Mani Practice of
Our Vast Noble Heart Chenrezig
The following practice is to be performed three times a day.
Namo Lokeshwarya!

CHÖ KU TRÖ DREL GON PO Ö PAG ME
Dharmakaya, free of elaboration, Lord of Boundless Light

LUNG KU TSE DEN PHAG CHOG CHEN RE ZIG
Sambhogakaya, compassionate, supreme arya Avalokitesvara

TRUL PAI CHÖ GYEL SONG TSEN GAM PO LA
Nirmanakaya, Dharma King Songtsen Gampo:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

KU SUM NGO WO PAD MA JUNG NE SHAB
Nature of the three kayas, Padmasambhava

ZAB TER JIN DZE DRUP THOP NGO DRUB TSEN
The treasure-revealer mahasiddha with the name Ngödrup,
NGA DAG NYANG TRUL NYI MA Ö ZER LA
and emanation of the lord Nyong, Nyima Özer:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

DE SE CHOG GYUR MI KYÖ DOR JE DANG
His heart son Mikyo Dorje,

KE NYI MA WA SHA KYA ZANG PO'I TSEN
The speaker of the two languages with the name Shakya Sangpo,

PHAG PA'I NAM TRUL LHA JE GE BUM SHAB
the emanation of the aryan, lord of medicine Genbum:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

KHA DRO'I WANG CHUG CHAM MO YE SHE CHOG
Lady of the dakinis, Jammo Yeshe,
JANG CHUB SEM DEN GYEL WA CHU GOM PA
Gyelwa Chugompaa, possessed of bodhicitta,

TRÖ PA KUN DREL THA SHI JYA DREL LA
and the one free of elaboration and free of worldly activity of the four extremes:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

KHE PA’I WANG PO SÖ NAM SEN GE DANG
Great scholar, Sonam Senge,

DRUP PA CHOG NYI TRA SHI GYEL TSEN SHAB
Achiever of great realization, Tashi Gyeltse,

GE WE’I SHE NYEN LO DRO GYEL TSEN LA
and virtuous spiritual master, Lodrö Gyaltsen:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

THAR PA’I LAM TON U DUM DUL WA DZIN
Teacher of the liberation path, Udum Vinaya-holder,
JANG SEM CHEN PO PEL DEN SHÖN NU DANG
great bodhisattva, Pelden Shonnu, and

JE TSUN DAM PA KON CHOG KYAB KYI ZHEB
The sublime glorious one, Konchog Kyab:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

TRI SONG NAM DRUL PE MA WANG GYI GYEL
Pema Wang-gyel, emanation of Trisong Detsen

RIG DZIN CHEN PO DÜ JOM DOR JE DANG
Great secret-path holder, Dujom Dorje, and

GYEL WA'I WANG PO NAM CHAG ME BAR LA
Chief of all the conquerors, Namchag Mebar:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

YONG KYI SHE NYEN DAM PA RIN CHEN PEL
Spiritual master of all, sublime Rinchen Pel,
DOM SUM DZIN PA SANG GYE RIN CHEN DANG
Holder of the three vows, Sangye Rinchen, and

DRUB PATI WANG CHUG KHEN CHEN NAM JOM LA
Lord of the meditators, Khenchen Namjom:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

THEB SUM NGA DAG CHÖ KYI DRAG PA'I SHAB
Master of the yanas, Chökyi Dragpa,

RIG PA DZIN PA KON CHOG LHUN DRUB DANG
Secret-path holder, Konchog Lhundrub,

DEN CHOG TSUG GYEN KAR MA BHA DRA LA
Ornament of the guides to liberation, Karma Bhadra:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

KU SH'I DAG NYI DON DRUP CHÖ KYI GYEL
Embodiment of the four kayas, Dondrup Chögyel,
CHAG NA PEL MO TEN DZIN DRO WA DUL
Lotus-holder, Tendzin Drupdul, and

KHOR LO'I WANG CHUG CHÖ KYI GYEL TSEN LA
Lord of the wheel, Chökyi Gyeltsen:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

KYIL KHOR KUN TSO CHÖ KYI NYI MA DANG
Chief of all the practitioner mandalas, Chökyi Nyima,

RIG GYAT KHYAB DAG PHAG CHOG CHEN RE ZIG
Master of one hundred families, Phagchig Chenrezig, and

NGŐ TRUL JE TSUN PAD MA SEM PA LA
Jetsun of accomplishment, Padme Sempa:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!
KU SUM DAG NYI CHÖ KYI GYEL TSEN DANG
Embodiment of the thee kayas, Chökyi Gyaltsen,

GE WAI SHE NYEN THRI CHEN LO DRÖ TSEN
Spiritual master, Trichen Lodrö Gyaltsen, and

TEN PA'I SEL JE CHÖ NYI NOR BUI SHAB
Elucidator of the teaching, Chönyi Norbu:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

PHAG PA'I GYU TRUL THUG JE'I NYI MA DANG
Emanation of the arya, Thugje Nyima,

PEL SENG DÖ GAR DZONG TRUL LO DRÖ SHAB
Emanation of Shubu Pelsen, Dzongtrul Lodrö, and

DRUB PA CHOG NYI NÜ DEN DOR JE LA
Achiever of the great accomplishment, Nüden Dorje:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!
JAM PA'I THUG NGA CHÖ KYI LO DRÖ TSEN
One with the loving heart, Chökyi Lodrö,

KHYAB DAG DOR JE CHANG DANG YER ME PA'I
Inseparable from Vajradhara, my root lama,

KA DRIN SUM DEN TSA WA'I LA MA SOG
Possessor of the three kindnesses,

KA TER GYŪ PA'I LA MA CHOG NAM LA
All lamas of the kama and terma lineages:

SOL WA DEB SO JIN GYI LAB TU SOL
I supplicate you. Please bestow your blessings!

DAG SOG MÖ DEN DÜ JAR GYUR NAM LA
Please watch over me and all other devoted disciples

THUG JE'I CHEN GYI YEL ME TAG ZHIK NE
with your unwavering, benevolent eyes.

LÜ NGAG YI SUM DOR JE NAM SUM DU
Root and lineage lamas, please bless our
JIN GYI LOP SHIG TSA GYU LA ME’I TSOG
body, speech, and mind to become the three vajras.

NGÖ DRUP TSOL SHI YI DAM SHI TRO NAM
All peaceful and wrathful yidam deities, please bestow accomplishment.

BAR CHÖ SOL SHIG MA TSOG KHA DRO MA
Mother dakinis, please dispel all obstacles.

TRIN LE DRUP SHIG CHÖ KYONG SUNG MA’I TSOG
All Dharma protectors, please perform the lamas' enlightened activities.

SI PA’I TSO LE DROL SHIG KON CHOG SUM
Three Jewels, please save me from the ocean of existence.

NYI KA JIG LA’I DEL JOR LÚ THAB KYANG
Because I've attained this body of leisure and endowment

MI TAG CHI ZHING LU ME GYU DRE THÚ
That is hard to find and easy to lose

KHAM SUM SI PA’I TSOR JING LA JIG GYUR PA’I
With a time of death that is uncertain, and
GÖ ME GYÜ LA KYE WAR JIN GYI LOB
subject to karmic causality's inexorable power,

KYAB NE NAM KYI TAG TU GÖN ZHE CHING
please bless my mindstream so there is no need for me to be

DIG DRIB KUN JANG TSOG NYI NYUR DZOG NE
afraid of drowning in an ocean of the three realms of existence.

TSA GYÜ LA MA'I JIN LAB NGÖ DRUB CHAR
All sources of refuge, please bless us by quickly bestowing continual protection,

NYUR DU TSOL ZHING BAB PAR JIN GYI LOB
Purify all faults and obstacles, and quickly complete the two accumulations

ZHUNG DZIN NYI NANG MA TOG TRUL WA'I LÜ
that accomplish a rain of blessings of the root and lineage lamas.

NGAR DZIN SHIG NE GYU LÜ DOR JE'I GAR
Please bless my confused body that does not understand
ZAG ME LONG TRUL KU YI NAM ROL DU
the dual appearance of holder and held, and so grasps at a self,

KYE RIM TEN PA THOB PAR JIN GYI LOB
To obtain a stable generation stage that moves as the illusory vajra body

MA RIG TRUL LÖ CHING PA'I CHÖ JI NYI
and completely appears as the uncontaminated form kayas.

RANG SHAR RANG DROL DE TONG ZUNG JUG PA'I
Please bless me to obtain realization of the completion stage

Ö ZEL CHÖ KU'I ROL PAR TAG CHAR WA'I
so that all phenomena - bound by confused ignorance mind -

TSOG RIM TOG PA THOB PAR JIN GYI LOB
permanently arise as the appearance of the dharamakaya:
luminosity, self-appearing, self-liberating, the union of bliss and emptiness.

PEL DEN TSA WA'I LA MA RIN PO CHE
Glorious, precious root lama

DAG GI NYING GAR PE MA'I DEN SHUG NE
Dwelling on the lotus seat in my heart,
KA DRIN CHEN POT GO NE JE ZUNG TE
Hold me with your great kindness;

KU SUNG THUG KYI NGÖ DRUP TSEL DU SOL
Bestow the accomplishments of body, speech, and mind.

This was written by Drigung Dharmakirti, updated by Drigung Pandit Pema Gyaltsen.
An Essential Practice of the Noble Arya Avalokiteshvara

 Refuge (recite three times)

 SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA
 In the Buddha, the Dharma, and the Sangha most excellent

 JANG CHUB BAR DU DAG NI KYAB SU CHI
 I take refuge until enlightenment is reached.

 DAG GI HIN SOG GYI PA'I SÖ NAM KYI
 By the merit of generosity and other good deeds,

 DRO LA PHEN CHIR SANG GYE DRUB PAR SHOG
 May I attain Buddhahood for the sake of all sentient beings

 Four Immeasurable Thoughts (Recite three times)

 MA NAM KA DANG NYAM PA'I SEM CHEN THAM CHE DE WA DANG
 DE WAT GYU DANG DEN PAR GYUR CHIG
 May all mother sentient beings, boundless as the sky, have happiness and the
 causes of happiness.
DUG NGEL DANG DUG NGEL GYI GYU DANG DREL WAR GYUR CHIG  
May they be liberated from suffering and the causes of suffering.

DUG NGEL ME PAI DE WA DANG MI DREL WAR GYUR CHIG  
May they never be separated from the happiness that is free from sorrow.

NYE RING CHAG DNAG NYI DANG DREL WA'T TANG NYOM LA NE PAR GYUR CHIG  
May they rest in equanimity, free from attachment and aversion.

The Main Practice

TRO DREL MI MIG ME TONG PA'I NGANG NYI LE  
From the state of pure emptiness that is free from extremes and appearances,

RANG LÚ DÔ NE YONG DRUB PHAG PAT KU  
Arises my body, which has always been in the enlightened form of the perfectly realized Noble One (Chenrezig).

RAB KAR SHEL CHIG CHAG SHI DOR KYIL SHUG  
Pure white - it has one face, four arms, and is seated in the vajra posture.

DANG PO'I CHAG NYI THUG KAR THEL MO JAR  
The two upper hands are joined at the heart;
YE YON OG MA SHEL TRENG PE KAR DZIN
the lower right hand holds a crystal rosary and the lower left holds a white lotus.

TSEN PE YONG DZOG DAM YE YER ME KUI
With perfect major and minor marks, it embodies the inseparability of the wisdom and samaya deities.

TUG KAR DA TEN HRI THAR YIG DRUG GI
At the heart center, on a moon disk, is the seed-syllable HRI surrounded by the Six Syllables.

KOR LE Ö TRÖ CHI NÖ SHEL YE KHANG
Light radiates from the spinning syllables, transforming the outer vessel (the universe) into an immeasurable divine palace,

NANG CHU KYE DRO SEM CHEN PHAG PA'I KU
and the inner contents (sentient beings) into the enlightened bodies of the Noble One.

DRA DRAG KÜN KYANG YIG DRUG TANG ZHIN LA
All sounds become the Six Syllables.

DREN TOG TAM CHE JAM PA CHEN PO'I NGANG
and all thought-activity becomes the fundamental attitude of all-embracing love.
Recite the mantra OM MANI PADME HUNG as many times as possible, while visualizing as described above.

Praise

KYÖN GYI MA GÖ KU DOG KAR
You whose pure white body is unstained by even the slightest fault,

DZOG SANG GYE KYI U LA GYEN
whose crown is adorned with a perfect buddha,

THUG KE'I CHEN GYI DRO LA ZIG
and whose eyes gaze upon living beings with great compassion:

CHEN RE ZIG LA CHAG TSEL TÖ
I praise and prostrate to you, Avalokiteshvara.
Dedication Prayers

GE WA DI YI NYUR DU DAG
By this merit, may I quickly attain

CHEN RE ZIG WANG DRUB GYUR NE
the realization of the Lord Avalokiteshvara

DRO WA CHIG KYANG MA LÜ PA
and, having attained this realization, may I lead every sentient being without exception

DE YI SA LA GÖ PAR SHOG
to the state of Avalokiteshvara.

This was written by Drubwang Konchog Chökyab.
The following practice is to be performed once each evening.
Mon lam (Mantra, Prayer)
Prayer

OM AH HUNG HRI HRI HRI

GAR WANG TSE DEN SONG TSEN PE JUNG TSOG
By the oceanic power of the benevolent lord Song-tsen [Gampo];

TSA GYU LA MA SANG GYE CHÖ GE DUN
Padmasambhava and disciples; root and lineage lamas;

YI DAM KHA DRO CHÖ SUNG GYA TSOI THÜ
Buddha, Dharma, and Sangha; and yidam, dakini, and Dharma-guardians;

GE ME LE MON DRUB PA'I DEN THU TUL
By the power of the truth of the unhindered actualization of my actions and aspirations;

DI TAR PHAG PA'I KU GOM NYING PO DE
Having so meditated on the noble form and recited the heart [mantra]-

TING DZIN DRO DON DRUP DZE KYI TSON NE
Please accept this collection of substances generated by the samadhi that accomplishes the benefit of migrators.

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JIN PAI DAG POI DÜ SUM SAG YÖ GE
By the lotus-opening power of the virtue collected by

KHOR DE KUN GYI GE TSO ME JUNG THÜ
sponsors of the three times, the innate [root of virtue],

THUB TEN CHI DANG DON GYUD YI ZHIN NOR
and all virtues collected in samsara and nirvana:

DO NGA SAR NYING ZUNG JUG DRI GUNG PA'I
May the teachings of the Drigungpa - the

TEN PA DAR ZHING YUN RING NE GYUR CHIG
wish-granting jewel of the Sage's teachings in general and the Meaning lineage in particular,

DE DZIN KYE BU GYUN MI CHE PA'I THRENG
the union of sutra and mantra, sarma, and nyingma -

KU TSE DZE TRIN ZHE GONG THAR CHIN TE
flourish and remain for a long time!

DÜ GE DAM SI BAR CHE KUN LE GYEL
May the uninterrupted garland of lineage holders
CHI GÖ JIG TEN DE LE PEL CHÖ SHOG  
spend their lives perfecting its deeds, activities, positions, and mindset,

GYU JOR JIN PA'I DAG PÖ THOG DRANG PA'I  
be victorious over all maras, obstructers, samaya-corruptors, and obstacles, and

MA GYUR DRO WA THA DAG SI PA YI  
gloriously conduct the needy world to states of happiness and goodness!

DUG NGEL LE DROL PHAG CHOG TSE DEN GYI  
May my mother-migrators filling the limits of existence

GO PHANG DAM PA NYUR DU THOB GYUR CHIG  
led by the cause-connecting sponsors, be liberated from suffering, and

RATNA SHRI'I RING LUG DAR ZHING GYE  
quickly attain the sublime state of the benevolent Supreme Aryan!

PHEN DE'I PEL YON CHÖ LA CHÖ PAR SHOG  
May the tradition of Ratna Shri flourish and increase, and

GYU JOR JE PO'I NE KAB GYUR GEG SOG  
may its Dharma conduct be a magnificence of benefit and happiness!
NYEL DROL TSE SÖ PEL JOR PHUN TSOG KUN
May the unfortunate and hindering situations of those who connect the causes

GYE SOG LE MON THA DAG DEK ME DU
be completely dispelled; may they have healthy lives and bountiful wealth!

NYUR DU DZÖ CHIG PHAG CHOG CHEN RE ZIG
May my actions and aspirations be quickly actualized without interruption to the limits of existence, Supreme Aryan Chenrezig!

MANGALAM
Dedication and Aspiration Prayers for the Mani Accumulation that Quickly Brings Realization of the Great Bliss

DÜ SUM DE WAR SHEG PA CHÖ KYI KU
Dharmakaya, the sugatas of the three times

DRO DRUG SEM CHEN NAM LA CHEN RE ZIG
who gazes upon sentient beings of the six realms with eyes of compassion

NAM KHA TA BUR KYAB PAT CHU CHIG SHEL
and whose eleven faces are like all-encompassing space:

ZI JI Ö PAG ME LA SÖL WA DEB
to you of boundless light, I pray.

OM MANI PADME HUNG

DREN PA NYAM ME THUB WANG SHA KYAI TOG
Peerless guide, lord of the sages, crown jewel of the Shakyas,

CHOG CHUI GYEL WA GYAM TSO SE DANG CHE
together with an ocean of conquerors in the ten directions, their enlightened heirs
KA GYÜ LA MA NAM KYI CHÖ TRIN DU
and the great Kagyu masters:

NYING PO YI GE DRUG ME JUNG WAR SHOG
may the quintessence of the six syllables arise as an offering-cloud.

OM MANI PADME HUNG

DE PA'I SANG GYE NAM KYI GONG DZOG DANG
The fulfillment of the aspirations of the buddhas of the past,

MA ONG SANG GYE NAM KYI TSOG SAG DANG
together with the realization of the merit-accumulation of the buddhas of the future

DA TA SHUG PA NAM KYI SHAB TEN DU
and the firm establishment of the long lives of the buddhas of the present:

NYING PO YI GE DRUG ME JUNG WAR SHOG
may these arise as the quintessence of the six syllables.

OM MANI PADME HUNG
LE KYI DREL WAI PA MA LOB PÖN DANG
Those with whom I'm karmically connected - parents, teachers,

NYEN DÜN TÜN DROG RE SHING TÖ PA NAM
loving relatives, helpful friends, and harmonious community -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

DE LA TÖ NE CHAG DANG MONG SUM GYI
Those who arise from attachment, aversion, and ignorance -

NE DÖN DRA GEG TSE LEN DÜ DE NAM
the sickness-causing demons, enemies, obstructers, death-spirits, and maras:

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!
DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

MI JE SHU PA'I JIN DAG DRIN CHEN DANG
The donors and sponsors - both those with extraordinary kindness

MA JE SUNG PA'I JIN DAG PO MO NAM
and ordinary men and women whose offerings in response to requests should not be forgotten:

GON PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG
KU SUNG THUG TEN LA MA GEN DUN KOR
Those who provide representations of the Body, Speech, and Mind,

KU LÜ DE ZE TEN PAI SEM CHEN NAM
who donate to the lamas and sangha, and offer ransoms and food-offerings -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

ÖM MANI PADME HUNG

DIG CHÖ GYEL LÖN BANG DANG MI NGEN GYI
Evil kings, ministers, subjects, and criminals,

TREL ME YO GYU'I NGEN SEM CHANG WA NAM
and others whose minds are taken with shamelessness, dishonesty, mean deceit, and cruelty -
GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

MI GE CHU DANG TSAM ME NGA PO DANG
All sentient beings who commit the ten non-virtues,

DE DANG NYE NGA CHÖ PAI SEM CHEN NAM
the five heinous deeds and the nearly-heinous deeds -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!
OM MANI PADME HUNG

NGO YIG KYA MO LA NA JIN PA DANG
Those who are passing away, writing their will with a pale hand,

SHIN PO'I ZE KEL LANG PA'I TSE DE NAM
and those who receive a portion of the offerings to the deceased -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

SHI WA NA WE TÖ DANG MIG GI TONG
Those who hear of death with their ears or see it with their eyes,
JIG TEN KHAM KYI TSE DE MA LÜ PA
and all who must pass beyond the life of this worldly realm -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

DRI SHI MUG SHI LA RO CHU RO SOG
Those who wander in the bardo, some with merit and some without,

GE ME DIG ME BAR DOR KYAM PA NAM
those who died by the blade, by starvation, by falling from heights, or by
drowning and so forth -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!
DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

O SHO TUNG WA'I MA DRI DRIN CHEN DANG
Those who are as caring as a mother dri and who eat only dairy products,

SHA TRAG ZÖ PA'I SEM CHEN MA LÜ PA
along with those who consume flesh and blood -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG
MI KHOG KEL KAL SHUN PA SHUN SHING DUNG
Those who over-burden pack animals and beat them as they ride,

MI DRO NA PHUG MØ SU MØ PA NAM
and those who, when not traveling, attach ploughs to the noses of their animals
and force them to work the fields -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

Ü TSANG KHAM SUM NGA RI DZAM BU LING
Those in Ü, Tsang, Kham, Ngari, and all of this Dzambuling,

DE ZHIN LING SUM LING TAEN NYI OG NAM
those on the other three continents and their subcontinents, all those under the
sun -
GÖN PO CHEN RE ZIG KYI LAM NA DRONG  
Protector Chenrežig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB  
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

JUNG WA CHEN PO NGA LA NE CHE TE  
Sentient beings both gross and subtle - those with forms

ZUG CHEN ZUG ME TRA TAG SEM CHEN NAM  
consisting of the five elements and those without form -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG  
Protector Chenrežig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB  
May they receive the blessing of rebirth in Dewachen!
OM MANI PADME HUNG

NYEL WA YI DAG DUN DRO LHA MA YIN
All sentient beings of the three realms - hell-beings,

LHA MI LA SOG KHAM SUM SEM CHEN NAM
hungry ghosts, animals, demi-gods, gods, humans, and the rest -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

CHOG CHUI SHING KHAM RAB JAM TA LE DE
All sentient beings, whose count is difficult to fathom
DE ZHIN TING PAG KA WA'I SEM CHEN NAM
as they overflow all ten directions of the infinite universe -

GÖN PO CHEN RE ZIG KYI LAM NA DRONG
Protector Chenrezig, show them the way!

DE WA CHEN DU KYE WAR JIN GYI LOB
May they receive the blessing of rebirth in Dewachen!

OM MANI PADME HUNG

GE WA DI YI NYUR DU DAG
By this merit, may I quickly attain

CHEN RE ZIG WANG DRUB GYUR NE
the realization of the Lord Avalokiteshvara

DRO WA CHIG KYANG MA LÜ PA
and, having attained this realization, may I lead every sentient being without exception
DE YI SA LA GÖ PAR SHOG
to the state of Avalokiteshvara.

This was written by the monk Konchog Chökyab
An Essential Practice of the Noble Arya Avalokiteshvara

 Refuge (recite three times)

 SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA
 In the Buddha, the Dharma, and the Sangha most excellent

 JANG CHUB BAR DU DAG NI KYAB SU CHI
 I take refuge until enlightenment is reached.

 DAG GI HIN SOG GYI PA'I SÖ NAM KYI
 By the merit of generosity and other good deeds,

 DRO LA PHEN CHIR SANG GYE DRUB PAR SHOG
 May I attain Buddhahood for the sake of all sentient beings

 Four Immeasurable Thoughts (Recite three times)

 MA NAM KA DANG NYAM PA'I SEM CHEN THAM CHE DE WA DANG
 DE WA'I GYU DANG DEN PAR GYUR CHIG
 May all mother sentient beings, boundless as the sky, have happiness and the
 causes of happiness.
DUG NGEL DANG DUG NGEL GYI GYU DANG DREL WAR GYUR CHIG
May they be liberated from suffering and the causes of suffering.

DUG NGEL ME PA'I DE WA DANG MI DREL WAR GYUR CHIG
May they never be separated from the happiness that is free from sorrow.

NYE RING CHAG DNAG NYI DANG DREL WA'I TANG NYOM LA NE PAR GYUR CHIG
May they rest in equanimity, free from attachment and aversion.

The Main Practice

TRO DREL MI MIG ME TONG PA'I NGANG NYI LE
From the state of pure emptiness that is free from extremes and appearances,

RANG LÜ DÖ NE YONG DRUB PHAG PA'I KU
Arises my body, which has always been in the enlightened form of the perfectly realized Noble One (Chenrezig).

RAB KAR SHEL CHIG CHAG SHI DOR KYIL SHUG
Pure white - it has one face, four arms, and is seated in the vajra posture.

DANG PO'I CHAG NYI THUG KAR THEL MO JAR
The two upper hands are joined at the heart;
Recite the mantra OM MANI PADME HUNG as many times as possible, while visualizing as described above.

Praise

KYÖN GYI MA GÖ KU DOG KAR
You whose pure white body is unstained by even the slightest fault,

DZOG SANG GYE KYI U LA GYEN
whose crown is adorned with a perfect buddha,

THUG KE’I CHEN GYI DRO LA ZIG
and whose eyes gaze upon living beings with great compassion:

CHEN RE ZIG LA CHAG TSEL TÖ
I praise and prostrate to you, Avalokiteshvara.
Dedication Prayers

GE WA DI YI NYUR DU DAG
By this merit, may I quickly attain

CHEN RE ZIG WANG DRUB GYUR NE
the realization of the Lord Avalokiteshvara

DRO WA CHIG KYANG MA LÜ PA
and, having attained this realization, may I lead every sentient being without exception

DE YI SA LA GÖ PAR SHOG
to the state of Avalokiteshvara.

This was written by Drubwang Konchog Chökyab.
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