
Altruistic Motivation

Drikung Namchag Mebar Dzong Prayer Book

All mother sentient beings,
especially those enemies who hate me,
obstructors who harm me,
and those who create obstacles
on my path to liberation and omniscience,
May they experience happiness,
and be separated from suffering.
I will quickly establish them in the state of the
most perfect and precious Buddhahood.

DHAG-LA DANG-WAR JYE-PAY-DRA
NÖ-PAR JYE-PAY GEG
THAR-PAR DANG THAM-CHE
KYEN-PAY BAR-DU
CHÖ-PAR JYE-PA TAM-CHE KYI TSO JYE-PAY
MA NAM-KHA DANG NYAM-PAY SEM-CHEN
TAM-CHE DE-WA DANG DEN
DUG-NGÄL DANG DRÄL
NYUR-DU LA-NA ME-PA
YANG DAG-PAR DZOG-PAY
JANG-CHUB RIN-PO-CHE THOB-PAR-JYA

Action Bodhicitta Prayer

Drikung Namchag Mebar Dzong Prayer Book

Thus until I achieve enlightenment,
I perform virtuous deeds
with body, speech and mind.
Until death I perform virtuous deeds
with body, speech and mind.
From now until this time tomorrow,
I perform virtuous deeds
with body, speech and mind.

DEI CHE-DU SANG MA-GYE KYI
BAR-DU LU-NGAG YI-SUM GE-WA LA KOL
MA SHEI BAR-DU LU-NGAG
YI-SUM GE-WA LA KOL
DU DE-RING NE SUNG-TE NYI-MA
SANG DA TSAM-GYI
BAR-DU LU-NGAG YI-SUM GE-WA LA KOL

Refuge

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In the Buddha, the Dharma,
and the Sangha most excellent,
I take refuge until enlightenment is reached.
By the merit of generosity
and other good deeds,
May I attain Buddhahood
for the sake of all sentient beings.

SANG GYE CHÖ DANG
TS'OG KYI CHOG NAM LA
JANG CHUB BAR DU
DAG NI KYAB SU CHI
DAG GI JIN SOG
GYI PA'I SÖ NAM KYI
'DRO LA P'ÄN CH'IR
SANG GYE DRUB PAR SHOG

The Four Immeasurables

Drikung Namchag Mebar Dzung Prayer Book

May all mother sentient beings,
boundless as the sky,
have happiness and the causes of happiness,
May they be liberated from suffering
and the causes of suffering,
May they never be separated
from the happiness which is free from sorrow,
May they rest in equanimity,
free from attachment and aversion.

MA NAM KA' DANG NYAM PA'I
SEM CHEN T'AM CHE
DE WA DANG DE WA'I GYÜ
DANG DEN PAR GYUR CHIG
DUG NGÄL DANG DUG NGAL GYI
GYÜ DANG DRÄL WAR GYUR CHIG
DUG NGÄL ME PA'I DE WA DANG
MI DRÄL WAR GYUR CHIG
NYE RING CHAG DANG
NYI DANG DRÄL WA'I
TANG NYOM LA NE PAR GYUR CHIG

Dedication Prayer

Drikung Namchag Mebar Dzung Prayer Book

By this virtue may I achieve the all-knowing state,
by defeating all enemies—confusion.
May all who travel on the waves of birth,
old age, sickness, and death
cross the ocean of samsara.
Bodhicitta, the excellent and precious mind,
Where it is unborn may it arise;
Where it is born, may it not decline,
But ever increase, higher and higher.

SÖ NAM 'DI YI T'AM CHE ZIG PA NYI
T'OB NE NYE PA'I DRA NAM P'AM JE TE
KYE GA NA 'CHI BA LONG 'TRUG PA YI
SI PA'I TS'O LE 'DRO WA DRÖL WAR SHOG
JANG CHUB SEM CHOG RIN PO CHE
MA KYE PA NAM KYE GYUR CHIG
KYE PA NYAM PA ME PAR YANG
GONG NE GONG DU 'PEL WAR SHOG

The Common Foundations

Yangzab Ngondro

As this excellent body of mine
with leisure and endowments
will be difficult to obtain repeatedly in the future,
right now I will accomplish the state,
the unsurpassed *Samantabhadra*
to meaningfully benefit others.
Also it is not certain when the hateful enemy
of this present precious body,
the *mara* of death, will arrive:
I and other beings are impermanent,
the time of death being uncertain.
Since there is no opportunity for happiness
wherever one is born in samsara,
and since a truly happy existence was never seen,
I will enter the path of nirvana.
In order for this body with leisure
and wealth to possess meaning,
I will abandon the three non-virtuous
poisonous afflictions,
develop diligence in virtuous actions,
and protect the vows and commitments
of the three doors.

DAG GI DÄL 'JOR TEN ZANG 'DI
CH'I NE YANG YANG NYE KA' WE
DA RE LA ME KÜN ZANG GI
GO 'PANG DRUB TE SHÄN DÖN JA
DA TA'I RIN CHEN LÜ 'DI YANG
'CHI DAG DÜ KYI DRA DANG WE
NAM 'CHI NGE PAR MI DA' YI
DAG SHÄN MI TAG TS'ÜL 'DI TA
'KOR WA'I NE 'DIR GAR KYE KYANG
DE WA'I GO KAB MA CHI PE
SI PA'I DE LA MI TA WAR
NYA NGÄN 'DE PA'I LAM DU 'JUG
DÄL 'JOR LÜ 'DI DON DEN CH'IR
NYÖN MONG DUG SUM MI GE PANG
GE WA'I LE LA 'BE PA KYE
GO SUM DAM TS'IG DOM PA SUNG

Creating Bodhicitta

Yangzab Ngondro

May all sentient beings of samsara
be free from suffering, be joyful
and truly abide in supreme happiness.
I create this supreme mind
impartial toward all
in order to attain the heart of awakening.

'KOR WA'I SEM CHEN
DUG NGÄL DANG DRÄL SHING
DE WA CHOG LA
NGÖN PAR NE LA GA'
KÜN LA TANG NYOM
NYAM PA'I SEM CHOG 'DI
JANG CHUB NYING PO
T'OB CH'IR DAG GI KYE

Prayer of Auspiciousness

Yangzab Vajrasattva

NAMO

The clouds of compassion are
heaped in the sky of blessings.

All of boundless time and space without exception
is filled with the rainfall of happiness
and well-being.

May there be the auspicious blessing
of the root and lineage teachers,
the masters of pure awareness.

NAMO

JIN LAB KA' LA T'UG JE TRIN TR'IG TE
CH'OG DÜ MA LÜ KÜN TU TA' LE PA

DE LEG CHAR GYÜN
YONG SU GANG GYUR PA'I

RIG 'DZIN TSA GYÜ
LA MA'I TRA SHI SHOG