

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.

MANDALA OFFERING

SA-SHI PÖ-KYI JUK-SHING ME-TOK TRAM

• • • • • — • • • • •
This Land Anointed with Perfume, Flower Strewn,

RI-RAB LING-SHI NYIN-DE GYEN-PA-DI

• • • • • — • • • • •
Mount Meru, Four Lands, Sun and Moon, as Buddha-Land

SANG-GYE SHING-DU MIK-TE PÜL-WA-YI

• • • • • — • • • • •
I offer all of these, Please accept them with compassion

DRO-KÜN NAM-DAK SHING-LA CHÖ-PAR SHOK

• • • • • — • • • • •
May all beings enjoy this Pureland.

REQUESTING TEACHINGS

JE-TSÜN LA-MA DAM-PA KYE-NAM-KYI

• • • • • — • • • • •
Holy Lamas, Your Dharma Bodies

CHÖ-KU KA-LA KYEN-TSEY CHU-ZIN TRIK

• • • • • — • • • • •
Wrap the Sky in Massive Clouds of Knowledge and Love

JI-TAR TSAM-PEY DÜL-JEY ZIN-MA-LA

• • • • • — • • • • •
Please Let Them Pour Upon Your Disciples on This Earth

SAB-GYE CHÖ-KYI CHAR-PA BAB-TU-SÖL

• • • • • — • • • • •
As We are Ready a Shower of Rain the Teachings Deep and Wide.

IDAM GURU RATNA MANDALA KAM NIRYATAYAMI

DEDICATION

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

By this virtue, may I quickly
Attain the state of a Guru-Buddha
And lead every living being, without exception,
Into that enlightened state!

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

May the precious bodhicitta
Not yet born arise and grow.
May that which has been born have no decline
But increase more and more!

LONG LIFE PRAYER for CHÖYING KHANDRO

Om Ah Hum. Nurtured by the direct transmission of The Ninth Khalkha Jetsun Dampa, Jampel Namdrol Chokyi Gyeltsen, holder of the precious Dakini's Whisper Oral Tradition, your enlightened Vajra mind, embodiment of the Dakini, manifests in the form of the guru, informed by the lineage masters until the end of time. Peerless guide, Chöying Khandro, may your life be long! May your benevolent activities, Dakini's Whisper, flourish to dispel the sufferings of the world!

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.
5. 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.
6. 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!

Je Tsongkhapa Mantra

**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.

