Prayer of the Seven Limbs

Respectfully I prostrate with my body, speech and mind. 
I present clouds of every type of offering, actual and imagined. 
I confess all my negative actions accumulated since beginning-less time. 
And rejoice in the virtuous actions of all ordinary and noble beings. 
Please, Buddha, remain as our guide, 
And turn the wheel of Dharma until samsara ends. 
Through the merit created by myself and others, may the two bodhichittas ripen 
and may I attain buddhahood for the sake of all sentient beings.

Brief Mandala Offering

Sa shi pö kyi jug shing me tog tram 
Ri rab ling zhi nyi dä gyän pa di 
Sang gyä zhih du mig te ul wa yi 
Dro kun nam dag zhih 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 gi leg zhe näh 
Dug sum rang sar dröl war jin gi y 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
The Foundation of All Good Qualities
By Lama Tsong Khapa

The foundation of all good qualities is the kind and venerable guru;
Correct devotion to him is the root of the path.
By clearly seeing this and applying great effort,
Please bless me to rely upon him with great respect.

Understanding that the precious freedom of this rebirth is found only once,
Is greatly meaningful and is difficult to find again,
Please bless me to generate the mind that unceasingly,
Day and night, takes its essence.

This life is as impermanent as a water bubble;
Remember how quickly it decays and death comes,
After death, just like a shadow follows the body,
The results of black and white karma follow.

Finding firm and definite conviction in this,
Please bless me always to be careful
To abandon even the slightest negativities
And accomplish all virtuous deeds.

Seeking samsaric pleasures is the door to all suffering,
They are uncertain and cannot be relied upon.
Recognizing these shortcomings,
Please bless me to generate the strong wish for the bliss of liberation.

Led by this pure thought,
Mindfulness, alertness and great caution arise.
The root of the teachings is keeping the pratimoksha vows.
Please bless me to accomplish this essential practice.

Just as I have fallen into the sea of samsara,
So have all mother migratory beings.
Please bless me to see this, train in supreme bodhicitta,
And bear the responsibility of freeing migratory beings.

Even if I develop only bodhicitta, but I don’t practice the three types of morality,
I will not achieve enlightenment.
With my clear recognition of this,
Please bless me to practice the bodhisattva vows with great energy.
Track 1  Guru Devotion
Track 2  Perfect Human Rebirth
Track 3  Eight Worldly Concerns
Track 4  Impermanence and Death
Track 5  Death Process
Track 6  Lower Realms and Refuge
Track 7  Karma and Purification
Track 8  Samsaric Suffering
Track 9  Anger and Patience
Track 10  Analyzing Attachment
Track 11  Wheel of Life
Track 12  Equanimity
Track 13  Mother’s Kindness/Repay
Track 14  Benefits of Cherishing Others
Track 15  Giving and Taking
Track 16  Emptiness
Track 17  Vajrasattva Meditation

PRELIMINARY PRayers

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 pà tsog nam kyi
Dro la pen chir sang gyä drub par shog

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Supreme Community
From the collection of merits I create
By the practice of generosity and so forth,
May I become a Buddha in order to benefit all sentient beings.
Once I have pacified distractions to wrong objects
And correctly analyzed the meaning of reality,
Please bless me to generate quickly within my mindstream
The unified path of calm abiding and special insight.

Having become a pure vessel by training in the general path,
Please bless me to enter
The holy gateway of the fortunate ones;
The supreme vajra vehicle.

At that time, the basis of accomplishing the two attainments
Is keeping pure vows and samaya
As I have become firmly convinced of this,
Please bless me to protect these vows and pledges like my life.

Then, having realized the importance of the two stages
The essence of the Vajrayana,
By practicing with great energy, never giving up the four sessions,
Please bless me to realize the teachings of the holy guru.

Like that, may the gurus who show the noble path
And the spiritual friends who practice it have long lives.
Please bless me to pacify completely
All outer and inner hindrances.

In all my lives, never separated from perfect gurus,
May I enjoy the magnificent Dharma.
By completing the qualities of the stages and paths,
May I quickly attain the state of Vajradhara

**Mantras**

OM MUNE MUNE MAHA MUNAYE SVAHA
OM MANI PADME HUM

OM control (over the 3 poisons) control (over delusion and karma) greatest control (over the subtle dual view and self-cherishing) SOHA (may it develop within me)
OM may compassion and wisdom be unified within me.
Dedication Prayers

Ge wa di yi nyur du dag
Lama sang gyā drub gyur nā
Dro wa chig kyang ma lu pa
De yi sa la gō 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 nā 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.

Long Life Prayer for H.H. the Dalai Lama

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.

Gang ri ra wā kor wā zhing kham dir
Phān dang de wa ma lu jing wā nā
Chān rā zīg wāng tān dzin gya tsho yī
Zhab pā śī thāi bar ā mā tān gyur chīg

Footnotes
1. Skt. Selfliberating vows, i.e. monks and nuns vows and five lay precepts.
2. The Bodhisattvas morality of abstaining from non-virtue, putting effort in wholesome actions and benefiting others.
3. The clear light and the illusory body of the tantric path.
4. Skt. word of honor, a commitment received from ones guru.
5. The generation stage and the completion stage of tantra.
6. Skt. tantra name for Buddha.