir sang gye drub par shog

I go for refuge until I am enlightened.
To the Buddha, the Dharma and the Supreme Assembly.
By my practice of giving and other perfections,
May I become a Buddha to benefit all sentient beings.

Guru Yoga Related to Lama Tsong Khapa

You who emanate from the heart of the savior of the hundred
devas' Joyful Realm,
On the peak of a cloud resembling clumps of extremely fresh
white curd,
The king of Dharma, omniscient Losang Dragpa, with your sons:
I request you to come to this place.
In the sky before me, on a lion throne, lotus, and moon disk,
The venerable lama smiles with delight.
Supreme field of merit of mind's devotion,

Magnificent and precious root guru,
Please abide on the lotus and moon seat at my heart.
Guide me with your great kindness,
And grant me the general and sublime realizations.

Magnificent and precious root guru,
Please abide on the lotus and moon seat at my heart.
Guide me with your great kindness,
And please remain stable, without separation
from my body, speech, and mind, until I attain enlightenment.

Dedication Prayers

Ge wa di yi nyur du dag
Lama sang gyä drub gyur nä
Dro wa chig kyang ma lu pa
De yi sa la gö par shog

Through the merits of these virtuous actions
May I quickly attain the state of a guru-buddha
And lead all living beings, without exception,
Into that enlightened state.

Jang chhub sem chhog rinpoche
Ma kye pa nam kye gyur chig
Kye wa nyam pa me pa yang
Gong nä gong du phel war shog

May the precious bodhimind
Not yet born arise and grow
May that born have no decline
But increase forever more.

May I not arise heresy even for a second
In the actions of the glorious guru.
May I regard whatever actions are done as pure.
May I receive the blessings of the guru in my heart.

In the land encircled by snow mountains
You are the source of all happiness and good;
All-powerful Chenrezig Tenzin Gyatso,
Please remain until samsara ends.

Due to the merits of the three times accumulated by myself, the buddhas and bodhisattvas, and all other sentient beings, who are empty from their own side, may I, who is empty from my own side, achieve enlightenment, which is empty from its own side, and lead sentient beings, who are empty from their own side, to that enlightenment by myself alone.

Due to the merits of the three times created by myself and others and by the buddhas and bodhisattvas,

May I, my family members, all the students and benefactors, and all sentient beings be able to meet with perfectly qualified Mahayana virtuous friends in all our future lives,

From our side may we always see them as enlightened.

May we always perform only actions most pleasing to their holy minds, and

May we always fulfill their holy wishes immediately.

