



新加坡大乘禅寺
THEKCHEN CHOLING
(SINGAPORE)

Connecting All With Divine Hearts
心系慈爱心

Arya Cundi

Prayers

准提佛母

法本

For Beginners 初学者

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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



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 Cundi.
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。

The Four Immeasurables 为令所发菩提心能增长作用，修习四无量心


May all sentient beings achieve extraordinary superior
happiness and its causes.
May all sentient beings be free from the unbearable sea of
suffering and its causes.

May all sentient beings never be parted from the bliss of supreme liberation.


May all sentient beings be free from aversion, attachment, clinging, feeling close to some and distant from others.

愿诸众生，具足乐及乐因，远离苦及苦因，具无苦之极乐，住於远离怨亲爱嗔二者之平等捨。

Invitation of Deity 迎请本尊

From the sphere of emptiness arises a lotus on top of which sits a moon disc with a white Tsun .

From that arises the divine body of white Goddess Cundi, seated in the half lotus position (sattva-paryanka). Her divine body is adorned with ornaments and the 5 Buddha crown, with her divine body emanating red aura.

净治成空，空性中，月轮及莲花上，白色 准  字，化现白色佛母准提，顶上五方佛安住，佛母准提放出红色光芒。双足半跏趺坐（也称萨埵跏趺坐）。

She has three faces with all mouths showing teeth. Her central white face is smiling, the face to her right is blue and frowning; the face on the left is yellow and smiling. Her hair is tied up into a top knot and she is adorned in divine heavenly robes and jewel ornaments. She has 26 arms; her first two arms show the root mudra at her heart.

佛母白蓝黄三面，三脸皆露净皓齿。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放在二个中指的第二个关节，拇指指尖则置放在食指的第三个关节（底部），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 如意珠
- Pomegranate 石榴果
- Arrow 弓箭
- Axe 战斧
- Gada (108 spoked Vajra Mace) 金刚槌 (108 股)
- Hammer 铁锤
- 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 ཨྐྃ.

In her throat is a pink lotus with a red Ah ཨ྘ྱུྃ.

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

Above the Hung ཧྱུྃ is a white lotus with a moon disc,





On top of which is a white Tsun ཧྱུྃ.

Goddess Cundi 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 ཨུཾ
 字，心间日轮蓝色 吽 ཨུཾ 字。在 吽 ཨུཾ 之上，现白色莲花
 和月轮，中间白色 准 ལྷོ་ 字。迎请佛母准提及一切眷属，
 请显现在我们前方！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 Cundi, 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 唵 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, 唵 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, 唵 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
清淨悦意供，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 Tsun 


surrounded by the mantra, **Om Tsale Tsule Tsundi 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 obscuration of and from Degye,

Brahma and Goddess of the earth, and one becomes free from their influences!

Om Tsale Tsule Tsundi 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  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）

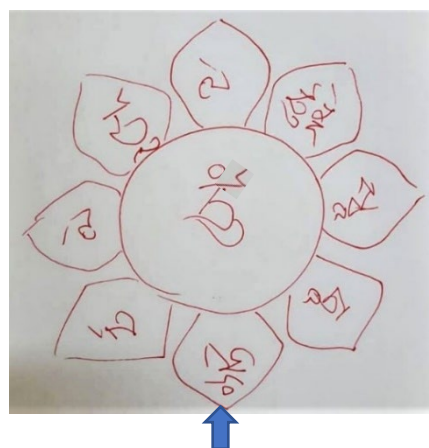
喻 折隶 主隶 准提 娑诃(x 9)

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



The forefingers touching on the middle joints of the middle fingers and the tips of the thumbs touching the base line of the forefingers, as according to the Rinjung Gyatsa.

食指放在中指的第二节，拇指指尖则置放在食指的第三节（底部）



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“那噶”*

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“噶汝达”。*

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 开始计数念诵

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 Cundi 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 Cundi 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 Tsundi 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 班札萨埵 萨玛雅 麻努巴拉雅 班札萨埵 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 帕噶万 萨哇 答他噶答 班札 麻美 木杂 班札 帕哇 麻哈 萨玛雅 萨埵 阿 吽 佩

Requesting Prayer 祈请文



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.

祈请降赐大乘禅寺主寺与分院、我与六亲眷友等，长寿安康皆自在，权势名望福运等善缘，所欲成就皆具足，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 Cundi 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 Cundi 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。

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

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。

Sang-Gya Ten-Pa Dar-Wa-Dang
Ten-Zin Kyi-Bu Shab-Pey-Ten
Dro-Kun De-Kyi Jung-Wa-Dang
Ney-Kab Thar-Thug Don-Drub-Shog

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。

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

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。

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

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。

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

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。

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

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。

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





*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.

无最胜导师，释迦法王加持力，
魔及障敌皆息灭，日夜恒常皆吉祥。   

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




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。   

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

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。   

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

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.

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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。



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



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



May All Be Auspicious! 愿一切吉祥如意!

如是聖佛母准提法之修唵成就法，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 Cundi Sadhana was composed by His Eminence the 6th 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 Cundi Sadhana from Tibetan to English by Geshe Losang Sherab, Umze of Kopan Monastery.

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

Revised edition by Singha Thekchen Namdrol Rinpoche on 18 April 2023 at his residence.

*“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.

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