The Garchen Buddhist Institute

Prayer Book
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Loving-Kindness and Compassion

by H.E. Garchen Rinpoche
Opening Prayers

 Refuge and Generation of Bodhicitta

 Altruistic Motivation

 All mother sentient beings, limitless as space—especially those enemies who hate me, obstructor who harm me, and those who create obstacles on my path to liberation and omniscience—may they experience happiness, be free from suffering, and swiftly may they attain precious, unsurpassed, perfectly complete enlightenment!

Recite three times.
Action Bodhicitta Prayer

For that purpose, until I attain buddhahood, I will apply my body, speech, and mind to virtue. Until death, I will apply my body, speech, and mind to virtue. From today until this time tomorrow, I will apply my body, speech, and mind to virtue.
I take refuge in the buddhas until I attain the essence of awakening! Likewise, I take refuge in the Dharma and in the assembly of the bodhisattvas! Just as the buddhas of the past gave rise to bodhicitta and progressed along the bodhisattvas’ path, so shall I give rise to bodhicitta for the benefit of all beings, and practice the stages of the bodhisattvas’ path. *Recite three times.*
Respectful Prayers

སངས་རྒྱས་ཆོས་དང་ཚོགས་ཀྱི་མཆོག་རྣམས་ལ།།
བྱང་ཆུབ་བར་དུ་བདག་ནི་སྐྱབས་སུ་མཆི།།
བདག་གིས་སྦྱིན་སོགས་བགྱིས་པའི་བསོད་ནམས་ཀྱིས།།
འགྲོ་ལ་ཕན་ཕྱིར་སངས་རྒྱས་འགྲུབ་པར་ཤོག
(3x)

SANG GYÉ CHÖ DANG TSOK KYI CHOK NAM LA /
JANG CHUP BAR DU DAK NI KYAP SU CHI /
DAK GI JIN SOK GYI PÉ SÖ NAM KYI /
DRO LA PHEN CHIR SANG GYÉ DRUP PAR SHOK

Until awakening, I take refuge in the Buddha, Dharma, and the Supreme Assembly! By the merit of generosity and other good deeds, may I attain buddhahood for the benefit of all beings!

Recite three times.
Four Immeasurables

May all mother sentient beings, limitless as space, have happiness and the causes of happiness! May they be free from suffering and the causes of suffering! May they not be separated from the happiness that is free from sorrow! May they rest in equanimity, free from attachment and aversion! Recite three times.
Mandala Offering

An infinite array of worlds, each with four continents and the wealth of infinite oceans of realms—if I bring them all to mind and offer them without exception, please hold with compassion all the beings they contain!

DAK LÜ LONG CHÖ DOK PA CHI CHI DANG /
PHUNG KHAM KYÉM CHÉ TRAL YÜN DÜN MAR CHÉ /
DAK TU ZUNG WÉ NGÖ PO GYUR TSÉ KÜN /
BÜL GYI DANG DZIN ZHI WAR JIN GYI LOP
My body, enjoyments, and whatever I own—my aggregates, elements, and sense sources; my aspirations now and in times to come; as well as everything I grasp as “mine”—by offering them all, may I be blessed with the end of self-grasping!

\[\text{ངོས་དངོས་མིན་མཐའ་ལས་ཡོངས་གྲོལ་ཞིང་།}
\text{སྐྱེ་འགག་གནས་གསུམ་འགྲོ་འོང་རྟག་ཆད་ཀྱི།}
\text{མིང་མཚན་ལས་འདས་གནས་ལུགས་མཎྜལ་མཆོག}
\text{ཕུལ་བས་སངས་རྒྱས་ཐོབ་པར་བྱིན་གྱིས་རློབས་}
\text{NGÖ DANG NGÖ MIN THA LÉ YONG DRÖL ZHING /}
\text{KYÉNG GAK NÉ SUM DRO ONG TAK CHÉ KYI /}
\text{MING TSEN LÉN DÉ NÉ LUK MANDAL CHOK /}
\text{PHÜL WÉ SANG GYÉ THOP PAR JIN GYI LOP}

Completely liberated from the bounds of real and unreal—transcending the names and attributes of arising, cessation, and abiding; coming and going; affirmation and denial—the supreme mandala is the natural state. By offering it, may I be blessed to attain the state of buddhahood!

\[\text{ॐ་གུ་རུ་དྷེ་བ་ཌཱཀྐི་ཎཱི་རཏྣ་མཎྜལ་པྲ་ཏཱི་ཙྪ་སྭཱ་ཧཱ།}
\text{OṂ GURU DHEVA ĐĀKIŅĪ RATNA MAṆḌALA PRATĪＣCHA}
\text{SVĀHĀ}
Guru Supplication

NAMO NANG SI NAM DAK GI LA MA LA / NANG SI ZHIR ZHENG SU CHÖ PA BÜL / KHAM SUM YONG DRÖL DU SÖL WA DEP / KHOR WA DONG TRUK TU JIN GYI LOP

Namo! To the guru, the utter purity of all appearance and existence, I offer all appearance and existence arisen as the primordial ground. I supplicate you: May the three realms be completely liberated! Please grant blessings to empty saṃsāra from its depths!

JÉ YI ZHIN NOR BU TSUK GI GYEN / MA SAM JÖ MÉ GYAL WÉ THUK / KHYEN PÉ YÉ SHÉ NGA DANG DEN / TSÉ WÉ DAK NYI KA DRIN CHEN / DRO WA KYOP DZÉ RIN PO CHÉ / DAK SEM NYI KYI NGANG NÉ SÖL WA DEP

Lord with five omniscient wisdoms; crown ornament; kind one with loving nature; precious protector of beings; heart of all buddhas, inexpressible by words or thought—I supplicate you from the core of my mind:
Bless me from within the state of dharmatā! Bless me to realize this mind, primordially pure and unborn, as the unfathomable dharmakāya!

Please turn the Wheel of the Dharma of the greater and lesser vehicles, and the teachings common to both, according the dispositions and mental capacities of sentient beings!
By this merit may I attain omniscience. Having defeated the enemies—my wrongdoings—may I liberate all beings who are tossed in the ocean of saṃsāra by the waves of birth, old age, sickness, and death!

Whatever virtue sentient beings possess, whatever good they have done, will do, and are doing now—whatever goodness there may be—may it permeate all beings everywhere!
By the virtue accumulated throughout the three times by others and myself, may all beings filling the reaches of space enter the gateway of the unexcelled path, and may they attain the vajra-holders’ ground!

By all the virtue actually performed and mentally created by myself and all sentient beings of the three times, may all beings of the six realms attain the five kāyas and realize the primordial wisdom of the buddhas in the dharmadhātu maṇḍala of the awakened mind!
དཔལ་ལྡན་རྩ་བའི་བླ་མ་རིན་པོ་ཆེ།
བདག་གི་སྙིང་ཁར་པདྨའི་གདན་བཞུགས་ནས།
བཀའ་དྲིན་ཆེན་པོའི་སྒོ་ནས་རྗེས་བཟུང་སྟེ།
སྐུ་གསུང་ཐུགས་ཀྱི་དངོས་གྲུབ་སྩལ་དུ་གསོལ།

PAL DEN TSA WÉ LA MA RIN PO CHÉ /
DAK GI NYING KHAR PEMÉ DEN ZHUK NÉ /
KA DRIN CHEN PÖ GO NÉ JÉ ZUNG TÉ /
KU SUNG THUK KYI NGÖ DRUP TSAL DU SÖL

Glorious root guru, precious one who sits upon a lotus at my heart, hold me with kindness and grant me all accomplishments of enlightened body, speech, and mind!
I pray for the excellent health of the guru! I pray that he lives a supremely long life! I pray that his activities spread far and wide! Grant blessings that I may not be separate from my guru!

May the Buddha’s teachings, the only source of benefit and happiness, endure long, and may the victory banner of longevity be steadfast for those who uphold the teachings!
CHÖ NGA CHEN PO DRA YI NI / DUK NGAL SEM CHEN
THAR GYI SHOK / KAL PA JÉ WA SAM YÉ SU / CHÖ TÖN
DZÉ CHING ZHUK GYUR CHIK
May the sound of the great Dharma Drum liberate all sentient beings from suffering! Please remain and teach the Dharma for infinite millions of kalpas!

SÖ NAM TOP CHEN DI YI THÜ / JIN DAK KHOR DANG CHÉ
NAM LA / TSÉ DIR SAM PÉ DÖN DRUP CHING / BAR CHÉ
ZHI NÉ TRA SHI PA / SAM PA CHÖ ZHIN DRUP PAR SHOK
By the might of this powerful merit, may the aspirations of the benefactors and their circles be accomplished within this very life. May their obstacles be pacified, may everything be auspicious, and may their wishes be fulfilled according to the Dharma!
Just as the Hero Mañjushrī realized things as they are, and as did Samantabhadra too, I will follow in their path and perfectly dedicate all these virtues!

As all such dedications have been praised as supreme by the victorious ones of the three times, I fully dedicate all my roots of virtue to excellent conduct.
By the blessing of the buddhas who attained the three kāyas, by the blessing of the truth of the unchanging nature of reality, and by the blessing of the undivided Sangha community, may my prayers be fulfilled according to this dedication!

By the virtues accumulated in the three times by myself and all beings in samsāra and nirvāṇa, and by the intrinsic root of virtue, may I and all sentient beings quickly attain unsurpassed, perfect, complete, and precious awakening!
Lord Jigten Sumgön's Dedication

Great Vajradhara, Tilopa, Nāropa, Marpa, Milarepa, Dharma Lord Gampopa, Phakmo Drupa, and Lord Drikungpa—may the auspiciousness of all the Kagyü lamas prevail!

Glorious, holy, venerable, precious, kind root and lineage gurus;

divine assembly of yidams; assemblies of buddhas and bodhisattvas,
PA WO DANG PA MO NAM JOR MA DANG KHAN DRÖ TSOK THAM CHÉ DA K LA GON G SU SÖL

heroes and heroines; Yogini and her assembly of ḍākinīs—all of you dwelling in the ten directions, please heed me!

By the power of this vast root of virtue, may I benefit all beings through my body, speech, and mind!

May the afflictions of attachment, hatred, ignorance, pride, and jealousy not arise in my mind!
May thoughts of fame, reputation, respect, honor, and concern for this life not arise for even a moment!

May my mind-stream be moistened by loving-kindness, compassion, and bodhicitta, and may I become a spiritual master with good qualities equal to the infinity of space!

May I gain the supreme attainment of Mahāmudrā in this very life!

At the moment of death, may I not experience the suffering of being abruptly severed from this life!
May I not suffer a terrible death! May I not die confused by wrong views! May I not experience an untimely death!

May I die joyfully and happily in the great luminosity of the mind-itself and in the crystal clarity of dharmatā!

May I, in any case, gain the supreme attainment of Mahāmudrā at the time of death, or in the bardo!
Long Life Prayers

His Holiness Tenzin Gyatso, the 14th Dalai Lama

For this realm encircled by snow-covered mountains, you are the source of all benefit and happiness. Tenzin Gyatso, Lord Chenrezig, may you remain steadfast until the end of saṃsāra!
His Holiness Drikung Kyabgon Chetsang Rinpoche

KÖN CHOK SUM DÜ SHAKYA SENG-GÉ YI /
TEN PA DZIN CHING PEL WÉ DAK NYI CHÉ /
KÜN ZANG CHÖ PÉ DRO DREN TRIN LÉ CHOK /
LHÜN DRUP JÉ TSÜN LA MÉ ZHAP TEN SÖL

Embodiment of the Three Jewels, great being who upholds and increases the teachings of the Shākya Lion, supreme are your activities of guiding others with your perfect deeds. May you, the precious guru who accomplishes everything spontaneously, live long!
His Holiness Drikung Kyabgon Chungtsang Rinpoche

KÖN CHOK SUM GYI DAK NYI DRI GUNG Pé / TEN PA DZIN LA DA DRAL THUK KYÉ THÜ / DAM PÉ CHÖ KYI ZHI SIL NANG WA YI / KYÉ GÜ UK JIN CHOK GI ZHAP TEN SÖL

Holder of the teachings of Lord Drikungpa, great lord of the Three Jewels—through the power of your peerless compassion and the Holy Dharma's peace and light, you bring relief to beings. May your life be long!
His Eminence Garchen Rinpoche

The one known in the Noble Land as Āryadeva, emanated into the Gar clan of Eastern Tibet as Chödingpa, the heart son of Jigten Gönpo—may the life of glorious Garchen remain steadfast for a hundred aeons!
The Long Life Prayer for His Eminence Garchen Rinpoche
composed by His Holiness the Dalai Lama

MA DRI DRO WÉ TSA LAK SHAKYÉ TOK / PEN DRUP CHU
DÜN TI LO NA RO ZHAP / MAR MI DAK SUM JIK TEN SUM
GÖN SOK / GYÜ PA RIM JÖN NAM KYI GÉ LEK TSÖL

Crown of the Śhākyas, kind friend to strangers; the seventeen Great
Panditas; Tilopa; Naropa; Marpa; Milarepa; Gampopa; Jigten
Sumgön; and their lineage heirs—please bestow good fortune and
auspiciousness!

GANG GI TSEN NYEN YI LA TEN PÉ MÖ / DÜ MIN NGA PÉ
LAM NÉ DRANG DZÉ DÉ / TAK TEN MIN GYUR TSÉ YI
CHOK JIN PÉ / CHOM DEN Ö TSEN GÖN PÖ GÉ LEK TSÖL

Protector Amitayus, Transcendent Lord who grants supreme life
everlasting, stable, and unchanging, and who diverts from untimely
death anyone who merely hears your name or thinks of you—please
bestow good fortune and auspiciousness!
Living austerely in the higher training of discipline, full of compassion that is the glory of those to be tamed, devoid of all grasping, never parting from Mahāmudrā’s natural state—Ngedön Tenpé Nyima, Sun of the Teachings, may your life remain firm!

In accordance with the requests of various communities of the Upper Kham Nangchen region, and, in particular, of the followers of the Drikung Kagyü lineage at Gar Monastery and its nearby communities, the Buddhist monk and expounder of the Dharma, Tenzin Gyatso, the Dalai Lama, composed these words of prayer for the long life of the 8th Garchen Rinpoche, Könchog Ngedön Tenpé Nyima, on the 6th day of the 9th month in the Fire Monkey Year in the Tibetan 17th Rabjung Cycle, or November 5, 2016, according to the Western calendar.
May the teachings of the great Drikungpa Ratnaśrī—Master of Interdependence, Omniscient Lord of Dharma who has seen all knowable things—be upheld until the end of cyclic existence through study, practice, hearing, contemplation, and meditation!
Homage to Chenrezig

Your thousand arms are the thousand wheel-turning kings.
Your thousand eyes are the thousand buddhas of this fortunate eon.
Your love is boundless like space. I supplicate to the Bodhisattva Chenrezig.

ཤཱ་པདྨེ་ཧཱུྂ་ཧྲཱིཿ
OṂ MAṆI PADME HŪṀ HRĪH
By this virtue, may I swiftly accomplish Lord Chenrezig, and may I bring all beings, without exception, to that state.

Bodhicitta Prayer

May bodhicitta, the precious and supreme mind, arise in whom it has not yet arisen. Where it has arisen, may it not decline, but ever increase higher and higher.
The Short Prayer to be Reborn in Blissful Land of Amitabha

ཨེ་མ་ཧོ༔

ངོ་མཚར་སངས་རྒྱས་སྣང་བ་མཐའ་ཡས་དང་༔

གཡས་སུ་ཇོ་བོ་

ཐུགས་རྗེ་ཆེན་པོ་དང་༔

གཡོན་དུ་སེམས་དཔའ་མཐུ་ཆེན་ཐོབ་རྣམས་ལ༔

སངས་རྒྱས་བྱང་སེམས་དཔག་མེད་འཁོར་གྱིས་བསྐོར༔

བདེ་སྐྱིད་ངོ་མཚར་

དཔག་ཏུ་མེད་པ་ཡི༔

བདེ་བ་ཅན་ཞེས་བྱ་བའི་ཞིང་ཁམས་དེར༔

བདག་གཞན་

འདི་ནས་ཚེ་འཕོས་གྱུར་མ་ཐག༔

སྐྱེ་བ་གཞན་གྱི་བར་མ་ཆོད་པ་རུ༔

དེ་རུ་སྐྱེས་ནས་སྣང་མཐའི་ཞལ་མཐོང་ཤོག༔

དེ་སྐད་བདག་གིས་སྨོན་ལམ་

བཏབ་པ་ཡི༔

ཕྱོགས་བཅུའི་སངས་རྒྱས་བྱང་སེམས་ཐམས་ཅད་ཀྱིས༔

གེགས་མེད་འགྲུབ་པར་བྱིན་གྱིས་བརླབ་ཏུ་གསོལ༔

ཏདྱཱ༔

པཉྩ་ནྡྲི་ཡ་ཨཱ་ཝ་བོ་ངྷ་ནཱ་ཡེ་སྭཱ་ཧཱ༔

É MA HO / NGO TSAR SANG GYÉ NANG WA THA YÉ DANG / YÉ SU JO WO THUK JÉ CHEN PO DANG / YÖN DU SEM PA THU CHEN THOP NAM LA / SANG GYÉ JANG SEM PKA Mé KHOR GYI KOR / DÉ KI NGÖ TSAR PAK TU Mé PA YI / DÉ WA CHEN ZHÉ JA WÉ ZHING KHAM DER / DAk ZHEN DI NÉ TSÉ PHÖ GYUR MA THAK / KYÉ WA ZHEN GYI BAR MA CHÖ PA RU / DÉ RU KYÉ NÉ NANG THÉ ZHAL THONG SHOK / DÉ KÉ DAk GI MÖN LAM TAP PA YI / CHOK CHÜ SANG GYÉ JANG SEM THAM CHÉ KYI / GEK Mé DRUP PAR JIN GYI LAP TU SÖL /

TEYATA PENTSAN DRIYA AWA BODANAYE SOHA
EMAHŌ! In the center is the wondrous Buddha of Boundless Light. To his right is Chenrezig, the Lord of Great Compassion, and to his left is Vajrapāṇi, the Bodhisattva of Great Might. They are surrounded by an inconceivable assembly of buddhas and bodhisattvas; immeasurable peace and happiness is the pure land of Great Bliss. When I and all beings pass from this life, may we be born in that land, unhindered by another saṃsāric birth, and may we then behold the face of Amitābha, Boundless Light! May all the buddhas and bodhisattvas of the ten directions bless this aspiration, that it may be accomplished without hindrance!

TADYATHĀ PAÑCA GRIYA AVA BODHANĪYE SVĀHĀ.
Supplication to Mañjushri

NAMO MAÑJÚŚHRĪ YÉ

SHÉ JÉ KHA YING ZAP CHING YANG PA LA / LO DRÖ KYING KHOR GYÉ PÉ Ö ZER GYI / KYÉ GÜ MI SHÉ MÜN PÉ TSOK NAM KÜN / SEL JÉ WANG PO JAM PÉ YANG LA DÜ

From out of the deep and open sky-expanse of all that can be known, the light rays of your wisdom mañḍala shine, dispelling the dark shrouds of ignorance for infinite beings. Homage to you, Lord Mañjushri!
You are my only refuge! From now until I attain the heart of awakening, wherever I am born in the six realms of samsāra by the force of my karma, protect me from the dreadful cycle of existence—Mañjuśrī!

When it comes time to let go of the components of this life and to part from my beloved relatives and friends, the awesome, terrifying Lord of Death will come and take me. At that time, protect me from the horrors of the Lord of Death—Mañjuśrī!
If, in the bardo of becoming, through the force of evil karma gathered since beginning-less time, the powerful winds of my mental afflictions move to carry me away to the miserable states so difficult to bear, restrain these winds of my afflictions—Mañjuśrī!

When the times comes for my bardo consciousness to transition to a future life, provide the auspicious circumstances for me to utterly transcend the eight unfree conditions, and ensure my rebirth as a noble being who upholds the victory banner of the Buddha’s teachings—Mañjuśrī!
In my future life, when I have gained a fortunate and free body ornamented with the supreme seven attributes of a higher birth, provide me with the auspicious circumstances to meet a spiritual friend who upholds the Dharma perfectly—Mañjuśrī!

Having fully understood the eloquent ocean of the Buddha’s teachings imparted by that spiritual friend, compassionate and skilled in means, may I be granted the discerning wisdom that enables me to teach it to others—Mañjuśrī!
Bringing only benefit to others throughout all my lives, may I be endowed with the six perfections, such as giving freely without stinginess and meditating in absorption with an undistracted mind—Mañjuśrī!

Although I wish to gaze upon the snowy mountain of the Buddha’s teachings—the moonlight that cools the fierce heat of saṃsāra—I am sinking in a swamp of laziness and distraction. Please come quickly and hold me with compassion—Mañjuśrī!
Although I long to fully dedicate myself to the path of the profound view and travel to the isle of perfect liberation, I am a miserable being, fettered by samsāra’s ropes. Cut the bonds that tie me to samsāra—Mañjuśrī!

Although I wish to surrender my selfish aim for the perfect peace that is like a kūṇḍa flower garden, and though I long to see the splendid lotus grove of the victorious ones, my mind is clouded by the veils of ignorance. Remove these veils—Mañjuśrī!
In brief, in all our future lives, establish myself and all beings in the ocean of the Buddha-dharma. Be a wish-fulfilling jewel for all beings, the source of all their hopes—Mañjuśrī!

Through the power of this supplication, may the great ship of the pure two-fold accumulation carry all beings across the ocean of saṃsāra. To accomplish this, may I become like you—Mañjuśrī!

From this time onward, until I attain awakening, be my teacher, Lord Mañjuśrī!
The light rays of your supreme knowledge lovingly dispel the dark ignorance of my mind. Please grant me the brilliant wisdom and confidence to fully understand the words and treatises of the Buddha’s teachings!

My protector, Lord Mañjuśrī, whenever I wish to gaze upon you or put to you the slightest question, may I behold you without hindrance!
Just as you act to accomplish the purpose of all sentient beings throughout the ten directions and all reaches of space, may my and others’ actions be like yours!

Through Mañjuśrī’s kindness, may I always recollect my former lives and embrace the life of a renunciate, until I reach the Ground of Perfect Joy.

*The last three verses are from Shantideva’s *Bodhicharya Avatara.*
This prayer book was assembled by Lama Abao for recitation at the Garchen Buddhist Institute. It was translated from Tibetan to English by Ina Bieler and edited by Dan Clarke in 2019.

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