

RECITATIONS FOR RECEIVING
TEACHINGS

PRAYER TO THE LINEAGE LAMAS OF THE SAKYA TRADITION

Prayer to the Root Lama

Pal den tsa wei lama rin po che
Dag gi kyī wor ped me den zhug ne
Ka drin chen pe go ne je zung te
Ku sung thug kyī ngo drup tsal tu sol.

Splendid and precious root lama
Sitting on a lotus on the crown of my head,
Bless me with your great kindness
Bestow upon me perfection of body, voice and mind.

Mahasiddha Virupa

Gang ga dok ching ma rung gyal po tul
Nyi ma zung ne yul kam nyo ji sol.
Nyo min ling ga rap ker tum mo tul
Thu top wang chuk trag la gu chag tsal.

You reversed the flow of the River Ganges and subdued
the cruel king. Having stopped the sun, you drank the
liquor of the entire region but remained sober. You
cracked the linga and subdued the fierce lady. To you,
famed as the Lord of Magical Powers, I pay homage.

Sachen Kunga Nyingpo

Thug je chen po dang den pa
Tag du shen gye ton zet pa
Nal jor wang chug sa kya pa
Kung ga nying po la chag tsal.

Endowed with great compassion,
You always perform the benefit of others;
To Kunga Nyingpo, the Great Sakyapa,
Lord of Yogis, I pay homage.

Loppon Sonam Tsemo

Sot nam pag mit le trung shing
Kyin pei ye she rap gye pa
Dro wei cha lag chot gyur pa
Sot nam tse mo la chag tsal.

Born from immeasurable merit,
By the wisdom of fully developed awakened awareness,
You became the supreme friend of beings:
To Sönam Tsemo I pay homage.

Jetsun Drakpa Gyaltsen

Cho nam kun gye de nyit zig
Sang ngak gya tsoi pha rol chin
Dor je tsen pa kun gye je
Drak pa gyal tsen la chag tsal.

You see the suchness of all things perceived,
And have mastered the ocean of the Secret Mantra:
Dragpa Gyaltsen, Lord of all Vajra-Holders,
To you I pay homage

Choje Sakya Pandita

She ja tam cheit zig pei chen yang pa
Dro kun gei lek drup pei tuk je chen
Sam yei trin lei dzet pei top ngah wa
Jam gon la mei shap la gu chak tsal.

Your vast vision sees all things there are to know, with
great compassion you accomplish the happiness and well-
being of all beings. You have the power to perform
inconceivable enlightened deeds: I bow my head to the
feet of Guru Mañjunātha.

Drogon Chogyal Phagpa

Drag ten kun du zang pei nam par trul
Tsot pei du der tam chet kyen par trag
Zam ling ten pei dag po nga sol wa
Chu gyal phag pei shap la sol wa dep.

Emanation of renowned Samantabhadra,
You are famed as omniscient in this age of strife,
Enthroned as the spiritual overlord in this world:
I pray at the feet of Chögyal Phagpa

Ngorchon Kunga Zangpo

Do gyut kun gyi gya tso le jung wei
 Sung ngak yit shin nor bui ga ton jet
 Phen dei pal jor zang po tsol zet pa
 Pal den la mei shap la sol wa dep.

Ngawang Lodu Zhenphen Nyingpo

Ngag kye wang poi chin lap tup la shar
 Lo tro chen po gyal wei gong pa tog
 Shen phen trin le chog chur kun du gye
 Nying po ten tsen shap la sol wa dep.

Khye wa kun tu yang dag lama dang
 Dral me khyet kyi pal la long chod ching
 Sa dang lam gyi yon ten rab zog ne
 Dor je chang gi go phang nyur thop shog.

Khyet nam det ching sol wa tap pai thu
 Dag sog gang tu ne pai sa chog su
 Net don wul phong thap tsot shi wa dang
 Cho dang tra shi phel war zit tu sol.

You offer a feast of wish-fulfilling jewels of instructions,
 Extracted from the ocean of sutras and tantras,
 Granting an excellent wealth of benefit and happiness:
 To you, the glorious lama, Kunga Sangpo, I pray.

The blessing of the Lord of Speech dawning in your
 wisdom mind, your great intelligence realized the
 Victorious One's intent, your enlightened activities for
 others' wellbeing flourished throughout the ten directions,
 to you, Ngawang Lodrö Shenpen Nyingpo, supreme
 holder of the quintessential teachings, I pray.

In every life, may I never be parted from perfect teachers
 And always enjoy your gloriousness,
 Accomplish the good qualities of the stages and path and
 Swiftly reach the stage of Vajradhara.

By the power of my praise and supplication,
 May you cause for me and all beings, wherever we live,
 The calming of all illnesses, poverty, demons and conflict
 And the increase of Dharma and auspicious conditions.

THIRTY-SEVEN HEAP MANDALA OFFERING

OM VAJRA BHUMI AH HUM

Shi yong su dag pa wang chen ser gyi sa
shi.

OM VAJRA BHUMI AH HUM

The universe is wholly pure, of great power,
with earth of gold.

OM VAJRA REKHE AH HUM

Chi chak ri khor yug gi kor wei u su HUM.

OM VAJRA REKHE AH HUM

The outermost limit is surrounded by an iron
fence and in the center is the letter HUM.

Ri'i gyal po ri rab
Shar lu pak po
Lho dzam bu ling
Nup ba lang chod
Jang da mi nyen
Lu tang lu pak
Nga yab tang nga yab shen
Yo den tang lam chok dro
Da mi nyen tang da mi nyen gyi da
Rin po chei ri wo
Pak sam gyi shing
Do jo'i ba
Ma moi pa yi lo tok
Khor lo rin po che
Nor bu rin po che
Tsun mo rin po che
Lon po rin po che
Lang po rin po che
Ta chok rin po che
Mak pon rin po che
Ter chen po'i bum ba
Gek mo ma
Trenng wa ma
Lu ma
Gar ma
Duk poi ma
Me tok ma
Mar me ma
Dri chab ma
Nyi ma
Da wa
Rin po che'i duk
Chok lei nampar gyal wei gyaltsen
Lha tang mi'i pal jor

Here is the king of mountains, Mount Sumeru.
The eastern continent of Purva Videha,
The southern continent of Jambu Dvipa,
The western continent of Aparagodaniya,
The northern continent of Uttarakuru,
Deha and Videha,
Camara and Aparacamara,
Satha and Uttara Mantrina,
Kurava and Kaurava,
Treasure mountains,
Wish-fulfilling trees,
Wish-fulfilling cows,
Unploughed harvests,
Precious wheels,
Precious jewels,
Precious queens,
Precious ministers,
Precious elephants,
Precious excellent horses,
Precious generals,
Precious treasure vases,
Goddesses of beauty,
Goddesses of garlands,
Goddesses of song,
Goddesses of dance,
Goddesses of incense,
Goddesses of flowers,
Goddesses of lamps,
Goddesses of perfume,
The sun,
The moon,
Precious canopies,
Victory banners of all directions.
This most perfect offering

Pun sum tsok pa
 Ma tsang wa met pa di nyid
 Du sum sangye tham cheit
 Du pai ngo wo
 Tsung mit pal den la ma dam pei
 Shal nga ne dam pai cho kyi
 Ka tri sap mo
 Shu wei yon tu ul war gyi'o.
 Tuk jei dro wei don du shei su sol
 She nei jin gyi lab tu sol.

of the wealth of gods and men,
 I offer to the lama,
 Embodiment of all the Buddhas
 of the three times,
 The peerless noble teacher,
 To request the holy precious,
 profound Dharma teaching.
 Through your compassion, please accept
 It for the sake of living beings.
 Having accepted it, please grant your
 blessings.

REQUEST FOR TEACHINGS

Sem chen nam kyi sam pa dang
 Lo yi je drag ji ta war
 Che chung thun mong theg pa yi
 Cho kyi khor lo kor tu sol.

In accordance with the wishes
 And mental capacity of living beings,
 Please turn the Wheel of Dharma
 Of the larger and smaller traditions.

DEDICATION PRAYERS

Sot nam de ye tham chet zig pa nit
 Top ne nye pei tra nam pham che ne
 Kye ga na chei ba lap trug pa ye
 Sit pei tso le dro wa dro war shog.

Through this virtue may I attain the state of omniscience and thereby defeat the foes of downfalls. May I liberate beings from the ocean of existence where the waves of birth, old age, disease and death roll violently.

Jam pal pa wo je tar khyen pa tang
 Kuntu zang po de yang dei shin tei
 Dei dag kun gyi jei su dag lop chir
 Gei wa di dak tam cheit rab tu ngo.

In whatever way valiant Manjushri and Samantabhadra know how to transfer merit, so do I dedicate all of my own virtues that I might train to be like them.

Dusum shek pei gyalwa tam cheit kyi
 Ngo wa kang la chok tu ngak pa dei
 Dag gi gei wei tsa wa di kun kyang
 Zang po chod chir rabtu ngo war gyi.

In order that all might share good fortune, I turn over all of these roots of virtue through whatever means of sharing merit that the Buddhas of the three times praise.

Theg chog tam chu rin chen nyen de le
 Dag ge sot nam tha ye gang top pa
 De ne dro wei teg chog tam pei chu
 Rin chen dri ma mit pei not gyur chig.

By whatever merits I have gained by the hearing and teaching of this holy Mahayana Dharma, may all beings be worthy of the pure and precious Dharma.

Dut kyi de dang mu teg shing kun dang
 Chu tar chu pei mun trul du ma dang
 Shen yang dro wei nyi par tse wa nam
 Dag ge top kyi tsit ne chom gyur chik.

Through this power may the hordes of evils, the doctrines of heterodoxes, the various kinds of sham and seeming Dharmas, and all the harm inflicted upon beings be destroyed from the root.

Sit pa tam chet tu yang kor wa na
 Sot nam ye she dag ne me zet nye
 Thap dang sherab tingzin namthar dang
 Yon ten kun gyi me zet dzot gyur chig.

Throughout all lives in samsara, may all be possessed of inexhaustible merit and wisdom and thereby become the inexhaustible treasury of all the virtues of means, wisdom, samadhis and powers.

Chang chok kyong wei kyobpa chok gyur pa
 Ke drup gyan tso yong su gang wei ne
 Kang ri tro der ten pa sal dzet pa
 Sakya pa ye ten pa gye gyur chig

May the Sakya teachings, which illuminate the doctrine and are an excellent protector guarding the northern regions, increase in this land of glacial peaks which is filled with an ocean of learned and realized masters.

Kang chen pot kye de wa dor che den
 Pal den sa kya chu sit gye gyur chig
 Trul pei dung gyut gyun chet met pa dang
 Kun kyang trinle namka nyam par shog

May the spiritual and secular influence of splendid Sakya, the vajra seat in the center of glacial Tibet, increase. May the hereditary lineage of emanations continue without break,

Dro wei la ma cho je pan di ta
 Kyen rab wangchug jetsun jampei yang
 Gyal wa nyi pa pal den sa kya pei
 Ten pa yun ring ne pei tra she shog.

Rabjam chok chui gyal wa tham che kyi
 Sam sum chig tu du pa dorje zin
 Gyal we lung ten kun ga zang po yi
 Ten pa yun ring ne pai ta shi shog.

Gang gi zhab sen yit la dren tsam gyi
 Chi nang dut le gyal wai pal yon chen
 Dorje chang ngo tsar pa cho kyi je
 Ten pa chog chur gye pai ta shi shog.

Palden la me sha pei ten pai dang
 Ka nyam yong la de kyet chung wa dang
 Dag she ma lu tsog sag drup chang ne
 Nyur du sang gyay sa la gu par shog.

Ten pei pal jur lamei shap pei ten
 Ten zin kye wu sa ting yong la kyab
 Ten pei jin dak nga tang jor wa gye
 Ten pa yun ring ne pei tra shi shog.

Ngu ju lama nam shi thug je dang
 Lhu mit kon chog sum gye jin lap dang
 Chu sum tam cheit gya tsoi nu tu yi
 Chu sol chu zhin drup pei tra shi shog.

and may all its activities equal the expanse of space.

Guru of living beings, Lord of Dharma,
 Pandita, Master of Wisdom, Noble
 Manjughosha, a second Buddha, may it be our
 good fortune that the splendid teachings of
 Sakya long endure.

May the doctrine of Lord Kunga Zangpo,
 embodiment of all the Buddhas of the ten
 directions in their infinite realms, the
 combination of the three secrets in one, who
 was prophesied by the Buddha, endure for a
 very long time.

May the doctrine of the real glorious
 Vajradhara, Lord of Dharma Tsarpa Chokyi,
 by mere recollection of whose name outer and
 inner demons are overcome, spread and
 increase in the ten directions.

May the lotus feet of the splendid lamas
 remain firm, may joy and happiness fill the
 expanses of space, and may I and others all
 attain the accumulations, purify the
 obscurations, and then quickly be established
 on the level of Buddhahood.

May the lotus feet of the splendid lamas who
 are the glory of the doctrine remain firm, may
 upholders of the doctrine pervade throughout
 all the earth, may the benefactors of the
 doctrine increase their wealth and glory, and
 may the doctrine auspiciously remain for
 long.

By the compassion of the root and lineage
 lamas, by the blessing of the infallible Triple
 Gem, by the strength of the oceans of
 Dharmapalas, may my prayers become
 auspicious reality.