



DAKINI'S WHISPER PRAYERS

Refuge & Bodhicitta

In my heart I turn to the Three Jewels of Refuge • May I free suffering beings and place them in bliss
May the compassionate spirit of love grow within me • That I may complete the awakening path

Mandala Offering

SA-SHI PÖ-KYI JUK-SHING ME-TOK TRAM
RI-RAB LING-SHI NYIN-DE GYEN-PA-DI
SANG-GYE SHING-DU MIK-TE PÜL-WA-YI
DRO-KÜN NAM-DAK SHING-LA CHÖ-PAR SHOK

This Land Anointed with Perfume, Flower Strewn,
Mount Meru, Four Lands,
Sun and Moon, As Buddha-Land.
I offer all of these,
Please accept them with compassion.
May all beings enjoy this Pureland.

Requesting Teachings

JE-TSÜN LA-MA DAM-PA KYE-NAM-KYI
CHÖ-KU KA-LA KYEN-TSEY CHU-ZIN TRIK
JI-TAR TSAM-PEY DÜL-JEY ZIN-MA-LA
SAB-GYE CHÖ-KYI CHAR-PA BAB-TU-SÖL

Holy Lamas, Your Dharma Bodies Wrap the Sky
In Massive Clouds of Knowledge and Love.
Please Let Them Pour Upon
Your Disciples on This Earth
As We are Ready a Shower of Rain
The Teachings Deep and Wide.

IDAM GURU RATNA MANDALA KAM NIRYATAYAMI

Tonglen

TE-NA JE-TSÜN LA-MA TUK-JE-
CHEN MA-GYUR DRO-WEY
DIK-DRIB DÜN-NGEL-KÜN

Holy Lama!
Lord of Compassion!
Inspire Me Please So All the Pain
Of All Mother Beings

MA-LÜ TAN-DA DAK-LA MIN-PA-
DANG DAK-GI DE-GE
SHEN-LA TANG-WA-YI

Their Bad Deeds
And Their Obstacles
May Now Ripen On Me
As I Am Ready

DRO-KÜN DE-DANG
DEN-PAR JIN-GYI-LOB
(DRO-KÜN DE-DANG
DEN-PAR JIN-GYI-LOB)

And So I May
Give Them All My Good
And Happiness In This Way
Assure That Each One
Has All Happiness

Dedication	
<p>(1) GE-WA DI-YI NYUR-DU-DAK LA-MA SANG-GYE TRUB-GYUR-NE DRO-WA CHIK-KYANG MA-LÜ-PA DE-YI SA-LA GÖ-PAR-SHOK</p> <p>By this virtue, may I quickly Attain the state of a Guru-Buddha And lead every living being, without exception, Into that enlightened state!</p>	<p>(2) JANG-CHUB SEM-CHOK RIN-PO-CHE MA-KYE PA-NAM KYE-GYUR-CHIK KYE-WA NYAM-PA ME-PA-YANG GONG-NE GONG-DU PEL-WAR-SHOK</p> <p>May the precious bodhicitta Not yet born arise and grow. May that which has been born have no decline But increase more and more!</p>
<p>(3) Through all the string of my future lives May Tsongkapa the Victor come to me And serve himself as my spiritual guide In the teachings of the Greater Way! In all my lives may I never live Apart from my perfect lamas, May I bask in the glory of the Dharma!</p>	<p>(4) May I fulfill perfectly every good quality Of every level and path, and reach then quickly The place where I become myself Vajradhara!</p>

Long Life Prayer for Chöying Khandro	
<p><i>OMAH HUM</i></p> <p>Nurtured by blessings, pure and divine, From Khalkha Jetsun Dampa's line, Jampel Namdrol, radiant flame, Bearer of wisdom, Dakini's name.</p> <p>Whispered lineage, deep and clear, Through time unbroken, ever near, Your Vajra mind, so vast, so bright, Shines as the guru's guiding light.</p> <p>Peerless guide, O Chöying Khandro, Dakini's heart in human glow, May your life be long and strong, Your teachings echo, pure and strong.</p> <p>May Dakini's Whisper spread and rise, To heal the earth, to clear the skies, May every heart be freed from pain Your voice, compassion's soft refrain.</p> <p><i>OMAH HUM</i></p>	

A Song of Realization (by the 7th Dalai Lama, Kelsang)

(1)
NYING DAB-GYE AVA-DHU-TI-Ü
SHI GYUR-ME SEM-KYI DOR-JE GAR
LHA SANG-GYE KÜN-DU LOB-SANG-DRAK
PA LA-MEY NGO-WOR CHAK-TSEL-LO

Upon the eight-petalled lotus
 At my heart's secret core,
 Within the avadhuti channel,
 The central way of light,
 The vajra mind, the ground immutable,
 Begins its sacred dance.

O Lobsang Drakpa,
 In whom all Buddha-deities unite,
 To you, the Father,
 The essence of all Gurus, I prostrate!

(2)
SHI KOR-DE CHÖ-NAM MA-LÜ-PA
NANG RANG-GI SEM-KYI TAK-PA-TSAM
SEM DE-YANG TAK-NA KYE-GAK-DREL
NE-LUK-KYI NGO-WO E-MA-HO

The vast array of all phenomena,
 From cyclic chains to peace,
 The very ground of every being,
 Though appearing to the eye,
 Is but a mere construct of my own mind.

Yet even mind itself, when sought,
 Is found without a birth,
 Unceasing and beyond all – Emaho!
 How wondrous is the Truth,
 The nature of how things truly are!

(3)
TÖN KA-LA CHU-ZIN DENG-PA-SHING
YING RANG-SEM YER-ME NANG-NGO-RU
NYONG NANG-GI TRÖ-PA MA-LÜ NUB
NGA KYE-ME NAM-KEY NEN-JOR-PA

As autumn clouds dissolve away
 Into the boundless blue,
 My mind merges inseparably
 With the absolute expanse.

There, every fabrication of perception
 Comes to rest.
 I, a yogin of the unborn space,
 Behold the world anew:

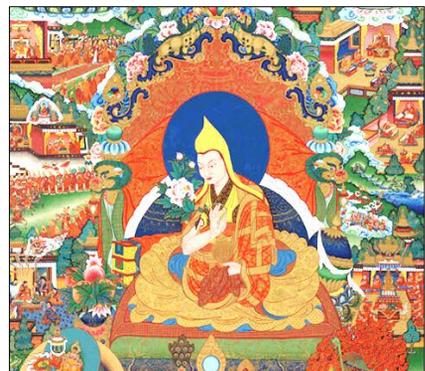
(4)
SHI CHIR-YANG MA-DRUB ZÜN-PO-CHE
NANG DRAK-KÜN GYU-MEY TE-MOR TONG
NYAM GA-WA NANG-TONG SUNG-JUK-DI
LU-ME-KYI TEN-DREL NGE-PA NYE

All sights and sounds are
 But a magical show,
 Great deceptions,
 Never grounded, in any way.

In this ecstatic union
 Where appearance meets the emptiness,
 I found a certainty in infallible interdependence.

(5)
JE KYEN-PEY TER-DANG YER-ME-PEY
PA LOB-SANG-DRAK-PEY LEK-SHE-DANG
JE TSEN-DEN LA-MEY KA-DRIN-LE
NGE NGE-DÖN LU-RU LANG-WA-YIN

From the eloquent words of Father Lobsang Drakpa,
 One with Manjushri,
 The sublime Treasure of all Wisdom,
 And by the kindness of my perfect
 And most holy Gurus,
 I have sung this song of the meaning
 That is absolute and true.



A Thousand Angels of the Bliss Heaven (Ganden Lhagyama)

<p>(1) Invitation GAN-DEN LHA-GEY GÖN-GYI TUK-KA-NE RAB-KAR SHO-SER PUNG-DREY CHU-ZIN-TSER CHÖ-KYI GYEL-PO KÜN-KYEN LOB-SANG-DRAK SE-DANG-CHE-PA NE-DIR SHEK-SU-SÖL</p> <p>Please come to me, Lobsang Drakpa, King of the Dharma, who knows all things, Come with your Sons, Riding upon the tops of clouds Like mountains of pure white snow; Come, come from the heart Of the Lord of a Thousand Angels Living in the Heaven of Bliss.</p>	<p>(2) Asking to Stay DÜN-GYI NAM-KAR SENG-TRI PEN-DEY-TENG JE-TSÜN LA-MA GYE-PEY ZUM-KAR-CHEN DAK-LO DE-PEY SÖ-NAM SHING-CHOK-TU TEN-PA GYE-CHIR KEL-GYAR SHUK-SU-SÖL</p> <p>Sit in the air in front of me, on a throne with cushions Of the moon and the lotus, set on the backs of lions. My holy Lama, with pure white smile, Happy with me, I ask you to stay for a million years To spread the teaching; Stay, for there is no one higher than you With whom I may make merit By goodness of my faith.</p>
<p>3) Prostration SHE-JEY KYÖN-KÜN JEL-WEY LO-DRÖ TUK KEL-SANG NA-WEY GYEN-GYUR LEK-SHE SUNG DRAK-PEY PEL-GYI LHAM-MER ZE-PEY KU TONG-TÖ DREN-PE DÖN-DEN-LA CHAK-TSEL</p> <p>Your Mind is knowledge that wraps around The entire mass of knowable things. Your Words are jewels of good explanation That we the fortunate wear on our ears. Your Body shines forth shines with brightness Shines with a glory the world will see. I bow to You; just to see You; just to hear You; Just to think of You brings great things.</p>	<p>(4) Offerings YI-ONG CHÖ-YÖN NA-TSOK ME-TOK-DANG DRI-SHIM DUK-PÖ NANG-SEL DRI-CHAB-SOK NGÖ-SHAM YI-TRÜL CHÖ-TRIN GYA-TSO-DI SÖ-NAM SHING-CHOK KYE-LA CHÖ-PAR-BÜL</p> <p>I make in my mind and place here as well An ocean of gifts that could cover the sky; Presents to please all of your senses, Every different color of flower, Sweetest fragrant incense, Lamps of light, perfumes upon your body, And other gifts as well, do I offer You, There is no higher with whom I may make merit.</p>
<p>(5) Open Acknowledgement GANG-SHIK TOK-ME-DU-NE SAK-PA-YI LÜ-NGAK YI-KYI MI-GE CHI-GYI-DANG KYE-PAR DOM-PA-SUM-GYI MI-TUN-CHOK NYING-NE GYÖ-PA DRAK-PÖ SO-SOR-SHAK</p> <p>From deep within my heart, I am sorry, deeply, And openly confess one by one The harm that I have done In my acts or words or thoughts; Any and every wrong kept with me From time with no beginning; Especially what I may have done against any one Of the three different kinds of vows.</p>	<p>(6) Rejoicing NYIK MEY DU-DIR MANG-TÖ DRUB-LA-TSÖN CHÖ-GYE PANG-PE DEN-JOR DÖN-YÖ-JE GÖN-PO KYE-KYI LAB-CHEN ZE-PA-LA DAK-CHAK SAM-PA TAK-PE YI-RANG-NGO</p> <p>Here in the age of degeneration You made every effort to gain great learning; You threw away the eight worldly thoughts And so made use of your leisure and fortune. Savior, we rejoice, we are glad, Happy deep inside, For what you have done, So good and powerful.</p>

<p>(7) Requesting Teachings JE-TSÜN LA-MA DAM-PA KYE-NAM-KYI CHÖ-KU KA-LA KYEN-TSEY CHU-ZIN-TRIK JI-TAR TSAM-PEY DÜL-JEY ZIN-MA-LA SAB-GYE CHÖ-KYI CHAR-PA BAB-TU-SÖL</p> <p>Holy Lamas, Your Dharma Bodies Wrap the sky In massive clouds Of knowledge and love.</p> <p>Please let them pour upon Your disciples on this earth As we are ready a shower of rain, The Teachings deep and wide.</p>	<p>(8) Dedication DAK-GYI JI-NYE SAK-PEY GE-WA-DI TEN-DANG DRO-WA-KÜN-LA GANG-PEN-DANG KYE-PAR JE-TSÜN LOB-SANG-DRAK-PA-YI TEN-PEY NYING-PO RING-DU SEL-JE-SHOK</p> <p>May any goodness I have done with this my prayer Be a help to the teachings and to every living being.</p> <p>I make a special prayer too That for many years to come I may carry forth the Light, The Essence of the Word, The Teachings of Je Tsongkapa.</p>
<p>PEL-DEN TSA-WEY LA-MA RIN-PO-CHE DAK-GYI CHI-WOR PE-MÖ TENG-SHUK-LA KA-DRIN CHEN-PÖ GO-NE JE-SUNG-TE KU-SUNG TUK-KYI NGO-DRUB TSEL-DU-SÖL</p> <p>Come I pray and sit My root Lama Shining and precious Upon the lotus Atop my head;</p> <p>Take me after You In great kindness, Grant that I attain Your body, speech and mind.</p>	<p>MIK-ME TSE-WEY TER-CHEN CHEN-RE-SIK DRI-ME KYEN-PEY WANG-PO JAM-PEY-YANG DÜ-PUNG MA-LÜ JOM-ZE SANG-WEY-DAK GANG-CHEN KE-PE TSUK-GYEN TSONG-KA-PA LOB-SANG-DRAK-PE SHAB-LA SÖL-WA-DEB</p> <p>I pray to Loving Eyes Treasure of love with no one it loves; I pray to Soft Glorious Voice Lord of knowledge that has no stain; I pray to the Keeper of the Secret Who smashes all the army of demons; I pray to Tsongkapa Crowning jewel of masters of the Land of Snow; I pray to One, I pray at the feet, I pray to Lobsang Drakpa.</p>
<p><i>Union with the Guru</i> PEL-DEN TSA-WEY LA-MA RIN-PO-CHE DAK-GYI NYING-KAR PE-MÖ TENG-SHUK-LA KA-DRIN CHEN-PÖ GO-NE JE-SUNG-TE KU-SUNG TUK-KYI NGO-DRUB TSEL-DU-SÖL</p> <p>Come I pray and sit My root Lama Shining and precious Upon the lotus in my heart;</p> <p>Take me after You In great kindness, Grant that I attain Your body, speech and mind.</p>	<p>PEL-DEN TSA-WEY LA-MA RIN-PO-CHE DAK-GYI NYING-KAR PE-MÖ TENG-SHUK-LA KA-DRIN CHEN-PÖ GO-NE JE-SUNG-TE CHOK-DANG TÜN-MONG NGO-DRUB TSEL-DU-SÖL</p> <p>Come I pray and sit My root Lama Shining and precious Upon the lotus in my heart;</p> <p>Take me after You In great kindness, Grant that I attain Both common and highest goals.</p>

**PEL-DEN TSA-WEY LA-MA RIN-PO-CHE
DAK-GYI NYING-KAR PE-MÖ TENG-SHUK-LA
KA-DRIN CHEN-PÖ GO-NE JE-SUNG-TE
JANG-CHUB NYING-PÖ BAR-DU TEN-PAR-SHUK**

Come I pray and sit
My root Lama
Shining and precious
Upon the lotus in my heart;

Take me after you in great kindness,
Stay here never moving
Until the Buddha's essence.

Dedication

Through all the string of my future lives
May Tsongkapa the Victor come to me
And serve himself as my spiritual guide
In the teachings of the Greater Way!

In all my lives, may I never live
Apart from my perfect lamas,
May I bask in the glory of the Dharma!

May I fulfill perfectly every good quality
Of every level and path, and reach then quickly
The place where I become myself Vajradhara!



A Short Six Session Guru Yoga

1. Refuge and Bodhicitta

In my heart I turn to the Three Jewels of Refuge.
May I free suffering beings and place them in bliss.
May the compassionate spirit of love grow within me
That I may complete the awakening path.

2. Visualizing the Merit Field

In the sky on a lotus, sun, and moon seat,
I see my Lama as Dorje Chang;
Blue in color, holding dorje and bell,
Experiencing great bliss with his consort Ying Chukma.

At his brow a white OM; at his throat a red AH;
From the blue HUM at his heart, many colors shine,
Calling forth the Awakened from all ten directions,
Inviting them to him to melt into one.

3. Prostration and Offering

To your blue lotus feet I bow, Dorje Chang.
With oceans of clouds I make triple offerings.
The land, jeweled vase, the sun and the moon,
And all precious offerings I present unto you.

4. Request

Powers supreme and powers mundane
Follow upon pure devotion to you.
Thus my body, life, and wealth I forsake
And ask for your aid to only please you.

5. Absorption

Now my Lama as requested comes to the top of my head
And dissolves until we both are one,
And I as Dorje Sempa unite with Chom Denma,
Holding dorje and bell and experiencing great bliss.

6. Vows

Land, body, wealth, and all virtues collected,
For the sake of all mother sentient beings I gladly release;
And I vow to protect all the vows I have taken,
Nor transgress even one for the sake of my life.

By means of holding both Sutra and Tantra,
May I liberate all living beings completely.
May the virtues collected flow on towards the Dharma,
Preserve it and nourish the prayers of the Masters.

7. Dedication

May the profound blessings of the Precious Three Jewels,
And the unerring Truth of Dependent Arising,
Fulfill all the prayers that now I set forth
And lead me across to the awakened shore!

Lama Tsongkhapa Mantra (Miktsema)

MIK-ME TSE-WEY TER-CHEN CHEN-RE-SIK

I pray to Loving Eyes
Treasure of love with no one it loves;

DRI-ME KYEN-PEY WANG-PO JAM-PEY-YANG

I pray to Soft Glorious Voice
Lord of knowledge that has no stain;

DÜ-PUNG MA-LÜ JOM-ZE SANG-WEY-DAK

I pray to the Keeper of the Secret
Who smashes all the army of demons;

GANG-CHEN KE-PE TSUK-GYEN TSONG-KA-PA

I pray to Tsongkapa
Crowning jewel of masters of the Land of Snow;

LOB-SANG-DRAK-PE SHAB-LA SÖL-WA-DEB

I pray to One, I pray at the feet,
I pray to Lobsang Drakpa.

