



新加坡大乘禅寺  
THEKCHEN CHOLING  
(SINGAPORE)

Connecting All With Divine Hearts  
心系慈爱心

# *Arya Chundi Prayers*

# 准提佛母 法本

*For Beginners* 初学者

*Edited on 16 Nov 2021 V8*

South 南方  
Ratnasambhava  
宝生佛

Middle 中央  
Akshobhya  
阿閼鞞佛

East 东方  
Vairochana  
毗卢遮那佛

North 北方  
Amogasiddhi  
不空成就佛

West 西方  
Amitabha  
阿弥陀佛



ཨོཾ་ཙ་ལེ་ཙུལེ་ཙུངྩེ་སྲུངྩེ།  
Om Tsale Tsule Chundi Svaha 喻折隶主隶准提娑诃

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*Taking Refuge 皈依发心 (x 3)*

From this moment all mother sentient beings and I until enlightenment.

Seek refuge in my holy Guru,  
Seek refuge in all the Buddhas,  
Seek refuge in the Dharma,  
Seek refuge in all the Aryan Sangha,  
Seek refuge in the Yidam and all deities within the sacred mandala.

我与等同虚空之一切有情，从今时此刻起，  
直至证得无上菩提，皈依上师正士尊，  
皈依一切正等觉世尊，皈依一切妙善法，  
皈依一切贤圣僧，皈依本尊及坛城诸尊。

*Generating Bodhicitta 发菩提心 (x 3)*

To the Buddha, Dharma and Aryan Sangha,  
I go for refuge until I am enlightened.  
By the merit of giving and other perfections,  
May I awaken into Buddhahood to benefit all mother sentient beings.

诸佛正法众中尊，直至菩提我皈依，  
以我所积诸资粮，为利众生愿成佛。

*Special Bodhicitta 发殊胜心 (x 3)*

For the benefit of all sentient beings,  
May I quickly attain the state of omniscient enlightenment,  
Thus I engage in meditation and recitation of Goddess Chundi.

为一切众生的究竟利益，当速证一切种智之佛果位，  
因此，我当趣入受持佛母准提法门。

*Seven Limb Prayer To Enhance Wishing And Engaging Bodhicitta*

由了解亿念经义，以七清净门而令生起暨增长愿菩提心和行菩提心而念诵 (x 3)

Wholeheartedly I seek refuge in the Three Jewels;  
And confess all my negativities;  
I rejoice in the virtues of all sentient beings;  
And wholeheartedly uphold the Awakened state of Buddhahood.  
我皈依於三宝尊，忏悔一切诸业障，  
随喜众生一切善，我心执持佛菩提。

To the Buddha, Dharma and Sangha;  
I take refuge until I am enlightened;  
To fulfil my own and others wishes;  
I generate Bodhicitta.  
诸佛正法众中尊，直至菩提我皈依，  
为办自他利益故，祈求发起菩提心。

By generating Sacred Bodhicitta;  
I treasure all sentient beings as my guests;  
I engage in the supreme activity of the Buddhas;  
May I become a Buddha for the salvation of all sentient beings.  
胜菩提心发起时，奉持众生為上宾，  
喜心行胜菩提行，为利众生愿成佛。



robes and jewel ornaments. She has 26 arms; her first two arms show the root mudra at her heart.

双足结跏趺坐，佛母三面白蓝黄，三脸皆露唇齿白。中方白面显慈相，她右蓝面显怒相，她左黄面显慈相。发上顶髻严，天衣宝鬘身。共二十六臂。她上二臂胸前根本印，其根本手印是左右二食指按在二个中指背的指关节之间，二个大拇指的指尖置于二食指的底部成开掌状。余他二十四臂：

Right side 在其右边持：

- Fearless mudra 施无畏印
- Jewelled wisdom sword 智慧宝剑
- Granting of wish-fulfilling jewels 赐如意宝
- Pomegranate 石榴果
- Arrow 弓箭
- Axe 战斧
- Vajra baton 金刚棍
- Gada (108 spoked Vajra Mace) 金刚槌 (108 股)
- Iron hook 铁钩
- Vajra 金刚杵
- Three curved banner 三叶飞幡
- Mala 念珠



Left side 在其左边持:

- Jewelled victory banner 如意宝幢
- Lotus 莲花
- Riwachilu Fasting vase 净瓶
- Lasso 绢索
- Bow 弓
- Lance spear 短矛
- Dharma wheel 法轮
- Jewelled sword, 宝剑
- Threatening mudra, 威势印
- Jewelled bhumba, 事业瓶
- Harpoon 标枪
- Prajna-paramita sutra. 《般若经》



On her crown is a white moon disc with a white **Om** ཨྎ.

In her throat is a pink lotus with a red **Ah** ཨྎ.

In her heart is the sun disc with a blue **Hung** ཧྲུྃ.

Above the **Hung** ཧྲུྃ is a white lotus with a moon disc,





On top of which is a white **Chun** ཇུྃ.

Goddess Chundi and your complete supporting mandala,  
Please spontaneously manifest together in front of us!





**Bendza Sama Dza!**

佛母额间月轮白色 喻 ལྷོ་ 字，喉间粉红莲花红色 阿 ཨྲཱཾ  
 字，心间日轮蓝色 吽 ཧུཾ 字。在 吽 ཧུཾ 之上，现白色莲花  
 和月轮，中间白色 准 རྩུཾ 字。迎请佛母准提及一切眷属，  
 请显现在我们之前！边札 桑玛 札！




Praise 礼赞

 Vajra holder who is like the precious jewel;  
 Whose kindness bestows and grants;  
 The experience of great bliss instantaneously;  
 To my Guru, I humbly and devotedly prostrate at your lotus  
 feet.

 由汝大恩住大乐，  一刹那间之所证，  
 上师犹如至宝尊，  我礼金刚者足莲。

 You who are the embodiment of the Buddhas of the three  
 times;  
 Your nature is that of compassion and wisdom;  
 Who grants the supreme siddhis to practitioners  
 To my Yidam, I humbly and devotedly prostrate to you.

 成就三世一切佛，  慈悲智慧之本性，  
 赐予最胜悉地者，  本尊之天我礼敬。

 Embodiment of the 10 directional Buddhas, 5 Dhayani  
 Buddhas and the 4 female deities;  
 White bodied, divinely beautiful with three faces and twenty-  
 six arms;  
 With mudras bestowing all siddhis that one wishes;





To the Glorious Lhamo Chundi, I humbly and devotedly prostrate to you!



十方五佛四母相，



清淨庄严能化母，



三面二十六臂印，



賜予悉地我敬礼。



Goddess crowned by the 5 Dhayani Buddhas, showing the root mudra.



Deity that emanates and attracts billions of Buddhas;



Graceful and beautiful, oneness with the purified form aggregates.



To you our holy mother, I humbly and devotedly prostrate at your lotus feet!



五佛顶严根本印，



俱祇佛陀放懾主，



蘊界清淨无二身，



虔礼圣母准提足。

Long Mandala Offering 供曼达拉

**Om Ah Hung** 嗡 啊 吽 (x 3)

**Om Bendza Bhu-Mi Ah-Hung**

**Wang-Chen Ser-Gyi Sa-Zhi**

**Om Benza Re-Ke Ah-Hung**

**Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su**

Om Vajraground Ah Hung, 嗡 金刚地基 啊 吽,

Here Is The Mighty And Powerful Base Of Gold, 奇妙黄金宝地,

Om Vajraline Ah Hung, 嗡 金刚围篱 啊 吽,

The Outer Ring Is Encircled With This Iron Fence, 铁围山绕四周,

*First Ring 第一圈*

**1 Ri-Gyal Po-Ri Rab**

**2 Shar Lu-Pag-Po**

**3 Lho Dzam-Bu-Ling**

**4 Nub Ba-Lang-Cho**

In the centre, the king of mountains, Mount Meru 居中山王须弥山

In the east, the continent Purvavideha 东胜神洲处东方,

In the south, Jambudvipa 南瞻部洲南方住,

In the west, Aparagodaniya 西牛贺洲置西边,

**5 Jang Dra-Mi-Nyan**

**6 Lu-Dang Lu-Pag**

**8 Nga-Yab-Dang Nga-Yab-Zhan**

**10 Yo-Dan-Dang Lam-Chog-Dro**

In the north, Uttarakuru 北俱卢洲在北边。

7 Around the east, the sub-continent Deha and Videha 东方身洲及胜洲,

9 Around the south, Camara and Aparacamara 南方拂洲、别拂洲,

11 Around the west, Satha and Uttaramantrin 小行洲、胜道行洲,  
两小洲位处西方,

**12 Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da**

**14 Rin-Po-Che Ri-Wo**

**15 Pag Sam-Gyi-Shing**

**16 Do Jo-I Ba**

**17 Ma-Mo Pa-I Lo-Tog**

13 Around the north, the sub-continent Kurava and Kaurava  
北方有声不美洲，及彼身不美洲，

In the east is the treasure mountain 宝山，

In the south is the wish-granting tree 如意树，

In the west is the wish-granting cow 随欲宝牛，

In the north is the harvest that needs no cultivation 自长粮谷。

*Second Ring 第二圈*

**18 Kor-Lo Rin-Po Che**

**19 Nor-Bu Rin-Po Che**

**20 Tsun-Mo Rin-Po Che**

**21 Lon-Po Rin-Po Che**

Here is the precious wheel 宝轮，

Here is the precious jewel 如意宝珠，

Here is the precious queen 王后宝，

Here is the precious minister 大臣宝，

**22 Lang-Po Rin-Po Che**

**23 Ta-Chog Rin-Po Che**

**24 Mag-Pon Rin-Po Che**

**25 Ter-Chen Po-i Pum-Ba**

Here is the precious elephant 象宝，

Here is the precious and best of horses 马宝，

Here is the precious general 将军宝，

Here is the great treasure vase 大藏瓶宝。

*Third Ring 第三圈*

**26 Geg-Ma**

**27 Treng-Wa-Ma**

**28 Lu-Ma**

**29 Gar-Ma**

Here is the goddess of beauty 姿天女，  
Here is the goddess of garlands 鬘天女，  
Here is the goddess of song 歌天女，  
Here is the goddess of dance 舞天女，

**30 Me-Tog-Ma**

**31 Dug-Po-Ma**

**32 Nang-Sel-Ma**

**33 Dri-Chab-Ma**

Here is the goddess of flowers 花天女，  
Here is the goddess of incense 香天女，  
Here is the goddess of light 灯天女，  
Here is the goddess of perfume 涂天女。

*Top Ring 顶圈*

**34 Nyi-Ma Da-Wa**

**36 Rin-Po-Che Dug**

**37 Chog-Lay Nam-Par Gyal-Way Gyal-Tsan**

35 Here is the sun; Here is the moon 日，月，  
Here is the umbrella of all that is precious 珍异宝伞，  
Here is the banner of victory in all directions 制伏一切十方幢，

**U-Su Lha-Dang Mi-I Pal-Jor Pun-Sum Tsog-Pa**

**Ma-Tsang Wa-Me-Pa**

**Tsang-Zhing Yi-Du Wong-Wa Di-Dag**

**Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay**

**Pal-Den La-Ma Dam-Pa Nam-Dang Kye-Par Du-**

**Yang**

In the centre are all the possessions precious to gods and men 无余  
清静悦意供，天人最胜圆满供，

This magnificent collection, lacking in nothing 悉皆云集于中央。

I offer to you, my kind and holy root Lama 献予大慈跟本师，

Together with you, Venerable Lineage Lamas 一切真传承上师，

### **\*La-Ma Lo-Zang Tup-Wang Dor-je-Chang**

And to you Lama, compassionate La-Ma Lo-Zang

Tup- Wang Dor-je-Chang 圣者宗喀巴祖师

### **Lha-Tsog Kor-Dang Chay-Pa**

### **Nam-La Zhing-Kam Ul-War Gyi-Wo**

### **Tug-Je Dro-Way Don-Du Zhe-Su-Sol**

### **Zhe-Nay Kyang Dag-Sog Dol-Wa Ma-Gyur Nam-**

### **Khey Tha-Dang Nyam-Pai Sem-Chen Tam-Chay-**

### **La Tug-Tse-Wa Chen-Poi Go-Ne Jin-Gyi Lab-Tu**

### **Sol**

Together with the assembly of Gods 所有本尊一切众，

I offer this pure and beautiful collection to you 献此佛刹无量供，

In your compassion accept what I offer for the sake of all beings 受此  
供已请加持，

Having accepted these, to myself and to all beings 众生与我皆得  
受，

Please grant your blessings through your great compassion. 以大慈  
悲普加持。

*1 The Short Mandala Of Seven Heaps 供外曼达拉*

### **Sa-Zhi Po-Kyi Jug-Shing Me-Tog Tram**

### **Ri-Rab Ling-Zhi Nyi-Day Gyen-Pa Di**

### **Sang-Gay Zhing-Du Mig-Te Ul-War Gyi**

### **Dro-Kun Nam-Dag Zhing-La Cho-Par Shog**

This ground, anointed with perfume, strewn with flowers, 须弥四洲  
日月所庄严，

Adorned with Mount Meru, four continents, Sun and Moon, 妙香遍  
涂华散之大地，

I offer in visualization as Field of Buddhas. 观如佛土我乐敬供养，  
May all sentient beings thus enjoy this Pure Land! 愿诸有情共享此  
净土！

## 2 *Inner Mandala* 供内曼达拉

**Dag-Gi Chag-Dang Mong-Sum Kye-Pay Yul**

**Dra-Nyen Bar-Sum Lu-Dang Long-Cho Che**

**Pang-Pa Me-Par Bul-Gyi Leg-Zhe Nay**

**Dug-Sum Rang-Sar Drol-War Jin-Gyi Lob**

The objects of my attachment, anger and ignorance, 令我生起贪嗔  
无明境，

My body, my wealth and enjoyments, 怨亲中庸色身用具等，  
Without any sense of loss I offer this collection, 我均无吝奉上愿享  
受，

Please accept it with pleasure and bless me

with freedom from the three poisons. 加持我他当下渡三毒。

## **Om Idam Guru Ratna Mandalakam Nirya Tayami**

I send forth this jewelled mandala to you, Oh precious Gurus.

嗡 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜

Generation of seed syllable and mantra garland 生起种子字及咒缦

In the centre of her heart, is the white colour 8 petalled lotus.

Upon the lotus and moon disc stands a white **Chun** རྩུང

surrounded by the mantra **Om Tsale Tsule Chundi Svaha**, upon the 8 petals.

Nine rays radiate out and inside the light reside the 5 Dhayani Buddhas and the 4 Female Deities.

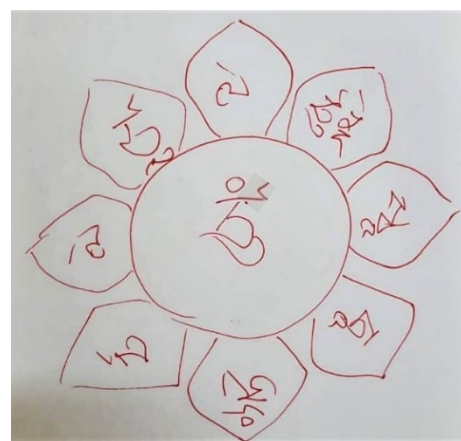
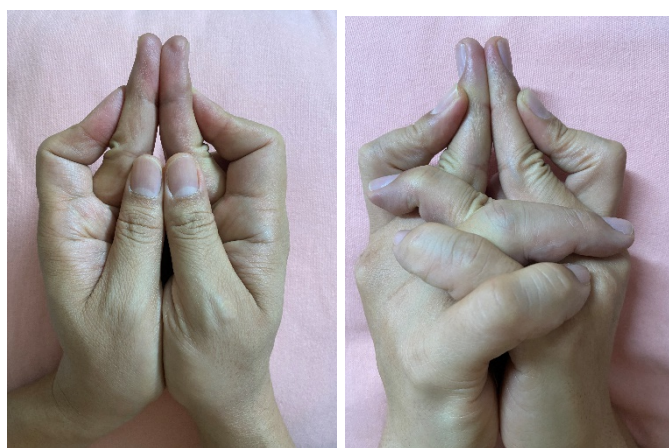
They purify the negativities and the obscurations from Degye, Brahma and Goddess of the earth, and one becomes free from their influences!

**Om Tsale Tsule Chundi Svaha (x 9)**

自她心间，有白色八瓣莲花。莲花月轮之上，现出白色准 རྩུང 字。围绕着八片花瓣之上布满「**喻 折隶 主隶 准提 娑诃**」，此等所生九束光芒之中，住有五方佛和四佛母。彼等皆净除八部世间护法、梵天和主地母们等之罪障，令自身不受诸天神祇所约束！（应如是观想）

**喻 折隶 主隶 准提 娑诃(x 9)**

*(Hand mudra while you are reciting the chundi mantra 念诵准提心咒时之手印)*



We are facing the mantra from this direction 从此方向面向心咒

Drawing by H.E. Kyabje Jhado Rinpoche  
由仁波切所画

*Degye (8 worldly protectors) :*

- 1) *Lha - Gods,*
- 2) *Lu - Nagas,*
- 3) *Nodjin - Yaksha,*
- 4) *Driza - Scent Eater,*
- 5) *Lhama Yin - Demigod,*
- 6) *Namkha Ding - Garuda,*
- 7) *Mi-am Chi - Being with human body and head of a horse*
- 8) *Toche Chenpo - Landlord (Violent beings with stomach on the ground e.g., snakes and lizards)*

*八部世间护法 (亦称“天龙八部”) :*

- 1) 天众：天界诸神诸仙
- 2) 龙众：地龙水龙等龙族，梵语“那嚩”
- 3) 夜叉：或成为“药叉”，属于勇猛的鬼神类。
- 4) 乾达婆：又称为“香神”，是一种食用香气作为滋养的神。
- 5) 阿修罗：住在须弥山的四层以下，个性暴躁、固执而容易妒嫉的“半神”。
- 6) 迦楼罗：金翅鸟神，或称“大鹏金翅鸟”，梵语“嚩汝达”。
- 7) 紧那罗：歌神或音乐神，善于歌舞。他的身型和人一样，但头为马头。
- 8) 摩呼罗迦：大蟒神，或指居于陆地，腹部着地的凶猛众生。(如：蛇类、蜥蜴等)



## Actual Recitation 念诵

The garland of mantras, together with the seed syllable radiates out lights to the ten directional Buddhas and makes offerings to them. 具有种子字之咒鬘放光，供养十方诸佛。

- They are pleased and emanate nectar to the seed syllable in my heart to bless my body, speech and mind. 十方诸佛等欢喜，发出甘露入我心，喜获身口意之加持。
- The heart mantra in me radiates lights to transform all sentient beings into Lhamo Chundi and remove all their obstacles and all become enlightened. 种子字之咒鬘放光，所有众生皆幻化为佛母准提，净处众业障，众生证得菩提。
- All beings, oneself and Chundi are of emptiness and one nature. 众生与己与准提同有佛性与空像。

**Namo Samenta Buddhanam Samyaksam Buddha Kotinam,  
Tadyatha Om Tsale Tsule Chundi Svaha**

*(Recite as many as possible)*

南无 萨满哆 布达喃 三藐三勃陀 沟迪喃，  
达雅它 喻 折隶 主隶 准提 娑诃 *(此咒尽其能持之量)*

*While reciting mantras, avoid mistakes of faults in mantra recitation such as:*

1. *Reciting too quickly*
2. *Reciting too slowly*
3. *Reciting each syllable (over articulation)*
4. *Reciting too loudly, so that others hear*
5. *Reciting too softly, so that one does not hear one's voice*
6. *Breaking the continuity of the mantra by talking*
7. *Mental wandering*
8. *Pronouncing short syllable as long and long ones as short.*

Vajrasattva Long Mantra 百字明咒 (x 3 or 7)

(Before the completion of the practice to purify any mistakes done by misrecitation.) (结行时为了遮除咒语增补之阙)

**Om Bendza Satto Samaya / Manu Palaya / Bendza Satto Teno  
Patita / Dridho Me Bhawa / Sutto Kayo Me Bhawa / Supo  
Kayo Me Bhawa / Anurakto Me Bhawa Sarwa Siddhi Me  
Prayatza / Sarwa Karma Sutza Me / Tzitam Shriyam Kuru  
Hum / Ha Ha Ha Ha Ho Bhagawan / Sarwa Tathagata  
Bendza Ma Me Muntsa / Bendza Bhawa / Maha Samaya  
Satto Ah Hum Phet**

嗡 本杂萨埵 萨麻雅 麻努巴拉雅 本杂萨埵 嚩那巴  
帝他 帝多美帕哇 苏多卡唷 美帕哇 苏波卡唷  
美帕哇 阿努啦多 美帕哇 萨哇 悉提 美巴雅杂  
萨哇 噶麻 苏杂美 吉当 师利养 沽噜吽 哈哈哈哈哈  
货 帕噶万 萨哇 答他噶答 本杂麻美 木杂 本杂  
帕哇 麻哈 萨麻呀 萨埵 阿 吽 佩

Please bestow upon Thekchen Choling and me, my family and friends to have good health, long life, power, prosperity, fame, good fortune and auspicious karmic connections.

May the Dharma Protectors always protect us.

受用富饶皆获得，赐大乘禅寺、我与亲朋戚友息增等事业，并及悉地诸成就，护法常时护佑我。

Please remove all disasters, untimely death, sicknesses, maras, obstacles, bad dreams, bad omens and eliminate bad activities. May the world be happy and there be good harvests and may grains increase and the Dharma flourish. May there be goodness, peace and auspiciousness always and all our wishes be fulfilled.

Please purify all immediate cause and previous karmas such as maras, harms and obstacles from below ground, on the ground and above ground, including plagues and untimely death.

一切悉地之助伴，非时死亡诸病无，魔及诸障皆消除。一切恶梦及恶相，一切恶事亦皆无；

Please bestow on us the Wish-Fulfilling Siddhi so that we may attain the knowledge of samsara and nirvana.

May all our qualities and merits never degenerate but always increase! Please bestow on us the Wish-Fulfilling Siddhi that grants all our wishes. Until we are enlightened, may we forever be protected and guided by you.

世间安乐吉祥年，五谷增长法增长，一切安乐皆现前，一切所愿皆成就。

Please bestow upon us the Siddhi of Victory over the 4 maras. Like the Wish-Fulfilling Tree, the Great Treasure Vase and the Wish-Fulfilling Jewel, we request you, please be compassionate and fill the vase in our hearts and fulfil all our hopes and dreams and that we may attain all Siddhis.

降持悉地胜四魔，如意宝树与宝瓶，祈请降赐诸悉地，满愿我等诸心愿。

### *Sending the Guests 贵宾启驾回航*

Lhamo Chundi and entourage deities dissolve into my heart. Immediately, I feel complete bliss.

准提佛母与眷属融入我心，当下深感欢喜。

*Dedication 回向发愿*

Due to this merit, may I/we quickly attain the state of Lhamo Chundi and lead all sentient beings to enlightenment.

Due to this merit, may wisdom be attained to subdue all hatred and may all sentient beings be liberated from the sea of suffering.

我以此善诸功德，速成佛母准提法，  
众生一位亦不遗，安置於彼果地中。

以此福德得种智，调伏一切诸过仇，  
生老病死之大浪，有海众生皆解脱。

May the Bodhi mind not yet born arise and grow, may that born never decline but increase forever more.

Through all my/our lifetimes, may I/we never be separated from my/our Gurus and may I/we always enjoy their Dharma teachings.

May I/we achieve the knowledge of the grounds and Bhumis and attain the state of Vajradhara.

菩提心乃殊胜宝，未生起者令生起，  
已生起者不退损，恒时增长无间断。

生世不离上师尊，受用佛法之享宴，  
圆满道地诸功德，速证金刚持果地。

Long Life Prayer for His Holiness the Dalai Lama 法王达赖喇嘛长  
寿祈请文

In the land encircled by snowy mountains  
You are the source of all happiness and good  
All powerful Chenrezig, Tenzin Gyatso

Please remain until Samsara ends

於此雪岭所绕国土中，一切利益安乐之生处，  
滇津嘉措观自在菩萨，愿其常住直至生死尽。

<b>Gang-Ri</b>	<b>Ra-Way</b>	<b>Kor-Way</b>	<b>Zhing-Kam-Dir</b>
<b>Pen-Dang</b>	<b>De-Wa</b>	<b>Ma-Lu</b>	<b>Jung-Way-Nay</b>
<b>Chen-Re-Zig</b>	<b>Wang</b>	<b>Ten-Zin</b>	<b>Gya-Tso-Yi</b>
<b>Zhab-Pay</b>	<b>Si-Thay</b>	<b>Bar-Du</b>	<b>Ten-Gyur-Chig</b>

Long Life Prayer for Jhado Rinpoche 查多仁波切长寿祈请文

May the teachings of the Buddha flourish,  
And may those upholding the teachings have long lives.  
May all transmigrators be well and happy.  
And may their temporary and ultimate aims be accomplished.  
世尊法教恒兴盛，承法善士寿绵长，  
一切众生享安乐，现时究竟悉圆满。

<b>Sang-Gya</b>	<b>Tan-Pa</b>	<b>Dar-Wa-Dang</b>
<b>Tan-Dzin</b>	<b>Kyi-Bu</b>	<b>Shab-Pai-Ten</b>
<b>Dro-Kun</b>	<b>De-Kyi</b>	<b>Jung-Wa-Dang</b>
<b>Na-Kab</b>	<b>Thar-Thug</b>	<b>Don-Drub-Shog</b>

Long Life Prayer for Lama Zopa Rinpoche 喇嘛梭巴仁波切长寿祈  
请文

You who uphold the Subduer's (*thub*) moral way;  
Who serve as the bountiful bearer (*zö*)-of-all,  
Sustaining, preserving and spreading Manjunath's victorious  
doctrine (*ten*);  
Who masterfully accomplish (*drub pa*) magnificent prayers  
honoring the Three Jewels,

Protector of myself and others, your disciples: please, please live long!

握能仁规护持并兴旺，文殊怙主胜教普忍慎，  
敬戴三宝善愿力成办，吾等徒众怙主请常驻。

<b>Thub-Tsul</b>	<b>Chang-Shing</b>	<b>Jam-Gon</b>	<b>Gyal-Wai-Ten</b>
<b>Dzin-Kyong</b>	<b>Pel-Wa</b>	<b>Kun-Zo</b>	<b>Dog-Por-Dza</b>
<b>Chog-Sum</b>	<b>Kur-Wai</b>	<b>Leg-Mon</b>	<b>Thu-Drub-Pa</b>
<b>Dag-Sog</b>	<b>Dul-Jai</b>	<b>Gon-Du</b>	<b>Shab-Ten-Shog</b>

Long Life Prayer for Singha Rinpoche 上师鑫和仁波切长寿祈请文  
**Om Svasti!**

Like the countless light rays that radiate from the ruby mountain;

Exquisite Amitayus, Lord of Everlasting Life,

Who captivates and one does not tire of seeing;

Whose essence is of infinite life,

The nectar of immortality; Please instantly grant our Guru,  
The Siddhi of Stable and Everlasting Life.

嗡 苏瓦施地！

红宝山上耀光芒，无厌观见无量寿，  
长生不老之甘露，赐予尊师得永生。

<b>Pad-Rab</b>	<b>Lhun-Poi</b>	<b>O'ser</b>	<b>Bum-Tro-Tar</b>
<b>Rab-Ze</b>	<b>Ta-Wai</b>	<b>Mi-Ngom</b>	<b>Tse-Pak-Me</b>
<b>Chi-Med</b>	<b>Du-Tsi</b>	<b>Bum-Gyi</b>	<b>Che-Chuk-Pa</b>
<b>Tak-Ten</b>	<b>Dro-Wai</b>	<b>Ngo-Po</b>	<b>Deng-Dhir-Tsol</b>

You are intelligent and skilful in upholding the traditions Of Buddha;

Spreading the Holy Dharma through explanations and practices;

In order to lead disciples onto the path to liberation;

You are the one who is an Unequaled Guide,

Please live a long and stable life.

智巧善解皆俱足，护持世尊正传承，  
渡脱弟子证菩提，唯愿尊师寿无疆。

<b>Gang-Lo</b>	<b><u>Thub</u>-Pai</b>	<b>Ring-Lug</b>	<b>Zin-Khe-Pa</b>
<b>Shed-Dang</b>	<b>Drup-Pai</b>	<b><u>Ten</u>-Pa</b>	<b>Pel-Wa-Dang</b>
<b>Dul-Ja</b>	<b><u>Nam-Drol</u></b>	<b>Lam-Du</b>	<b>God-Pa-La</b>
<b>Dren-Pai</b>	<b>Da-Dral</b>	<b>Chog-Tu</b>	<b>Shab-Ten-Shog</b>

I request respectfully, my Precious and Holy Guru,  
To enjoy excellent health;  
I request respectfully, my Precious and Holy Guru,  
To live a long life;  
I request respectfully, my Precious and Holy Guru,  
That your Dharma activities spread and flourish far and wide;  
I request respectfully, my Precious and Holy Guru,  
To bless me to be never separated from you.

祈请上师庄严身，万寿无疆恒永住，  
妙法普照十方界，尊师与我不舍离。

<b>La-Ma</b>	<b>Ku-Kham</b>	<b>Sang-La</b>	<b>Sol-Wa-Deb</b>
<b>Chog-Tu</b>	<b>Ku-Tse</b>	<b>Ring-La</b>	<b>Sol-Wa-Deb</b>
<b>Trin-Lae</b>	<b>Dar-Shing</b>	<b>Gye-La</b>	<b>Sol-Wa-Deb</b>
<b>La-Ma</b>	<b>Dang-Dral</b>	<b>Wa-Med-Par</b>	<b>Jin-Gi Lab-Tu So</b>

In all my future rebirths,  
May I never be separated from my Perfect Guru,  
May I enjoy the magnificent Dharma,  
And by completing the qualities of the stages and path;  
May I quickly attain the state of Vajradhara.

愿永不离善知识，妙法殊胜恒受用，  
圆满道地诸功德，速证金刚总持位。

<b>Kye-Wa</b>	<b>Kun-Tu</b>	<b>Yang-Dag</b>	<b>La-Ma-Dang</b>
<b>Dral-Me</b>	<b>Cho-Kyi</b>	<b>Pal-La</b>	<b>Long-Cho-Ching</b>
<b>Sa-Dang</b>	<b>Lam-Gyi</b>	<b>Yon-Ten</b>	<b>Rab-Zog-Ne</b>
<b><u>Dor-Je</u></b>	<b>Chang-Gi</b>	<b>Go-Phang</b>	<b>Nyur-Thob-Shog</b>

Long Life Prayer for Khandro Namdrol Lhamo 桑雍南都拉姆长寿祈  
请文

Homage to the assembly of deities who are the source of a hundred varieties of preciousness.

By your knowledge, compassion and power that liberates from mere seeing and hearing.

From the blessing and power of truth of the assembly of deities.

May the lotus of long life, good health, happiness and prosperity blossom.

顶礼本尊海会百宝源，具悲智勇见闻即解脱，  
祈以圣众谛语加持力，福乐康寿盛如妙莲开。

<b>Nam-Trang</b>	<b>Gya-Tsay</b>	<b>Rin-Chung</b>	<b>Lha-Yi-Tsog</b>
<b>Khen-Tse</b>	<b>Nu-Pey</b>	<b>Thong-Thoe</b>	<b>Thren-Dol-Wa</b>
<b>Lha-Tsok</b>	<b>Nam-Ki</b>	<b>Dhen-Pey</b>	<b>Jin-Thu-Yi</b>
<b>Tse-Ring</b>	<b>Ne-Mey</b>	<b>Dhe-Jor</b>	<b>Pe-Mo-Gye</b>





*Auspicious Prayers With Showers Of Heavenly Flowers 结行收偈吉祥赞并降天华*

Greatest amongst all the great ones, The Unsurpassable Buddha.

Through the blessings of the King of Dharma, the Sun, the Victorious One,

Pacify all harms from Demons and Maras and all types of hindrances.

 May there be Long Lasting Glory and may the Days and  
 Nights be auspicious.

无最胜圣导师，释迦法王加持力，  
魔及障敌皆息灭，日夜恒常皆吉祥。



<b>Che-Way</b>	<b>Che-Chok</b>	<b>Ton-Pa</b>	<b>La-Na-Med</b>
<b>Cho-Je</b>	<b>Nyi-Ma</b>	<b>Gyal-Way</b>	<b>Jin-Lab-Kyi</b>
<b>Du-Dang</b>	<b>Gek-Rik</b>	<b>No-Pay</b>	<b>Dra-Shi-Nay</b>
<b>Tak-Tu</b>	<b>Pal-Nay</b>	<b>Nyin-Tsen</b>	<b>Tra-Shi-Shok</b>



The Excellent Dharma, The Unsurpassable Truth.

Through the blessings of the Truth of the Holy Dharma,  
May all harm caused by the enemy of delusion be pacified.

 May there be Long Lasting Glory and may the Days and  
 Nights be auspicious.



无最胜真实法，正法甘露加持力，  
烦恼苦敌皆息灭，日夜恒常皆吉祥。

<b>Cho-Nyid</b>	<b>Den-Pay</b>	<b>Cho-Chok</b>	<b>La-Na-Me</b>
<b>Dam-Cho</b>	<b>Du-Tsi</b>	<b>Den-Pay</b>	<b>Jin-Lob-Kyi</b>
<b>Nyon-Mong</b>	<b>Duk-Ngal</b>	<b>Dung-Way</b>	<b>Dra-Shi-Nay</b>
<b>Tak-Tu</b>	<b>Pal-Nay</b>	<b>Nyin-Tsen</b>	<b>Tra-Shi-Sok</b>



The Jewel-like qualities of the Glorious Precious Sangha.  
Through the blessings of the activities of Bodhisattvas,  
May the faults of misdeeds be purified and merits multiply  
greatly.

 May there be Long Lasting Glory and may the Days and  
 Nights be auspicious.

圣僧功德吉祥临，佛子利众加持力，  
离恶善缘皆增长，日夜恒常皆吉祥。 



<b>Ge-Dun</b>	<b>Yon-Ten</b>	<b>Rin-Chen</b>	<b>Pal-Bar-Wa</b>
<b>Gyal-Se</b>	<b>Phen-Dze</b>	<b>Den-Pay</b>	<b>Jin-Lab-Kyi</b>
<b>Nye-Pay</b>	<b>Kyon-Dral</b>	<b>Ge-Tsok</b>	<b>Nam-Par-Phel</b>
 <b>Tak-Tu</b>	<b>Pal-Nay</b>	<b>Nyin-Tsen</b>	<b>Tra-Shi-Shok</b>





Brahma, Indra and all Heavenly Kings, together with your  
entourage.

Stay amongst and support us.

Create auspicious and virtuous conditions for us fulfil all our  
wishes.

 Support us to enjoy happiness with good health, longevity  
 and vitality.

梵天护法加持力，住於利众天吉祥，  
善愿如意皆成就，长寿无病具吉祥。 

<b>Tsang-Dang</b>	<b>Lha-Wang</b>	<b>Sung-Mi</b>	<b>Jin-Lob-Kyi</b>
<b>Phen-Dze</b>	<b>Lha-Yi</b>	<b>Tra-shi</b>	<b>Nay-Gyur-Te</b>
<b>Ge-Lek</b>	<b>Sam-Pa</b>	<b>Yid-Shin</b>	<b>Drub-Pa-Dang</b>
 <b>Tse-Ring</b>	<b>Ne-Me</b>	<b>De-kyi</b>	<b>Den-Par Shok</b>



*(You may make your own wishes, 您可以加入自己的愿望)*



如是聖佛母淮提法之修唵成就法，是由上密院副住持（阿闍黎上師）、尊勝寺退居住持，名為恰多轉世者 HE. Jhado Rinpoche，西元二〇一三年九月十六日，於達蘭薩拉上密院寮房結集整理如是儀軌。一切吉祥！

*The original Chundi Sadhana was composed by His Eminence the 6<sup>th</sup> Kyabgon Jhado Choktrul Rinpoche while holding the appointment of Lama Umze of Gyuto Tantric College, Dharamsala in his room on 16 Sep 2013.*

*Preliminary translation of original Chundi Sadhana from Tibetan to English by Geshe Losang Sherab, Umze of Kopan Monastery.*

*The complete edition and translation of this Chundi Prayer Text for public which original from the Chundi Sadhana was done by Sing-ha Thekchen Namdrol Rinpoche on 16 May 2017 @ 12noon at Thekchen Choling (Singapore).*

*May All Be Auspicious! 愿一切吉祥如意!*

*“For anyone who has read, heard, contemplate,  
touch, practiced or remember this prayer,  
we rejoice in your merits  
and may all your heartfelt prayers be fulfilled!”*

### **About Thekchen Choling**

Thekchen Choling (Singapore) is a temple which operates 24 by 7 daily. Our services include blessing for newborn babies, marriage blessings, pujas for quick recovery from illness and career success, Chinese and Tibetan funeral services and so on.

Please contact us for more details.

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# 大乘禪寺弟子十二法則

## 12 Core Values of Thekchen Choling

孝 Filiality - 孝順

悌 Harmony - 悌敬

忠 Loyalty – 盡忠

信 Trust – 信用

禮 Respect – 禮節

義 Service – 仁義

廉 Nobility – 廉潔

耻 Dignity – 廉耻

情 Endearment – 情义

质 Quality – 品德

靈 Divinity – 靈性

系 Connectivity – 心系