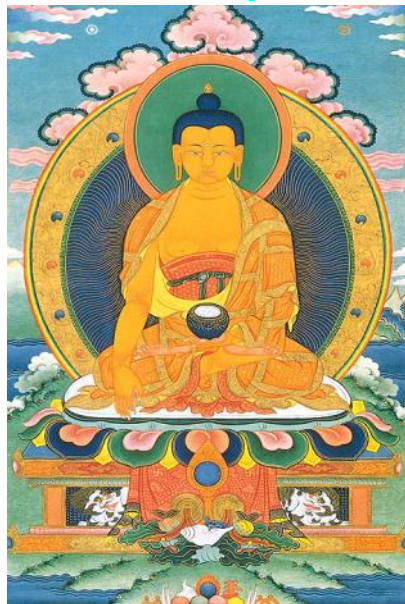


Daily Sadhana

Monday, July 18, 2011
3:45 PM

A Short Daily Sadhana



Some people don't know where to start, or what to include in their daily [sadhana](#). This blog post is to help those who need a bit of guidance for a "basic" structure. I have noted the areas within this sadhana where you can insert other deity prayers/praises/mantras.

It is very good and beneficial to do a daily sadhana. It is very easy and can be "customized" to your time and convenience. Some days you might have a bit more time, so you can do more mantras, and on some days when you might not have that much time, this "basic" structure will be more than good enough. This 'template' will help give you a bit more flexibility, while still covering all the important prayers.

Tsem Rinpoche

Multiplying Mantra

OM SAMBHARA SAMBHARA VIMANA SARA MAHA JAVA HUNG

OM MARA MARA VIMANA SARA MAHA JAVA HUNG (7x)

Blessing the Rosary

OM RUTSIRA MANI PRAWA TAYA HUNG (7x)

Taking Refuge

NAMO GURU BEH

NAMO BUDDHA YA

NAMO DHARMA YA

NAMO SANGHA YA (3x)

I take refuge in the Guru

I take refuge in the Buddha

I take refuge in the Dharma

I take refuge in the Sangha (3x)

Generating Bodhicitta

SANG GYE CHO DANG **TSOG** KYI CHOG NAM LA

JANG CHUB BAR DU DAG NI KYAB SU CHI

DAG GI JIN SOK **GYI** PAY SO NAM KYI

DRO LA PAN CHIR SANG GYE DRUB PAR SHOG (3x)

I take refuge until I am enlightened in the Buddhas, the Dharma and the Sangha. By the positive potential I create by practising generosity and the other far-reaching attitudes, may I attain Buddhahood in order to benefit all sentient beings. (3x)

The Four Immeasurables

SEM CHEN TAM CHE DAY WA DANG DAY WAY GYU DANG DEN PAR GYUR CHIG

SEM CHEN TAM CHE DUG NGEL DANG DUG NGEL KYI GYU DANG DREL WAR GYUR CHIG

SEM CHEN TAM CHE DUG NGEL MAY PAY DAY WA DANG MI DREL WAR GYUR CHIG

SEM CHEN TAM CHE NYE RING CHAG DANG NYI DANG DREL WAY DANG NYOM LA NAY PAR GYUR CHIG

May all sentient beings have happiness and its causes,

May all sentient beings be free of suffering and its causes,

May all sentient beings never be separated from sorrowless bliss,

May all sentient beings abide in equanimity, free of bias, attachment and anger.

(At this point, one may also add other preliminaries.)

The Eight Verses of Thought Transformation

With the thought of attaining Enlightenment

For the welfare of all beings,

Who are more precious than a wish-fulfilling jewel,

I will constantly practise holding them dear.

Whenever I am with others,

I will practise seeing myself as the lowest of all,

And from the very depths of my heart

I will respectfully hold others as supreme.

In all actions I will examine my mind

And the moment a disturbing attitude arises,

Endangering myself or others,

I will firmly confront and avert it.

Whenever I meet a person of bad nature,

Overwhelmed by negative energy and intense suffering,

I will hold such a rare one dear

As if I've found a precious treasure.

When others out of jealousy,

Mistreat me with abuse, slander and so on,

I will practise accepting defeat

And offering the victory to them.

When someone I have benefited and in whom

I have placed great trust hurts me very badly,

I will practise seeing that person

As my supreme teacher.

In short, I will offer directly and indirectly

Every benefit and happiness to all beings, my mothers.

I will practise in secret taking upon myself

All their harmful actions and sufferings.

Without these practices being defiled

By the stains of the eight worldly concerns,

By perceiving all phenomena as illusory,

I will practise without grasping to release all beings
From the bondage of the disturbing unsubdued mind and karma.

The Nine Attitudes of Devotion to the Guru

1. That of a filial child. Like a filial child, one thoroughly carries out the instructions of the Guru without the slightest deviation.
2. That of a Vajra. Like a Vajra that cannot be split apart, even when facing division created by devils or bad associates, one will never split away from the Guru.
3. That of the Earth. Like the Earth carrying everything in the world, one shoulders all assignments ordered by the Guru.
4. That of the Iron Circle of Mountains. Like everlasting mountains, while abiding under the patronage of the Guru one endures hardships and sufferings without ever swaying in one's determination.
5. That of a servant. Like an obedient servant, even when one is obliged to carry out very difficult assignments one holds no grudges in one's heart.
6. That of a sweeper. Like a humble sweeper, one renounces self-pride and regards oneself as inferior to the Guru.
7. That of a rope. Like a continuous rope, one rejoices in carrying on the Dharma activities of the Guru, regardless of its degree of difficulty and heaviness of load.
8. That of a domestic dog. Like a loyal dog, even when the Guru ridicules, irritates or ignores one, one never responds with anger.
9. That of a boat. Like a ferry one goes back and forth on the Guru's assignments without any discontent.

(For an extended version, with commentary, click [here](#))

Guru Yoga / Gaden Lhagyama

(For a full description of the visualization of Tsongkhapa and other Tsongkhapa-related teachings, click [here](#))

INVOCATION

GA-DEN HLA-JI NGON-JYI THUG-KA NEY

RAP-KAR SHO-SAR PUNG-DEE CHU-DZIN TSER

CHO-KYI GYEL-PO KUN-CHEN LOZANG DRAG

SEY-DANG CHE-PA NE-DIR SHEG SU SOL

From the heart of the Lord of the Gaden devas (Maitreya Buddha)

emerges a brilliant white cloud, like a great mass of fresh yoghurt.

Atop sits Tsongkhapa all knowing, King of Dharma;

we request your coming to this place along with your great disciples.

REQUESTING TO STAY

DUN-JYI NAM-KHAR SING-TI PEE-DEE TENG

JE-TSUN LA-MA JYEH-PI DZUM-KAR CHYEN

DAG-LO DE-PE SO-NAM SHING-CHOG TU

TAN-PA JYEH-SHIR KAL-DJAR JUG-SU SOL

My Lord Guru is seated before me upon a lion-throne, lotus and moon cushion.

His body is white and he smiles blissfully.

Please remain many eons and serve as the great merit field for the growth of my mind's faith,

and for the increase of Lord Buddha's teachings.

PROSTRATION AND PRAISE

SHE-JYEH CHON-KUN JAL-WEY LO-DO THUG

KAL-ZANG NA-WEY JYIN-JUR LIK-SHEY SUNG

DRAG-PI PEL-JYI HLAM-MER DZEY-PI KU

THONG-THO DRAN PI DON DHAN LA-CHAG TSAL

His omniscient wisdom-mind encompasses all that is existent.

His voice is a profound teaching, which ornaments the ear of the fortunate pupil.

His body's beautiful radiance evokes wondrous admiration.

To Lama Tsongkhapa whom merely viewing, hearing or contemplating earns one great merit, I make prostration.

OFFERING

**YIH-WONG TCHO-YON NA-TSOG ME-TOG DANG
DRI-JEM DUG-PO NANG-SAL DRID-CHAB SOG
NGO-SHAM YIH TUL TCHO-TIN GYA-TSO DI
SO-NAM SHING-CHOG CHE-LA CHO-PA BUL**

I present to you, great field of merit, Tsongkhapa,
beautiful offerings, water, a display of flowers, fragrant incense,
butter-lamps, perfumes and more both physical and mental offerings,
vast as the clouds and wide as the ocean.

CONFESSION

**DAG-GI TO-MEY DU-NEH SAG-PA YI
LU-NGAG YIH-KYI DIG-PA CHI-JYI DANG
CHEY-PA DOM-PA SUM-JI MI-TUN SHO
NYING-NEH JO-PA TRAH-PO SO-SOR SHAG**

The unwholesome actions of body, speech and mind,
which I have accumulated over a measureless period,
especially actions contrary to the three vows (Vinaya, Bodhisattva, Vajrayana),
I regret extremely from the depths of my heart, and I reveal each and every such action.

REJOICING

**NIK-MI DU-DIR MANG-THO DRUP-LA TSON
CHO-JYED PANG-PI DAL-JOR DON-YO SHYE
NGON-PO CHEY-KYI LAP-CHEN DZE-PA LA
DAG-CHAG SAM-PA TAG-PEH YI RANG NGO**

We totally rejoice in your magnificent achievements, my Lord,
who received numerous teachings and performed the practices with utmost diligence,
who abandoned the eight worldly objectives
and made the most meaningful use of the eighteen opportune conditions during these degenerate times.

REQUEST TO TURN THE WHEEL OF DHARMA

**JE-TSUN LA-MA DAM-PA CHEY-NAM KYI
CHO-KU KA-LA CHEN-TI TIN-TIK NEY
JI-TAR TSAM-PI DUL-SHIH DZIN-MA LA
ZAB-JI CHO-KYI CHAR-PA WHAP-TU SOL**

All you holy Gurus, unerring in conduct,
may you precipitate a rain of realisation of [Bodhicitta](#) and Shunyata
from the clouds of all-knowing compassion which fills the Dharmakaya sky,
providing for the field of disciples precisely what is needed.

REQUESTING TO REMAIN

**NAM-DAG WO-SAL YING-LEY JING-PA YI
ZUNG-JUG KU-LA CHAR-NUB MI-NGA YANG
THA-MAL HNANG-NGOR ZUG-KU RAG-PA NYI
SEE-THEE BAR-DU MI-NUB TAN-PA SHUG**

May the Vajra body of Tsongkhapa created from the purity of clear light,
free of the rising and setting of cyclic existence
but visible to the ordinary viewer only in its unsubtle, physical form,
stay on unchanging, without waning, until Samsara ends.

DEDICATION

DAG-SOG JIN-NYEH SAG-PA GE-WA DEE
TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG
CHE-PA JE-TSUN LO-ZANG DRAG-PA YI
TAN-PI NYING-PO RING-DU SAL-SHEH SHOG

May this merit accumulated by myself and others,
beneficially serve all sentient beings and the Buddhadharma
and especially may the essential teachings of the unerring master Tsongkhapa,
become clear and enduring.

MIGTSEMA (MANTRA OF JE TSONGKHAPA)

This can be recited anytime, anywhere, as many times as possible. It has the benefits of receiving the blessings of Avalokiteshvara, Manjushri and Vajrapani.

MIG-MEY TZE-WEY TER-CHEN [CHENREZIG](#)
DRI-MEY KHYEN-PI WANG-PO JAMPAL YANG
DU-PUNG MA-LU JOM-DZEY SANG-WEY DAG
GANG-CHEN KE-PEY TSUG-GYEN [TSONGKAPA](#)
LO-SANG TRAG-PEY SHAB-LA SOL-WA DEB

(Recite 21x or more, depending on time)

Je Tsongkhapa, crown jewel of the holy Masters of the land of snows,
You are Avalokiteshvara, great goldmine of Compassion untainted by ego's delusion.
You are [Manjushri](#), great Master of stainless wisdom.
You are [Vajrapani](#), great subduer of all the gatherings of demons.
At your feet, famed Lobsang Drakpa,
I humbly bow and earnestly request that all sentient beings achieve Enlightenment.
(Recite 21x or more, depending on time)

LAMA TSONGKHAPA SHORT MANTRA

OM AH RA BA ZA NA DHI *(1 mala, followed by 1 mala recitation of the last syllable "DHI", under one breath)*

DISSOLVING JE RINPOCHE INTO OURSELVES

PAL-DAN [TSA](#)-WEY LA-MA RINPOCHE
DAG-SOG CHI-WOR PE-ME DAN-JUG LA
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE
KU-SUNG THUG-KYI NGO-DRUP TSAL-DU SOL

Dear worthy root Guru, please ascend the lotus seat
atop the head of myself and the other beings,
and in your great kindness please remain with us.
Bestow upon us the blessings of your body, speech and mind.

PAL-DAN [TSA](#)-WEY LA-MA RINPOCHE
DAG-SOG NYING-KHAR PE-ME DAN-JUG LA
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE
CHO-DANG THUN-MONG NGO-DRUP TSAL-DU SOL

Precious, noble, root Guru, please occupy the lotus seat
within our hearts and in your great kindness remain with us.
Please grant us your blessings for our temporal success
and for the supreme attainment.

PAL-DAN [TSA](#)-WEY LA-MA RINPOCHE
DAG-SOG NYING-KHAR PE-ME DAN-JUG LA
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE
JANG-CHUB NYING-PO BAR-DU TAN-PAR SHUG

Beloved, noble, root Guru, please occupy the lotus seat
within our hearts and in your great kindness remain with us.
Please stay on until we achieve the great goal of Enlightenment.

(At this point, one may insert other deity prayers. These prayers may include: [Medicine Buddha](#), [Dzambala](#), [Praises to the 21 Taras](#), [A Song Of Longing For Tara The Infallible](#), [Gem to Increase Life and Wisdom \(White Tara\)](#), [Praise to Saraswati](#), [Amitayus](#), [Black Manjushri](#), [Vajrayogini Tea Offering](#), [Praise to Vajrayogini](#))

Dharmapala Setrap

This is the concise version of the prayer to Lord Setrap Chen, the [Dharma Protector](#) of Kechara House. This prayer is based on the original Tibetan scripture that is done daily in Gaden Shartse Monastery to this day.

**DAG DUN [GYI](#) TUG KAY SA BON LE O
ZER TRO PE RANG ZHIN GYI NE NE
CHO KYONG KOR DANG CHE PA
BEDZA SAMA TZA!**

Light emanates from the heart seed syllables of the self and front generated deities inviting from their natural abode the [Dharmapala](#) and entourage with **BEDZA SAMA TZA!**

(Thus, contemplate and lighting incense, waving the fan, with confidence of the wisdom deity, accompanied by ritual music, chanting, continue:)

INVOCATION (CHENCHEN)

**TZA CHI ME LHA YI KANG ZANG DAM PA DANG
DRAG MAR SIN PO TRO DRAY NE CHOG NE
NO JIN TSEN GO CHEN PO SE TRAP CHEN
KOR DANG CHE PA NE DIR SHEG SU SOL**

TZA! From the holy celestial mansion of the deathless gods

And the red citadel-like supreme abode of fierce rakshas

O great wild 'tsen' yaksha Setrap Chen

Pray come to this place with your entourage!

SANG GYE KUN NGO PADMA TO TRENG SOG

TSA GYU LA ME KA GO DAM ZHAG PA

JI TAR SUNG ZHING TEN NE GYA PO KYI

TSUG LA KANG ZANG NAM NE SHEG SU SOL

From the excellent temples of India and Tibet,

Those bases which you are under oath to protect.

By order of the root and lineage Gurus such as Padmasambhava

Who is, in actuality, all Buddhas, pray come!

KYE PAR PO YUL JIG TEN MIG CHIG PU

KE NYI MA WA LO DEN SHE RAB KYI

TEN PA TEN TZING GE DUN DE CHE NAM

SUNG CHIR YAR DAM GONG TE SHEG SU SOL

Especially, to protect the teachings, and Sangha

Who uphold the teachings, of the translator, Loden Sherab.

That sole guiding light of the world in Tibet,

Please remember your sworn promise and come!

OM MAHA YAKCHA TSA SAPARIWARA E HYE HI

TZA HUNG BAM HO

They become non-dual with the commitment beings

(... contemplate)

DAM TSIG PA DANG NYI SU ME PAR GYUR

PEMA KAMALAYE TAM

HUNG RAB YANG KA PA LA YI NO NANG DU

RANG ZHIN DE TONG NAM PA CHO PAY TZE

NGO SHAM YI TRUL (1.CHO YON) PAG ME DI

CHO KYONG CHEN PO KOR DANG CHE LA BUL

Within fully vast kapala vessels
In nature bliss-void, aspect, object for offering
These boundless beverages, both set out and envisioned
I offer to the great Dharmapala and entourage!

**HO GYEL PO NO JIN CHEN PO SE YI TRAP
KOR DANG CHE PA KYE NAM
KYI TA DRIN WANG GI GYEL PO RIG TZIN
PADMA JUNG NE NGO LOG LODEN
SHERAB SOG LAMA DAMPA NAM KYI
CHEN NGAR YAR DAM NYEN PO SHEL GYI
ZHE PA ZHIN GYEL WAY TEN PA SUNG
KON CHOG GI U PANG TO GE DUN GYI
DE KYONG DRO WAY DE KYI PEL KYE
PAR PEL DEN DHARMA CENTER CHO DEY
TSON PAY KAM SUM CHO KYI GYEL PO
[TSONG KHAPA](#) CHEN PO RING LUG GANG
DU GYE PAY GON NE DU DE DANG CHE
PA SUNG ZHING KYAB TE DE NO SUM
GYI TO SAM DANG LAB PA SUM GYI
NYAM LEN SOG KOR LO SUM GYI JA WA
NAM PEL WA DANG DAG SOG NAM KYI
GEL KYEN BAR CHO ZHI ZHING TUN
KYEN SAM DON YI ZHIN DU DRUB PAR
TZE DU SOL**

O King, great Setrap Chen, and your CHEN entourage!

Just as you have strictly sworn before the lord of power Hayagriva, the wisdom holder
Padmasambhawa, the translator Loden Sherab and other holy Gurus, Protect Buddha's teachings! Raise
status of the Supreme Rare Jewels! Protect community of Sangha! Spread the happiness of beings! And
especially guard and protect Dharma communities wherever the three realms' king of Dharma
Tsongkhapa's tradition has spread, such as glorious Kechara House.

Proliferate activities of the three wheels of Dharma such as studying the three pitakas and practising the
three trainings! And for myself and others pacify non-conducive conditions and obstructions and bring
about conducive conditions as we wish!

CONFESSION (SHAKPA)

**HUNG KU SUM GAR DANG LO DEN SHE RAB SOG
TSA GYU LA MAY TSOG NAM GONG SU SOL
PEL DEN LA MA KU ZHI DAG NYI DU
YI CHE DE PA NYING NE MA GYI SHAG**

O dance of the three kayas, hosts of root and lineage
Gurus such as Loden Sherab; please pay attention!
Not maintaining heartfelt faith in the glorious Guru
As being of a nature of the four kayas, I confess.

**TAB SHE NYI SU ME PAY GYU GYEL GYI
YI DAM LHA YI TSOG NAM MA LU GONG
NGO DRUB TSA WA DOR JEY DAM TSIG LE
NYAM CHAG NONG PA GANG GYUR TAM CHE SHAG**

Hosts of yidam deities of the non-dual means and wisdom
Victorious tantras, without exception, listen!
Whatever is faulty or degenerated among these roots of attainments
My tantric commitments, all I confess.

**TRO PA KUN DREL YE SHE CHO KU LE
YO WA ME KYANG GANG DUL ZUG KYI NI**

**DRO WAY DON TZE CHO KYONG SE TRAP CHEN
KOR DANG CHE PA TSE WE DAG LA GONG**

Though unmoving from the wisdom Dharmakaya devoid of elaboration
Benefiting migrators with whatever form will subdue them
Dharmapala Setrap Chen together with entourage,
Out of compassion, listen to me!

**GON KYO NYEN DRUB CHO TOR YEL WA DANG
CHI NANG SANG WAY TEN TZE MA JOR PA
LE KUN DRUB TSE TANG RAG MA GYI SHING
DU TOR GYUN TOR CHAG PA TOL LO SHAG**

Protector; being lax in doing your retreat and offering tormas,
Not getting substances for outer, inner, and secret bases,
Not giving thanks at the accomplishment of all activities,
And missing regular and permanent tormas, I reveal and confess.

**CHO TOR MEN DANG NYAM DANG MI TSANG BAG
DAM NYAM DRA GEG DRAG PO LE JOR GYI
TSAR CHO MA GYI DE DANG DAM DRE SHING
ZE ZO SUNG KYOB GYI PA LA SOG SHAG**

Offering tormas that are inferior, degenerate or polluted,
Not using wrathful yogic activities
To destroy those with broken commitments, enemies, and obstructors,
Hypocrisy, hoarding, and so forth I confess.

**DOR NA TOG ME DUN NE LE NYON GYI
WANG DU GYUR PE GON PO KYO NYI KYI
KU SUNG TUG DANG GEL WA GANG GYI PA
MA LU SAM PA TAG PE SHAG GYI NA**

In short, whatever transgressions of your body, speech and mind,
Protector, I have committed under control of beginningless karma and delusions,
Without exception I confess from the depths of my heart.

**TSE WAY PA ME CHE PAY BU TSA ZHIN
TUG JE CHEN PO ZO PA ZHE TZO LA
CHOG DANG TUN MONG NGO DRUB GYA TSO NAM
GEG ME DE LAG DU WAY TRIN LE TZO**

Therefore, like a loving parent for their own beloved child,
Show forbearance out of great compassion
And exert enlightening influence to easily gather without obstruction,
Infinite attainments, common and supreme!

PRAISE (TOPA)

Composed by H.H. the 5th Dalai Lama

**HUNG PE MA RA GAY LHUN PO TA DONG ME
LEN GYAR KYU PAY PEL TZIN SIN PO ZUG
JIG RUNG GAR GU NYAM KYI NAM ROL WA
CHO KOR KYONG WAY SUNG MA CHE LA TO**

In raksha's form, a ruby mountain glorious with a hundred-fold
Embrace of the southern ocean's submarine fire,
Emanation in a dance of all possible fury,
Praise the great guardian Protector of the teachings!

**ULA SEL TSER BAR WAY SE MOG GYON
LHAG LHAG O TONG KYUG PAG SE TRAB SOL
GA SAB CHE TZE CHANG SHE LA CHIB NE
SI SUM KE CHIG NYUL WA KYOL LA TO**

Wearing brightly blazing leather helmet on your crown,

And leather mail glittering with exceedingly bright light,
Mounted on beautifully saddled, bridled wisdom horse,
Exploring the three realms in a single instant, praise to you!

**MAG TSOG JE WA GYE PAY BENG CHEN CHAR
DRA GEG CHING WAY ZHAG PA TUG KAR TZIN
KE LA TAG REL ZIG SHUB REL DRI CHANG
TU DEN TSEN GO CHEN PO KYO LA TO**

Raising great cudgel dispatching millions of armed hosts,
At heart holding the noose which binds enemies and obstructers
At belt hang tiger-skin quiver, leopard-skin bow case and sword
The powerful great wild 'tsen', praise to you!

**KU SUNG TUG DANG YON TEN TRIN LE KYI
TRUL PA ZHI DANG TRO CHAG ROL GAR KEN
NAM GYUR CHIR YANG TEN PAY TU TSEL CHEN
LHA LU TSEN GO RIG GYUR NAM LA TO**

Dancer who sends forth peaceful and wrathful emanations
Of body, speech and mind, qualities and activities,
With powerful ability to exhibit any appearance whatsoever
Praise to your transformations as wild 'tsen', devas and nagas!

**BEN NGAG MON PA TAG SHAR A TSAR YA
TSEL LU JI LA TRUL NAG TRA TREU SOG
DRANG ME TRUL PA JIG RUNG KOR TSOG KYI
SA ZHI BAR NANG KYON KUN GENG HA TO**

Monks, tantrikas, tribals, youths and clowns,
Cocks, cats, black snakes, apes & so forth,
Praise the numberless dreadful emanations
In your entourage which fill the expanse of earth and sky!

**ZE TSANG SE KYI TEN PA RIN PO CHE
SHE DANG DRUB PE PEL WAY DU PAY DE
DE TZIN KYE BU GYU JOR JIN PAY DAG
YAR NGO DA TAR PEL ZHING GYE PAR TZO**

Cause the precious teachings of Buddha Shakyamuni,
The assembly which spreads them through teaching and practice,
And the sponsors of those who uphold the teachings,
To increase and flourish like the waxing moon!

**JIG TEN KUN TUN NE MUG TRUG TSO SOG
DU KYI CHE PA MA LU KUN ZHI NE
GYE TRI TSE TUB TZAM LING MI ZHIN DU
TZOG DEN SAR PAY TSE GA GO PAR TZO**

In all worlds pacify interruption without exception,
Such as disease, starvation, arguments and conflict,
And, as when people live to 80,000 in Jambudvipa,
Set beings in perfection, fresh culmination of joy!

**KYE PAR PA ROL CHIN DANG TSE MA SOG
GYEN DRUG CHOG NYI ZHUNG LUG TO SAM GYI
TEN LA BEB PAY DHARMA CENTERS TIDE
JE DRANG CHE KUN DAR ZHING GYE PAR TZO**

Especially cause the spread and flourishing of all Dharma Centers,
Together with all its followers, those who understand
Through study, the two supreme and six ornaments'
Scriptures on the perfections, valid cognition and so forth.

**DOR NA DAG CHAG GON NE MI NOR KUN
TEN SUNG CHEN PO KYO LA NYER TE NA**

**NYIN TSEN DU DRUG SUNG ZHING KYOB PA DANG
ZHI GYE WANG DRAG TRIN LE LHUN DRUB TZO**

In brief, since we entrust to you, Great Dharmapala,
Our spiritual abode, people, property and all,
Protect us throughout day and night's six periods,
And spontaneously exert peaceful, increasing, powerful and wrathful enlightening influence!

KANSHAG/KAWANG

An ocean of blood stirred by waves
Flowers of sense organs stacked in mounds
Smoke of burnt flesh gathered like clouds
Lamp of melted human fat, bright as the sun
Perfume of human grease filling vessels
Food to eat of flesh and bones
Various music thundering like a thousand dragons
Sturdy hard vajra armor which protects life
Various weapons which destroy enemies
Clever horse which traverse the billion worlds
Wish fulfilling cow bearing a stream of milk
Baboons, monkeys, cat and cocks
Goats, sheep, drong, yaks, elephants, lions and tigers
A mountain of torma soaring to the sky
Swirling lake of tea and beer to drink
Mount Sumeru, four lands, sun and moon
The seven royal objects and five senses
Thus, all wealth of humans and devas
Actually arranged and mentally envisioned
And blessed into a sky treasure, with this
May Setrap Chen's heart commitments be fulfilled
May the six emanations' heart commitments be fulfilled
May the infinite entourage's heart commitments be fulfilled
May you fulfill commitments and restore degeneration!

SERKYM OFFERING

Golden drink offering – black tea, milk or yogurt. Composed by H.H. Kyabje Trijang Rinpoche

OM AH HUM (3x)

HUNG NGO DRUB CHAR BEB LA MA YI DAM LHA

TRIN LE DRUB TZE KA DRO CHO KYONG SOG

DO GU TSANG WAY SER KYEM CHO PA DI

BUL LO SUNG KYOB YEL WA ME PAR TZO (T)

Those who pour down the attainments, Gurus, yidam deities,

Performers of activity, [dakinis](#), Dharmapalas, and so forth

This golden drink replete with all one could wish is offered;

Never waver in your protection! (T)

HRI KYE PAR GYEL WAY TEN PA SUNG WAY TSO

SE YI TRAB CHEN KOR DANG CHE NAM LA

DO GU TSANG WAY SER KYEM CHO PA DI

BUL LO SUNG KYOB YEL WA ME PAR TZO (T)**

HRI! Especially, principal guardian of the Conquerors' Teachings,

Setrap Chen along with entourage to you

This golden drink replete with all one could wish is offered;

Never waver in your protection! (T)**

KU YI TRUL PA MI ZE MUN PAY ZUG

**NEU LU TREN YANG TRUL PO NYAR CHE
DO GU TSANG WAY SER KYEM CHO PA DI
BUL LO DANG WAY DRA WO TSE NE CHO (T)**

Body emanation of irresistible dark form,
And your emanated messengers, mongoose, and 'tsen',
This golden drink replete with all one could wish is offered;
Cut down hateful enemies! (T)

**SUNG TRUL DU KYI ME CHE YO WAY GAR
TRO TUM DRAG SHUL TSEN GO PO NYAR CHE
DO GU TSANG WAY SER KYEM CHO PA DI
BUL LO LOG TAY DE PUNG CHAM LA POB (T)**

Speech emanation dancing like fire of time's end's flames,
And messenger, wild 'tsen' with expression of fierce wrath,
This golden drink replete with all one could wish is offered;
Banish forces with distorted views completely! (T)

**BUM TRAG TON DA TSEG PAY LANG TSO CHE
TUG KYI TRUL PA LHA RIG PO NYAR CHE
DO GU TSANG WAY SER KYEM CHO PA DI
BUL LO MI TUN BAR CHE ZHI WAR TZO (T)**

With graceful beauty of hundred-thousand-fold autumn moons,
Mind emanation and messenger of deva family,
This golden drink replete with all one could wish is offered;
Pacify negative interferences! (T)

**SI SUM YI WANG YE KYIL DUNG GI DRE
NYO JE JE YI GYEL PO PO NYAR CHE
DO GU TSANG WAY SER KYEM CHO PA DI
BUL LO TEN YO LEG TSOG WANG DU DU (T)**

Crazer of the three realms' beings' minds with sounds
Of right-spiralling conch, and messenger, King of lords,
This golden drink replete with all one could wish is offered;
Powerfully attract all goodness of animate and inanimate worlds! (T)

**LHUN DUG GANG RI DUM BU KYO PAY NYAM
YON TEN TRUL PA TER SUNG PO NYAR CHE
DO GU TSANG WAY SER KYEM CHO PA DI
BUL LO SI ZHI GE TSEN GYE PAR TZO (T)**

With expression shaking the atoms of massive snow mountains,
Quality emanation and messenger, Guardian of treasures,
This golden drink replete with all one could wish is offered;
Increase all samsaric and nirvanic excellence! (T)

**DUG CHEN TRAG GI SHER WAY SIN PO ZUG
TRIN LE TRUL PA TSEN GO PO NYAR CHE
DO GU TSANG WAY SER KYEM CHO PA DI
BUL LO NEL JOR LE LA TSEL MA ZHEN (T)**

In form of a raksha, wet with vicious beings' blood,
Activity emanation and messenger, wild tsen
This golden drink replete with all one could wish is offered;
In yogic activity be not weak of power! (T)

**ZHEN YANG LHA LU TSEN DU A TSA RA
MON PA JIG RUNG DREG PAY MAG TSOG NAM
DO GU TSANG WAY SER KYEM CHO PA DI
BUL LO GEL KYEN SOL LA TUN KYEN DRUB (T)**

Furthermore, devas, nagas, 'tsen', maras and tantrikas,
Tribal natives, and fearsome proud army forces,

This golden drink replete with all one could wish is offered;
Dispel contrary conditions and provide all facilities! (T)

(At the verse below, pour tea till finished:)

**GYEL TEN SHE DRUB CHO ZHIN GYE PA DANG
DE TZIN LA MAY KU TSE TRIN LE PEL
NO PAY GEG DOG DANG DRA ZHOM PA DANG
CHOL WAY LE KUN TRIN LE YI ZHIN DRUB**

Increase Buddhist Teaching and Practice in accord with Dharma,
Augment life span and spread activities of Gurus who uphold it,
Stop harmful obstructers and conquer hateful enemies,
And accomplish all requested aims with activity as wished!

*Note: (T) – Pour tea once (T)** – Pour tea 21x or 108x (as instructed)*

ENTHRONEMENT

**HUNG NGO DRUB GYA TSO DE LAG TSOL TZE CHING
SA LAM BAR CHE MA LU KUN SEL WAY
DOR JE CHANG WANG TSA GYU LA MA DANG
YER ME JE TSUN DAM PAR NGA SOL LO**

We enthrone you as The Holy Venerable One
Inseparable with root and lineage [Vajradhara](#) Gurus
Grantor of infinite easy attainments
And dispeller of all obstructions on the path without exception!

**LUNG TOG YON TEN NGA DAG TZOG SANG GYE
ZHI ZHING DO CHAG KUN DREL DAM PAY CHO
ZHEN DON CHO PE MI NGEL GE DUN DE
KYAB SUM DU PAY NGO WOR NGA SOL LO**

We enthrone you in the nature embodying the three refuges;
The fully enlightened, verbal and realised Dharma's sovereign,
Holy Dharma, peaceful, freed from all attachment,
And Sangha, untiring in serving others' welfare!

**CHO YING CHE NE GANG DUL NA TSO G ZUG
CHU DA TA BUR MA DRE YONG SHAR WA
DRANG ME GYU DEY KYIL KOR KUN GYI TSO
YI DAM LHA YI NGO WOR NGA SOL LO**

From emptiness' great sphere, whatever various forms will subdue
Full distinctly appear like the moon's reflection in water;
Principal of all tantric sets' countless mandalas,
We enthrone you in nature of the yidam deity!

**TZAM BU LING GI TSUG LAG KANG NAM DANG
TEN DANG TEN TZIN GE DUN DU PAY DE
MA LU KYONG TZE DOG MAR SIN PO ZUG
CHO KYONG YONG KYI TSO WOR NGA SOL LO**

In form of a red raksha protecting, without exception,
The temple libraries of Jambudvipa
The teachings, and Sangha assembly upholding them,
We enthrone you as principal of all Dharmapalas!

**TSUL ZHIN TEN CHING CHO PAY GANG ZAG LA
CHOG TUN NGO DRUB YI ZHIN WANG GI GYEL
DE LAG TSOL TZE YI ZHIN NOR BU TAR
RE WA KUN KANG GON POR NGA SOL LO (3x)**

Powerful King granting all wished common and supreme attainments
To anyone who properly relies on and propitiates you;
Bestowing all easily like a wish-granting gem,

We enthrone you as Protector who fulfils all hopes! (3x)

DAG CHAG PON LOB KOR CHE GON KYO LA

NYER DU TE DO YEL ME SUNG WA DANG

MI TUN KUN ZHI CHI DO NGO DRUB KUN

SAM PA TSAM GYI DRUB PAR TZE DU SOL (3x)

We, master, disciples and entourage,

Entrust ourselves to you, Protector, guard us unceasingly!

Pacify all negative circumstances and grant accomplishment

Of whatever desired attainments at our mere wish! (3x)

Mantra: **OM MAHA YAKCHA TSA SOHA (1x mala)**

At the conclusion of any meritorious activities such as making offering, prayers, etc., it is essential to dedicate the merits that we have accumulated for the benefit of all sentient beings.

Completion Dedication

JANG-JUB SEM-CHOK RINPOCHE

MA-KYE PA-NAM KYE-GYUR CHIK

KYE-PA NYAM-PA ME-PA YANG

GONG-NA GONG-DU PEL-WAR SHUG

May the precious Bodhi-mind,

Where it is not born arise and grow

May that born have no decline

But increase forever more.

TONG-NI TONG-WA RINPOCHE

MA-KYE PA-NAM KYE-GYUR CHIK

KYE-PA NYAM-PA ME-PA YANG

GONG-NA GONG-DU PEL-WAR SHUG

May the precious Emptiness

Where it is not born arise and grow

May that born have no decline

But increase forever more.

DAG-SOG JIN-NYEH SAG-PA GE-WA DEE

TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG

CHE-PAR JE-TSUN LO-ZANG DRAG-PA YI

TAN-PI NYING-PO RING-DU SAL-SHEH SHUG

May this merit accumulated by myself and others beneficially serve all sentient beings and the

Buddhadharma and especially may the essential teachings of the unerring Master Tsongkhapa, become clear and enduring.

Prayer by Je Tsongkhapa

KYE-WA KUN-TU YANG-DAK LA-MA DANG

DRAL-ME CHO-KYI PAL-LA LONG-CHO CHING

SA-DANG LAM-GYI YON-TEN RAP-DZOK NA

DORJE CHANG-GI GO-PANG NYUR-TO SHUG

In all my rebirths may I not be parted from perfect Gurus,

Let me enjoy the abundance of the Dharma!

Perfecting the quality stages and paths

May I quickly attain the rank of [Vajradhara](#) Buddha.

Dedication of virtue

GE-WA DI-YI NYUR-DU DAK

LA-MA SANG-GYE DRUP-GYUR NA

DRO-WA CHIK-KYANG MA-LU PA

DE-YI SA-LA GO-PAR SHUG

By this virtue, may I quickly

Realize Guru-Buddhahood,

And transfer each sentient being
Into that Enlightened state.

CHO KHI GYAL PO TSONG KHA PA
CHO TSUL NAM PAR PHEL WA LA
GEK KI TSHAN MA ZHI WA DANG
THUN KYIN MA LU TSHANG WAR SHOK

May all conducive conditions arise
and all obstacles be pacified,
in order to increase infinitely,
the doctrine of the spiritual king, Tsongkhapa.

DA DANG SHEN GI DU SUM DANG
DRIL WA TSOK NYI LA TEN NAY
GYA WA LO ZANG DRAG PA YI
TAN PAR YUN RING VAR GYUR CHIG

By the merits of the 3 times of myself and others,
May the doctrine of Lama Tsongkhapa blaze forever.

Auspicious Dedication

NYIMO DELEK TSEN TELEK
NYIME GUNG YANG DELEK SHIN
NYITSEN TAKTU DELEK PEL
KON CHOK SUM GYI JIN GYI LOB
KON CHOK SUM GYI NGOR DRUL TSOL
KON CHOK SUM GYI TRA SHI SHOK

At dawn or dusk, at night or midday,
may the [Three Jewels](#) grant us their blessing,
may they help us to achieve all realisations
and sprinkle the paths of our lives with various signs of auspiciousness.

Dedication for the Guru's long life

JETSUN LAMA KU TSE RABTEN CHING
NAMKAR TRINLEY CHOG CHUR GYE PA DANG
LOBSANG TENPE DRON ME SA SUM GYI
DRO WE MUNSEL TAKTUR NE GYUR CHIG

May the holy teachers have long lives.
May the enlightened activities be fully displayed in the ten directions,
and may the brightness of the teachings of Lama Tsongkhapa
continuously dissipate the veil of darkness covering the beings of the three realms.

Dedication for the long life of H.H. the 14th Dalai Lama

GANG RI RAWE KORWAI SHING KHAM DIR
PEN DANG DEWA MALU GYUNG WAI NE
[CHENREZIG](#) WANG TENZIN GYATSO YI
SHA PEI SITHAI BARDU DEN GYUR CHIG

In this holy Land surrounded by snow mountains,
You are the source of all benefit and happiness
May your lotus feet, O powerful Chenrezig, Tenzin Gyatso
Remain in this world until the end of existence.

Yonten Shigyurma – The Foundation of All Realisations

Well-realising that the root of the path
the foundation for every realisation,
is to properly rely on my kind Guru,
bless me to do so with great effort and devotion.
Knowing that this life of freedom, found but once,
is difficult to gain and greatly meaningful
bless me to develop the continual wish

all day and night to take its essence.
Mindful of death, this life disintegrates
as swiftly as a bubble in turbulent water
and after death my good and bad
karma follows me like my shadow.
Having gained firm certainty of this,
bless me to be ever conscientious
to abandon even the slightest harm
and practice every possible virtue.
Enjoying deceptive samsaric pleasure
brings no contentment and is the door to all suffering.
aware of its drawbacks, bless me to develop
a strong wish for the bliss of liberation.
With mindfulness, introspection, and great care
induced by that pure aspiration
bless me to make my essential practice
the Pratimoksha, root of Buddha's teachings.
Just as I've fallen in this sea of suffering
so have all beings, my kind mothers;
seeing this, bless me to train in [Bodhicitta](#),
taking up the burden of liberating them.
And yet, just wishing this, without practicing
the three ethics, Enlightenment cannot be attained.
knowing this well, please bless me to intensively
strive to train in the Bodhisattva vows.
Properly analysing the correct object
and pacifying distraction to mistaken objects
bless me to swiftly realise the path
which unifies quiescence and special insight.
When I'm a pure vessel, trained in common paths,
bless me to enter with perfect ease
the sacred gateway of fortunate ones,
the supreme of vehicles, Vajrayana.
Then, foundation for the two attainments
is keeping the pure vows and commitments.
having found unfeigned conviction in this
bless me to guard them with my life.
Having precisely understood the essentials
of the two stages, heart of the tantras,
bless me to strive without break in four sessions
to practice Yoga as taught by holy Masters.
May the spiritual guides who reveal this excellent path
and the friends who practice it all live long.
Please grant blessings that outer and inner
hindrances all be fully pacified.
In all lives may I never be parted
from perfect Masters and enjoy the glory of Dharma.
Perfecting realisations of the paths and stages,
may I swiftly gain the state of Vajradhara.
(At this point, one may also add other auspicious dedication prayers. These prayers may include: [A Prayer for the Beginning, Middle and End](#), [Praise To Vajrayogini](#), [The King of Prayers](#) and [Shantideva's Dedication Prayer](#))

Pasted from <<http://blog.tsemtulku.com/tsem-tulku-rinpoche/prayers-and-sadhanas/sadhana-prayers.html>>