PRAYERS BEFORE CLASS

Taking Refuge and Generating Bodhicitta

Sang gye dang tsog kyi chog nam la
Until enlightenment, I go for refuge to the Buddha,
Chang chub bar du dag ni kyab su chi
The Dharma, and the Sangha.
Dag gi choe nyen gyi pa'i so nam kyi
By the merits of listening to the teachings,
Dro la phen chir sang gye drub par shog
May I achieve Buddhahood for the benefit of all sentient beings. (3x)

Four Immeasurables

Sem chen tam chay de wa dang de wa'i gyu dang den par gyur chig
May all sentient beings have happiness and the causes of happiness.
Sem chen tam chay dug ngel dang dug ngel kyi gyu dang trel war gyur chig
May all sentient beings be free from suffering and the causes of suffering.
Sem chen tam che dug ngel ma'i pa'i de wa dang mi drel war gyur chig
May all sentient beings never be separated from the happiness that is free from suffering.
Sem chen tam che nye ring chag dang nyi dang trel wa'i dang nyom la nay par gyur chig
May all sentient beings abide in equanimity, free from attachment and anger that holds some close and others distant. (3x)
Verse of homage to the Perfection of Wisdom

Ma sam joe me she rab pha roel chin
I pay homage to the Sublime Mother of the Victorious Ones of the three times:
Ma kye ma gag nam kha'i ngo wo nyi
The inexpressible, inconceivable, and indescribable Perfection of Wisdom
So sor rang rig ye she coe yuel pa
Which is unborn, unceasing, and has the nature of space,
Tue sum gyael wa'i yum la chag tshael lo
And which is the object of perception of self-aware primordial wisdom. (1x)

Mantra of the Perfection of Wisdom

Gate gate phara-gate phara-samgate bodhi-ye soha (3x)

Verse of homage of the Abhisamayalamkara
(Ornament for Clear Realizations)

Nyen toe zhi wa tsoel nam kuen she nyi kyi nyer zhir tri dzay gang yin dang
I pay homage to the Mother of Buddhas and of the groups of Hearers and Bodhisattvas,
Dro la phen par che nam lam she nyi kyi jig den doen drup tsay pa gang
Who through the knowledge of all leads Hearers seeking pacification to complete peace.
Gang dang yang dag den pa'i tub nam nam pa kuen den na tsog di sung pa
Who through knowledge of paths causes those helping migrators to achieve the aims of the world,
Nyen toe chang chub sem pa'i tsog che sang gye kyi ni yum de la chag tsel lo
And through the possession of which the Subduers set forth the varieties having all aspects. (1x)
Verse of homage of the Mulamadhyamika
(Fundamental Wisdom)

Verse of homage of the Mulamadhyamika
(Fundamental Wisdom)

Gang gi den ching drel war jung
That which is dependent origination is
Gag pa me pa kye me pa
Without cessation, without arising,
Chae pa me pa dag me pa
Without annihilation, without permanence,
Ong wa me pa dro me pa
Without coming, without going,

Ta dae doen min doen chig min
Without distinction, without identity;
Troe pa nyer zhi zhi daen pa
It is peaceful – free from fabrication.
Dzog pa'i sang gye ma nam kyi
To the perfect Buddha who taught all that
Dam pa de la chag tsael lo
To the unsurpassed one, I pay homage.

DEDICATION PRAYERS

Gang ri ra way kor way zhing kham dir
In the snow encircled land,
Phen dang de wa ma lue jung way nay
You are the source of benefit and bliss.
Chen re zig wang ten zin gya tso yi
Avalokiteshvara, Tenzin Gyatso,
Zhab pay si te'i bar du den gyur chig
Please remain in life until Samsara ends.
Jam pael pa woe ji dar khyen pa dang  
The brave Manjushri and also Samantabhadra,  
Kuen du zang po de yang de zhin de  
Realized things as they are.  
De dag kuen gyi je su dag lob chir  
Hence, in order to be able to follow their example  
Ge wa di dag tham chae rab du ngo  
I dedicate these merits in the best way.

Tue sum sheg pa'i gyael wa tham chay kyi  
With the dedication praised as supreme  
Ngo wa gang la chog tu ngag pa de  
By the Victorious Ones of the three times,  
Dag gi ge wa'i tsa wa di kuen kyang  
I completely dedicate all these roots of virtue  
Zang po choe chir rab tu ngo war gyi  
So that I might engage in the noble [Bodhisattva] deeds.

Jang chub sem chog rin po che  
May the precious Bodhi mind  
Ma kye pa nam kye gyur chig  
Not yet born arise and grow,  
Kye pa nyam pa me par yang  
May that born have no decline  
Gong nay gong du phel war shog  
But increase forever more.