

Seven Limb Prayer to Palden Lhamo By HH Dalai Lama

Magnificent Goddess, hard to fathom,
Enjoying the expanse of space with your magical means,
To yourself, manifestation of bodhisattvas,
With body, speech and mind I respectfully prostrate.

Although you are not polluted by my offerings,
In order to obtain the magnificent holy attainments,
A rain of desired qualities falling from the sky,
By these assembled offerings, may the senses be developed.

Magnificent Lady, you have the power over virtue and sin.
The evils of my body, speech and mind, I perfectly confess to you with regret.
By the strength of your compassion, purify my obscurations.

You are the perfectly Exalted Lady accomplishing the purpose of transmigrators,
My own and all goddess. Delighting in happiness and harmony without jealousy,
I rejoice and offer to your lineage.

Supreme body having the complete qualities holding terrifying black and good
implements for the purpose of all transmigrators in the ten directions and the three
times, please show a net of magical appearances.

Supreme and complete body, for the purpose of transmigrators and to protect the
Doctrine, until the sky becomes exhausted, do not pass into nirvana but remain
firmly, we pray.

By this virtue of prostrations, offerings, confession, rejoicing, summoning, and
praying, may the evil realms become empty. May I lead all beings to enlightenment.

JHO/ RAK MO JHO/ RAK MO JHO/ RAK MO THUN JHO/ KHA LA RAK CHEN MO/
RAK MO AJHA THA JHA THUN JHO RULU RULU HUM JHO HUM