

### **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 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

## **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<sup>1</sup>

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 bodhichitta,  
And bear the responsibility of freeing migratory beings.

Even if I develop only bodhichitta, but I don't practice the three types of morality<sup>2</sup>

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 pä 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<sup>3</sup>  
Is keeping pure vows and samaya<sup>4</sup>  
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<sup>5</sup>  
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<sup>6</sup>

### 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 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.

## 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 wä kor wäi zhing kham dir  
Phän dang de wa ma lu jung wäi nä  
Chän rä zig wang tän dzin gya tsho yi  
Zhab pä si thäi bar du tän gyur chig

### Footnotes

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1. Skt. Selfliberation 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..