

Verses of Homage to the Buddhas and Bodhisattvas Together with their Mantras, Arranged for Recitation by Practitioners of All Levels

by Kyabjé Trulshik Rinpoche

with Additional Prayers and Mantras by Sogyal Rinpoche

Our Compassionate Teacher, Śākyamuni

nyingjé chenpö tsöden nyikmé shyang

With your great compassion, you chose this world of conflict
and degeneration,

zung né mönlam chenpo ngabgya tab

And made five hundred vast aspirations.

pekar tar ngak tsen tö chir mindok

You are praised like the immaculate white lotus, for whoever
hears your name will never fall back into saṃsāra—

tönpa tukjé chen la chaktsal lo

Most compassionate teacher, to you I pay homage!

**lama tönpa chomdendé deshyin shekpa drachompa
yangdakpar dzokpé sangye pal gyalwa shakya tubpa la
chaktsal lo**

Supreme teacher, bhagavān, tathāgata, arhat, complete and
perfect buddha, glorious conqueror, Śākyamuni, to you I bow!
To you I pay homage!

chö do kyab su chi o

In you I take refuge!

jingyi lab tu sol

Grant your blessings, I pray!

teyata om muné muné maha munayé soha

Glorious Vajrasattva

mintok dorje tap kyi yeshe ni

You are the primordial awareness of skilful means—the indestructible state beyond all concepts,

mikmé sherab yum gyi ngang du tok

Realized in the nature of the Great Mother, transcendental wisdom free from any reference,

tukjéi chedrak natsok chir yang tön

Displaying your compassion, in all its variety, in every kind of way—

dorje sempa ché la chak tsal lo

O Great Vajrasattva, to you I pay homage!

om benza sato ah

The Hundred Syllable Mantra

om benza sato samaya

Om, the most excellent exclamation of praise, Vajrasattva's samaya:

manupalaya benza sato

O Vajrasattva, protect the samaya

tenopa tishta dridho mé bhava ॐ

May you remain firm in me

sutokhayo mé bhava ॐ

Grant me complete satisfaction

supokhayo mé bhava ॐ

Grow within me (increase the positive within me)

anurakto mé bhava ॐ

Be loving towards me

sarva siddhi mé prayaccha ॐ

Grant me all the siddhis

sarva karma su tsa mé ॐ

Show me all the karmas (activities)

tsittam shreyang kuru

Make my mind good, virtuous and auspicious!

hung ॐ

The heart essence, seed syllable of Vajrasattva

ha ha ha ha

Symbolizes the four immeasurables, the four empowerments, the four joys, and the four kayas

ho ॐ

The exclamation of joy at this accomplishment

bhagavan sarva tatagata

O blessed one, who embodies all the vajra tathagatas

benza ma mé muntsa

Do not abandon me

benzi bhava

Grant me the realization of the vajra nature

maha samaya sato

O great Samayasattva

ah

Make me one with you

The Six Syllable Mantra

om vajra sattva hung ॐ

Amitāyus, Buddha of Limitless Life and Wisdom

jikten drenpé tsowo tsepakmé

Buddha of Infinite Life, foremost guide for beings in this
world,

dü min chiwa malü jompé pal

Your glory overcomes all untimely death,

gönmé dukngal gyurpa nam kyi kyab

You are a refuge for those of us who suffer without protection

sangye tsepakmé la chak tsal lo

To you, Buddha Amitāyus, I pay homage!

The long and short mantras of Amitāyus

**om namo bhagawate | aparimita ayur jnana subunitsita
tedzo radzaya | tathagataya | arhate samyak sambuddhaya |
teyata | om punye punye | maha punye | aparimita punye |
aparimita punye jnana sambharo patsite | om sarwa
samskara parishuddha dharmate gagana samudgate
sobhawa bishuddhe mahanaya pariware soha**

om amarani dziwenti ye soha

Amitābha, Buddha of Limitless Light

dechen shying du chö kyi khorlo kor

In the realm of Sukhāvātī, you turn the wheel of Dharma,

semchen nam la taktu tukjé zik

Gazing on living beings with all your compassion,

damcha jishyin drowé tön dzepa

And acting for their benefit, just as you vowed—

nang ta nyamshyak dze la chak tsal lo

To you, Amitābha resting in meditation, I pay homage!

om amidhewa hrih

Buddha Ratnashikhin

chomdendé deshın shekpa drachompa yangdakpar dzokpé

sangye rinchen tsuktor chen la chak tsal lo

Bhagavān, tathāgata, arhat, complete and perfect buddha,

Ratnashikhin, to you I bow! To you I pay homage!

chö do kyab su chi o

In you I take refuge!

jıngyi lab tu sol

Grant your blessings, I pray!

teyata ratné ratné ratna shi khe ne soha

Bhaishajya²¹ Guru, Buddha of Medicine

tukjé kün la nyompé chomdendé

Blessed one, whose compassion for all is equal,

tsen tsam töpé ngendro dukngal sel

Simply hearing your name dispels the suffering of lower realms,

duk sum nesel sangye men gyi la

Buddha of Medicine, you who heal the sickness of the three poisons—

bendurya yi ö la chak tsal lo

Light of Lapis Lazuli, to you I pay homage!

chomdendé deshyin shekpa drachompa yangdakpar

dzokpé sangye men gyi la bendurya ö kyi gyalpo la

chaktsal lo

Bhagavān, tathāgata, arhat, complete and perfect buddha, Buddha of Medicine, Sovereign of the Light of Lapis Lazuli, to you I bow! To you I pay homage!

chö do kyap su chi o

In you I take refuge!

jingyi lab tu sol

Grant your blessings, I pray!

21 Pronounced bhekandze

*The long and short mantras of Sangye Menla, Buddha of
Medicine*

**namo bhagawaté bhekandze guru bendurya prabha
radzaya ཨོཾ tathagataya ཨོཾ arhaté samyak sambuddhaya ཨོཾ
teyata ཨོཾ om bhekandze bhekandze maha bekhandze
bhekandze ཨོཾ radza samudgaté soha ཨོཾ**

**teyata ཨོཾ om bhekandze bhekandze maha bekhandze
bhekandze ཨོཾ radza samudgaté soha ཨོཾ**

Prayer to Orgyen Menla, Guru Rinpoche of Medicine

semchen gyulü jikpé né jung tsé ॐ

When sickness strikes, to destroy the fragile bodies of sentient beings,

mi zö dukngal né kyi nyenpa na ॐ

When diseases plunge us into unbearable suffering and agony,

yinyi tetsom mepar solwa deb ॐ

With no trace of doubt or hesitation we pray:

orgyen men gyi la dang yermé bé ॐ

O Guru Rinpoche, embodiment of the Buddha of Medicine,

tsé zé mayin barché ngepar sel ॐ

You will remove the obstacles that bring untimely death!

orgyen pema jungné la solwa deb ॐ

To the Lotus-born Guru of Oḍḍiyāna, we pray!

sampa lhün gyi drubpar jingyi lob

Grant your blessing, so all our wishes be spontaneously fulfilled!

om ah hung vajra guru pema tötreng tsal

bhekandze radza sarva siddhi phala hung ah

Buddha's Regent, the Protector Maitreya

cham chen mé yi shye dang bü shying sek

The fire of your great love burns up the dry wood of hate,

yeshe ö kyi marik münpa sel

The light of your wisdom dispels the darkness of ignorance,

chö kyi gyaltsap drowé gön gyurpé

Dharma regent, protector of all living beings,

ganden shyukpa de la chak tsal lo

Who dwells in the Tuṣita heaven—to you I pay homage!

om mati mati smriti soha

Noble Avalokiteśvara

chak tong korlō gyurpé gyalpo tong

Your thousand arms are the thousand universal monarchs,

chen tong kalpa zangpöi sangye tong

Your thousand eyes the thousand buddhas of this fortunate age,

gang la gang dul dela der tönpé

You who teach each and every one of us according to our needs,

tsünpa chenrezik la chak tsal lo

Lord Avalokiteśvara, to you I pay homage!

om mani pemé hung hrih

Noble Lord Mañjuśrī

shejé kha ying zap ching yangpa la

Across the skies of all that can be known, profound and infinite,

lodrö kyilkhör gyepé özer gyi

Shine vast rays of light from the sun of your intelligence,

kye güi marik münpe tsok salwa

Dispelling the darkness of ignorance in all beings' minds—

jetsün jampalyang la chak tsal lo

Lord Mañjughoṣa, to you I pay homage!

om arapatsana dhih

The 'Vajra Subduer': Vajra Vidarana

gang tuk nyi su mepé yeshe kyi

With the non-dual wisdom of your enlightened mind,

dorje rinchen kun nas barwé tü

And through the power of your blazing vajra and jewel,

dü shyi top nam nampar jom dzepa

You vanquish completely the forces of the four māras,

dorje nampar jom la chak tsal tö

Dorje Namjom (Vajra Subduer), to you we offer homage
and praise!

deshin shekpa tamché kyi

All the buddhas' power and strength

tu top chiktu düpé dak

Is condensed within you alone,

dorje trowöi kur tönpa

Who manifest as the enlightened form of vajra wrath—

nampar jom la chak tsal lo

Vajra Subduer, to you I pay homage!

namo ratna trayaya | nama tsanda vajra panaya | maha
yaksha senapataye | teyata | om truta truta trotaya trotaya |
saputa saputa sapotaya sapotaya | ghurna ghurna
ghurnapaya ghurnapaya | sarva satvani | bhodhaya
bhodhaya | sambhodhaya sambhodhaya | bhrama bhrama
sambhramaya sambhramaya | sarva bhutani | kutta kutta
samkuttaya samkuttaya | sarva shatrun | ghata ghata
samghataya samghataya | sarva vidyam vajra vajra |
sapotaya vajra vajra | kata vajra vajra | mata vajra vajra |
matha vajra vajra | ata hasanila vajrasu vajraya svaha |
hepullu nirupullu | grihana kullu mili tsullu | kurukullu |
vajra vijayaya svaha | kilikilaya svaha | kata kata mata mata
rata rata | motana pramotanaya svaha | tsarani tsara | hara
hara sara sara | maraya | vajra vidaranaya svaha | tsindha
tsindha bhindha bhindha | maha kilikilaya svaha |
bhandha bhandha | krodha vajra kilikilaya svaha tsuru
tsuru tsanda kilikilaya svaha | trasaya trasaya | vajra
kilikilaya svaha | hara hara | vajradharaya svaha | prahara
prahara | vajra prabhanjanaya svaha | matisthira vajra
shutisthira vajra pratisthira vajra | maha vajra aprati hata
vajra | amogha vajra | ehayehi | shri ghram vajradharaya
svaha | dhara dhara dhiri dhiri dhuru dhuru | sarva
vajrakula awartaya svaha | amuka maraya phet | nama
samanta vajranam | sarva vajra kulam mawartaya |
mahabale katapale tatale atsale | mandala maye ati vajra |
maha bale bega rana rana | ajite jwala jwala | titi titi ting
gale | daha daha tejwa wati tili tili | bhandha bhandha |

mahabale vajra angkusha jwalaya svaha | namo ratna
trayaya | nama tsanda vajrapanaye | mahayaksha
senapataye | teyata | om hara hara vajra | matha matha
vajra | dhuna dhuna vajra | daha daha vajra | patsa patsa
vajra | dhara dhara vajra | dharaya dharaya vajra | daruna
daruna vajra | tsindha tsindha vajra | bhindha bhindha
vajra hung pé

namash chanda benza krodhaya | hulu hulu | tishtha
tishtha | bhendha bhendha | hana hana | amrité hung pé

Noble Vijayā, Goddess of Victory

palden lhamo tönké dawé dok

Glorious goddess, your colour that of the autumn moon,

shyal sum chak gye rab dzé shyiwé ku

With three faces and eight arms, your form ravishing and serene,

yeshe pakyé tsé yi chok tsolma

You grant the supreme gifts of longevity and boundless wisdom—

nampar gyalmé shyap la chak tsal lo

Noble Vijayā, to you I pay homage!

om amrita ayurdadé soha

Noble Saviouress Tārā

dak gi tserap ngön né druppé lha

Deity on whom I meditated in lives gone by,

dü sum sangye kün gyi trinéma

You are the enlightened activity of all buddhas, past, present,
and future,

rap kar shyal chik chak nyi chen dün ma

Brilliant white, with your one face, two hands, and seven eyes,

yum gyur utpala nam la chak tsal lo

Mother of the buddhas, holder of the utpala flower, to you I
pay homage!

om taré tuttaré turé soha

Prayer to the Guru, the Embodiment of All the Buddhas

trulpé guru tsen gyé dang

To the eight manifestations of Guru Rinpoche,

druppé rigzin chenpo gyé

The eight great accomplished vidyādharas,

changsem nyewé sé gye dang

The eight great bodhisattvas, the 'close sons',

drupchen kagyé lha tsok la

The eight mandalas of Kagyé with all their deities:

solwa depso chin gyi lop

To you I pray—inspire me with your blessings!

chi nang sangwé barché sol

Dispel all obstacles outer, inner and secret!

sampa yishyin druppa dang

Fulfill all my aspirations!

chok dang tünmong ngödrup tsol

Grant us attainments, ordinary and supreme!

om ah hung benza guru pema siddhi hung

Finally, the Wrathful Union of Hayagrīva, Vajrapāṇi and Garuda

chok chüi gyalwa kün gyi ku sung tuk

You are the wisdom body, speech and mind of all the buddhas
of the ten directions,

cha khyung gyalpo tamdrin sangwé dak

The kingly Garuda, Hayagrīva and the Lord of Secrets

rangshyin chiktu nyer ten trowöi tso

Manifesting as one deity, foremost among the wrathful.

drenpé gek pung jom la chak tsal tö

The very thought of you crushes obstructing forces—and to
you I offer homage and praise!

om vajrapani hayagriva garuda hung pé

Dedication

gewa di yi nyurdu dak

Through this merit, may I swiftly accomplish the realization

seché gyalwa drup gyur né

Of the buddhas and their bodhisattva heirs

drowa chik kyang malüpa

And may I bring each and every single living being

de yi sa la göpar shok

To that perfect state as well.

changchup sem chok rinpoche

Bodhichitta, precious and sublime:

makyepa nam kyepa dang

May it arise in those in whom it has not arisen;

kyepa nyampa mepa yang

May it never decline where it has arisen;

gong né gong du pelwar shok

May it go on increasing, further and further!

tongnyi tawa rinpoche

The precious view of shunyata,

matokpa nam tokpa dang

May it be realized by those who have not realized it;

tokpa nyampa mepa yang

May it never decline where it has been realized;

gong né gong du pelwar shok

May it go on increasing, further and further!

For all of you who have received teachings from me and have a Dharma connection with me, it would be best to recite all these prayers and mantras every day. Otherwise, recite whichever you wish, especially on the 8th, 15th and 30th days of the lunar month, and on the four great anniversaries of our Teacher Shakyamuni. Whenever you do so, the benefit will be immeasurable. I, the Zhadeupa Ngawang Chökyi Lodrö, an ignorant monk of Shakyamuni, entreat you with folded hands.

Shubham. Sarva Mangalam.

Note that some prayers and mantras have been added to the original text, with Kyabje Trulshik Rinpoche's blessing, in order to match Sogyal Rinpoche's own personal practice.

A Brief Practice for Paying Homage and Making Offerings to the Buddha together with his retinue of Arhats

by Jamyang Khyentse Wangpo

om svasti

Oṃ Svasti!

Should you wish to pay homage and make offerings and prayers to the Buddha and the sixteen sthviras, prepare some offerings, and arrange them cleanly and beautifully before an image of Buddha Śākyamuni and his retinue. If this is not possible, the practice may be done as a visualization.

Refuge and Bodhicitta

sangye chö dang tsok kyī chok nam la

In the Buddha, the Dharma and the Supreme Assembly,

changchub bardu dak ni kyab su chi

I take refuge until I attain enlightenment.

dak gi jinsok gyipé sönām kyī

Through the merit of practising generosity and so on,

dro la pen chir sangye drubpar shok

May I attain buddhahood for the benefit of beings!

3 times

Blessing the Environment

kyabné könchok sum gyi denpa dang

By the truth of the Buddha, Dharma and Saṅgha, the objects of refuge,

gyalwa sé ché nam kyi jinlab dang

The blessings of all the victorious ones and their bodhisattva heirs,

tsok nyi ngatang chöying dak tob kyi

The power of the two accumulations and the purity and strength of the dharmadhātu,

nöchü dechen shying gi köpé ü

May the outer environment and its inhabitants become those of the blissful paradise of Sukhāvātī, with, in its centre,

yitrok norbü shyalmé khang chenpor

A great celestial palace of precious gems, stunning to behold,

rinchen sengtri pé dé den chok dang

Inside which is a jewelled lion throne with lotus and moon-disc seats—

ngö sham zung rik mö tob kyi trulpé

Here and now, may I experience this pure realm filled with clouds of actual offerings,

chötrin gyatsö gang shying chö gyur chik

And those created through the power of mantras,
awareness and aspiration!

With this, the place and offerings are all blessed.

Invocation

Then, focusing your aspiration one-pointedly, recite the following:

laktil tar nyam rinchen gyi trepa

The ground is smooth like the palm of the hand, and
bedecked with jewels.

jönshing chu tsö gyenpé sashyi ü

It is adorned with wish-granting trees, rivers and lakes. In its
centre,

rinchen lé drub dru shyi go shyipa

In the jewelled palace with its four sides and four doors,

pema nyidé gyenpé den tengdu

Upon seats of lotus, sun and moon,

tukjé tsöpé dü kyi dulja nam

Is the compassionate protector of beings, the one who sets

namdrol lam la gödzé drowé gön

The beings of these troubled times on the path to liberation,

tubpa chok dang neten chenpo nam

The supreme Śākyamuni together with the great sthaviras—

khor dang chepa né dir shek su sol

Come now to this place together with your retinues, we pray!

When doing the practice more elaborately, the longer verses of praise and offering to the arhats can be done here. If you are doing the concise version then simply continue with:

tabkhé tukjé shakyé rik su trung

Through skilful means and compassion, you were born in the Śākya clan,

shyen gyi mitub dü kyi pung jompa

And, utterly invincible, you overcame the forces of Māra,

ser gyi lhünpo tabur jipé ku

Your form resplendent like a mountain of burnished gold—

shakyé gyalpö shyab la chaktsal lo

King of the Śākyas, at your feet I bow!

tubpé kagö tenpé gyaltsen dzin

You who were instructed by the Buddha to uphold the victory banner of the teachings:

yenlak jung dang ma pam naknané

Aṅgiraja, Ajita and Vanavāsin,

düden dorje möbu zangpo dang

Kālīka, Vajrīputra and Śrībhadrā,

serbe'u bharadhaja serchen chok

Kanakavatsa and sublime Kanakabharadvāja,

pakpa bakula dang drachen dzin

The noble Bakula and Rāhula,

lamtren bharadhaja sōnyom len

Kṣūḍāpanthaka and Piṇḍola Bharadvāja,

lamten lüdé bejé michepa

Panthaka, Nāgasena, Gopaka and Abhedya,

genyen dharmata dang gyalchen shyi

Upāsaka Dharmatala and the four great kings,

khor dang chepa shyab kyi pemo la

Together with all your retinues—at your lotus feet,

chaktsal kyab chi nying né solwa deb

I prostrate, taking refuge and offering heartfelt prayers!

sashyi pö chü juk shing metok tram

The ground is purified with scented water and strewn with flowers;

rirab ling shyi nyidé gyenpa di

It is adorned with Sumeru, the four continents and the sun and moon:

sangye shying du mik té pulwa yi

Thinking of it as the blessed buddha-fields, I offer it.

dro kün namdak shying la chöpar shok

By virtue of this offering, may all beings enjoy the happiness of those pure realms.

ngö sham zung rik mö tob kyi trulpé

Both actual offerings and those created through the power of mantras, awareness and aspiration,

chö tsok kün bul diktung tamché shak

All these I offer; I confess all my harmful acts and downfalls;

gé la yirang kul shying solwa deb

I rejoice in all that is virtuous, and request and beseech you!

di tsön gewa changchub chenpor ngo

All this virtue, I dedicate towards great enlightenment!

With this, perform the seven-branch offering. If you are an ordained monk or nun, and you need to do the practices of Sojong or Düdren, they can be done here.

chomden dendzom chenpo gong su sol

Great conquerors and throne holders, please think of us!

tubwang neten pakpé tsok nam kyi

Lord of sages and gathering of noble sthaviras,

tsen chok tö dang dren jö chakchö tü

By the power of hearing, thinking of, and repeating your names, and paying homage and making offerings to you,

dakchak lasok semchen gang dang gang

For us and all other beings, whosoever and wheresoever they may be,

nekab tartuk mitün chok kün shyi

May all temporary and ultimate disharmony be pacified!

dekyi chöden paljor rabtu pel

And may happiness, virtue, glory and prosperity increase!

tek chok geweshé kyi jezung né

Bless us, so that we may follow the spiritual teachers of the supreme vehicle,

sung gi dütsi tsowar jingyi lob

And always be sustained by the nectar of their teachings!

tsultrim dak ching tö sam gompar den

Bless us to maintain pure discipline and engage in study, reflection and meditation,

ngepar jung dang changchub sem nyi jong

So we may train perfectly in renunciation and twofold bodhicitta,

taktu shyenpen chö lé miyelwé

And without ever neglecting activity for the benefit of others,

namkhyen gopang tobpar jingyi lob

Attain the level of perfect omniscience!

gyalten drimé chok chur dar shyng gyé

May the faultless teaching of the Buddha flourish and spread in all directions!

tendzin chok nam shyabpé kal gyar ten

May the supreme holders of the teachings remain for hundreds of kalpas!

jikten gelek chenpö khyabpa dang

May virtue and excellence pervade throughout the world!

dön nyi lhün gyi drubpé tashi shok

And may our own and others' benefit be spontaneously accomplished!

Recite this prayer and then further adorn the practice with verses of auspiciousness.

The carefree Jamyang Khyentse Wangpo composed this prayer for the benefit of those with faith. May it be accomplished!

The Praise to Mañjuśrī

Glorious Wisdom's Excellent Qualities

lama dang gönpo jetsün jampé yang la chaktsal lo

Homage to the Lama and Jetsün Lord Mañjughoṣa!

gang gi lodrö drib nyi trindral nyi tar namdak rabsalwé

Your *wisdom* is brilliant and pure like the sun,
free from the clouds of the two obscurations.

jinyé dön kün jishyin zik chir nyi kyi tukkar lekbam dzin

You perceive the whole of reality, exactly as it is, and so hold
the book of Transcendental Wisdom at your heart.

gangdak sipé tsönrar marik mün tum dukngal gyi zirwé

You look upon all beings imprisoned within saṃsāra,
enshrouded by the thick darkness of ignorance and tormented
by suffering,

**dro tsok kün la bu chik tar tsé yenlak drukchü yangden
sung**

With the love of a mother for her only child. Your
enlightened *speech*, endowed with sixty melodious tones,

**druk tar cher drok nyönmong nyi long lé kyi chak drok
droidzé ching**

Like the thundering roar of a dragon, awakens us from the
sleep of destructive emotions and frees us from the chains of
karma.

marik münse dukngal nyugu jinyé chödze raldri nam

Dispelling the darkness of ignorance, you wield the sword of wisdom to cut through all our suffering.

döné dak ching sa chü tar sön yönten lü dzok gyalsé tuwö ku

Pure from the very beginning, you have reached the end of the ten bhūmis and perfected all enlightened qualities. Foremost of the Buddha's heirs,

chu trak chu dang chunyi gyen tré dak lö münse jampé yang la dü

Your *body* is adorned with the hundred and twelve marks of enlightenment. To Mañjuḥṣa, the 'Gentle-voiced', I prostrate, and pray: dispel the darkness from my mind!

om a ra pa tsa na dhīh

tseden khyé kyī khyen rab özer gyi

With all of your kindness and love, let your wisdom's shining light

dak lö timuk münpa rabsal né

Clear the darkness of my ignorance, once and for all.

ka dang tenchö shyung luk tokpa yi

Grant me, I pray, the intelligence, the brilliance

lodrö pobpé nangwa tsal du sol

To understand the scriptures—the words of the Buddha and works of the masters.

gang tsé tawar döpa am

And whenever I wish to look upon you,

chungzé driwar dö na yang

Or ask of you anything at all,

gönpo jamyang khyé nyi ni

Lord and protector, Mañjuśrī,

gek mepa yang tongwar shok

Let me see you without any hindrance!

Ārya Mañjuśrī Tantra Citta

gyagar ké du ॐ

In the Indian language:

arya mañjushri tantra chitta ॐ

ārya mañjuśrī tantra citta

böké du ॐ

In the Tibetan language:

pakpa jampal gyü kyi yang nying ॐ

pakpa jampal gyü kyi yang nying

In the English language: *The Quintessence of the 'Mañjuśrī Tantra': Mañjuśrī Nāmasaṃgīti—Chanting the Names of Mañjuśrī*

jampal shyönnur gyurpa la chaktsal lo ॐ

Homage to Mañjuśrī, the youthful!

ditar sangye chomdendé ॐ

Like this, you are an awakened one, transcendent accomplished conqueror,

yeshe ku té rangjungwa ॐ

A wisdom body that arises naturally by itself.

yeshe mik chik drimamé ॐ

Wisdom's single eye that is not stained by any obscuration;

yeshe nangwa lammewa ॐ

Wisdom's light that shines in brilliant clarity:

a ra pa tsa na ya té nama ॐ

To you who ripen all sentient beings, I pay homage!

yeshe ku nyi khyé la dü ॐ

Wisdom's very embodiment, to you I pay homage!

dzokpé sangye kün gyi shé ॐ

All the fully enlightened buddhas: this is what they taught.

chomdendé jampal yeshe sempé döndampé tsen

yangdakpar jöpa ॐ

'The Perfect Recitation of the Ultimate Meaning of the Names of the Transcendent Lord, the Wisdom Being Mañjuśrī',

chomdendé deshyin shekpa shakya tubpé shyal né sungpa

dzok so ॐ

Spoken by the transcendent lord, the Tathāgata Śākyamuni, is complete.

This is a terma. Guru Rinpoche proclaimed to Jomo Shedrön that reciting this prayer is equal to reciting the whole of the Mañjuśrī Nāmasaṃgīti...

The Bodhisattvas' Confession of Downfalls (Sūtra of the Three Heaps)

It is of great importance to recite this Sūtra in Three Heaps,²² taken from the Ratnakūṭa Sūtra, which will purify even the crimes with immediate retribution. First, visualize the thirty-five buddhas before you, and in their presence, with a heartfelt wish to confess your negative actions, recite the following:

semchen tamché takpar lama la kyab su chi o

With all sentient beings, I take refuge forever in the Teacher;

sangye la kyab su chi o

I take refuge in the Buddha;

chö la kyab su chi o

I take refuge in the Dharma;

22 Sūtra of the Three Heaps (Skt. Triskandhakasūtra), also known as the Sūtra of the Confession of Downfalls (Tib. tung shak) - a sūtra used in the confession and purification of transgressions of vows, especially downfalls of the bodhisattva vow. It features the thirty-five buddhas of confession. The 'three heaps' or three sections referred to in the title are 1) homage, 2) confession, and 3) rejoicing or dedication. Origin of the Sūtra: A group of thirty-five monks who had taken the bodhisattva vow and had accidentally caused the death of a child while they were out begging for alms went to Upāli, one of the closest disciples of the Buddha, and asked him to request from the Buddha a method of confessing and purifying what they had done. The Buddha then spoke this sūtra, and as he did so, light radiated from his body and thirty-four other buddhas appeared in the space all around him. The thirty-five monks prostrated before these buddhas, made offerings, confessed their misdeed, took refuge and re-awakened bodhicitta. See Bodhicharyāvatāra, Chapter 5, verse 98 for reference made to this sūtra by Śāntideva.

gendün la kyab su chi o

I take refuge in the Saṅgha.

**chomdendé deshyin shekpa drachompa yangdakpar
dzokpé sangye shakya tubpa la chaktsal lo**

I prostrate to Śākyamuni, the perfect buddha, the conqueror,
the holder, the transcendent one, the thus gone, the one
victorious over the enemy;

dorje nyingpo rabtu jompa la chaktsal lo

I prostrate to One Who Has Fully Conquered with the
Diamond Essence;

rinchen ö tro la chaktsal lo

I prostrate to Jewel Radiating Light;

luwang gi gyalpo la chaktsal lo

I prostrate to Sovereign King of Nāgas;

pawö dé la chaktsal lo

I prostrate to Leader of the Warriors;

pal gyé la chaktsal lo

I prostrate to Glorious Joy;

rinchen mé la chaktsal lo

I prostrate to Jewel Fire;

rinchen da ö la chaktsal lo

I prostrate to Jewel Moonlight;

tongwa dön yö la chaktsal lo

I prostrate to Meaningful Vision;

rinchen dawa la chaktsal lo

I prostrate to Jewel Moon;

drima mepa la chaktsal lo

I prostrate to Stainless One;

pal jin la chaktsal lo

I prostrate to Glorious Giving;

tsangpa la chaktsal lo

I prostrate to Pure One;

tsangpé jin la chaktsal lo

I prostrate to Giving of Purity;

chulha la chaktsal lo

I prostrate to Water Deity;

chulhé lha la chaktsal lo

I prostrate to God of the Water Deities;

palzang la chaktsal lo

I prostrate to Glorious Goodness;

tsenden pal la chaktsal lo

I prostrate to Glorious Sandalwood;

ziji tayé la chaktsal lo

I prostrate to Infinite Splendour;

ö pal la chaktsal lo

I prostrate to Glorious Light;

nya ngen mepé pal la chaktsal lo

I prostrate to Glorious One Without Sorrow;

semé kyi bu la chaktsal lo

I prostrate to Son of Non-Desire;

metok pal la chaktsal lo

I prostrate to Glory of Flowers;

**deshyin shekpa tsangpé özer nampar rolpa ngönpar
khyenpa la chaktsal lo**

I prostrate to Thus Gone Clearly Knowing Through Pure
Radiance;

**deshyin shekpa pemé özer nampar rolpa ngönpar khyenpa
la chaktsal lo**

I prostrate to Thus Gone Clearly Knowing Through the Play
of Lotus Radiance;

norpai la chaktsal lo

I prostrate to Glory of Wealth;

drenpé pal la chaktsal lo

I prostrate to Glory of Mindfulness;

tsenpal shintu yong drak la chaktsal lo

I prostrate to Renowned Glorious Name;

wangpö tok gi gyaltsen gyi gyalpo la chaktsal lo

I prostrate to King of the Victory Banner that Crowns the Sovereign;

shintu nampar nönpé pal la chaktsal lo

I prostrate to Glorious One Who Fully Subdues;

yul lé shintu nampar gyalwa la chaktsal lo

I prostrate to Perfect Victor in Battle;

nampar nönpé shekpé pal la chaktsal lo

I prostrate to One Gone Beyond Through Complete Victory;

künné nangwa köpé pal la chaktsal lo

I prostrate to Glorious Array Eternally Illuminating;

rinchen pemé nampar nönpa la chaktsal lo

I prostrate to Lotus Jewel Who Fully Subdues;

**deshyin shekpa drachompa yangdakpar dzokpé sangye
rinpoche dang pemé den la rabtu shyukpa riwang gi
gyalpo la chaktsal lo**

I prostrate to Thus Gone Conqueror of the Enemy, Perfect Buddha Who Dwells on the Lotus Jewel, King of the Sovereign Mount Meru.

**dedak lasokpa chok chü jikten gyi kham tamché na
deshyin shekpa drachompa yangdakpar dzokpé sangye
chomdendé gang jinyé chik shyuk té tso shying shyepé
sangye chomdendé dedak tamché dak la gong su sol**

You, all these Buddhas—together with however many other
Tathāgatas, Arhats, fully and perfectly enlightened Bhagavāns
there may be, in all realms and in all ten directions of the
universe—all of you watchfully dwelling Bhagavān Buddhas,
think upon me, I pray.

**dak gi kyewa di dang kyewa tokma dang tama machipa né
khorwa na khorwé kyené tamché du**

In this my present life, and in all my lives without beginning
or end, wherever I have been born as I circled in saṃsāra,

dikpé lé gyipa dang

All the negative actions I have done,

gyi du tsalwa dang

Connived in

gyipa la jesu yirangwa am

Or rejoiced in—

chörten gyi kor ram

Plundering donated wealth from stupas,

gendün gyi kor ram

Wealth donated to the Saṅgha,

chok chü gendün gyi kor trokpa dang

Wealth donated to the Saṅgha of all ten directions,

trok tu tsalwa dang

Or conniving in such plundering,

trokpa la jesu yirangwa am

Or rejoicing in such plundering;

tsam machipa ngé lé gyipa dang

Committing the five crimes with immediate retribution,

gyi du tsalwa dang

Or conniving in them,

gyipa la jesu yirangwa am

Or rejoicing in them;

migewa chü lé kyī lam yangdakpar langpa la shyukpa dang

Completely adopting and undertaking the path of negative actions,

juk tu tsalwa dang

Or conniving in others' doing so,

shyukpa la jesu yirangwa am

Or rejoicing when they have done so;

**lé kyi dribpa gang gi drib né dak semchen nyalwar chiwa
am**

Defilement with whatever actions whose defilement has led
myself and others to be born in the hells,

düdrö kyené su chiwa am

Or to be born in the animal realms,

yidak kyi yul du chiwa am

Or to be born in the land of the pretas,

yul takhob tu kyewa am

Or to be born in border countries,

lalom kyewa am

Or to be born as a barbarian,

lha tseringpo nam su kyewa am

Or to be born in the form of long-lived gods,

wangpo matsangwar gyurwa am

Or to have impaired sense faculties,

tawa lokpar dzinpar gyurwa am

Or to believe in wrong views,

**sangye jungwa la nyepar mi gyipar gyurwé lé kyi dribpa
gang lakpa dedak tamché sangye chomdendé yeshe su
gyurpa**

Or to have been unable to be present when a Buddha appears
—all actions whatsoever causing such defilements, in the
presence of the Bhagavān Buddhas, with their primordial
wisdom,

chen du gyurpa

Their eyes,

pang du gyurpa

Their bearing witness,

tsemar gyurpa

Their validity,

khyenpé zikpa dedak gi chen ngar tol lo chak so

Whose omniscience sees all, I acknowledge and confess,

michab bo

Concealing nothing,

mibé do

Hiding nothing,

lenché kyang chö ching dompa gyi lak so

And promising, too, to refrain from them henceforth.

sangye chomdendé dedak tamché dak la gong su sol

All of you Bhagavān Buddhas, think upon me, I pray.

dak gi kyewa di dang kyewa tokma dang tama chipa né

In this my present life, and in all my lives without beginning
or end,

**khörwa na khörwé kyené shyendak tu jinpa tana dündrö
kyené su kyepa la zé kham chik tsam tsalwé gewé tsawa
gang lakpa dang**

Wherever I have been born as I circled in saṃsāra, whatever
sources of good I have from generosity to others, even in
giving just a mouthful of food to those born as animals;

dak gi tsultrim sungpé gewé tsawa gang lakpa dang

Whatever sources of good I have from keeping discipline;

dak gi tsangpar chöpa la nepé gewé tsawa gang lakpa dang

Whatever sources of good I have from observing celibacy;

**dak gi semchen yongsu minpar gyipé gewé tsawa gang
lakpa dang**

Whatever sources of good I have from bringing beings to
complete maturity;

**dak gi changchub chok tu sem kyepé gewé tsawa gang
lakpa dang**

Whatever sources of good I have from generating the mind set
on supreme enlightenment;

**dak gi lanamepa yeshe kyi gewé tsawa gang lakpa dedak
tamché chik tu dü shing dum té dom né lana machipa
dang**

Whatever sources of good I have from unsurpassable
primordial wisdom—all such sources of good I gather into
one, combine and add together, and dedicate it all entirely to
what is unsurpassable,

gong na machipa dang

Unexcelled,

gongmé gongma

Highest of the high,

**lamé lamar yongsu ngowé lanamepa yangdakpar dzokpé
changchub tu yongsu ngowar gyi o**

Most unsurpassable of the unsurpassable; I dedicate it all
entirely to unsurpassable, utterly perfect enlightenment.

jitar depé sangye chomdendé nam kyi yongsu ngöpa dang

Just as the Bhagavān Buddhas of the past have entirely
dedicated it all,

**jitar majönpé sangye chomdendé nam kyi yongsu ngowar
gyurwa dang**

Just as the Bhagavān Buddhas yet to come will entirely
dedicate it all,

**jitar dantar shyukpé sangye chomdendé nam kyi yongsu
ngowar dzepa deshyindu dak gi kyang yongsu ngowar gyi
o**

And just as the Bhagavān Buddhas remaining in the present
are entirely dedicating it all, so do I, too, entirely dedicate it
all.

dikpa tamché ni sosor shak so

Of all my negative actions, I confess each one;

sönam tamché la ni jesu yi rang ngo

In all that is meritorious, I rejoice.

sangye tamché la ni kul shying solwa deb so

Invoking all the Buddhas, I make this prayer:

dak gi lanamepa yeshe kyi chok dampa tobpar gyur chik

May I attain the supreme and sacred state of unsurpassed primordial wisdom.

mi chok gyalwa gangdak dantar shyukpa dang

In the greatest of all humans, the Victorious Ones—those now living,

gangdak depa dak dang deshyin gang majön

Those of the past, and likewise all those still to come,

yönten ngakpa tayé gyatso dra kün la

Whose qualities merit praise as infinite as the oceans—in all of them,

talmo jarwar gyi té kyab su nyewar chi o

With folded hands, I confidently take full refuge.

Thus ends the mahāyāna sūtra called Sūtra of the Three Heaps.

**changchub sempa gangdak nyingjé tob den shying
pawo semchen kün la pen shying kyob jepa
dedak nam kyi kyabmé dikchen dak la kyob
changchub sempa dedak nam la ang dak kyab chi**

dak su lü kyi lé ni nampa sum

The three different actions of the body,

ngak gi nampa shyi dak dang

The four that are done with speech,

gangyang yi kyi nam sumpo

And so, too, the three belonging to mind,

migé chupo sosor shak

I confess each one of these ten negative actions.

tokma mé né danté bar

From time without beginning until now,

mi gé chu dang tsammé nga

The ten negative acts and five crimes with immediate result

sem ni nyönmong wang gyurpé

Done with a mind governed by the negative emotions—

dikpa tamché shakpar gyi

All of my evil actions I do now confess.

Dedication ²³

chaktsalwa dang chö ching shakpa dang

What little virtue I have gathered through my homage

jesu yi rang kul shying solwa yi

Through offering, confession, and rejoicing,

gewa chungzé dak gi chi sakpa

Through exhortation and prayer—all of it

tamché dak gi changchub chir ngo o

I dedicate to the enlightenment of beings!

23 from Zangchö Mönlam

Prayer for the Future of the Dharma

from the words of the Buddha

sangye namzik tsuktor tamché kyob

To the buddhas: Vipas̄yin, Śikhin, Viśvabhukra,

khorwa jik dang sertub ösung dang

Krakucchanda, Kanakamuni, and Kāśyapa,

shakya tubpa gautam lha yi lha

And Śākyamuni—Gautama, deity of all deities,

sangye pawo dün la chaktsal lo

To the seven warrior-like buddhas, we pay homage!

semchen döndu dak gi ngön

“In the past, to benefit beings,

kawa gangshyik ché gyur dang

I bore all kinds of hardship, and

dak gi dewa tangwa yi

Gave up my own happiness, through this

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

ngé ngön nepé ché dak tu

“In the past, for the sake of the sick,

rang gi tsowa yong tangwé

I gave my life away;

semchen pongpa kyabpé chir

So, to protect the needy and the poor,

tenpa yün ring bar gyur chik

Long may the teachings remain ablaze!

bu dang bumo chungma dang

“By my giving up sons, daughters, and wives,

nor dang langchen shingta dang

Riches and elephants and chariots,

rinchen changchub chir tangwé

For the sake of the treasure of enlightenment,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

dak gi sangye rangsang gyé

“Through the offerings I made to the buddhas,
pratyekabuddhas,

nyentö pa dang ma dang ni

Śrāvakas, male and female,

drangsong dak la chö jepé

And to the great sages,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!”

kalpa jewa dumar dak

“Through the sufferings I endured

dukngal natsok nyong gyur ching

For many millions of aeons,

changchub döndu tö tsalwé

Seeking instruction for the sake of enlightenment,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

dak gi tsultrim tulshyuk dang

“Through my conduct of discipline,

katub yün ring tenjé shing

And age-long asceticism,

chok chü sangye ngé chöpé

And my offerings to the buddhas of ten directions,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

dak ngön tsöndrü dang denpé

“Through my diligence in the past,

taktu ten ching parol nön

Constantly stable, and overcoming others' disruption;

semchen tamché dral döndu

So as to liberate all beings,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

zö tul taktu tenjé shing

“Through my constant practice of patience,

semchen nyönmong nyikma yi

While sentient beings' negative emotions degenerated,

semchen ngen zöjé gyurpé

Bearing with patience all their harmful acts,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

samten namtar zukmé dang

“Through my concentration, complete liberation and formless absorption,

tingdzin gangé jé nyepa

Samādhis as many as the grains of sand in the river Ganges—

gompé dé tü dak gi ni

Through the power of my meditation,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

yeshe döndu dak gi ngön

“Through seeking wisdom in the past,

katub nak dak tenjé shing

By practising austerities in the forest,

tenchö duma nyer tenpé

And teaching countless śāstras to others,

tenpa yün ring bar gyur chik

May the teachings blaze, long into the future!

tsewé gyu yi sha trak dang

“Through giving, out of love, my flesh and blood,

tsowa yongsu tang gyur ching

Giving my life away entirely, and

yenlak nying lak tangpa yi

Giving arms and legs and every part of my body,

chö tsul nampar pel gyur chik

May the teachings blaze, long into the future!

dak ngön dikpé semchen nam

“In the past, with loving kindness, I caused

jampé salwar minjé shing

Harmful sentient beings to mature completely,

tekpa sum la rab köpé

And I led them to the three vehicles; through this

chö kyi chöjin gyé gyur chik

May the teachings blaze, long into the future!

dak ngön tabshé gyurpa na

“In the past, with skilful means and wisdom,

semchen ta ngen lé dral shying

I liberated sentient beings from perverse views,

yangdak ta la kö jepé

And led them to the correct view; through this

chö ni nampar pel gyur chik

May the Dharma increase in every way!

dak gi semchen du ngö shyi

“With the four means of attracting disciples,

nyönmong mé lé tarjé shing

I released beings from the fire of the emotions,

dak gi pel dik pam jepé

And vanquished rampant negativity; through this

dak khor yün ring né gyur chik

May my followers remain, long into the future!

dak gi mutek chen shyendak

“I freed tīrthikas and others

tawé chu lé draljé té

From the rivers of different views,

yangdak ta la kō gyurpé

And led them to the correct view; through this

dak khor taktu gü gyur chik

May my followers always have devotion!

yün ring tenpa bar gyur chik

May the teachings blaze, long into the future!”

