

Self-Ministered Sojong Vow



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Tsechen Kunchab Ling

Seat of His Holiness
the Sakya Trizin in the United States
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Prostrations to All the Lamas, Buddhas, Bodhisattvas, Pratyeka Buddhas and Arhats

Invocation of Lamas, Buddhas and Bodhisattvas

Rang gi nying ga ne ozer trope lama
Gyalwa se dang che pa dun gye nam khar
Om vajra samaza

Prostrations to the Lama as Vajradhara

Sangye tham che du pai ku
Dorje zin pai ngo wo nyid
Kon chog sum gyi tsa wa te
Lama nam la chag tsal lo

Prostrations to the Lama's Holy Body

La mai ku ni dorje ku
Ze shing ta we chog mi she
Sam gye mi chab yon ten den
Lamai ku la chag tsal lo

Prostrations to the Lama's Holy Voice

La mai sung ni tsang pai yang
Gag me seng ge dra dang den
Mu teg log ta jom zet pa
La mai sung la chag tsal lo

Prostrations to the Lama's Holy Mind

La mai thug ni nam kha dra
De sal mi tog ngang tsul den
Nam thar sam la leg ne pai
La mai thug la chag tsal lo

Prostrations to the Lama as Combination of the Triple Gem

Lama sangye lama cho
De zhin lama ge dun te
Kun gyi zet pa lama yin
Lama nam la chag tsal lo

Prostrations to the Buddhas

Gon po thug je che den pa
Tham che kyen pai ton pa po
Sod nam yon ten gya tso zhing
De zin sheg la chag tsal lo

Prostrations to the Holy Dharma

Dag pe dot chag dral wai gyu
Ge we ngen song le drol shing
Chig tu don dam chog gyur pai
Zhi gyur cho la chag tsal lo

Prostrations to the Sangha

Drol ne drol wai lam yang ton
Lhab pa dag la rap tu gu
Zhing gi dam pa yon ten den
Ge dun la yang chag tsal lo

Prostrations to the Triple Gem

Ton pa lamet sangye rinpoche
Kyop pa lamet dam cho rinpoche
Drenpa lamet gedun rinpoche
Lamet kon chog sum la chag tsal lo

Prostrations to the Five Dhyani Buddhas

Cho ku man kha zhindu yer met ching
Zug ku jatson zhintu so sor sal
Thap dang sherap chog la nga nye pai
Rig nge de war sheg la chag tsal lo

Prostrations to the Seven Heroic Buddhas

Sangye namzig tsug tor tham che chap
Khor wa jig dang ser thup o sung dang
Shakya thup pa go tam hla yi hla
Sangye pa wo dun la chag tsal lo

Prostrations to the Eight Blissful Lords (Sugatas)

Kal pa drang mit de pei du kye tse
Phong gyur drowa tha dag kyap pei cher
Mon lam kyet par chen nam tap gyur pei
De war sheg pa gyet la chag tsal lo

Prostrations to All the Buddhas of the Ten Directions

Chog chui dro la kyen tse rap gong ne
Chog chur chu kyi khor lo lek kor be
Chog chui dro kun yong su chab zit pei
Chog chui sangye nam la chag tsal lo

Prostrations to the Thirty-five Buddhas

Ngon gyi mon lam chang chup je che pe
Tsen tsam tho pe drip pa kun sel wa
Trenle nga wa kunchen jig ten gon
Sangye sum chu nga la chag tsal lo

Prostrations to the Thousand Buddhas of this Noble Eon

Thun pai mon lam get tsog met chung zhing
Chet pa chot tse na yang chet gyur la
Kalzang chig la zet pa thar chin pai
Zog pai sangye tong la chag tsal lo

Prostrations to Buddha Shakyamuni

Thap khe thug je shag kyi rig su trung
Zhen gyi mi thup dut kyi pung jom pa
Ser gyi lhun po ta wur jet pai ku
Shag kyi gyal po chet la chag tsal lo

Prostrations to the Holy Body of Buddha Shakyamuni

Nam dag ku nga chog to zug zang wa
Yeshe gya tso ser gyi lhun po dra
Drag pa jig ten sum na lham me wa
Gon po chog gyur chet la chag tsal lo

Prostrations to the Exalted Marks and Omniscient Wisdom of Buddha Shakyamuni

Tsen chog den pa dri me da wai shal
Ser dog draw a chod la chag tsal lo
Dul dral chodra sit pa sum ma chi
Nyam me kyen chen chot la chag tsal lo

Prostrations to Buddha Shakyamuni as the Essence of all Buddhas

Dro wai nyen chig ma lu kang nyi tso
Du sum desheg kun gyi ngo wo nyit
Ser gyi dog chen lha yi lhar gyur pa
Dame tsig sum kot gyal la chag tsal lo

Prostrations to Medicine Buddha

Thug je kun la nyum pe chom den dei
Tsen tsam tho pe negendro dug gnal sel
Dug sum net sel sangye men gyi la
Be dru ya yi o la chag tsal lo

Prostrations to the Amitayu

Jig ten dren pai tso wo tse pag met
Du min chi wa ma lu jom zit pa
Gon mit dug gnal chur pa nam kyi chap
Sangye tse pa mit la chag tsal lo

Prostrations to All the Buddhas that Have Thirty-two Exalted Marks

Ku gyur pa ni tham che la
Tsen chog sum chu nye nga zhing
Zog pai sangye drag den pa
Gyal wa kun la chag tsal lo

Prostrations to the Four Holy Lands of the Buddha

Dzok sang kang du tam ba dang
Kang du chang chup la rig dang
Shi wu khorlo khor wa dang
Zag net nya ngen de ghag tsal

Prostrations to the Secondary Holy Lands

De sheg kang tu zhug pa thang
Chag pa tang nu zhing pa tang
Sangye ta wur zim pa yi
Ne de la yang chag tsal lo

Prostrations to the Stupas

Teng dang wo dang par tag dang
Chod dang chong tsam nam su yang
Kur che ku ne mit pa yi
Cho ten nam la chag tsal lo

Prostrations to Prajnaparamita

Nra sam jud mi sherap parol chin
Ma chit mu dog nam kyi ngo wo nyit
So so range rikyeshe che yul was
Sum sum gyal we yum la chag tsal lo

Prostrations to the Ultimate Truth

Gyal we ten pa kha thar yang pei lam
Thon dam mik me tro pa kun le dei
Yang che tsen tsam kun chin ngo wo nyit
Du sum gyal we yum la chag tsal lo

Prostrations to Ushnisha Vinjaya

Palden hlamo ton kyi da wei dok
Sal sum chog gya ram dzi shun mi ku
Yeshe pa ye tse ya chok tsul ma
Nampar gyal mi shab la chag tsal lo

Prostrations to the Deities of Ushnisha Vinjaya

Nam gyal jig ten wang chuk sang wei dak
Mi yo dot pei gyal po yug ngun chen
Top po che tang hla bu nye te
Nam gyal lha tsok nam la chag tsal lo

Prostrations to Amitabha

Du sum de war sheg pa cho kyi ku
Dro drug sem chen nam la chenreizig
Nam kha ta wur chap pei chu chig shal
Ze jit o pag mit la chag tsal lo

Prostrations to the Five Deities of Avalokiteshvara

Thug gye wang chug phag pa chenreizig
Don yot zhag pa tro gyal ta den pal
Ral chig ma dang lho mo tro nyer chen
Phag pa lha ngi tsog la chag tsal lo

Prostrations to the Eight Bodhisattvas

Jamyang chag na dorje chenreizig
Sa yi nying po drip pa nam par sel
Nam khai nying po jampa kun tu zang
Nye wai sre chen gyet la chag tsal lo

Prostrations to Avalokiteshvara

Kyon kyi ma go ku dog kar
Dzog sangey chi wo la jin
Thug gyi chen shyi dro la zig
Chenreizig la chag tsal lo

Prostrations Manjushri

Zhon nu ku lui chang wa po
Yeshe dronme rap tu sal
Jig ten sum chyi mun sel wa
Jam pei yang la chag tsal lo

Prostrations to Vajrapani

Top che la drag shul che
Rik ngag gyal po gei wa po
Dul ka ma lu dul zit pa
Dorje nam la chag tsal lo

Prostrations to Green Tara

Lha dang lha min chot pen kyi
Shap nye pemo lo chat le
Phung pa kun le drol dze ma
Drolma yum la chag tsal lo

Prostrations to all the Bodhisattvas

Kang la sem che dampa rinchen de
Kyi pa de yi ku la chag tsal shing
Kang la not pa che kyang de drel wa
De wie jung ne de la kyab su chi

Prostrations to the Sixteen Arhats

Da chom lo chag wang po kun dul wa
Ten pei sit du lek par tein zhug nei
Ten ba zhig dang pel dang srung zit pa
Dra chom nei ten chu drug la chag tsal

Prostrations to the Pratyeka Buddhas

Zab mu ten drel chu nye leg gom pai
Rang jung rang sangye kyi yeshe ni
Ten pa mit pei tsol gyi thug thut pai
Phag pa rang gyal nam la chag tsal lo

Prostrations to the Dharma Protectors

Zu trol top dang ngon par she pai pal
Nge war thop nei thup pai ka zhin tu
Tenpa rinchen bang zot leg sung bai
Do jo cho kyong nam la chag tsal lo

Prostrations to the Gods of Wealth

Gang ngo jin pa gya tsu ge sag pai
Tsei dang ngor dang thu yi pal ni nye
Drup pa po la yik char bep pa
Not jin nam la tod chang chag tsal lo

Prostrations to all the Objects of Salutation

Kha tar kyab pei gyal wa sei che la
Dag dang kha nyom dro wa ma lu pa
Lu dei shing dul nyam pal rap trul ne
Tag tug gu pai yit kyi chag tsal lo

Seven-Fold Prayer

Ji nay su dak chog chu jik ten na
Du sum sheg pa mi yi seng ge kun
Dag gi ma lu de dag tam chay la
Lu dang ngak yi dang way chak kyi o

Zang po cho pay mon lam tob dag gi
Gyal wa tam chay yit kyi ngon sum du
Shing gi dul nyet lu rab tu pa yi
Gyal wa kun la rab tu chak tsal lo

Dul chig teng na dul nyay sang gye nam
Sang gye sey kyi u na shug pa dag
Dey tar cho kyi ying nam ma lu pa
Tham chay gyal wa dag gi gang war mo

Dey dag ngag pa mi zey gya tso nam
Yang gi yen lak gya tso dra kun kyi
Gyal wa kun kyi yon ten rab jot ching
De war sheg pa tham chay dag gi tot

May tog dam pa treng wa dam pa dang
Sil nyen nam dang chug pa dug chog dang
Mar me chog dang dug po dam pa yi
Gyal wa de dag la ni cho par gyi

Nab za dam pa nam dang dri chog dang
Chey ma phur ma ri rab nyam pa dang
Kot pa Khyet par phag pay chog kun kyi
Gyal wa de dag la ni chot par gyi

Chot pa gang nam la met gya chay wa
De dag gyal wa tham chay la yang mo
Zang po chot la det pai tob dag gyi
Gyal wa kun la chak tsal chot par gyi

Do chag zshei dang ti mug wang gyi ni
Lu dang ngag dang de Zhin yet kyi kyang
Dig pa dag ki gyet pa chi chei pa
De dag tham che dag gi so sor shag

With clarity of body, speech, and mind,
I bow without exception to all the Lions
Among Men of the past, present, and future,
In every world in all the ten directions.

By the power of this Aspiration to Noble
Deeds, I manifest bodies as numerous as all
The atoms in all the lands. Aware in mind of
The presence of numberless victorious
Buddhas, and I prostrate to all of them.

I conceive the entire realm of truth to be
Completely filled with Enlightened Ones.
There are as many Buddhas as atoms
Present in each atom, each Buddha
Surrounded by many Bodhisattvas.

I honor all these blissful lords, extolling
The oceans of their inexhaustible perfections
With an ocean of all melodies and sounds,
And endless praise.

I offer to those heroic Buddhas the best
Flowers, best garlands, best music, best
Ointments, excellent canopies, finest lamps,
And the best incense.

I offer to those heroic Buddhas the finest
Robes and best fragrances and a variety of
Foods piled as high as Mount Meru,
All perfectly arranged.

By the power of my faith in Noble Deeds
I prostrate and present vast and unequalled
Offerings to each of the victorious Buddhas.

I confess every type of wrong that I
Have done in thought, word, or deed,
Under the influence of desire, anger, and
Ignorance.

Chog chu gyal wa kun dang sang gye sey
Rang gyal nam dang lhob dang mi lhob dang
Dro wa kun gyi so nam gang la yang
De dag kun gyi jay su dag yi rang

Gang nam chog chu jik ten dron ma nam
Chang chup rim par sang gye ma chag nyay
Gon po dey dag dak gi tham chay la
Khor lo la na mey pa kor war kul

Nya ngen da ton gang shey dey dag la
Dro wa kun la phen shing day way chir
Kal pa shing ki dul nyay shug par yang
Dag gi thal mo rab jar sol war gyi

Chak tsal wa dang chot ching shag pa dang
Jay su yi rang kul shing sol wa yi
Gay wa chung zey dag gi chi sag pa
Tham chay dag gi chang chup chir ngo o

I rejoice in the meritorious deeds, of all
the Buddhas of the ten directions, the
The Bodhisattvas, Pratyeka Buddhas,
Arhats, Practitioners, and all sentient beings.

I request all the enlightened
Protectors, who have attained the
Detachment of Buddhahood,
And illumine the worlds of the ten
Directions, to turn the peerless Wheel
of Dharma.

With hands folded, I beseech those
Who intend to manifest the final nirvana
To remain for as many eons as there are
Atoms in all the Buddha lands to gladden
And benefit all living beings.

May whatever little virtue I may have
Gained from prostrating, offering,
Confessing, rejoicing, requesting, and
Beseeching, be dedicated to attaining
Perfect enlightenment.

Taking Sojong Vow

Ji tar ngon gyi
De shin sheg pa
Dra chom pa
Yang dag pa
Zhog pai sang gye
Ta chang she ta wu
Lang po chen po
Jah wa che shing
Jhet pa che pa
Khur bor ba
Rang gi don je su thob pa
Set par kun tu jor wa
Yang su zed pa
Yang dag pai ka
Leg pa nam par drol wai thug
Leg par nam par drol wai shei rab chen
De nam kyi
Sem chen tham chet kyi
Don gyi khyer dang
Phen par cha wai cher dang
Drol war cha wai cher dang
Net met par char wai cher dang
Mu ge met par cha wai cher dang
Chang chub kyi chog kyi cho nam
Yong su zog par cha wai cher dang
Lana met par
Yang dag par
Zog pai chang chub
Lhag par tog par cha wai cher
So jong nge par zet pa
De zhin tu
Dag ming _____
She gyi wai kyang
Du di ne zung te
Ji srid sang
Nyi ma ma shar gyi bar du
Sojong nge par
Yang dag par lang war gyio

Just as the previous
Tathagatas,
Arhats,
Bhagawans,
Samyaksambuddhas
Who are like the 'all knowing horse',
Elephant,
Who did what was to be done,
Who received the results,
Who have thrown the load,
Who have accomplished their own purpose,
Who have completely exhausted attachment to
samsara,
Who have perfect speech,
Whose minds are completely liberated,
Whose wisdom is completely liberated,
Who for the sake of all sentient beings in order
to benefit them,

In order to liberate them,
In order to free them from illness,
In order to free them from famine,
And in order to accomplish all the dharmas of
enlightenment,
And in order to fully realize the matchless,
right and complete Enlightenment—

Certainly took this Poshadha;
Just so,
I who am known by this name _____,

Holding from this moment,
Until the sun rises tomorrow,

Certainly and properly take this Poshadha.

(Repeat 3 times)

Deng ne srog chod mi cha zhing
 Zhen gyi nor ni lang mi cha
 Treg pai choc hang mi ched ching
 Zun gyi tsig kyang mi mi nra oh
 Kyon ni mang po nyer ten pai
 Chang ni yong su pang war cha
 Tri ten che tho mi cha zhing
 De zhin dui ma yin pai ze
 Dri dang treng wa dang nig gyen
 Gar dang lhu sog pang warcha
 Ji tar dra chom tag tu ni
 Sog chot la sog mi jed tat
 De zhin srog chot la sog pang
 La med chang chub myur thob shog

 Dug ngal mang trug jig ten nam

 Srid poi tso le don par shog

From now I will not kill,
 Steal the wealth of others,
 Perform sexual activities,
 Say lying words,
 And I will abandon alcohol which possesses
 many faults;
 I will abandon very high seats,
 Likewise food at the wrong time,
 Scents, garlands, ornaments, dance, songs
 etc.—all I will abandon.
 Just as the Arhats always do not perform
 killing, etc.,
 Likewise I also abandon killing, etc.,
 And may I quickly obtain the matchless
 Enlightenment.
 May all sentient who are disturbed by many
 sufferings
 Be freed from the ocean of samsara.

(Repeat 3 times)

Mantra of Pure Moral Conduct

OM AMOGHA SHILA SAMBHARA SAMBHARA BHARA BHARA MAHA
 SHUDDHA SATTVA PADMA BI BHU SHITA BHUNZA DHARA DHARA
 SAMANTHA AVALOKITE HUNG PHAT SAVA HA
 (Recite 21 times)

Mantra of Amogha Pasha

OM HRIH TRILOKYA VIJAYA AMOGHA PASHA APARTI HATHA HRIH HA HUNG
 PHAT SAVA HA (Recite many times)

Trim gyi tsul trim kyon med ching
 Tsul trim nam par dag dang den
 Lom sem met pai tsul trim kyi
 Tsul trim pha rol chen zog shog

Through the moral conduct which is without
 pride, being endowed with pure moral conduct
 and the faultless moral conduct of rules, may I
 obtain the perfection of moral conduct.

Zhen nod zhir che pong la gom pai thui
 Mi lam na yang dig sem mi jung zhing
 Chang chub sem dang nam yang mi dral
 wai
 Tsul trim phun sum tsog pai tashi shog

By the power of the habit of abandoning,
 harming others with its cause, may the thought
 of sin not even arise in a dream, may I never be
 parted from the Enlightenment Thoughts, and
 may the good signs of perfect moral conduct

Jam pal pa woi ji tar kyen pa dang
Kun tu zangpo de yang de zhin te
De dag kun gyi je su dag lob cher
Ge wa de dag tham che rab tu ngo

arise.

In whatever way valiant Manjushri
And Samantabhadra know how to transfer
merit
So do I dedicate all of my own virtues
That I may train to be like them.