

Daily Prayers





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FPMT Education Department



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One of our principal objectives is to serve as a repository for a wide variety of practice texts primarily within the Gelug tradition, especially those authored or translated by Lama Zopa Rinpoche and Lama Thubten Yeshe. We work in close collaboration with the Lama Yeshe Wisdom Archive, Boston, Massachusetts, which serves as a repository for the commentaries and transcripts of teachings by Lama Zopa Rinpoche and Lama Yeshe.

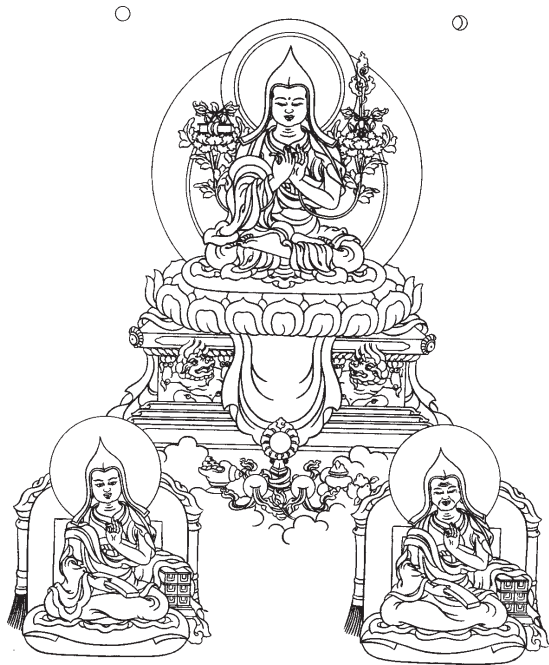
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Praise and Request to Lama Tsongkhapa (Migtsema)

Mig me tse wäi ter chhen chän rä zig
Avalokiteshvara, great treasure of non-objectifying compassion;
 Dri me khyen päi wang po jam päi yang
Manjushri, master of stainless wisdom;
 [Dü pung ma lü jom dzä sang wäi dag]
[Vajrapani, destroyer of the entire host of maras;]
 Gang chän khä päi tsug gyän tsong kha pa
Tsongkhapa, crown jewel of the sages of the land of snows,
 Lo zang drag päi zhab la sol wa deb (3x)
To Losang Dragpa, at your feet I make requests. (3x)



Lama Tsongkhapa and his two principal disciples, Khedrub-je and Gyaltsab-je

Daily Prayers



Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la
I go for refuge until I am enlightened
 Jang chhub bar du dag ni kyab su chhi
To the Buddha, the Dharma, and the Supreme Assembly.
 Dag gi jin sog gyi pä sö nam gyi
By my practice of giving and other perfections,
 Dro la phän chhir sang gyä drub par shog
May I become a buddha to benefit all sentient beings. (3x)

The Four Immeasurables

Sem chän tham chä de wa dang de wäi gyu dang dän par gyur chig
May all sentient beings have happiness and the causes of happiness.

Sem chän tham chä dug ngäl dang dug ngäl gyi gyu dang dräl war gyur chig
May all sentient beings be free from suffering and the causes of suffering.

Sem chän tham chä dug ngäl me päi de wa dang mi dräl war gyur chig
May all sentient beings be inseparable from the happiness that is free from suffering.

Sem chän tham chä nye ring chhag dang nyi dang dräl wäi tang nyom
 la nä par gyur chig
May all sentient beings abide in equanimity, free from attachment for friends and hatred for enemies.



Seven-Limb Prayer

Go sum gü päi go nä chhag tshäl lo
 Reverently, I prostrate with my body, speech, and mind;
 Ngö sham yi trül chhö trin ma lü bül
 I present clouds of every type of offering, actual and imagined;
 Thog me nä sag dig tung tham chä shag
 I declare all my negative actions accumulated since beginningless
 time
 Kye phag ge wa nam la je yi rang
 And rejoice in the merit of all holy and ordinary beings.
 Khor wa ma tong bar du leg zhug nä
 Please, remain until the end of cyclic existence
 Dro la chhö kyi khor lo kor wa dang
 And turn the wheel of Dharma for living beings.
 Dag zhän ge nam jang chhub chhen por ngo
 I dedicate my own merits and those of all others to the great
 enlightenment.

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
 This ground, anointed with perfume, strewn with flowers,
 Ri rab ling zhi nyi dä gyän pa di
 Adorned with Mount Meru, four continents, the sun and the moon:
 Sang gyä zhing du mig te ül wa yi
 I imagine this as a buddha-field and offer it.
 Dro kün nam dag zhing la chö par shog
 May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Dedication Prayers

Ge wa di yi nyur du dag
 Due to the merits of these virtuous actions,
 La ma sang gyä drub gyur nä
 May I quickly attain the state of a Guru-Buddha



Dro wa chig kyang ma lü pa
 And lead all living beings, without exception,
 De yi sa la gö par shog
 Into that enlightened state.

Jang chhub sem chhog rin po chhe
 May the supreme jewel bodhichitta
 Ma kye pa nam kye gyur chig
 That has not arisen, arise and grow;
 Kye wa nyam pa me pa yang
 And may that which has arisen not diminish
 Gong nä gong du phel war shog
 But increase more and more.

Short Long Life Prayers

For His Holiness the Dalai Lama

Gang ri ra wä kor wäi zhing kham dir
 In the land encircled by snow mountains
 Phän dang de wa ma lü jung wäi nä
 You are the source of all happiness and good;
 Chän rä zig wang tän dzin gya tsho yi
 All-powerful Chenrezig, Tenzin Gyatso,
 Zhab pä si thäi bar du tän gyur chig
 Please remain until samsara ends.

For Lama Zopa Rinpoche

Thub tshül chhang zhing jam gön gyäl wäi tän
 You who uphold the Subduer's moral way, who serve as the bountiful
 bearer-of-all,
 Dzin kyong pel wä kün zö dog por dzä
 Sustaining, preserving, and spreading Manjunath's victorious doctrine;
 Chhog sum kur wäi leg mön thu drub pa
 Who masterfully accomplish magnificent prayers honoring the
 Three Jewels:
 Dag sog dül jäi gön du zhab tän shog
 Savior of myself and others, your disciples, please, please live long!