

# An Abridged Puja of Homage and Offerings to the Sthaviras



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Walden, NY

## **REFUGE AND BODHICITTA**

(Repeat the following three times)

Sang gye cho dang tsok kyi chok nam la  
Chang chub bar du dag ni kyab su chi  
Dak gi jin sok gyi pay sod nam kyi  
Dro la phen chir sang gye drub par shok

To the excellent Buddha, Dharma, and Sangha,  
I go for refuge until enlightenment is won.  
By the merit of giving and the other perfections,  
May I attain Buddhahood for the sake of all beings.

## **THE FOUR IMMEASURABLES**

Sem chen tam chay day wa dang  
day way gyu dang den par gyur chik  
Duk ngal dang duk ngal kyi gyu dang  
dral war gyur chik  
Duk ngal may pay day wa dang  
min dral war gyur chik  
Nyay ring chak dang dang dral way dang  
nyom la nay par gyur chik

May all beings be happy and have the cause of  
happiness.  
May they be free from suffering and the cause of  
suffering.  
May they never be parted from sorrowless bliss.  
May they dwell in equanimity without attachment  
and hatred to those near and far.

## **VISUALIZATION**

Kyab nay kon chok sum gyi den pa dang  
Gyal wa say chay nam kyi chin lab dang  
Tsog nyi nga tang cho ying dag top kyi  
Nod chu day chen shing gi ko pay u  
Yi trok nor bu shal may kang chen por  
Rin chen seng tri pay day den chok dang  
Ngo sham sung rik mo top kyi trul pay  
Cho trin gya tso kang shing cho gyur chik

By the blessings of the great truth of the Buddhas  
and Bodhisattvas,  
By the power of the pure nature of reality,  
By the strength arising from the accumulation of  
merit and wisdom,  
May the universe and all within it become as perfect  
as the pure realms.  
May an immeasurable celestial mansion made of  
precious stones appear, within it, beautiful lion and  
lotus thrones, on which are seated the Buddhas and  
their retinues.  
May a cloud of offerings arise as the offering of  
Samantabhadra.

## **CLOUD OF OFFERINGS MANTRA**

(Recite the following mantra three times accompanied by small cymbals)

NAMO RATNA TRIYAYA NAMO BAGAVATE VAJRA SARA PRAMARDANI  
TATHAGATAYA ARHATE SAMYAK SAMBUDDHAYA TADYATHA OM VAJRE  
VAJRE MAHA VAJRE MAHA TEZA VAJRE MAHA VIDYA VAJRE MAHA  
BODHICITTA VAJRE MAHA BODHI MANDO PASAM KRAMANA VAJRE SARVA  
KARMA AWARANA VISHO DHANA VAJRE SWAHA

## INVITATION

(Holding your hands at your heart with lighted incense between your middle fingers, recite the following, ringing small cymbals at the end of each four line stanza)

Lak til tar nyam rin chen gyi tray pa  
Jon shing chu tso gyan pay sa shi u  
Rin chen lay drup dru shi go shi pa  
Pad ma nyi day gyan pay den teng du

Tuk jay tso pay du kyi dul ja nam  
Nam drol lam la go dzay dro way gon  
Tub pa chok dang nay ten chen po nam  
Kor dang chay pa nay dir shek su sol

Chok chu gyal wa say chay tam chay dang  
Shay rab may bar nyon mong tso kem shing  
Nam drol so nam shing du ka tod pa  
Chok chu nyen to gen dun shuk so tsal

Yon jor cho pay nay su chen dren gyi  
Dro way don chir cho kyi shek su sol

Dro way gon po shak-ya seng gay yi  
Sang gyay ten pa kang ki chak tu shak  
Sung rab rin chen drom gyi ka chay pay  
Cho kyong dra chom chen po shuk so tsal

Dam cho pel way lay du chen dren gyi  
Dro way don chir cho kyi Shek su sol

Tub pay ka go ten pay gyal tsen dzin

The ground is as smooth as the palm of a hand and is adorned with trees and lakes which are decorated with precious ornaments. In the middle (of this pure land) there stand four walls and four doors made of jewels; within is a throne adorned with a lotus, sun and moon, upon which is the Protector of beings, He who by compassion establishes His disciples on the path of liberation during this degenerate age.

We supplicate you, oh Highest Muni and great holy elders, to come to this place with your retinues. All you Conquerors of the ten directions, with your Spiritual Sons, whose blazing fire of wisdom dries up the ocean of addictions, and the Community of Listeners in the ten directions whom (the Buddha) praised as a field of merit for liberation, I beseech you to be seated.

I invite you to this place of worship and make offerings. By these offerings, I pray that you come for the sake of all living beings. Protectors of the Teachings, great Saints, you upon whom the Shakya Lion, the Protector of Living Beings has bestowed His Teachings, the openers of the treasure chest of precious scriptures, I beseech you to be seated. I invite you in order to spread the Holy Teachings. By my offerings, I pray that you come for the sake of living beings.

## NAMES OF THE SIXTEEN ARHATS

Yen lak jung dang  
Mi pam  
Nay nak nay,  
Du den  
Dor jay mo bu  
Zang po dang,  
Ser beu  
Bha ra dhva ja ser chen chok,  
Phak pa ba ku la dang  
Dra chen dzin,  
Lam ten  
Bha ra dhva ja so nyom len,  
Lam ten  
Lu-yi day  
Pay chay  
Mi chay pa,

Dra chom nay ten chen po day dak ni  
So nam rin chen ling du chen dren gyi  
Dro way don chir cho kyi shek su sol

Pang dang yay shay phun tsok sang gyay  
kyang  
Dul jay wang gi nyen to tsul dzin pa  
Khay par chen gyi trin lay cho kyong way  
Nay ten chu truk dir chon den la shuk

Day shek ka lung tsor dzay ten pa sung  
Rang don dor nay kor way nak tsal du  
Shen don hlur dzay nay ten chu truk po  
Tam chay tuk jay wang gi nay dir shek

Gay nyen kyab sol den pay tsik ten pa  
Kon chok sum gyi shap dring chi so tsal  
So nam rin chen shing du chen dren gyi  
Dro way don chir cho kyi shek su sol

(Having thus made a musical invitation, while simultaneously repeating the Cloud of Offerings Mantra, offer your lighted incense to the altar.)

O Noble Angaja  
Ajita  
Vanavasin  
Kalika  
Vajriputra  
Bhadra  
Kanakavasta  
Kanakabharadvaja  
Bakula  
Rahulabhadra  
Cudapanthaka  
Pindola Bharadvaja  
Panthaka  
Nagasena  
Gopaka  
Abhedha

The Sage has ordered you to uphold the Banner of the Teaching. You great Arhat Elders, I invite you to this island of precious merit. I pray that you come here for the sake of living beings.

Sixteen Holy Elders, your special affairs are to protect the Teachings. Although you are Buddhas, unexcelled in the attainment of wisdom and renunciation, you maintain the manner of the Listeners for the sake of your disciples. Please come here and sit upon the throne.

Sixteen Holy Elders, you take the speech of the Buddha as the highest and preserve His Teaching; foresaking your own aims, you earnestly strive for the aims of others who are (trapped) in the forest of samsara. Please come here out of the strength of your vow of compassion.

Noble laymen, who maintain the true words of the Refuge Prayer, servants of the Three Jewels, I beg you to come; I invite you to his land of precious merite. By my offerings, I pray that you come for the sake of living beings.

## OBEISANCE

Ji nyay su dak chok chu jik ten na  
Du sum shek pa mi yi seng gay kun  
Dak ki ma lu dey dak tam chay la  
Lu dang ngak yi dang way chak kyi o

Zang po cho pay mon lam tob dak ki  
Gyal wa tam chay yi kyi ngon sum du  
Shing ki dul nyay lu rab tu pa yi  
Gyal wa kun la rab tu chak tsal lo

Dul chik teng na dul nyay sang gyay nam  
Sang gyay sey kyi u na shuk pa dak  
Dey tar cho kyi ying nam ma lu pa  
Tam chay gyal wa dak ki kang war mo

Dey dak ngak pa mi zey gyA tso nam  
Yang kyi yen lak gya tso dra kun kyi  
Gyal wa kun kyi yon ten rab jo ching  
De war shek pa tam chay dak ki to

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 ocean of  
their inexhaustable  
Perfections  
with an ocean of all melodies and sounds,  
and endless praise.

## Homage to Shakyamuni



Tsung may ta way mi ngom shing  
Ser gyi dok chen dzay pay ku  
Shal chik chak nyi kyil trung shuk  
Sa non nyam shak dzay shak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to Him upon whose incomparable, beautiful, golden form one cannot gaze enough, with one face and two hands, sitting in the full lotus position. One hand is touching the earth, the other is in the meditation position. Bless the Lamas' lives to be long and the Teachings to flourish.

## Homage to the 16 Arhats

1. Kang ri chen po ti say la  
Pak pay nay ten yen lak jung  
Dra chom tong dang sum gyay kor  
Po por nga yab dzin chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Angaja, who is upon the great snow mountain Tisela. Surrounded by thirteen-hundred Arhats, one hand holds an incense pot, the other a fan. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Angaja



Arya Sthavira Ajita

2. Drang song ri yi shel nak na  
Pak pay nay ten mi pam pa  
Dra chom gya trak chik gi kor  
Chak nyi nyam shak dzay chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Ajita, who is upon the slopes of Rishi Mountain. Surrounded by a hundred Arhats, both hands gesture meditation. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Vanavasin

3. Lo ma dun pay ri puk na  
Pak pay nay ten nag na nay  
Dra chom tong dang shi gyay kor  
Dik dzup nga yab dzin chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Vanavasin, who lives in the cave of the Seven-Leaves-Mountain. Surrounded by four hundred Arhats, one hand threatens with the right forefinger, the other holds a fan. Bless the Lamas' lives to be long and the Teachings to flourish.

4. Jam bu ling gi zang ling na  
Pak pay nay ten du den ni  
Dra chom tong dang chik gyay kor  
Ser gyi na kor dzin chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Kalika, who lives on the copper island of Jambudvipa. Surrounded by eleven-hundred Arhats, he holds golden earrings. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Kalika



Arya Sthavira Vajriputra

5. Sing ga la yi ling na ni  
Nay ten dor jay mo yi bu  
Dra chom chen po tong gi kor  
Dig dzup nga yab dzin chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Vajriputra, who lives on the island of Singala. Surrounded by one thousand great Arhats, one hand threatens with the right forefinger, the other holds a fan. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Bhad-ra

6. **Chu wo ya mu na ling na  
Pak pay nay ten zang po ni  
Dra chom tong dang nyi gyay kor  
Cho chay nyam shak dzay chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob**

I bow to the noble, Holy Elder Bhadra, who lives on the island in the Yamuna River. Surrounded by twelve-hundred Arhats, one hand gestures teaching, the other gestures meditation. Bless the Lamas' lives to be long and the Teachings to flourish.

7. **Nay chok ka chay yul na ni  
Pak pay nay ten ser beu  
Dra chom chen po nga gyay kor  
Rin chen shak pa dzin chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob**

I bow to the noble Holy Elder Kanakavasta, who lives in the excellent place of Kashmir. Surrounded by five-hundred great Arhats, he holds a jewelled lasso. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Kanakavatsa

8. **Nup kyi ba lang cho na ni  
Bha ra dhva ja ser chen la  
Dra chom chen po dun gyay kor  
Chak nyi nyam shak dzay chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob**

I bow to the noble Holy Elder Kanakabharadvaja the Golden, who lives on the western continent of Godaniya. Surrounded by seven-hundred great Arhats, both hands gesture meditation. Bless the Lamas' lives to be long and the Teachings to flourish.



Arva Sthavira Kanakabharavaira



Arya Sthavira Bakula

9. Chang gi dra mi nyen na ni  
Pak pay nay ten ba ku la  
Dra chom chen po gu gyay kor  
Chak nyi nayu lay dzin chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Bakula, who lives on the northern continent of Kurava. Surrounded by nine-hundred great Arhats, both hands hold a mongoose. Bless the Lamas' lives to be long and the Teachings to flourish.

10. Tri yang ku yi lang na ni  
Pak pay nay ten dra chen dzin  
Dra chom tong dang chik gyay kor  
Rin chen trok shu dzin chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Rahulabhadra, who lives on the island of Priyangku. Surrounded by eleven-hundred Arhats, he holds a jewelled crown. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Rahulabhadra



Arya Sthavira Cudapantha

11. Cha go pung po ri wo la  
Pak pay nay ten lam tren ten  
Dra chom tong dang druk gyay kor  
Chak nyi nyam shak dzay chak tsal  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Cudapanthaka, who lives on Vulture Peak. Surrounded by sixteen-hundred Arhats, both hands gesture meditation. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Pindola Bha

12. Shar gyi lu pak ling na ni  
 Bha ra dhva ja so nyom len  
 Dra chom tong trak chik gi kor  
 Lek bam hlung zay dzin chak tsal  
 La may ku tsay ten pa dang  
 Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Pindola Bharadvaja the Alms Receiver, who lives on the eastern continent of Videha. Surrounded by one thousand Arhats, one hand holds a scripture, the other an alms bowl. Bless the Lamas' lives to be long and the Teachings to flourish.

13. Hla nay sum chu tsa sum na  
 Pak pay nay ten lam ten ni  
 Dra chom chen po gu gyay kor  
 Cho chay lek bam dzin chak tsal  
 La may ku tsay ten pa dang  
 Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Panthaka, who is in the heavenly place of Traya-trimsa (The 33). Surrounded by nine-hundred great Arhats, one hand holds a scripture, the other gestures teaching. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Panthaka



Arya Sthavira Nagasena

14. Ri yi gyal po ngo yang la  
 Pak pay nay ten lu yi day  
 Dra chom tong dang nyi gyay kor  
 Bum pa kar sil dzin chak tsal  
 La may ku tsay ten pa dang  
 Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Nagasena, who is on the slope of Mount Meru. Surrounded by twelve-hundred Arhats, one hand holds a vase, the other a monk's staff. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Gopaka

15. Ri yi gyal po bhi hu lar  
 Pak pay nay ten pay chay ni  
 Dra chom tong dang shi gyay kor  
 Chak nyi lek bam dzin chak tsal  
 La may ku tsay ten pa dang  
 Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Gopaka, who is on the king of mountains, Bhihula. Surrounded by fourteen-hundred Arhats, both hands hold a scripture. Bless the Lamas' lives to be long and the Teachings to flourish.

16. Ri yi gyal po kang chen la  
 Pak pay nay ten mi chay pa  
 Dra chom tong trak chik gi kor  
 Chang chup cho ten dzin chak tsal  
 La may ku tsay ten pa dang  
 Ten pa gyay par chin gyi lob

I bow to the noble Holy Elder Abhedha, who is on the king of mountains, Himavat. Surrounded by one thousand Arhats, he holds a Bodhi-stupa. Bless the Lamas' lives to be long and the Teachings to flourish.



Arya Sthavira Abhedha

### Homage to the Buddha's Servant



Upasaka Dharma-Tala

Pak pay gay nyen dhar ma ta  
 Ral pa tod ching lek bam kur  
 Nang ta dun gyi ka la zik  
 Nga yab bum pa dzin chak tsal  
 La may ku tsay ten pa dang  
 Ten pa gyay par chin gyi lob

I bow to the noble layman Dharma-Tala. He bears scriptures, wears his hair in a top-knot, and before him dwells Amitabha. One hand holds a vase, the other a fan. Bless the Lamas' lives to be long and the Teachings to flourish.

## Homage to the Four Guardian Kings



Dhrtarastra



Virudhaka



Virupaksa



Vaisravana

**Tson pay go go tu top den  
Sang gye ten pa lek sung wa  
Shar hlo nup chang chok shay yi  
Gyal chen shi la chak tsal lo  
La may ku tsay ten pa dang  
Ten pa gyay par chin gyi lob**

I bow to the four Great Kings who guard the four directions of the East, South, West, and North. Armored with exertion, possessed of power, they guard well the Buddha's Teaching. Bless the Lamas' lives to be long and the Teachings to flourish.

## OFFERINGS

May tok dam pa treng wa dam pa dangSil  
nyen nam dang chuk pa duk chok dang  
Mar may chok dang duk po dam pa yi  
Gyal wa dey dak la ni cho par kyi

I offer to those heroic Buddhas The best flowers,  
Best garlands, best music, best ointments,  
Excellent canopies, finest lamps,  
And the best incense.

Nab za dam pa nam dang dri chok dang  
Chey ma phur ma ri rab nyam pa dang  
Ko pa khyey par pak pay chok kun kyi  
Gyal wa dey dak la ni cho par kyi

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.

Cho pa kang nam la ney gya chay wa  
Dey dak gyal wa tam chay la yang mo  
Zang po cho la day pay tob dak ki  
Gyal wa kun la chak tsal cho par kyi

By the power of my faith in noble deeds  
I prostrate and present  
Vast and unequaled offerings  
To each of the victorious Buddhas.

### CLOUD OF OFFERINGS MANTRA

(Recite the following mantra 3 times accompanied by music.)

NAMO RATNA TRIYAYA NAMO BAGAVATE VAJRA SARA PRAMARDANI  
TATHAGATAYA ARHATE SAMYAK SAMBUDDHAYA TADYATHA OM VAJRE  
VAJRE MAHA VAJRE MAHA TEZA VAJRE MAHA VIDYA VAJRE MAHA  
BODHICHITTA VAJRE MAHA BODHI MANDO PASAM KRAMANA VAJRE  
SARVA KARMA AWARANA VISHO DHANA VAJRE SWAHA

## LONG MANDALA OFFERING

OM VAJRA BHUMI AH HUM

Shi yong su dak pa wang chen ser kyi sa shi

OM VAJRA BHUMI AH HUM

The ground of all that exists is totally pure, of great power, with earth of gold.

OM VAJRA REKHE AH HUM

Chi chak ri kor yuk ki kor way us su Hum

OM VAJRA REKHE AH HUM

It is surrounded on the outside with mountains of iron, in the center of which is the letter HUM.

Ri gyal po ri rab

Here is Mount Meru, King of Mountains,

Shar lu pak po

to the east Purvavideha,

Lho dzam bu ling

to the south Jambudvipa,

Nub pa lang cho

to the west Aparagodaniya,

Chang dra mi nyen

to the north Uttarakuru,

Nyi ma

the Sun,

Da wa

the Moon.

Tub wang nay ten chu druk hla tsok kor dang

I offer this perfect and complete wealth of gods and men to Buddha Shakyamuni, surrounded by his two disciples, the Sixteen Arhats, and all his retinue.

Chay pa nam la bul war kyi o

Tuk jay dro way don du shey su sol

Please compassionately accept it for the sake of living beings.

Shey nay chin gyi lab tu sol

Having accepted it, please bestow your blessings.

OM GURU BUDDHA BODHISATTVA SAPARIWARA RATNA MANDALA PUJA MEGHA SAMUDRA SPHARANA SAMAYE AH HUM

## CONFESSION

Do chak shey dang ti muk wang ki ni  
Lu dang ngak dang dey shin yi ki kyang  
Dik pa dak ki kyi pa chi chi pa  
Dey dak tam chay dak ki so sor shak

I confess every type of wrong  
That I have done  
In thought, word, or deed,  
Under the influence of desire, anger, or ignorance.

## REJOICING

Chok chu gyal wa kun dang sang gyay sey  
Rang gyal nam dang lob dang mi lob dang  
Dro wa kun kyi so nam kang la yang  
Dey dak kun kyi jay su dak yi rang

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

## BESEECHING

Kang nam chok chu jik ten dron ma nam  
Chang chup rim par sang gyay ma chak nyay  
Gon po dey dak dak ki tam chay la  
Kor lo la na mey pa kor war kul

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.

## SUPPLICATING

Nya ngen da ton kang shey dey dak la  
Dro wa kun la pan shing day way chir  
Kal pa shing ki dul nyay shuk par yang  
Dak ki tal mo rab jar sol war kyi

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.

## DEDICATION

Chak tsal wa dang cho ching shak pa dang  
Jay su yi rang kul shing sol wa yi  
Gay wa chung zey dak gi chi sak pa  
Tam chay dak ki chang chup chir ngo o

May whatever little virtue I may have gained  
From prostrating, offering, confessing,  
Rejoicing, requesting, and beseeching,  
Be dedicated to attaining perfect enlightenment.

## MEDITATION AND MANTRA

Tup wang kor chay kyi tsen nay pu tay tuk  
dam kul wa gyur

Great Sage and retinue, by calling your holy names,  
may you recall your commitment:

TAYATA OM MUNI MUNI MAHA MUNI SHAKYA MUNAYE SVAHA

## DEDICATION

Sang gyay trul pa dra chom pak pay tsok  
Dro way don du ten pa kyong dzay pa  
Kon chok sum ngo nay ten chu druk gi  
Ten pa yun ring nay par chin gyi lob

Host of noble Arhats, emanations of the Buddha,  
protectors, of the Teaching for the sake of living  
beings, Sixteen Holy Elders, the real Three Jewels,  
bless us that the Teaching remains long.

Tuk gyay dak nyi nay ten chu druk gi  
Kor tsok si tso lay gal nyon mong may  
Tri dang druk tong shi gyay tsok nam kyi  
Ten pa yun ring nay par chin gyi lob

You sixteen Holy Elders, whose nature is  
compassion, and your retinue of sixteen-thousand  
four-hundred, who have no more addictions and  
have crossed over the ocean of existence, the  
multitude of rebirths, bless us that the Teaching  
remains long.

Sem chen kun gyi so gyur dra chom pa  
Rik dang shap ten kyay gu chin nay chay  
Pak pay kang zak chen po kyey nam kyi  
Ten pa yun ring nay par chin gyi lob

You Arhats, the delight of all beings, worthy  
recipients of the gifts of knowledgeable and serving  
beings, you great and glorious beings bless us that  
the Teaching remains long.

Dak shen gay way tsa wa di yi ni  
Pen day chung nay ten pa pel gyur shing  
Duk ngal kun chung ma lu rab pang nay  
Si pay gyan tso nyur du kem par shok

By this root of virtue of myself and others, may the  
Teaching, which is the source of benefit and  
happiness, come to spread, completely ridding all  
the sources of suffering without exception, and thus  
quickly drying up the ocean of existence.

So nam gyan tso yong su dzog chay ching  
Yay shay gyan tso nam par dak gyur nay  
Mon lam gyan tso ma lu yong dzog nay  
Lu chen kun la kyay par pak pa shok

May the ocean of merit be thoroughly completed,  
may the ocean of wisdom be thoroughly purified,  
may the ocean of prayers without exception be  
completely fulfilled, and thus may all beings become  
especially exalted.

## **BENEDICTION**

Tsok nyi tar chin du sum gyal wa yi  
Trin lay drub ching yon ten nam yay may  
Kal pa nyam pay dul cha min dzay pa  
Nyam may la ma chok gi ta shi shok

May we have the good fortune (of having) the superior, unequaled Guru who has finished the two accumulations, who accomplishes the activities of the Victors of the three tiems and has qualities indistinguishable (from theirs), and who ripens fortunate trainees.

Du sum gyal wa say chay tuk jay yi  
Nyen to tsul du si pa ji si par  
Ten pa kyong shing dro way don dzay pa  
Nay ten chen po nam kyi ta shi shok

May we have the good fortune (of having) the great Elders, who with the compassion of the Buddhas and their Sons of the three times, in the manner of the Hearers, protect the Teaching and accomplish the purposes of beings for as long as life exists.

Zab ching gya chay sik pa po  
Yul kor sung dang pak kyay po  
Chen mi zang dang nam to say  
Gyal chen shi yi ta shi shok

May we have the good fortune (of having) the four Great Kings whose gaze is profound and wide: Dhrtarastra, Virudhaka, Virupaksa, and Vaisravana.

Pen day chung way nay chik po  
Ten pa yon ring nay pa dang  
Ten dzin kyay bu dam pa nam  
Ku tsay gyal tsen ten gyur chik

May the Teaching, which is the only source of benefit and happiness, remain long, and may the victory banner of the lives of the holy beings who hold the Teaching be firm.

Ton pa jig ten kam su chon pa dang  
Ten pa nyi o shin tu sal wa dang  
Ten dzin pu lop gen dun tun pa yi  
Ten pa yun ring nay pay ta shi shok

By the coming of the Teacher into the world, by the sunshine-like brilliance of the Teaching, and by the concord of the Community of the Teaching-holders and their disciples, may it be our good fortune that the Teaching long endures.

(Make any other benediction prayers. Then end with music.)

**SARVA MANGALAM**