



*Long Life Guru Puja  
with Offerings*

上师荟供与供品



28 Feb 2025 (V.1)





## Lama Chopa Preparation Notes

### 上师荟供必需品

- All musical instruments should be used  
应具备所有法器。
- All offerings are arranged including a plate of offering for Lama from all the items offered and a copy of the text for Lama。  
应具备所有供品包括一盘供上师的供品和法本。
- Prepare a bowl of yogurt and a bowl of tea.  
一碗酸奶及 一碗茶。
- Mandala set  
供曼达拉。
- Bath offering with vase filled two third full with fresh saffron water. Two thirds are full to represent sambhogakaya and nirmanakaya. The dharmakaya body is represented by the one third that is not filled. Bottle of perfume, mala as ornament offering and clean white katha. Silver plate (or bottom part of ser-kyim set)  
浴供所用之宝瓶装有三分之二的藏红花露。备有香水，念珠，白色卡达及盘。
- Cups, bags for distribution, tray for collection of leftovers  
分派纸杯，纸袋和一个大盘来装剩余荟供。
- Tsog preparation - If tormas are not complete a round cake can also be used  
荟供用的糕点如不会制作,可用圆形蛋糕代替。



## THE PRELIMINARY PRACTICE 正行

### Visualisation 观想



#### **Ga-Den Lha-Gye Gon-Gyi Thug-Ka Ne**

On the summit of a cloud which resembles a heap  
of fresh white curd,

雪白鲜酪云海端

#### **Rab-Kar Zho-Sar Pung-Drai Chu-Dzin Tser**

Emanating from the heart of the Lord of 100 deities  
of Tushita,

兜率百尊怙主心

#### **Choe-Kyi Gyal-Po Kun-Khyen Lo-Zang Drag**

sits omniscient Sumatikirti, king of Dharma,  
together with his sons.

遍智法王善慧称



#### **Se-Dang Che-Pa Ne-Dir Sheg-Su Sol**

I request them to descend to this place.

偕汝法子降于此

## THE SEVEN LIMB PUJA 七支供养

### 1 Entreating 启请

#### **Dun-Gyi Nam-Khar Seng-Tri Pe-De Teng**

In the space before me upon a lion throne, lotus  
and moon,

前空狮座莲月上

#### **Je-Tsun La-Ma Gye-Pei Dzum-Kar Chen**

Appears the venerable Guru smiling radiantly with  
delight,

至尊上师含笑颜

#### **Dag-Lo De-Pe So-Nam Zhing-Chog Du**

You, the supreme field for my faithful mind's  
collection of merit.

殊胜福田诚依止



## **Ten-Pa Gye-Chir Kal-Gyar Zhug-Su Sol**

In order that the teachings may flourish, I request that you remain for a hundred aeons.

为弘圣教住百劫

### 2 Prostration 礼敬

#### **Shey-Ja Khyon-Kun Jal-Wai Lo-Dro Thug**

The wisdom of your mind embraces the full extent of all that can be known.

圣意遍知一切法

#### **Kel-Zang Na-Wai Gyen-Gyur Leg-She Sung**

Your well explained teachings are the ear ornament of the fortunate ones.

善缘耳饰善说语

#### **Drag-Pai Pal-Gyi Lham-Mer Dze-Pai Ku**

Your beautiful body is illuminated by the glory of your fame.

令誉盛德庄严身

#### **Thong-Thoe Dren-Pa Don-Den La-Chag Tsal**

I prostrate to you, whom to see, hear or recollect is meaningful.

见闻忆念我顶礼

### 3 Offering 供养



#### **Yid-Ong Choe-Yon Na-Tsok Me-Tog Dang**

This ocean of clouds of mentally created and actual offerings,

实陈意现供养云

#### **Dri-Zhim Dug-Poe Nang-Sal Dri-Chab Sog**

refreshing water, various flowers, fragrant incense,

味美净水妙香华



**Ngo-Sham Yi-Trul Choe-Trin Gya-Tso Di**  
lights, perfumes and so on,

烧香灯明涂香等

**So-Nam Zhing-Chog Khye-La Cho-Par Bul**  
I offer to you, the supreme field for the collection  
of merit.

最胜福田仅供养

#### 4 Confessing 忏悔

**Gang-Zhig Thog-Me Du-Nei Sag-Pa Yi**

Whatever unwholesome actions, committed by  
body, speech and mind,

身语意之不善业

**Lue-Ngag Yi-Kyi Mi-Ge Chi-Gyi Dang**

I have accumulated since beginningless time,

无始以来所造作

**Khye-Par Dom-Pa Sum-Gyi Mi-Thun Chog**

Especially transgressions of the three types of vows,

尤其违犯三律仪

**Nying-Ne Gyoe-Pa Drag-Poe So-Sor Shag**

with strong, heartfelt regret, I confess each and  
everyone.

深切悔恨尽发露

#### 5 Rejoicing 随喜

**Nyig-Me Due-Dir Mang-Thoe Drub-La Tson**

By striving for much learning and understanding in  
this degenerate age

浊世勤修悟教理

**Choe-Gye Pang-Pei Dal-Jor Don-Yo Je**

and by abandoning the eight worldly dharmas,

撷暇满义断八法



**Gon-Po Khyo-Kyi Lab-Chen Dze-Pa La**  
you made your favourable rebirth meaningful.  
怙主广大之事业

**Dag-Chag Sam-Pa Thag-Pei Yi-Rang Ngo**  
O Lord, in the great wave of your deeds we rejoice  
from the depths of our hearts.  
仅此至心作随喜

**6 Requesting to Turn the Wheel of Dharma 请转法轮**

**Je-Tsun La-Ma Dam-Pa Khye-Nam Kyi**  
I request you, exalted and venerable Gurus,  
殊胜至尊圣上师

**Choe-Ku Kha-La Khyen-Tse Chu-Dzin Trig**  
who have gathered clouds of wisdom and  
compassion in the space of Dharmakaya,  
法身布满悲智云

**Ji-Tar Tsam-Pai Dul-Je Dzin-Ma La**  
in accordance with the needs of the field of your  
disciples,  
在于化机之大地

**Zab-Gye Choe-Kyi Char-Pa Ab-Tu Sol**  
let the rain of the vast and profound dharma thereby  
fall.  
随顺降下妙法雨

**7 Dedication 回向**

**Dag-Gi Ji-Nye Sag-Pe Ge-Wa Di**  
Whatever virtue I have accumulated by this practice,  
愿我所造诸善业

**Ten-Dang Dro-Wa Kun-La Gang-Phen Dang**  
May it benefit the Teachings and all beings.  
弘扬圣教与有情



**Khye-Par Je-Tsun Lo-Zang Drag-Pa Yi**

Especially may the essence of the Teachings

至尊罗桑之教法

**Ten-Pai Nying-Po Ring-Du Sal-Je Shog**

of the venerable Sumatikirti be illuminated forever.

教法心要常显耀

**TAKING REFUGE 皈依**

**Rab-Kar Ge-Sem Chen-Poe Ngang-Nyi Ne**

With a very exalted, white, virtuous state of mind,

即由广大白善心

**Dag-Dang Kha-Nyam Ma-Gen Sem-Chen**

**Nam,**

I and my old mothers, the infinite sentient beings,

我与等空如母众

**Deng-Ne Ji-Si Jang-Chub Nying-Poe Bar,**

From now until our Enlightenment

从今直至证菩提

**La-Ma Kon-Chog Sum-La Kyab-Su Dro.**

Go for Refuge to the Gurus and the Three Precious  
Gems.

上师三宝永皈依





**Namo Gurubhyah** 南无上师

**Namo Buddhaya** 南无佛

**Namo Dharmaya** 南无法

**Namo Sanghaya** 南无僧 (x 3)



**GENERATING BODHICITTA 发菩提心**

**Ma Sem-Chen Kun-Gyi Don-Gyi Chir,**  
For the benefit of all mother sentient beings,  
诸母有情义利故

**Dag-Nyi La-Ma Lhar-Gyur Ne,**  
I transform myself into a Guru-Yidam,  
自成上师本尊后

**Sem-Chen Tam-Che La-Ma Lha-Yi**  
And thus I shall lead all beings  
一切有情悉安置

**Go-Phang Chog-La Goe-Par Ja.**  
To the supreme Enlightenment of a Guru-Yidam.  
上师本尊胜果位 (x 3)

**Ma Sem-Chen Tham-Che Kyi Don-Du Dag-Gi**

For the sake of all mother sentient beings,  
我为利益诸有情

**Tse Di-Nyi La Nyur-Wa Nyur-War Doe-Mae Sang-Gye**

In this very lifetime I shall quickly, quickly  
今生此世迅速成

**La-Ma Lha-Yi Go-Pang Ngon-Du Je.**  
attain the state of a primordial Guru-Yidam  
Buddha.

证得圆满佛果位

**Ma Sem-Chen Tham-Che Dug-Ngal Lai Dral;**  
I shall liberate all mother sentient beings from  
suffering

欲度诸母得离苦



**De-Chen Sang-Gye Kyi, Sa-La Goe-Par Ja.**

And lead them to the Great Bliss of Buddhahood.

将之安顿佛果地

**De-Yi Chir-Du, Lam-Zab Mo, La-Ma Lha-Yi,**

For this purpose, I shall now practise

因此修习甚深道

**Nal-Jor Nyam-Su Lang-War Gyi-O.**

The profound path of Guru-Yidam yoga.

上师本尊相应法

(x 3)



**DO NOT**  
**read this part**  
*(from page 12 to 20),*

**if you have not taken**  
**any highest yoga tantra**  
**initiation**

未受无上瑜伽部灌顶者，  
请勿

擅自阅读或修习这部分  
*(从 12 页至 20 页)，*



**SELF-GENERATION AND BLESSING THE OFFERINGS** 自生起本尊和加持供品

*(Arise in the form of Yamantaka or as any other highest yoga tantra deity 按独勇怖畏金刚仪轨自生起为本尊，或任何无上瑜伽部本尊)*

**Om Svabhava Shudha Sarva Dharma Svabhava Shudho Ham**

嗡 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 邯

**Om Shunyeta Jana Vajra Svabhava At Ma Ko Ham**

嗡 孙亚他 加那 瓦加 苏巴哇 阿 玛 哥 邯

**Dissolution and Self-generation (as Yamantaka)**

*溶解并自生起 (为怖畏金刚)*

**Rang-Dang Kyab-Yul-Gi Lha-Dang**

**De-Dag-Lay Zhen-Pai Choe-Tham-Che**

**Ten-Nay Tag-Pa Yin-Pai-Chir**

**Tag-Che-La Sog-Pai Tha-Zhi-Dang Dral-Wai**

**Dag-Me-Pai Rang-Zhin Tong-Pa Nyi-Du-Gyur**

Because I, the deities, the object of refuge, and all other phenomena are imputations on dependent arisings, everything becomes empty having the true nature of selflessness, free from the four extremes such as eternalism, nihilism, and so forth.

自身本尊、福田圣会及一切诸法，皆悉由遍计相故，本离常断四际无我自性空



*(Now, do the meditation on the three kayas. Then, arise as Yamantaka 修三身法，自生起为怖畏金刚):*

**Tong-Pay Ngang-Lay**

**Rang-Nyid Ke-Chig-Gi Pal Dor-Je Jig-Jed**

**Shal-Chig Chag-Nyi-Kyi Dri-Gug-Dang**

**Tho-Pa Zin-Pay Kur Zheng-Par-Gyur**

Within the supported and supporting mandala, I instantaneously arise in the form of the glorious Vajrabhairava.

于能依所依坛城中，自身刹那生起殊胜怖畏金刚。

**De-Chen Ngang-Le Rang-Nyi La-Ma Lha,**

From a state of Great Bliss I manifest as a Guru-Yidam.

由大乐中自显现

**Gang-Der Sal-Wae Ku-Lae Woe-Zer Tsog**

From my transparent body, a profusion of light-rays

上师本尊功德身

**Chog-Chur Troe-Pae Noe-Chue Jin-Lab Pei,**

Radiates to the ten directions, blessing the beings and their environment,

遍照情器尽加持

**Dag-Pa Rab-Jam Ba-Zhig Yon-Ten Gyi**

With only excellent qualities, infinitely pure,

化为广大殊胜境

**Ko-Pei Khye-Par Phun-Sum Tsog-Par Gyur.**

All become most perfectly arrayed.

清净圆满庄严刹



**Blessing the Inner Offering (Extensive Version)**

**加持内供(广轨)**

**Om Hrih Shtrih Vikrtana Hung Phet**

唵 喜 希 维那那 吽 呬

**Om Svabhava Shudha Sarva Dharma**

**Svabhava Shudho Ham**

唵 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 邯

**Tong-Pa Nyi-Du-Gyur**

Everything becomes void

一切化空

**Tong-Pay Ngang-Lay YAM-Lay Lung-Gyi Kyil-**

**Kor Ngon-Po Shu-Yi-Yib Ta-Bu Ba-**

**Den-Gyi Tsen-Pa**

From the state of voidness appears YAM, from which comes a blue bowshaped wind mandala marked by banners.

空中现音(YAM)字，转成蓝色风轮，状如弯弓，  
旛严旗帜，

**Day-Yi Teng-Du RAM-Lay Maid Kyil-Kor Mar-**

**Po Dru-Sum-Pa**

Above that appears RAM, from which arises a red triangular fire mandala.

上现唵(RAM)字，转成红色三角火轮。

**De-Yi Teng-Du AH-Lay Mi-Go Gyed-Pu**

**Sum-Gyi Teng-Du**

Above that, from (three) syllabus of AH appears a tripod of three human heads;

上三啊(AH)字，转成三人首灶；



### **AH-Lay Jung-Way Tho-Pa Kar-Po**

Above that, from AH appears a white skullcup.

其上啊(AH)字，转成白色颅器

### **Day-Yi Nang-Gi Shar-Du BHRUM-Lay Jung-Way Ba-Lang Gi-Sha GO Tsen-Pa**

Inside the skullcup appears: in the east, from BHRUM, the flesh of a bull marked by GO.

其内东面钟(BHRUM)字，转成牛肉，帜以哥(GO)字

### **Lhor AM-Lay Jung-Way Kyi-Sha KU Tsen-Pa**

In the south, from AM, dog flesh marked by KU.

南面暗(AM)字，转成狗肉，帜以古(KU)字

### **Nub-Tu JRIM-Lay Jung-Way Lang-Po Che-Sha DAY Tsen-Pa**

In the west, from JRIM, elephant flesh marked by DA.

西面尖(JRIM)字，转成象肉，帜以打(DA)字

### **Jang-Du KHAM-Lay Jung-Way Ta-Yi-Sha HEY Tsen-Pa**

In the north, from KHAM, horse flesh marked by HA.

北面甘(KHAM)字，转成马肉，帜以哈(HA)字

### **U-Su HUNG-Lay Jung-Way Mi-Sha NEY Tsen-Pa**

In the center, from HUNG, human flesh marked by NA.

中央畔(HUNG)字，转成人肉，帜以那(NA)字





### **Shar-Lhor LAM-Lay Jung-Way Drin-Chen BI Tsen-Pa**

In the southeast, from LAM, excrement marked by BI.  
东南面南(LAM)字，转成大香，帜以必(BI)字

### **Lho-Nub-Tu MAM-Lay Jung-Way Rag-Ta RAY Tsen-Pa**

In the southwest, from MAM, blood marked by RA.  
西南面曼(MAM)字，转成血，帜以拉(RA)字

### **Nub-Jang-Tu PAM-Lay Jung-Way Jang-Sem Kar-Po SHU-E Tsen-Pa**

In the northwest, from PAM, white bodhicitta marked by SHU.

西北面兵(PAM)字，转成白菩提心，帜以苏(SHU)字

### **Jang-Shar-Du TAM-Lay Jung-Way Kang-Mar MAY Tsen-Pa**

In the northeast, from TAM, marrow marked by MA.  
东北面谭(TAM)字，转成骨髓，帜以玛(MA)字

### **U-Su BAM-Lay Jung-Way Dri-Chu MU Tsen-Pa**

And in the center, from BAM, urine marked by MU.  
中央蚌(BAM)字，转成小香，帜以目(MU)字

### **Day-Dag-Gi Teng-Du OM Kar-Po, AH Mar-Po, HUNG Ngon-Po Sum Teng-Ne Teng-Du Tse-Par-Gyur**

Above these stand a white OM, a red AH, a blue HUNG, one above the other.

其上累叠白色嗡(OM)字、红色啊(AH)字、蓝色吽(HUNG)字



**Rang-Gyi Thug-Kay HUNG-Lay Wo-Dzer-Tro  
Lung-La Phog-Pay Lung-Yo May-Bar-Te  
Tho-Pay Tze-Nam Shu-Shing Khol-War-Gyur**

Lights emanate from the HUNG at my heart and strike the wind. The wind moves, the fire flares, all the substances in the skullcup melt and boil.

心中吽(HUNG)字放光，射向风轮，风动火燃，颅器内诸物融化沸腾

**Yi-Ge Sum-Lay Wo-Dzer Rim-Pa Shin-Du  
Tro-Pay**

**Ku-Do-Je Sung-Do-Je Thug-Do-Je Nam  
Kug-Nay Yi-Ge Sum-La Rim-Gyi Thim-Pa-  
Nam Tho-Par Lhung-Nay Shu-Way**

Light radiates from the three latters successively, drawing forth the vajra body, vajra speech, and vajra mind, which the three letters respectively absorb.

These descend into the skullcup and all melts.

三字放光，勾召金刚身语意，依次坠入颅器内融化，

**HUNG-Gi Kha-Dog Dri-Nue Kyi-Kyon-Jang**

HUNG purifies all faults of colour, smell, and potential;

吽(HUNG)字，净除色香味垢秽；

**AE-Du-Tsir Tog-Par-Je**

AH transforms it into nectar;

啊(AH)字，将诸物转成甘露；

**OM-Gyi Mang-Por Bar-Shing Pel-War-Gyur**

OM multiplies and increase it.

嗡(OM)字，使甘露增长增盛。

**Om Ah Hung (x 3)**

嗡 啊 吽



**BLESSING THE OUTER OFFERING 加持外供**

**Om Hrih Shtrih Vikrtana Hung Phat**

唵 喜 希 维那那 吽 呬

**Om Svabhava Shudha Sarva Dharma**

**Svabhava Shudho Ham**

唵 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 邯

**Tong-Pa Nyi-Du-Gyur**

Everything becomes void

一切化空

**Tong-Pay Ngang-Lay AH-Lay Jung-Wai**

**Tho-Pa Yang-Shing Gya-Che-Wa Nam-Kyi**

**Nang-Du HUNG**

**HUNG Zhu-Wa-Lay Jung-Wai Chod-Yon,**

**Zhab-Sil,**

**Zhal-Sil, Shang-Tor, Me-Tog, Dug-Po,**

**Mar-Me, Dri-Chab, Shal-Za, Rol-Mo, La-**

**Sog-Pa-Nam Rang-Shin De-Tong Nam-Pa**

**Cho-Dze Je-Lay Wang-Po Drug-Gi Cho-**

**Yul-Du Zag-Pa Med-Pai De-Wa Khye-Par-**

**Chen Kye-Par-Gyur**

Everything becomes void. From voidness, from AHs come vast and expansive skullcups, inside of which are HUNGS. The HUNGS melt and become waters for washing and drinking, perfume, flowers, incense, light, food and music. By nature, bliss and emptiness, in aspect, offering substances of the six senses; in function, they confer distinguished uncontaminated bliss.



一切化空，空中现啊(AH)字，转成广大颅器，内现吽(HUNG)字，吽(HUNG)字融化，化成饮用水，濯足水，涂香，花，薰香，灯，美馐，音乐。体性乐空，相为供物，其用位于六根生起奇特无漏乐。



**Om Argham, Padyam, Anchamanam, Trokshanam, Puspe, Dhupe, Alope, Gandhe, Nawidye, Shapta, Rupa, Shapta, Gandhe, Rasa, Sparsha Ah Hung**

OM Drinking water, Feet washing water, Face coolant, Sprinkling water, Flowers, Incense, Light, Perfume, Food, Music, Mirror, Music, Perfume, Taste, Clothes AH HUNG

喻 饮用水，濯足水，净脸水，洒水，花，薰香，灯，涂香，美馐，音乐，镜子，音乐，涂香，味觉，衣服 啊 吽



## **BLESSING THE INNER OFFERINGS 加持内供**

**Om Ah Hung 嗡 啊 吽 (x 3)**

*(recite quickly while the instruments are being played)*  
(奏乐时快速念诵)

**Ngo-Wo Ye-Shey La,**

In essence, Wisdom.

智慧体性中清净

**Nam-Pa Nang-Choe-Dang Choe-Dze So-  
Soe Nam- Pa,**

In aspect, the aspects of the inner offerings and  
the various offering-objects.

相为内供各供品

**Je-Le Wang-Po Drug-Gi Cho-Yul-Du**

In function, to generate as objects enjoyed by the  
six senses

能于六根之对境

**De-Tong Gi Ye-Shey Khye-Par-Chen Kye-  
Pei**

the special Wisdom of Voidness and Bliss.

生起殊胜空乐智

**Sa-Dang Bar-Nang Nam-Kae-Khyon Tham-  
Che Yong-Su Khyab Pae**

Filling the earth, the sky and all the space in  
between,

布满天地与虚空

**Chi-Nang Sang-Wae Choe-Trin Dam-Dze  
Chen-Zig**

clouds of outer, inner and secret offerings and  
splendid sacred offering-objects

内外秘密供养云



**Sam-Gyi Mi-Khyab-Pe Gang -War-Gyur.**  
spread out beyond the range of thought.  
遍布不可思议境

**B. THE ACTUAL PRACTICE 实习**

**Visualisation Of The Field Of Merit. 观想资粮田**

**De-Tong Yer-Me Lha-Lam Yang-Par**

In the vast heavens of indivisible Voidness and Bliss,  
空乐无别虚空中

**Kun-Zang Choe-Trin Trig-Pe Ue,**

amidst billowing clouds of Samantabhadra offerings,  
普贤供云遍布中

**Lo-Ma Me-Tog Dre-Bue Yong-Dze**

Embellished with leaves, flowers and fruit  
萃叶繁华盛果饰

**Doe-Gue Pag-Sam Jon-Pai Tser,**

is a wish-granting tree; at its crest,  
众愿如意树梢头

**Dong-Nga Bar-Wae Rin-Chen Tri-Teng,**

On a lion throne ablaze with precious gems,  
闪耀珍宝狮宝座

**Chu-Kye Nyi-Da Gye-Pae Teng,**

on a lotus, a sun and a full moon disk,  
莲花圆日满月上

**Ka-Drin Sum-Den Tsa-Wae La-Ma,**

Sits my Root Guru, kind in three ways,  
具三恩惠根本师



**Sang-Gye Kuen-Gyi Ngo-Wo Nyi.**

You are the essence of all the Buddhas.

一切诸佛之自性

**Nam-Pa Ngur-Mig Dzin-Pe Ge-Long,**

You have the aspect of a saffron-robed monk,

比丘形服清净相

**Zhal-Chik Chag-Nyi Dzum-Kar Tro.**

with one face, two arms and a radiant white smile.

一面二臂含笑颜

**Chag-Ye Choe-Che, Yon-Pa Nyam-Zhag**

Your right hand expresses teaching, your left in meditative pose

右结说法左结定

**Due-Tsi Gang-Wae Lung-Ze Nam.**

holds a begging bowl filled with nectar.

托承盛满甘露钵

**Gur-kum Dang-Den Choe-Goe Sum-Sol,**

are draped in three robes of lustrous saffron,

身披红花三法衣

**Ser-Dog Pen-Zhe U-La Dze.**

and your head is graced by a pandit's gold-coloured hat.

顶戴金色僧人冠

**Thug-Kar Khyab-Dag Dor-Je Chang-Wang,**

In your heart is the all-pervading Lord Vajradhara,

金刚总持在心中

**Zhal-Chig Chag-Nyi Ku-Dog Ngo.**

with one face, two arms and a blue-coloured body.

一面二臂身蓝色



**Dor-Dril Zung-Ne, Ying-Chug Mar-Khyu,**  
He holds a vajra and bell and embraces Vajradhatu  
Isvari.

拥抱佛母持铃杵

**Lhen-Kye De-Tong Rol-Pei Gye.**

They delight in the play of simultaneous Voidness  
and Bliss.

游戏俱生空乐喜

**Nam-Mang Rin-Chen Gyen-Gyi Tre-Shing,**  
Both are adorned with jewel ornaments of many  
designs

重宝奇珍妙严饰

**Lha-Dze Dhar-Gyi Na-Ze Lub.**

and are arrayed with garments of heavenly silk.

穿戴天宝绫罗衣

**Tsen-Pe Gyen-Den Woe-Zer Tong-Bar,**  
Adorned with the major and minor marks, you  
radiate a thousand light-rays

具足相好千道光

**Za-Tson Na-Ngei Kor-Wae Ue,**

as, enhaloed by a five-coloured rainbow,

五色彩虹围绕中

**Dor-Je Kyil Trung Tsul-Gi Zhug-Pe,**

You sit in the vajra position.

正结金刚跏趺坐

**Phung-Po Nam-Dag De-Sheg-Nga.**

Your purified skandhas are the five Meditational  
Buddhas,

体是五佛清净蕴





**Kham-Zhi Yum-Zhi, Kye-Che Tsa-Gyue**

Your four elements are the four Consorts, your sense spheres, veins, sinews

四界四母处脉络

**Tsig-Nam Jang-Chub Sem-Pa Ngoe.**

and members are all in reality Bodhisattvas.

诸节实即众菩萨

**Ba-Pu Dra-Chom Nyi-Tri Chig-Tong,**

The hairs of your pores are the twenty-one thousand Arhats,

身毛两万一罗汉

**Yen-Lag Tro-Woe Wang-Po Nyi.**

limbs are wrathful deities.

四肢本即忿怒尊

**Woe-Zer Chog-Kyong Noe-Jin Sang-Wa,**

light-rays hide directional guardians and yakshas,

光明覆盖诸护法

**Jig-Ten Pa-Nam Zhab-Kyi Dhen.**

while all worldly deities are cushions for your feet.

世间诸神足下垫

**Tha-Kor Rim-Zhin Ngoe-Gyue La-Ma,**

Surrounding you in their proper order, actual and lineage Gurus,

环绕传承上师尊

**Yi-Dam Kyil-Khor Lha-Tsog Dang**

Yidams, hosts of mandala deities,

上师本尊坛城众

**Sang-Gye Jang-Sem Pa-Wo Kha-Dro,**

Buddhas, Bodhisattvas, Dakas, Dakinis

诸佛菩萨众护法



**Ten-Sung Gya-Tsoe Kor-Ne Zhug.**  
and Dharmapalas form an encircling sea.  
护法海会围绕中

**De-Dag Go-Sum Dor-Je Sum-Tsen.**  
The three doors of each are marked with the  
three vajra syllables.  
彼等三门三金刚

**Hung-Yig Woe-Zer Chag-Kyu Yi**  
From the HUNG syllables, hook-like light-rays  
并以吽字光明钩

**Rang-Zhin Ne-Ne Ye-Shey Pa-Nam**  
Draw forth from their actual abodes the Wisdom  
Beings  
迎请自性之智尊



**Chen-Drang Yer-Me Ten-Par Gyur.**  
to become inseparably fixed.  
融入无别恒坚固

INVOCATION 迎请圣众



**Choe-Nam Rang-Zhin Dro-Wong Kun-Dral  
Yang,**

Although all dharmas totally lack inherent going  
and coming,  
诸法自性无来去

**Na-Tsog Dul-Je Sam-Pa Ji-Zhin Du**  
Appearing as whatever suits the various sentient  
beings dispositions,  
应所化机意乐故





**Chir-Yang Char-Wae Khyen-Tse Trin-Le Chen,**  
With your activity of Wisdom and Loving Compassion,  
随愿显现悲智业



**Kyab-Gon Dam-Pa Khor-Che Sheg-Su Sol!**  
O holy Refuge Protectors, please come with your  
entourage!  
怙主圣众祈降临



**Phun-Tsog De-Leg Jung-Ne, Due-Sum Gyi**  
O Sources of goodness, bliss and perfection, from  
all three times

三世乐善生源处

**Tsa-Gyue La-Ma Yi-Dam Kon-Chog Sum,**  
You Root and Lineage Gurus, Yidams, Three  
Precious Gems,  
根本上师三宝尊

**Pa-Wo Kha-Dro Choe-Kyong Sung-Tsog Chae,**  
Dakas, Dakinis, Dharmapalas and Protectors, with  
your entourage  
勇士空行护法众

**Thug-Je Wang-Gi Dir-Sheg Ten-Par Zhug!**  
By the forces of your Compassion, come here and  
remain fixed!

悲愿摄引祈降临!



**Om Guru Buddha Bodhisattva Dharmapala**  
**Saparivara Eh Hya Hi;**

嗡 沽噜 布达 菩提萨哆 达嘛巴拉 萨巴利哇啦  
耶 喜

**Dza Hung Bam Ho!**

渣 畔 邦 货



**Ye-Shey Pa-Nam Dam-Tsig Pa-Dang  
Nyi-Su Me-Par Gyur!**

The Wisdom and Commitment beings unite to  
become one

智尊融入三昧耶，和合无二为一体。



## **INVITATION TO THE BATH (供浴)**

### **Ku-True Sol-War Zhu!**

Please offer a bath!

献浴!

### **Gang-Dir Chom-Dan-Dey De-zhin-Sheg-Pa Dra-Chom-Pa Yang-Dag-Par Dzog-Pai Sang-Gye**

Bhagavan, Tathagata, Arhat, Complete and  
Perfect Buddha

薄伽梵正等正觉

### **Rig-Pa-Dang Zhap-Su Dan-Pa**

Perfect in knowledge and good conduct,

无上智慧与圣行

### **De-War-Sheg-Pa Jig-Ten Kyen-Pa**

Sugata, knower of the World,

全能全知能仁王

### **Kye-Bu Dul-Wai Kha-Lo-Gyur-Wa La-Na- Me-Pa**

Supreme driver of human beings to be tamed,

降服顽众胜上师

### **Lha-Dang Mi-Nam-Kyi!**

Teacher of gods and human beings!

诸天入众天人师

### **Ton-Pa Sang-Gye Chom-Dan-Dey Dhe- Dag Tham-Che La**

To you, the Buddha, Bhagavan, Glorious  
Conqueror Shakyamuni here

世尊释迦牟尼佛



## **Yo-Jai Tam-Cha-Dang Dan-Pai Tru-Di Sol-War Gyi-Wo**

With everything that is needed , I shall offer this bath

具足所需献浴尊

### **THE PURIFYING BATH AND OFFERINGS**

#### **净浴与供养**

#### **Generating The Bath-House 澡堂**

### **True-Kye khang-Pa Shin-Tu Dre-Shim-Pa**

The bath house has an extremely sweet fragrance,  
澡堂香味极芬芳

### **Shel-Gyi Sa-Shi Sal-Shing Tsel-Wa-Tar**

A crystal floor and beautiful sparkling jeweled pillars.  
水晶地面似放光

### **Rin-Chen Bar-Pae Ka-Wa Ye-Yong-Dhen**

The roof is covered by a canopy  
照耀珍宝悦意柱

### **Mu-Tig Wo-Chag La-Re Dre-Pa-Dher**

Decorated with shining pearls.  
悬挂真珠宝华盖

#### **Offering Bath 献浴**

### **Ji-Tar Tam-Pa Tsam-Gyi-Ni, Lha-Nam Kyi-Ni**

### **True-Sol-Tar**

Just as the gods made offerings of pure water after the birth of Buddha,

犹如世尊降生时，诸天供养请沐浴

### **Lha-Yi Chu-Ni Dhag-Pa-Yi Dhe-Shin Dha-Gi Ku-True-Sol**

I also offer a bath with pure water of the gods.  
我以清静妙天水，同样敬请沐尊礼



**Om Sarwa Tathagata Abhi She Ka Ta  
Samaya Shriye Ah Hung**

唵 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶  
阿 吽

**Phun-Tsog Ge-Leg Je-Wae Trun-Pae-Ku**

Holy body created by ten million excellent virtues,  
千万圆满妙善身

**Tha-Ye Dro-Wae Re-Wa Kong-Wae Sung**

Holy speech fulfilling the hopes of infinite migratory  
beings,  
满愿无边众圣语

**Ma-Lue She-Ja Ji-Shin Khen-Pae-Thug**

Holy mind seeing all existing as it is.  
所知如实洞察意

**Thub-Wang Dor-Je Chan-La Ku-True -Sol**

I offer this bath to the holy body of Buddha  
Vajradhara  
献浴能王金刚持



**Om Sarwa Tathagata Abhi She Ka Ta  
Samaya Shriye Ah Hung**

唵 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶  
阿 吽

**Gyal-Chen Cho-Pae Gyu-La Ku-True -Sol**

I offer this bath to the holy bodies of the lineage  
gurus of the extensive conduct  
献浴广行传承师



### **Sab-Mo Ta-Wae Gyu-La Ku- True -Sol**

I offer this bath to the holy bodies of the lineage gurus of the profound view.

献浴深见传承师

### **Nyam-Len Jing-Lab Gyu-La Ku- True-Sol**

I offer this bath to the holy bodies of the lineage gurus of the blessed practice.

献浴修行加持师

### **Gyu-Pae La-Ma Nam-La Ku-True-Sol**

I offer this bath to the holy bodies of all lineage gurus.

献浴传承诸上师



### **Om Sarwa Tathagata Abhi She Ka Ta**

### **Samaya Shriye Ah Hung**

嗡 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶  
阿 吽

### **Ton-pa Sang-Gye Nam-la Ku-True-Sol**

I wash the bodies of the Buddhas, our teachers.

献浴如来无上师

### **Kyob-Pa Dham-Choe Nam-la Ku-True-Sol**

I wash the body of the holy Dharma, our protector.

献浴圣法护法者

### **Dren-Pa Ge-Dun Nam-la Ku-True-Sol**

I wash the bodies of the Sangha, our saviours.

献浴圣僧救世者

### **Kyab-Ne Kon-Chog Sum-La Ku-True-Sol**

I wash the bodies of the three Jewels, our refuge.

献浴三宝归依处





**Om Sarwa Tathagata Abhi She Ka Ta  
Samaya Shriye Ah Hung**

嗡 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶  
阿 吽

**Gyal-Wai Ku-Sung-Thug-La Nyon-Mong  
Mi-Nga-Yang**

Through the body, speech and mind of  
Conquerors lack defilements,  
无染尊圣身口意

**Sem-Chen Lu-Ngag-Yi-Sum Dri-Pa Jang-  
Le-Du**

May offering this bath to Conquerors' bodies,  
speech and minds  
献浴尊圣身口意

**Gyal-Wai Ku-Sung-Thug-La True-Chab  
Di-Sol-Wai**

To cleanse beings' obscurations of body,  
speech and mind  
净化众生身口意

**Sem-Chen Lu-Ngag-Yi-Sum Dri-Pa Dag-  
Gyur-Chig!**

Make pure beings' obscurations of body,  
speech and mind!  
纯净众生身口意



**Om Sarwa Tathagata Abhi She Ka Ta  
Samaya Shriye Ah Hung**

嗡 萨瓦 答它噶答 阿比须卡答 萨玛呀 思利耶  
阿 吽



*Drying Their Holy Bodies 揩身*

**De-Dhag Kun-La Tsun-Pa Med-Pae-Goe**

I now wipe your holy bodies

我以清淨極香馥

**Tsang-La Dre-Rab Goe-Pae Ku-Che-Wo**

With an incomparable clean sweet smelling cloth.

浴巾擦拭其聖身

**Om Hung Tram Hrih Ah Kaya**

**Vishodanaya Soha**

唵 吽 特然 喜 阿 卡 亞 威 梭 答 那 亞 梭 哈

*Anointing Their Holy Bodies 涂香*

**Tong-Sum Kun-Tu Dre-Ngad Dhang-Wa-Yi**

Just as a goldsmith polishes gold already pure  
and refined,

有如純金之聖身

**Dre-Chog Nam-Kyi Thup-Wang Nam-Kyi-Ku**

So do I apply the best fragrance

我以無上殊聖香

**Ser-Chang Tsong-Ma Ji-Tor Jey-Pa-Tar**

that pervades billions of universes;

芬芳遍布三千界

**Woe-Chag Bar-Wa De-Dhag Chug-Par-Gyi**

And apply the glittering ones, To the holy bodies of  
the Controlled Ones!

勝香涂諸能仁王

*Offering Robes 供袍*

**Sab-Jam Yang-Pa Lha-Yi-Goe**

By offering these soft, light, divine clothes

細柔輕軟華天衣



**Me-Ched Dor-Jee Ku-Nyae-La**

With indestructible devotion to those  
虔诚不衰净信心

**Me-Ched Dhad-Pae Dhak-Bhul-Na**

Who have attained the vajra holy body,  
谁已证得金刚身

**Dhag-Dhang Dor-Jee Ku-Thop-Shog**

May I also achieve the vajra holy body.  
愿我亦得金刚身

*Offering Ornaments 供饰物*

**Gyal-Wa Tsen-Pae Rang-Shin Gyen-Dhen-Chyer**

Because you conquerors are adorned by the  
natural ornaments of the marks and signs,  
胜者具足相好饰

**Gyal-Shen Dhag-Gi Gyen-Par Me-Tsal Yang**

You do not need any other kind of ornaments.  
勿需其余庄严物

**Ren-Chen Gyen-Chock Phul-Wae Dro-Wa-Kun**

But by offering these supreme jeweled ornaments  
兹奉胜饰为众生

**Tsen-Pae Gyen-Pae Ku-Lu Thob-Par-Shok**

May all sentient beings achieve the holy body  
adorned by all the marks and signs.  
愿得相好庄严身



Requesting Them To Remain 祈请住世

**Dhak-Dhang Dro-La Thuk-Tse-Chyer**

Through your love for all sentient beings and me;  
为悯我等诸有情

**Nyi-Kyi Zu-Trul Thu-Yi-Ni**

By the force of your miraculous powers;  
请佛藉此神通力

**Je-Sid Cho-Pa Dhak-Gyi-Na**

As long as I make offerings to you;  
持久为您献供养

**Dhe-Sid Chom-Dhen Shuk-Su-Sol**

Oh you Lords, please remain until samsara ends!  
如来安住世间不入灭!

THE SEVEN LIMBS 七支供养

Prostration To The Guru As Sambhogakaya

顶礼上师报身

**Gang-Gi Thug-Je De-Wa Chen-Poe Ying,**

You whose Compassion bestows even the sphere  
of Great Bliss,  
能以悲心刹那赐



**Ku-Sum Go-Pang Chog-Kyang Ke-Chig La,**

The supreme attainment of the Three Bodies, in an  
instant,  
殊胜大乐三身位

**Tsol-Dze La-Ma Rin-Chen Ta-Bue Ku,**

O Guru with jewel-like body,  
上师如宝金刚持

**Dor-Je Chen-Zhab Pe-Mor Chag-Tsal Lo.**

Vajradhara, I prostrate at your lotus feet.  
金刚恩师足前礼



*Prostration To The Guru As Nirmanakaya*

顶礼上师化身

**Rab-Jam Gyal-Wa Kun-Gyi Ye-Shey Ni,**

O Wisdom of all the infinite Buddhas,

遍量所知一切智

 **Gang-Dul Chir-Yang Char-Wae Thab-Khe Chog,**

Appearing with supreme Skilful Means in whatever form suits disciples,

随所化机善调伏

**Ngur-Mig Dzin-Pae Gar-Gyi Nam-Roel Wa,**

And manifesting in the guise of a saffron-robed monk,

游戏示现比丘相

**Kyab-Gon Dam-Pae Zhab-La Chag-Tsal Lo.**

Holy Refuge Protector, I prostrate at your feet.

归救怙主足前礼

*Prostration To The Guru As Dharmakaya* 顶礼上师法身

**Nye-Kun Bag-Chag Che-Pa Drung-Chung Zhing,**

Purifier of all delusions together with their instincts,

众恶习气皆断除

 **Pag-Me Yon-Ten Rin-Chen Tsog-Kyi Ter,**

Treasury of measureless jewel-like qualities,

无量功德如宝藏

**Phen-De Ma-Lue Jung-Wae Go-Chig Pu,**

Sole source of benefit and bliss without exception,

利乐唯一生源处

**Je-Tsun La-Mae Zhab-La Chag-Tsal Lo.**

Venerable Guru, I prostrate at your feet.

至尊恩师足前礼



*Prostration To The Guru As The Manifestation Of The Triple Gem 顶礼尊师为三宝化身*

**Lhar-Che Ton-Pa Sang-Gye Kun-Gyi Ngoe,**  
Teachers of the gods and others, essence of all the Buddhas,  
人天导师如来体


 **Gye-Tri Zhi-Tong Dam-Choe Jung-Wae Ne,**  
Source of the eighty-four thousand holy Teachings,  
八万四千正法源

**Pag-Tsog Kun-Gyi Ue-Na Lhang-Nge Wa,**  
Standing out among the whole host of Aryas,  
无边圣众之显现

**Drin-Chen La-Ma Nam-La Chag-Tsal Lo.**  
Benevolent Gurus, I prostrate to you.  
承恩上师足前礼

*Prostration To The Guru As The Manifestation Of All The Buddhas Of The Ten Directions 顶礼尊师为十方诸佛化身*

**Due-Sum Chog-Chur Zhug-Pae La-Ma Dang,**  
To the Gurus of the three times and ten directions,  
十方三世诸上师

 **Rin-Chen Chog-Sum Chag-Woe Tam-Che La,**  
And to the Three Precious Gems and all worthy of homage,  
最胜三宝皈敬处

**De-Ching Moe-Pe Toe-Yang Gya-Tsor Che,**  
With faith, esteem, and seas of lyric praise,  
我以信解赞韵海



## **Zhing-Dul Nyam-Pae Lue-Truel Chag-Tsal Lo.**

I prostrate, manifested in bodies as many as the atoms of the world.

化身尘刹皈命礼

### *Outer Offering Of The Four Waters 外供之四种净水*

#### **Kyab-Gon Je-Tsun La-Ma Kor-Che La,**

O Refuge Protectors, venerable Gurus, with your entourage,

至尊怙主众师长

#### **Na-Tsog Choe-Trin Gya-Tso Bul-Wa Ni.**

I present you an ocean of clouds of various offerings.

敬献种种供云海

#### **Koe-Leg Rin-Chen Woe-Bar Noe-Yang Le,**

From expansive, well-fashioned vessels, radiant and precious,

璀璨宝器光映中

#### **Dag-Je Due-Tsi Chu-Zhi Dal-Gyi Bab.**

Flow gently forth four streams of purifying nectars.

四净甘露徐徐降

#### **Dong-Po Sil-Ma Treng-Wa Pel-Leg Pa**

Trees and beautiful flowers, singly and in well-arranged

妙花宝树及花蔓

#### **Dze-Pae Me-Tog Sa-Dang Bar-Nang Gang.**

Garlands, fill the earth and sky.

充满大地及虚空

#### **Dri-Zhim Poe-Kyi Due-Pa Bai-Dur Yae**

The azure smoke of sweet fragrant incense

芳香烟如毗琉璃



**Yar-Kye Ngon-Poe Trin-Gyi Lha-Lam Trig.**

Billows in the heavens as blue summer clouds.

夏日晴空布碧云

**Nyi-Da Nor-Bu Rab-Bar Dron-Me Tsog**

From suns, moons, glittering jewels and a host of flaming lamps,

日月宝灯聚火焰

**Tong-Sum Mun-Sel Woe-Zer Tse-Ga Goe.**

Light frolics joyfully, dispelling the darkness of a milliard worlds.

朗照三千除暗钝

**Ga-Bur Tsen-Den Gur-Kum Dri-Goe Pae**

Scented with camphor, sandalwood and saffron,  
旃檀龙脑郁金香水

**Poe-Chui Tso-Chen Khor-Yug Kun-Nei Kyil.**

Great seas of perfumes swirl out to the horizon.

香液大海环金城

**Ro-Gyai Chue-Den Za-Cha Tung-Wa Dang**

Nourishing food and drink of a hundred flavours

美食佳肴具百味

**Lha-Dang Mi-Yi Zhal-Ze Lhuen-Por Pung.**

And victuals of gods and men are heaped up in a Mount Meru.

天人珍馐如须弥



**Na-Tsog Rol-Moe Je-Drag Tha-Ye Le**

From an endless diversity of varied instruments

无边乐器奏妙音

**Jung-Wae Dang-Nyen Gyur-Wae Sa-Sum Geng.**

Comes music which fills the three realms.

悦音周遍于三界





*The Five Sense Objects* 五欲供

**Zug-Dra Dri-Ro Reg-Jae Pal-Dzin Pae,**

Holding an abundance of forms, sounds,  
smells, tastes and tangibles,

悦意色声香味触



**Chi-Nang Doe-Yon Lha-Moe Chog-Kun  
Kyab.**

Goddesses of outer and inner pleasures fill  
all the directions.

内外天女遍十方



## LONG MANDALA OFFERING 供曼达拉

### **Shing-Kham Bul-War Shu**

Please offer Mandala

供养曼达拉

### **Om Vajra Bu-Mi Ah-Hung**

Om Vajraground Ah Hung

嗡 金刚地基 啊 吽

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

Here Is The Mighty And Powerful Base Of Gold

奇妙黄金宝地

### **Om Vajra Re-Khe Ah-Hung**

Om Vajraline Ah Hung

嗡 金刚围篱 啊 吽

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

The Outer Ring Is Encircled With This Iron Fence

铁围山绕四周

### *First Ring 第一圈*

#### **1 Ri-Gyäl Po-Ri Rab**

In the centre, the king of mountains, Mount Meru

居中山王须弥山，

#### **2 Shar Lu-Pag-Po**

In the east, the continent Purvavideha

东胜神洲处东方，

#### **3 Lho Dzam-Bu-Ling**

In the south, Jambudvipa

南瞻部洲南方住，

#### **4 Nub Ba-Lang-Cho**

In the west, Aparagodaniya

西牛贺洲置西边，



### **5 Jang Dra-Mi-Nyen**

In the north, Uttarakuru  
北俱盧洲在北边。

### **6 Lu-Dang Lu-Pag**

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

### **8 Nga-Yab-Dang Nga-Yab-Zhen**

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

### **10 Yo-Den-Dang Lam-Chog-Dro**

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**

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

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

In the east is the treasure mountain  
宝山，

### **15 Pag-Sam Gyi-Shing**

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

### **16 Dö Joi Ba**

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

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

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



**Second Ring 第二圈**

**18 Khor-Lo Rin-Po Che**

Here is the precious wheel  
宝轮，

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

Here is the precious jewel  
如意宝珠，

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

Here is the precious queen  
王后宝，

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

Here is the precious minister  
大臣宝，

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

Here is the precious elephant  
象宝，

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

Here is the precious and best of horses  
马宝，

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

Here is the precious general  
将军宝，

**25 Ter-Chen Poi Pum-Pa**

Here is the great treasure vase  
大藏瓶宝。

**Third Ring 第三圈**

**26 Geg-Ma**

Here is the goddess of beauty  
姿天女，



### **27 Treng-Wa-Ma**

Here is the goddess of garlands

鬘天女，

### **28 Lu-Ma**

Here is the goddess of song

歌天女，

### **29 Gar-Ma**

Here is the goddess of dance

舞天女，

### **30 Me-Tog-Ma**

Here is the goddess of flowers

花天女，

### **31 Dug-Poe-Ma**

goddess of incense

香天女，

### **32 Nang-Sal-Ma**

Here is the goddess of light

灯天女，

### **33 Dri-Chab-Ma**

Here is the goddess of perfume

涂天女。

### **Top Ring 顶圈**

### **34 Nyi-Ma Da-Wa**

35 Here is the sun; Here is the moon

日，月，

### **36 Rin-Po-Che Dug**

Here is the umbrella of all that is precious

珍异宝伞，



### **37 Chog-Lay Nam-Par Gyal-Way Gyal-Tsen**

Here is the banner of victory in all directions

制伏一切十方幢，

### **U-Su Lha-Dang Mei Pal-Jor Pun-Sum Tsok-Pa Ma-Tsang Wa-Me-Pa**

In the centre are all the possessions precious to gods and men

无余清净悦意供，天人最胜圆满供，

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

This magnificent collection, lacking in nothing

悉皆云集于中央。

### **Drin-Chen Tsa-Wa Dang-Gyu-Par Che-Pay**

I offer to you, my kind and holy root Lama

谨向殊胜大慈悲，

### **Pal-Den La-Ma Dam-Pa Nam-Dang Khye-Par Du-Yang**

Together with you, Venerable Lineage Lamas

根本传承上师前，

### **\*La-Ma Lo-Sang Thub-Wang Dor-Je-Chang**

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

Thup- Wang Dor-Je-Chang

圣者宗喀巴祖师

### **Chen-Poi Lha-Tsog Khor-Dang Che-Pa**

Together with their divine retinue,

所有本尊一切众，

### **Nam-La Shing-Kam Bul-War Gyi-Wo**

I shall offer these as a Buddha-field,

献此佛刹无量供，



## **Thug-Je Dro-Way Dön-Du Zhe-Su-Sol**

Please accept them with compassion for the sake of all beings

受此供已请加持，

## **Zhe-Ne Kyang Dag-Sog Dol-Wa Ma-Gyur Nam-Khey Tha-Dang Nyam-Pai Sem-Chen Tham-Che-La**

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

## **Thug-Tse-Wa Chen-Poi Go-Ne Jin-Gyi Lab-Tu Sol**

Please grant your blessings through your great compassion.

以大慈悲普加持。

### *The Mandala Of The Twenty-Three Heaps 供养23堆曼达拉*

## **Je-Wa Trag-Gyai Ling-Zhi Lhun-Por Che**

Refuge Protectors, treasures of compassion,  
百亿四洲须弥山，

## **Rin-Chen Dun-Dang Nye-Wai Rin-Chen Sog**

Eminent, supreme merit field, with pure faith  
轮王七宝并随宝

## **Kun-Ga Kye-Pai Noe-Chu Phun-Sum Tsog**

I present to you a billion times over,  
出生偏喜情器间，

## **Lha-Mi Long-Cho Do-Gui Ter-Chen Po**

Mt.Meru and the four continents, the seven precious royal emblems, the precious minor symbols, and more

天人受用如意藏，



## **Dang-Wai Sem-Kyi Phul-Jung Zhing-Gi Chog**

Perfectly delightful environments and their  
beings,

信心奉献至福田，

## **Kyab-Gon Thug-Jei Ter-La Ul-War Gyi**

And a great treasure of all that gods and humans use  
or desire

最胜怙主大悲藏

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

Om 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

### OFFERING OF PRACTICE 修持供

## **Ngoe-Sham Yi-Trul Yi-Zhin Gya-Tsoe Ngog,**

Both actual and mentally created, it is on the shore of  
a wish-granting sea.

实陈意现如意海

## **Si-Zhi Nam-Kar Le-Wong Choe-Dze Kyi**

From the white virtues of Samsara and Nirvana come  
its offering-objects,

轮涅净业供养物

## **Dab-Tong Gye-Pe Kun-Gyi Yi-Trog Ching,**

Abundant thousand-petalled lotuses, which captivate  
all.

绽放千叶妙莲华

## **Jig-Ten Jig-Ten Le-De Rang-Zhen Gyi**

The worldly and supermundane virtues of myself and  
others.

融摄世间出世道





**Go-Sum Ge-Wae Me-Tog Chi-Yang Tra,**  
From all three doors, are flowers brightening every  
part.

自他三门善妙花

**Kun-Zang Choe-Pae Dri-Sung Bum-Tro  
Zhing,**

A hundred thousand fragrances disperse like  
Samantabhadra's offerings.

普贤供香熏馥涌

**Lap-Sum Rim-Nyi Lam-Ngae Drae-Den Pae**  
It has as fruit the three Trainings, two Stages and  
five Paths.

三学二次五道果

**Ga-Tsal Je-Tsun La-Ma Nye-Chir Bul.**

This pleasure garden, venerable Gurus, I offer for  
your delight.

喜圆为供师心悦

*Inner Offering 内供*

**Gur-Kum Dang-Den Zang-Poe Dri-Ngae  
Chen,**

I offer, bright as saffron and with a delicate scent,  
芳香远逸郁金色

**Ro-Gyae Pal-Dzin Gya-Jae Tung-Wa Dang,**  
Steeped in a hundred flavours, a brew of China tea;  
百味具足浓郁茗

**Chag-Kyu Nga-Dang Dron-Ma Nga-La-Sog**

This, with the five hooks, five lamps and so forth,  
五股刚钩五明灯



**Jang-Tog Bar-Wae Due-Tsi Gya-Tsoe Choe.**

Is purified, transformed and increased into a sea of nectar.

净证增为甘露供

*Secret Offering 密供*

**Yi-Wong Lang-Tsoe Pal-Dzin Drug-Chu Zhi**

Even consorts, aglow with vibrant youth, skilled

悦意妙龄善解意

**Doe-Pae Gyu-Tsal La-Khe Lue-Tra Ma,**

In the sixty-four arts of love, slender in body,

善通六十四技艺

**Zhing-Kye Ngak-Kye Lhen-Kye Po-Nyae Tsog,**

A host of Field-born, Mantra-born and Innate Dakinis,

田生咒生俱生母

**Dze-Dug Gyu-Mae Chak-Gya Nam-Kyang**

**Bul.**

Fair and beautiful in appearance, I offer to you.

姝丽幻化手印献

*Suchness Offering 真如供*

**Drib-Dral Lhen-Kye De-Wae Ye-Shey Che,**

The Great Wisdom simultaneous with Bliss,

unobstructed,

无障俱生大乐智

**Choe-Kun Rang-Zhin Troe-Dang Dral-Wae**

**Ying,**

The Void Sphere of all things, free of fabrications of inherent existence,

诸法自性离戏论



**Yer-Me Lhun-Drub Ma-Sam Joe-Le De,**  
Indivisible and spontaneous, beyond words, thoughts  
and expressions,  
无二任运超言思

**Don-Dam Jang-Chub Sem-Chog Khyo-La Bul.**  
Supreme Ultimate Bodhicitta, I offer to you.  
胜义菩提心为献

*Offering Of Medicines And Service 供药和供自身为仆役*

**Nyon-Mong Zhi-Gya Tsa-Zhi Ne-Jom Pae**  
To destroy the four hundred and twenty four ills of  
delusions,  
灭除四百零四病

**Zang-Poe Men-Gyi Je-Drag Na-Tsog Dang,**  
I offer various and sundry potent medicines,  
种种妙善药物供

**Khyoe-Nye Gyi-Chir Dag-Dren Bul-Lag Na,**  
And myself as a servant to please you.  
献身承事令师悦

**Nam-Kha Ji-Si Bang-Su Zung-Du Sol!**  
Pray keep me in your service as long as the  
heavens endure!  
愿作仆使祈摄受

*Seven-Limb Practice: Confession Of Non-Virtue*

*七支供养：忏悔罪障*

**Thog-Me Due-Ne Mi-Ge Dig-Pae Le,**  
Whatever non-virtues and evil actions, from  
beginningless time,  
无始所作诸恶业



**Gyi-Dang Gyi-Tsal Yi-Rang Chi-Chi Pa,**  
I have done, caused others to do, or have  
rejoiced in,

自作教他及随喜

**Thug-Je Che-Den Chen-Ngar Gyoe-Sem  
Kyi**

Before the eyes of the Greatly Compassionate  
Ones I confess

大悲尊前悉忏悔

**Shag-Shing Len-Che Mi-Gyi Dom-Pa Noe.**

With regretful mind, and vow never to do again.

防护不犯严律仪

*Rejoicing In Virtue 随喜善法*

**Choe-Nam Rang-Zhin Tsen-Ma Dang-Dral  
Yang,**

Although all dharmas lack inherent existence,  
诸法自性本清净

**Mi-Lam Ji-Zhin, Kye-Phag Tham-Che Kyi**

Like a dream, in all ordinary and Arya beings'

亦如梦幻而显现

**De-Ga Chir-Yang Char-Wae Nam-Kar La**

Happiness and joy, and in every white virtue  
whatever,

圣凡乐源净白法

**Dag-Chag Sam-Pa Dag-Pe Yi-Rang Ngo.**

We rejoice with all our heart.

我心恒常作随喜



*Requesting Teachings* 请转法轮

**Phul-Jung Khyen-Tse Chu-Dzin Bum-Trik  
Te,**

From a hundred thousand clouds billowing with  
sublime Wisdom and Compassion

蕴育万千悲智云

**Tha-Ye Dro-Di Pen-De Kun-Dae Tsal**

That the jasmine garden of the Benefit and bliss  
of these limitless beings

荫泽无边苦恼众

**Kye-Dang Yun-Du Ne-Dang Pel-Wae Chir,**

May be nurtured, sustained and increased,

功德生住令增长

**Zab-Gye Choe-Kyi Char-Pa Wap-Tu Sol!**

May the rain of the Vast and Profound Dharma fall!

祈降深广妙法雨



**DO NOT**  
**read this part**  
*(from page 55 to 58)*

**if you have not taken**  
**any highest yoga tantra**  
**initiation**

未受无上瑜伽部灌顶者，  
请勿  
擅自阅读或修习这部分  
*(从 55 页至 58 页)*



**Blessing the Inner Offering (Extensive Version)**

**加持内供(广轨)**

**Om Hrih Shtrih Vikrtana Hung Phet**

唵 喜 希 维那那 吽 呬

**Om Svabhava Shudha Sarva Dharma**

**Svabhava Shudho Ham**

唵 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 邯

**Tong-Pa-Nyid Du-Gyur**

Everything becomes void

一切化空

**Tong-Pay Ngang-La YAM-Lay Lung-Gi**

**Kyil-Khor Ngon-Po Shu-Yi-Yib Ta-Bu**

**Ba-Den-Gyi Tsen-Pa**

From the state of voidness appears YAM, from which comes a blue bowshaped wind mandala marked by banners.

空中现音(YAM)字，转成蓝色风轮，状如弯弓，弰严旗帜，

**Day-Yi Teng-Du RAM-Lay Maid Kyil-Kor**

**Mar-Po Dru-Sum-Pa**

Above that appears RAM, from which arises a red triangular fire mandala.

上现唵(RAM)字，转成红色三角火轮。

**Day-Yi Teng-Du AH-Lay Mi-Go Gyed-Pu**

**Sum-Gyi Teng-Du**

Above that, from (three) syllabus of AH appears a tripod of three human heads;

上三啊(AH)字，转成三人首灶；



## **AH-Lay Jung-Way Tho-Pa Kar-Po**

Above that, from AH appears a white skullcup.

其上啊(AH)字，转成白色颅器

## **Day-Yi Nang-Gi Shar-Du BHRUM-Lay Jung-Way Ba-Lang Gyi-Sha GO Tsen-Pa**

Inside the skullcup appears: in the east, from BHRUM, the flesh of a bull marked by GO.

其内东面钟(BHRUM)字，转成牛肉，帜以哥(GO)字

## **Lhor AM-Lay Jung-Way Khyi-Sha KU Tsen-Pa**

In the south, from AM, dog flesh marked by KU.

南面暗(AM)字，转成狗肉，帜以古(KU)字

## **Nub-Tu JRIM-Lay Jung-Way Lang-Po Che-Sha DAY Tsen-Pa**

In the west, from JRIM, elephant flesh marked by DA.

西面尖(JRIM)字，转成象肉，帜以打(DA)字

## **Jang-Du KHAM-Lay Jung-Way Ta-Yi-Sha HEY Tsen-Pa**

In the north, from KHAM, horse flesh marked by HA.

北面甘(KHAM)字，转成马肉，帜以哈(HA)字

## **U-Su HUM-Lay Jung-Way Mi-Sha NEY Tsen-Pa**

In the center, from HUM, human flesh marked by NA.

中央畔(HUM)字，转成人肉，帜以那(NA)字





## **Shar-Lhor LAM-Lay Jung-Way Drin-Chen BI Tsen-Pa**

In the southeast, from LAM, excrement marked by BI.

东南面南(LAM)字，转成大香，帜以必(BI)字

## **Lho-Nub-Tu MAM-Lay Jung-Way Ra-Ta RAY Tsen-Pa**

In the southwest, from MAM, blood marked by RA.

西南面曼(MAM)字，转成血，帜以拉(RA)字

## **Nub-Jang-Du PAM-Lay Jung-Way Jang-Sem Kar-Po SHU-E Tsen-Pa**

In the northwest, from PAM, white bodhicitta marked by SHU.

西北面兵(PAM)字，转成白菩提心，帜以苏(SHU)字

## **Jang-Shar-Du TAM-Lay Jung-Way Kang-Mar MAY Tsen-Pa**

In the northeast, from TAM, marrow marked by MA.

东北面谭(TAM)字，转成骨髓，帜以玛(MA)字

## **U-Su BAM-Lay Jung-Way Dri-Chu MU Tsen-Pa**

And in the center, from BAM, urine marked by MU.

中央蚌(BAM)字，转成小香，帜以目(MU)字

## **Day-Dag-Gi Teng-Du OM Kar-Po, AH Mar-Po, HUNG Ngon-Po Sum Teng-Ne Teng-Du Tse-Par-Gyur**

Above these stand a white OM, a red AH, a blue HUNG, one above the other.

其上累叠白色嗡(OM)字、红色啊(AH)字、蓝色吽(HUNG)字



**Rang-Gi Thug-Kay HUNG-Lay Wo-Dzer-Tro  
Lung-La Phog-Pay Lung-Yo May-Bar-Te  
Tho-Pay Tze-Nam Shu-Shing Khol-War-  
Gyur**

Lights emanate from the HUNG at my heart and strike the wind. The wind moves, the fire flares, all the substances in the skullcup melt and boil.

心中吽(HUNG)字放光，射向风轮，风动火燃，  
颅器内诸物融化沸腾

**Yi-Ge Sum-Lay Wo-Dzer Rim-Pa Shin-Du  
Tro-Pay Ku-Dor-Je Sung-Dor-Je Thug-Do-  
Je Nam Kug-Nay Yi-Ge Sum-La Rim-Gyi  
Thim-Pa-Nam Tho-Par Lhung-Nay Shu-Way**

Light radiates from the three letters successively, drawing forth the vajra body, vajra speech, and vajra mind, which the three letters respectively absorb. These descend into the skullcup and all melts.

三字放光，勾召金刚身语意，依次坠入颅器内融化，

**HUNG-Gyi Kha-Dog Dri-Nue Kyi-Kyon-Jang**

HUNG purifies all faults of colour, smell, and potential;

吽字净除色香味垢秽；

**AE-Du-Tsir Tog-Par-Je**

AH transforms it into nectar;

啊字将诸物转成甘露；

**OM-Gyi Mang-Por Bar-Shing Pel-War-Gyur**

OM multiplies and increase it.

嗡字使甘露增长增盛。



***Invocation 迎请***

**Thug-Jei Dag-Nyi Tsa-Gyue La-Ma Dang**

Compassionate-natured root and lineage gurus

根本传承大悲师

**Yi-Dam Lha-Tsog Kyab-Ne Kon-Chog-Sum**

Assembly of yidams and deities, Three Jewels of refuge

本尊眷属及三宝

**Pa-Wo Kha-Dro Choe-Kyong Sung-Mae Tsog**

Viras, dakinis, hosts of protectors and guardians ;

勇父空行护法众



**Chen-Dren Choe-Pae Ne-Dir Sheg-Su-Sol**

I request you to come to this offering site.

迎请降临供养处

**Chi-Nang Sang-Wai Choe-Trin Gya-Tshoi-Wu**

Amidst an ocean of clouds of outer, inner and secret offerings,

内外密供云海

**Rin-Chen Le-Drub Dze-Pae Den-Thri-La**

On a beautiful throne made of jewels,

众宝所成妙座上

**Zhab-Sen Woe-Chag Ton-Par Zhug-Ne-Kyang**

firmly place your radiant feet,

唯愿足光安稳住



**Drub-Chog Dag-La Doe-Gui Ngoe-Drub-Tsol**

Supreme siddha, and grant me every desired attainment 赐我如意妙悉地



***Presentation Of The Actual Tsog Offering 行修荟供 (X 3)***

**Ho! Ting-Dzin Ngag-Dang Chag-Gye Jin-Lab Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吽) 禅定咒印所加特

**Zag-Me Due-Tsi Tsog-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供海



**Tsa-Gyue La-Mae Tsog-Nam Nye-Chir Bul.**

I offer for your delight, assemblies of root and  
lineage Gurus

奉献根传上师众



**Om Ah Hung!**

嗡 啊 吽!

**Doe-Gue Pal-La Rol-Pe Tsim-Dze Ne,**

Satisfied by enjoying abundance of all you desire,  
受用如意皆饱满



**E-Ma Ho! Jin-Lab Char-Chen Ab-Tu Sol!**

E-Ma Ho! Please, I beg, let fall a great rain of  
blessings!

依-玛-吽! 祈降希有加持雨!

*Additional offering verse to Vajrayogini or Heruka*

金刚瑜伽母或胜乐金刚 \* 增补供养文

**Ho! Ting-Dzin Ngag-Dang Chag-Gye Jin-Lab Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吽) 禅定咒印所加特

**Zag-Me Due-Tsi Tsog-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供海



**Nal-Jor Wang-Moi Lha-Tsog Nye-Chir Bul.**

I offer for your delight, assemblies of powerful female yogic deities

奉献瑜伽王母众



**Om Ah Hung!**

嗡 啊 吽!

**Doe-Gue Pal-La Rol-Pe Tsim-Dze Ne,**

Satisfied by enjoying abundance of all you desire,

受用如意皆饱满



**E-Ma Ho! Kha-Choe Ngo-Drub Tsal-Du Sol!**

E-Ma Ho! Please, I beg, bestow the dakini's powerful attainments!

依-玛-吽! 祈降空行胜成就!

**Ho! Ting-Dzin Ngag-Dang Chag-Gye Jin-Lab Pae,**

HO! Blessed by concentration, mantra and mudra,

(吽) 禅定咒印所加特

**Zag-Me Due-Tsi Tsog-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar

无漏甘露荟供海



**Yi-Dam Lha-Tsog Khor-Che Nye-Chir Bul.**

I offer for your delight, assemblies of Yidams, deities and attendants!

奉献本尊眷属众



**Om Ah Hung!**

嗡 啊 吽!



**Doe-Gue Pal-La Rol-Pae Tsim-Dze Ne,**  
Satisfied by enjoying abundance of all you desire,  
受用如意皆饱满



**E-Ma Ho! Ngoe-Drub Char-Chen Ab-Tu Sol!**  
E-Ma Ho! Please, I beg, let fall a great rain of  
powerful accomplishments!  
依-玛-吽！祈降希有成就雨！

**Ho! Ting-Dzin Ngag-Dang Chag-Gye Jin-Lab Pae,**  
HO! Blessed by concentration, mantra and mudra,  
(吽) 禅定咒印所加特

**Zag-Me Due-Tsi Tsog-Choe Gya-Tso Di**  
This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供海



**Kon-Chog Rin-Chen Tsog-Nam Nye-Chir Bul.**

I offer for your delight, assemblies of the most  
precious jewels!  
奉献三宝眷属众



**Om Ah Hung!**  
嗡 啊 吽！

**Doe-Gue Pal-La Rol-Pae Tsim-Dze Ne,**  
Satisfied by enjoying abundance of all you desire,  
受用如意皆饱满



**E-Ma Ho! Dam-Choe Char-Chen Ab-Tu Sol!**  
E-Ma Ho! Please, I beg, let fall a great rain of the  
Holy Dharma!  
依-玛-吽！祈降希有正法雨！



**Ho! Ting-Dzin Ngag-Dang Chag-Gye Jin-Lab Pae,**

HO! Blessed by concentration, mantra and mudra,  
(吽) 禅定咒印所加特

**Zak-Me Due-Tsi Tsog-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供海



**Kha-Dro Choe-Kyong Tsog-Nam Nye-Chir Bul.**

I offer for your delight, assemblies of dakinis and  
Dharma Protectors!

奉献空行护法众



**Om Ah Hung!**

嗡 啊 吽!

**Doe-Gue Pal-La Rol-Pae Tsim-Dze Ne,**

Satisfied by enjoying abundance of all you desire,  
受用如意皆饱满



**E-Ma Ho! Trin-Le Char-Chen Ab-Tu Sol!**

E-Ma Ho! Please, I beg, let fall a great rain of  
virtuous deeds!

依-玛-吽! 祈降希有事业雨!

**Ho! Ting-Dzin Ngag-Dang Chag-Gye Jin-Lab Pae,**

HO! Blessed by concentration, mantra and  
mudra,

(吽) 禅定咒印所加特

**Zak-Me Due-Tsi Tsog-Choe Gya-Tso Di**

This ocean-like Tsok-offering of spotless nectar  
无漏甘露荟供海



## **Mar-Gyur Sem-Chen Tsog-Nam Nye-Chir Bul.**

I offer for your delight, assemblies of mother sentient  
beings!

奉献如母有情众



## **Om Ah Hung!**

嗡 啊 吽!

**Doe-Gue Pal-La Rol-Pae Tsim-Dze Ne,**  
Satisfied by enjoying abundance of all you desire,  
受用如意皆饱满



## **E-Ma Ho! Trul-Nang Dug-Ngal Zhi-Gyur Chig!**

E-Ma Ho! Please, let delusive appearances and  
sufferings be allayed!

依-玛-吽! 祈愿消除迷乱苦!





*Offering the Tsok to the Master 向上师献供*

**E-Ma Ho! Tsog-Kyi Khor-Lo Che**

E-Ma Ho! Look, sir! A great circle of tsok!

依-玛-吽！甚奇希有大荟轮

**Due-Sum De-Sheg Sheg-Shul Te,**

You have followed in the track of the Sugatas of  
the three times,

三世诸佛所行道

**Ngoe-Drub Ma-Lue Jung-Wae Ne,**

And are the source of all powerful attainments

一切成就发源处

**De-Tar Shay-Ne Pa-Wo Che,**

Since we realise this, O Great Hero,

如是明了大勇识

**Nam-Par Tog-Pae Sem-Bor Ne,**

Who has forsaken the conceptualising mind,

弃舍虚妄分别情

**Tsog-Kyi Khor-Lo Gyun-Du Rol!**

Please enjoy continually this circle of tsok!

恒常受用大会轮

**Alala Ho!**

Very good!

阿拉拉 吽



*The Master's Reply 上师回应*

**Om! Dor-Je Sum-Yer Me-Pae Dag,**

Om! I visualise myself as a Guru-Yidam,

嗡！自性明现上师尊

**Rang-Nyi La-Ma Lhar-Sal Ne,**

With nature inseparable from the three vajras,

三金刚无分别主

**Ah! Zag-Me Ye-Shay Due-Tsi Di**

Ah! This nectar of immaculate wisdom-knowledge

啊！无漏智慧此甘露

**Hung! Jang-Chub Sem-Le Yo-Me Par,**

Hung! Without stirring from bodhicitta,

吽！菩提心中不动摇

**Lue-Ne Lha-Nam Tsim-Chir Rol.**

I drink to satisfy the deities dwelling in my body.

身内诸尊饗满足

**Ah Ho Ma-Ha Su-Kha!**

What great bliss!

阿 吽 玛哈 苏卡

*\* As the tsog offerings are distributed at this point, recite various prayers (such as Song Of The Spring Queen).*

*Before eating the tsog takes some out for offering of the leftover. Once distributed, collect the leftover tsog from the assembly.*

*此时，可将食物分发给大众(可念诵春后之歌)。在进食前，先将部分食物拿出以便做剩余荟供。之后，由后方开始收集余供。*



## Long life puja offerings prayer

### **1) Offering to the Vajra Seat** **(TCSL – rep Sangyumla)**

*\*The person offering the double dorje steps forward into the gompa and stands waiting*

This throne, pure from the beginning, the vajra throne,  
The vajra throne of clear voidness without grasping;  
The vajra throne, the unification of appearance and emptiness;  
There is no throne more excellent than this.  
Please, remain seated meditating on this throne.

This immaculate cushion: the lotus cushion;  
The remover of the darkness of ignorance: the sun cushion;  
The nature of the clear light: the moon cushion;  
There are no cushion more excellent than these.  
Please, remain seated meditating on these cushions.

The ocean-like assembly of the gathered Sangha;  
The assembly of action-manifested heroes;  
The assembly of supremely meaningful heroines;  
There are no assemblies more excellent than these.  
Please, remain seated meditating in these assemblies.

This perfectly pure field, the field of the victorious ones;  
The field where the lords, the three times buddhas abide;  
The field where the mothers and dakinis meet;  
There are no fields more excellent than these.  
Please, remain seated meditating in these fields.

*\*The person offerings the double dorje walks forwards to the throne. The double dorje is draped over the front of the throne, brocade side out.*



Please remain with a body like a vajra.  
Please remain with speech like that of Brahma.  
Please remain with a mind like the sun and moon.  
Please remain with body and life like the powerful mountain.  
Please remain like an ocean of knowledge.  
Please remain with a flowing river of perfect activities.

The noble-minded one, the primordial buddha Vajradhara,  
By manifesting all-pervading outer, inner, and secret bodies,  
Meditate with compassion on migrators as long as the sky  
endures,  
Please turn the outer, inner, and secret Dharma wheels.

From the play of the great mirror-like wisdom,  
By manifesting the all-pervading body of the Buddha family,  
Meditate with compassion on migrators as long as the sky  
endures,  
Please turn the outer, inner, and secret Dharma wheels.

From the play of the great discriminating wisdom,  
By manifesting the all-pervading body of the Lotus family,  
Meditate with compassion on migrators as long as the sky  
endures,  
Please turn the outer, inner, and secret Dharma wheels.

From the play of the great sphere of Dharma wisdom,  
By manifesting the all-pervading body of the Vajra family,  
Meditate with compassion on migrators as long as the sky  
endures,  
Please turn the outer, inner, and secret Dharma wheels.

From the play of the great wisdom of equanimity,  
By manifesting the all-pervading body of the Ratna family,  
Meditate with compassion on migrators as long as the sky  
endures,  
Please turn the outer, inner, and secret Dharma wheels.



From the play of the great all-accomplishing wisdom,  
By manifesting the all-pervading body of the Action family,  
Meditate with compassion on migrators as long as the sky  
endures,  
Please turn the outer, inner, and secret Dharma wheels.

To the supreme Dharma, the primordial Buddha and his retinue,  
By having requested to turn the Dharma wheel for migrators,  
May we accomplish the power of the noble-minded Vajradhara,  
And become the glorious saviour of all migrators.

### **Long Mandala Offering**

**Om Ah Hung (x 3)**

**Om Vajra Bu-Mi Ah-Hung**

Om Vajraground Ah Hung

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

Here Is The Mighty And Powerful Base Of Gold

**Om Vajra Re-Khe Ah-Hung**

Om Vajraline Ah Hung

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

The Outer Ring Is Encircled With This Iron Fence

#### ***First Ring***

**1 Ri-Gyäl Po-Ri Rab**

In the centre, the king of mountains, Mount Meru

**2 Shar Lu-Pag-Po**

In the east, the continent Purvavideha

**3 Lho Dzam-Bu-Ling**

In the south, Jambudvipa

**4 Nub Ba-Lang-Cho**

In the west, Aparagodaniya

**5 Jang Dra-Mi-Nyen**

In the north, Uttarakuru

**6 Lu-Dang Lu-Pag**

7 Around the east, the sub-continent Deha and Videha

**8 Nga-Yab-Dang Nga-Yab-Zhen**

9 Around the south, Camara and Aparacamara



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

11 Around the west, Satha and Uttaramantrin

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

13 Around the north, the sub-continent Kurava and Kaurava

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

In the east is the treasure mountain

**15 Pag-Sam Gyi-Shing**

In the south is the wish-granting tree

**16 Dö Joi Ba**

In the west is the wish-granting cow

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

In the north is the harvest that needs no cultivation

*Second Ring*

**18 Khor-Lo Rin-Po Che**

Here is the precious wheel

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

Here is the precious jewel

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

Here is the precious queen

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

Here is the precious minister

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

Here is the precious elephant

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

Here is the precious and best of horses

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

Here is the precious general

**25 Ter-Chen Poi Pum-Pa**

Here is the great treasure vase

*Third Ring*

**26 Geg-Ma**

Here is the goddess of beauty

**27 Treng-Wa-Ma**

Here is the goddess of garlands

**28 Lu-Ma**

Here is the goddess of song

**29 Gar-Ma**

Here is the goddess of dance

**30 Me-Tog-Ma**

Here is the goddess of flowers



**31 Dug-Poe-Ma**

goddess of incense

**32 Nang-Sal-Ma**

Here is the goddess of light

**33 Dri-Chab-Ma**

Here is the goddess of perfume

*Top Ring 顶圈*

**34 Nyi-Ma Da-Wa**

35 Here is the sun; Here is the moon

**36 Rin-Po-Che Dug**

Here is the umbrella of all that is precious

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

Here is the banner of victory in all directions

**U-Su Lha-Dang Mei Pal-Jor Pun-Sum Tsok-Pa Ma-Tsang Wa-Me-Pa**

In the centre are all the possessions precious to gods and men

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

This magnificent collection, lacking in nothing

**Drin-Chen Tsa-Wa Dang-Gyu-Par Che-Pay**

I offer to you, my kind and holy root Lama

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

Together with you, Venerable Lineage Lamas

**\*La-Ma Singha Thekchen Namdrol Rinpoche**

**Chen-Poi Lha-Tsog Khor-Dang Che-Pa**

Together with their divine retinue,

**Nam-La Shing-Kam Bul-War Gyi-Wo**

I shall offer these as a Buddha-field,

**Thug-Je Dro-Way Dön-Du Zhe-Su-Sol**

Please accept them with compassion for the sake of all beings

**Zhe-Ne Kyang Dag-Sog Dol-Wa Ma-Gyur Nam-Khey Tha-Dang Nyam-Pai Sem-Chen Tham-Che-La**

Having accepted these, to myself and to all beings

**Thug-Tse-Wa Chen-Poi Go-Ne Jin-Gyi Lab-Tu Sol**

Please grant your blessings through your great compassion.

**2) Offering of the Mandala full set**

*(TCSL — rep Sangyumla)*



### **3) Offering of the Mandala only** **(TCSL — rep Joanne)**

#### **1 The Short Mandala Of Seven Heaps**

**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,  
Adorned with Mount Meru, four continents, Sun and Moon,  
I offer in visualization as Field of Buddhas.  
May all sentient beings thus enjoy this Pure Land!

#### **2 Inner Mandala**

**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,  
My body, my wealth and enjoyments,  
Without any sense of loss I offer this collection,  
Please accept it with pleasure and bless me with freedom from  
the three poisons.

#### **Mandala Offering To Request Teachings**

**Je-Tsun La-Ma Dam-Pa Khye-Nam Kyi**  
**Cho-Kui Kha-La Khyen-Tsey Drin-Trig-Nay**  
**Ji-Tar Tsam-Pay Dul-Je Zim-Ma La**  
**Zab-Gye Cho-Kyi Char-Pa Ab-Tu Sol**

Venerable holy gurus, in the space of your truth body, from  
billowing clouds of your wisdom and love, let fall the rain of the  
profound and extensive Dharma in whatever form is suitable for  
subduing sentient beings.

**Om Idam Guru Ratna Mandalakam Nirya Tayami**

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





## Presenting the Offerings:

### Offering of the Body, Speech, and Mind Receptacles

#### ***4) The Long Life Rupa is offered now (Body receptacle):*** ***(TCSL – rep Dorje Tenzin Mama)***

Lord Guru, the ordinary form of the three-times' buddhas;  
Your beautiful body is an inexhaustible treasury of ornament  
wheels.

By firmly remaining until samsara is emptied,  
May seeing, hearing, or remembering you become meaningful.

#### ***5) The Long Life Text is offered now (Speech receptable):*** ***(TCSL – rep Denise Chiang)***

Lord Guru, the ordinary form of the three-times' buddhas;  
Your melodious speech is an inexhaustible treasury of ornamental  
wheels.

By the profound and extensive nectar of the Dharma,  
May you kindly bestow benefit and happiness on migrants  
without discrimination.

#### ***6) The Stupa is offered now (Mind receptable):*** ***(TCSL – rep Eileen)***

Lord Guru, the ordinary form of the three-times' buddhas;  
Your secret mind is an inexhaustible treasury of ornamental  
wheels.

By the profound yoga of the six perfections and the two stages,  
Forever immutable, remain firmly seated.

#### ***7) The Offering Envelope is offered now:*** ***(TCSL – rep Yeni Ling)***

Lord Guru, the ordinary form of the three-times' buddhas;  
We offer an abundance Wealth of Dharma, cherishing all the  
precious teachings you expounded through boundless time



You who have manifested in this land out of great compassion and wisdom,  
May your holy wishes quickly bear fruit smoothly to awaken sentient beings from their samsaric sleep into the consciousness of Enlightenment

**\*Continue with full set of Mandala Offerings offered by various overseas TCCL:**

**8) Thekchen Choling Kota Tinggi**

*(rep Wong Wai Meng)*

**9) Thekchen Choling Melaka**

*(rep James Yong)*

**10) Thekchen Choling Syracuse**

*(rep by Joel Pagan Cruz (Online) and Vincent Kessler)*

**\*Continue with the rest of the Dharmachakra Mandala Offerings offered by:**

**11)** Mandy Liyaw & Family

**12)** Jackaston Koh, Joey Chow, Jayne Koh and Family

**13)** Ani Choying Kunsang

**14)** Namdrol Tenpa Ong Chee Siong and Fiona Wu and Family

**15)** Du Juan and Family (Rep by Yizhen)



- 16) Tan Czek Xing and Family
- 17) Yong King Fatt and Family (Rep by Grace Chin)
- 18) Joanne Hau and Family
- 19) Koh Teoh Ui and Family (Rep by Eileen Koh)
- 20) Gwen Towell (Namdrol Noryang), Bold Darrima (Thubten Drolma), Sarah and Family
- 21) Ng Hock Chuan and Family
- 22)
- 23)
- 24)
- 25)

***\*After the Dharmachakra Mandala Offerings, continue with the following auspicious offerings:***

**26) *Thousand Spoked Dharma Wheel is offered now:***  
***(TCSL – rep Fiona Wu)***

Just as Lord Brahma once made the offering of a precious golden wheel to the Buddha,  
So too shall we make this offering today to create the cause for the kingdom of the unsurpassable Dharma to flourish unceasingly even in degenerate times.

O Guru, please continue to turn the Dharma wheel till the end of time.

May all branches of the Thekchen Choling tree grow deep roots and flourish to provide the shade of Dharma protection to all beings.



**27) *Conch Shell is offered now:***  
***(TCSL – rep Lee Ling Melaka)***

Lord Guru, you who are Buddha, to you we offer this turning conch, possessing a deep, far-reaching and melodious sound, This conch sends forth the voice of Dharma, awakening all beings from their slumber of ignorance to accomplish all beings' welfare.

**28) *The robes is offered now:***  
***(TCSL -rep Desmond Siak and George Zhang)***

Magnificent Guru, ordinary form of all victorious ones:  
By offering you this stainless robe,  
Plant your feet firmly without change;  
Hold the banner of victory of the Buddha's teaching without decline,  
May the earth be pervaded with pure moral conduct, and  
May the explanations and practices of the three baskets be increased

**29) *The Divine Crown of Maha-Cundi is offered now:***  
***(TCSL – rep Ani Dechen, Ani Chokyi and Ani Kunsang)***

Magnificent Guru, ordinary form of all victorious ones:  
By offering you this Divine Crown of Maha-Cundi,  
May the continuity of bliss and emptiness be increased,  
And the doctrine of the joyous ones extends to the ten directions.

**30) *The seat brocade and side throne brocade is offered now:***  
***(TCSL – rep Wen Jian)***

Magnificent Guru, ordinary form of all victorious ones:  
By offering you this seat cover, a suitable and necessary article,  
Plant your feet firmly without change;  
May the concentration in the ten directions be increased.



**31) *The Seven Precious Royal Objects are offered now:***

***(TCSL – rep Joshua & Ivy)***

Praised by all the buddhas of the three times,  
Who rule over the Dharma kingdom of the supreme vehicle,  
By offering these seven precious royal objects,  
May the kingdom of Dharma forever remain firm.

**32) *The Eight Auspicious Symbols are offered now:***

***(TCSL – rep Tan Li Wei and Mei Shyuan)***

Wheel, banner of victory, umbrella, knot,  
Lotus, noble vase, golden fishes and right-coiled conch;  
These eight symbols marking supreme auspiciousness,  
We offer that virtue and goodness flourish in all directions and in  
all times.

**33) *The Eight Medicinal Substances are offered now:***

***(TCSL – rep Richard Pang and Keith Cheung)***

Just by being touched, seen, heard or remembered,  
They bestow the supreme prosperity that removes all ignorance.  
By offering these eight auspicious substances, blessed by the  
victorious ones,  
May the supreme virtue blaze forth.

**34) *Auspicious Long-life Vase is offered now:***

***(TCSL- rep Khaimun)***

Precious Guru, unmistakable lineage holder, this auspicious long-life  
vase adorned with jewels, filled with the nectar of immortality, to  
you we offer.

We pray you will enjoy a strong and long-life force.

Please accept this with compassion and allow us lowly beings to  
cultivate and help realise your holy wishes and activities that serve  
only to benefit all sentient beings.



**35) *Wealth Vase is offered now:***  
***(TCSL – rep Phyllis Gee (TBC) or Yizhen)***

Precious Guru, you who are Buddha, to you we offer this Wealth Vase.

Holder of inexhaustible riches of the Dharma,  
we pray that you will manifest a long life with us so that all beings  
may benefit from the incomparable wealth of Dharma.

**36) *Dorje & Bell, Damaru & Kapala are offered now:***  
***(TCSL – rep Lim Huijun)***

Precious Guru, unmistakable lineage-holder who embodies both  
compassion and wisdom of the 10 directions,  
to you we offer the sound of emptiness,  
May beings realise the futility of samsara and attain the bliss of  
enlightenment.

**37) *Butter lamp is offered now:***  
***(TCSL – rep Kevin Toh and Aloysious Lim)***

Precious Guru, you who are Buddha, to you we offer a myriad of  
butter lamps with flaming lights to dispel ignorance and the root  
of darkness of the ten directions.

May all sentient beings always be guided by the light of the Guru  
and Triple Gem.

May the holy activities of all lineage Gurus and Thekchen Choling  
shine like the blazing sun.

**38) *Agar wood incense sticks is offered now:***  
***(TCSL – rep Vincen Pang)***

Precious Guru, you who are Buddha, to you we offer billowing  
clouds of sweet, fragrant incense.

Honouring noble conquerors and their children, by that  
auspiciousness,

May we be able to uphold the moralities of all lineage Gurus.



**39) *Long-Life Carpet is offered now:***  
***(TCSL – rep John and Susan)***

Precious Guru, you who are Buddha, to you we offer this carpet  
that is like the Dharma,  
keeping us warm in the suffering of samsara that leaves us cold  
and forlorn,  
We pray you will stay long and continually turn the wheel of  
Dharma until samsara is empty.

**40) *Longevity Bun & Noodles are offered now:***  
***(TCSL – rep Chris Zhou and Evelyn Yap)***

Precious Guru, making an offering to even a pore of yours  
accumulates greater merit than that to all Buddhas of the three  
times.  
To you we offer sweet Dharma nectar filling all space,  
May we soon be able to taste and be satiated by the bliss of  
Enlightenment,  
We pray you will live long and guide us till the end of samara.

**41) *Fruits basket is offered now:***  
***(TCSL – rep Erika and Lydia)***

Precious Guru, making an offering to even a pore of yours  
accumulates greater merit than that to all Buddhas of the three  
times.  
To you we offer an abundance fruits and pray that auspicious  
conditions quickly arise for the cultivation of Dharma and  
attainments come to fruition instantly



**42) *Gold & Silver Coin are offered now:***  
***(TCSL – rep Sherry, Janice and Adam)***

Precious Guru, you who are Buddha, To you we offer our practice of giving, by renouncing samsara,  
May sentient beings realise the true worth of Dharma that sends forth the golden lights of wisdom and the soothing rays of compassion.  
May your holy wishes and activities enjoy abundant success

**43) *Longevity Birthday Cake is offered now:***  
***(TCSL – rep Christina Choh, Eile Goh and Dorje Tenzin Mama)***

Precious Guru, you who are Buddha, to you we offer this longevity cake which holds within it the radiant colours of enlightenment.  
We pray that every day, we will create more causes and reasons for you to live a long and fruitful life guiding us to flourish the Dharma not only in this lifetime but also many lifetimes more.





## Recite Rinpoche's Long Life Prayer

Om Svasti 唵 殊瓦思地

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.

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 Thub-Pai Ring-Lug Zin-Khe Pa**  
**Shed-Dang Drup-Pai Ten-Pa Pel-Wa Dang**  
**Dul-Ja Nam-Drol 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 Sol**



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，  
圆满道地诸供德，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**  
**Dor-Je Chang-Gi Go-Phang Nyur-Thob Shog**



**45) Thanksgiving Mandala is offered now:  
(TCSL – rep Sangyumla and Eileen Koh )**

**Om Ah Hung (x 3)**

**Om Vajra Bu-Mi Ah-Hung**

Om Vajraground Ah Hung

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

Here Is The Mighty And Powerful Base Of Gold

**Om Vajra Re-Khe Ah-Hung**

Om Vajraline Ah Hung

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

The Outer Ring Is Encircled With This Iron Fence

**First Ring**

**1 Ri-Gyäl Po-Ri Rab**

In the centre, the king of mountains, Mount Meru

**2 Shar Lu-Pag-Po**

In the east, the continent Purvavideha

**3 Lho Dzam-Bu-Ling**

In the south, Jambudvipa

**4 Nub Ba-Lang-Cho**

In the west, Aparagodaniya

**5 Jang Dra-Mi-Nyen**

In the north, Uttarakuru

**6 Lu-Dang Lu-Pag**

7 Around the east, the sub-continent Deha and Videha

**8 Nga-Yab-Dang Nga-Yab-Zhen**

9 Around the south, Camara and Aparacamara

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

11 Around the west, Satha and Uttaramantrin

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

13 Around the north, the sub-continent Kurava and Kaurava

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

In the east is the treasure mountain

**15 Pag-Sam Gyi-Shing**

In the south is the wish-granting tree

**16 Dö Joi Ba**

In the west is the wish-granting cow

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

In the north is the harvest that needs no cultivation



### Second Ring

#### **18 Khor-Lo Rin-Po Che**

Here is the precious wheel

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

Here is the precious jewel

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

Here is the precious queen

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

Here is the precious minister

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

Here is the precious elephant

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

Here is the precious and best of horses

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

Here is the precious general

#### **25 Ter-Chen Poi Pum-Pa**

Here is the great treasure vase

### Third Ring

#### **26 Geg-Ma**

Here is the goddess of beauty

#### **27 Treng-Wa-Ma**

Here is the goddess of garlands

#### **28 Lu-Ma**

Here is the goddess of song

#### **29 Gar-Ma**

Here is the goddess of dance

#### **30 Me-Tog-Ma**

Here is the goddess of flowers

#### **31 Dug-Poe-Ma**

goddess of incense

#### **32 Nang-Sal-Ma**

Here is the goddess of light

#### **33 Dri-Chab-Ma**

Here is the goddess of perfume

### Top Ring 顶圈

#### **34 Nyi-Ma Da-Wa**

35 Here is the sun; Here is the moon

#### **36 Rin-Po-Che Dug**

Here is the umbrella of all that is precious



### **37 Chog-Lay Nam-Par Gyal-Way Gyal-Tsen**

Here is the banner of victory in all directions

**U-Su Lha-Dang Mei Pal-Jor Pun-Sum Tsok-  
Pa Ma-Tsang Wa-Me-Pa**

In the centre are all the possessions precious to gods and men

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

This magnificent collection, lacking in nothing

**Drin-Chen Tsa-Wa Dang-Gyu-Par Che-Pay**

I offer to you, my kind and holy root Lama

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

Together with you, Venerable Lineage Lamas

**\*La-Ma Singha Thekchen Namdrol Rinpoche**

**Chen-Poi Lha-Tsog Khor-Dang Che-Pa**

Together with their divine retinue,

**Nam-La Shing-Kam Bul-War Gyi-Wo**

I shall offer these as a Buddha-field,

**Thug-Je Dro-Way Dön-Du Zhe-Su-Sol**

Please accept them with compassion for the sake of all beings

**Zhe-Ne Kyang Dag-Sog Dol-Wa Ma-Gyur Nam-Khey Tha-  
Dang Nyam-Pai Sem-Chen Tham-Che-La**

Having accepted these, to myself and to all beings

**Thug-Tse-Wa Chen-Poi Go-Ne Jin-Gyi Lab-Tu Sol**

Please grant your blessings through your great compassion.

#### 1 The Short Mandala Of Seven Heaps

**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,

Adorned with Mount Meru, four continents, Sun and Moon,

I offer in visualization as Field of Buddhas.

May all sentient beings thus enjoy this Pure Land!

#### 2 Inner Mandala

**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,



My body, my wealth and enjoyments,  
Without any sense of loss I offer this collection,  
Please accept it with pleasure and bless me with freedom from  
the three poisons.

**Mandala Offering To Request Teachings**

**Je-Tsun La-Ma Dam-Pa Khye-Nam Kyi  
Cho-Kui Kha-La Khyen-Tsey Drin-Trig-Nay  
Ji-Tar Tsam-Pay Dul-Je Zim-Ma La  
Zab-Gye Cho-Kyi Char-Pa Ab-Tu Sol**

Venerable holy gurus, in the space of your truth body, from  
billowing clouds of your wisdom and love, let fall the rain of the  
profound and extensive Dharma in whatever form is suitable for  
subduing sentient beings.

**Om Idam Guru Ratna Mandalakam Nirya Tayami**

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



*Requesting The Guru To Stay 祈請住世*

**Dor-Je Ku-La Kye-Chi Mi-Nga Yang,**

Although your Vajra Body has no birth nor death,  
远离生死金刚身

**Zung-Jug Wang-Gi Gyal-Poe Za-Ma Tog,**

But is the vessel of the mighty monarch, Unification,  
双运自在宝篋体

**Dag-Chag Moe-Pa Ji-Zhin Si-Thae Bar,**

In keeping with our wishes, until the end of existence  
我以胜解诚启请

**Nya-Ngen Mi-Da Tag-Par Zhug-Su Sol!**

Please abide for ever, not passing beyond sorrow!  
恒常住世不涅槃

*Dedication Of Merits 回向功德*

**De-Tar Truen-Pae Nam-Kar Ge-Wae Tsog,**

We dedicate the collection of white virtues thus  
created

如是所修白净善

**Ka-Drin Sum-Den Je-Tsuen La-Ma Yi**

So that venerable Gurus endowed with the three  
kindnesses

回向三恩根本师

**Tse-Rab Kun-Tu Dral-Me Je-Dzin Ching,**

May inseparably protect us throughout all our lives  
生生摄受不舍离

**Zung-Jug Dor-Je Chang-Wang Thob-Chir  
Ngo.**

And we may attain the Unification of Vajradhara.  
速证双运金刚持



**MAKING REQUESTS TO THE GURU 祈请加持**

**His Good Qualities According To The Vinaya 祈请戒经师**

**Yon-Ten Jung-Ne Tsul-Trim Gya-Tso Che,**  
Source of great knowledge, great ocean of moral  
discipline,  
功德生源律仪海

**Mang-Thoe Nor-Bue Tsog-Kyi Yong-Su  
Tam,**

Brimming with heaps of jewels of vast learning,  
遍满多闻宝藏所

**Ngur-Mig Dzin-Pa Thub-Wang Nyi-Pae Je,**  
Master, second Buddha clad in saffron,  
第二佛陀著袈裟

**Ne-Ten Dul-Wa Dzin-La Sol-Wa Deb!**  
Elder, holder of the Vinaya - to you I request!  
祈请持律上座师

**His Good Qualities According To The Common Mahayana  
Teachings 祈请大乘师**

**Gang-Dang Den-Na De-War Sheg-Pae Lam**  
You who to show the Path of the Sugatas  
善能宣说如来教

**Ton-Par Woe-Pae Yon-Ten Chu-Den Pa,**  
Have the ten qualities rendering you suitable,  
具足十种胜功德

**Ma-Lue Gyal-Wae Dung-Tsob Choe-Kyi Je,**  
O Lord of the Dharma, representing all Conquerors,  
绍隆一切诸佛种

**Theg-Chog Ge-Wae Shey-La Sol-Wa Deb!**  
Guru of the Great Vehicle - to you I request!  
祈请大乘善知识





*His Qualities According To The Vajrayana Teachings*  
祈请金刚乘师

**Go-Sum Leg-Dam, Lo-Chen, Zoe-Den,  
Drang**

Your three doors well-subdued; intelligent,  
patient, honourable,  
善护三门具慧忍

**Yo-Dang Gyu-Me, Ngag-Dang Gyue-  
Shey Shing,**

Without pretence or guile; knowing tantra and  
rituals;  
正直无谄真密续

**De-Nyi Chu-Zung, Dri-Dang Che-Ke Pae,**  
Having those ten, and skilled in writing and  
explaining,

双十真性善绘言

**Dor-Je Dzin-Pae Tso-La Sol-Wa Deb!**

O foremost Vajra-holder - to you I request!  
祈请至尊金刚持



**REQUESTING BY REMEMBERING THE GURU'S  
KINDNESS 祈请意念上师恩.**

**The Guru Is Kinder Than All The Buddhas 比于诸佛恩**

**Sang-Gye Drang-Me Jon-Pe Ma-Thul  
Wae**

To those unfit to be tamed by the countless  
past Buddhas  
过去诸佛未渡化

**Ma-Rung Dul-Kae Nyig-Due Dro-Wa La,**  
The hard-to-tame beings of this degenerate  
age,  
刚强难调浊世众

**De-Sheg Lam-Zang Ji-Zhin Ton-Pa Yi**  
You correctly impart the good way of the  
Sugatas,  
应机演说如来教

**Kyab-Gon Thug-Je Chen-La Sol-Wa  
Deb!**

O Compassionate Refuge Protector - to you I  
request!  
祈请怙主大悲尊

**He Is Even Kinder Than Shakyamuni Buddha 比于如来恩**

**Thub-Pae Nyi-Ma Due-Kyi Nub-Gyur Te,**  
Now, when the sun of the Sage's Teachings is  
setting,  
世尊圣教渐隐没

**Gon-Kyab Me-Pae Dro-Wa Mang-Po La,**  
For the many beings who lack a Refuge Protector,  
无量有情失救护



**Gyal-Wae Dze-Pa Nye-War Drub-Dze Pae**

You do the same deeds as the Victorious Ones,  
如来事业师承担

**Kyab-Gon Thug-Je Chen-La Sol-Wa Deb!**

O Compassionate Refuge Protector - to you I  
request!

祈请怙主大悲尊

*Even His Relatives, Animals, etc. Are A Higher Object Of  
Offering Than All The Buddhas* 家属等物比于诸佛供养

**Due-Sum Chog-Chue Gyal-Wa Tham-Che  
Le,**

Higher than all Buddhas of the three times and  
ten directions,

胜过十方三世佛

**Gang-Gi Ba-Pue Bu-Ga Chig-Tsam Yang**

Just one single hair from a pore of yours

供养师身一毛孔

**Dag-Chag Soe-Nam Zhing-Du Lek-Ngag  
Pae**

Is praised as a field of merit for us –

最胜福田我赞叹

**Kyab-Gon Thug-Je Chen-La Sol-Wa Deb!**

O Compassionate Refuge Protector - to you I  
request!

祈请怙主大悲尊



**REQUESTING BY EXPRESSING THE GURU'S  
OUTER, INNER, SECRET AND SUCHNESS  
QUALITIES 祈请化显上师外,内,密与大自在**

**His Outer Qualities 外在**

**De-Sheg Ku-Sum Gyen-Gyi Khor-Lo Ni,**  
Your chakras adorned with the Sugata's Three  
Bodies,

如来三身庄严轮

**Thab-Khe Gyu-Truel Dra-Wae Jo-Geg  
Le,**

By Skilful Means, from a magical net's allure  
善巧方便幻网中

**Tha-Mal Tsul-Gyi Dro-Wa Dren-Dze Pae**  
You appear in an ordinary form, guiding beings  
现凡夫相度众生

**Kyab-Gon Thug-Je Chen-La Sol-Wa  
Deb!**

O Compassionate Refuge Protector - to you I  
request!

祈请怙主大悲尊

**His Inner Qualities 内在**

**Khyoe-Kyi Phung-Kham Kye-Che Yen-  
Lag Nam**

Your aggregates, elements, sensory spheres  
and limbs

师身各处及支分

**De-Sheg Rig-Nga Yab-Yum Sem-Pa  
Dang**

Are really the five Buddha Families, deities and  
consorts,

五佛明妃菩萨众



**Tro-Woe Wang-Poe Rang-Zhin Chog-Sum  
Gyi**

Bodhisattvas, and wrathful protectors. O Essence  
明王自性三宝尊

**Dag-Nyi La-Ma Chog-La Sol-Wa Deb!**

Of the Triple Gem, supreme Guru - to you I  
request!

祈请无上根本师

*His secret qualities 密在*

**Kun-Khyen Ye-Shey Rol-Pa Le-Jung Wae**

From the play of Omniscient Wisdom arise  
一切种智游戏中

**Kyil-Khor Khor-Lo Je-Wae Dag-Nyi De,**

Ten million mandala circles: you are their essence.  
出生俱胝曼陀罗

**Rig-Gyae Khyab-Dag Dor-Je Dzin-Pae Tso,**

O all-pervading Lord of a hundred (Buddha) tribes,  
chief Vajra-holder,  
百部共主金刚持

**Zung-Jug Dang-Poe Gon-La Sol-Wa Deb!**

Primordial Buddha of Unification, to you I request!  
祈请双运本初佛

*His Suchness Qualities 大自在*

**Drib-Me Lhen-Kye Ga-Wae Rol-Pa Dang**

Unobscured, Inseparable from the play of  
simultaneous joy,  
无障俱生欢喜性



**Yer-Me Ten-Yo Kun-Khyab Kun-Gyi Dag,**  
Nature of everything, pervading all moving or still,  
周遍动静一切体

**Thog-Ma Tha-Dral Kun-Zang Don-Dam Gyi**  
Free of beginning or end, Always Good, you are  
really

离始际普贤王

**Jang-Chub Sem-Ngoe Khyoe-La Sol-Wa  
Deb!**

Ultimate Bodhicitta! To you I request!  
祈请胜义菩提心



**Special One-Pointed Request 一念祈请文 (x 3)**

**Kyoe-Ni La-Ma, Kyoe-Ni Yi-Dam,**

You are the Guru, you are the Yidam,

汝为上师为本尊

**Kyoe-Ni Kha-Dro Choe-Kyong Te,**

you are the Dakinis and Dharma-Protectors.

汝为空行护法尊

**Deng-Ne Zung-Te, Jang-Chub Bar-Du,**

From now until Enlightenment

从今始至菩提尽

**Khyoe-Min Kyab-Zhen Mi-Tsol Wae;**

I shall seek no other Refuge than you.

非汝不另求皈依

**Di-Dang Bar-Do, Chi-Mae Thar-Yang,**

In this life, the bardo, and even to the end of my lives,

此世中阴来生尽

**Thug-Je Chak-Kyue Zung-Dzoe La,**

with your hook-like compassion, hold me!

祈以悲钩善持我

**Si-Zhi Jig-Drol! Ngoe-Drub Kun-Tsol!**

Save me from the fears of samsara and Nirvana!

Grant all the powerful attainments!

渡轮涅槃赐成就

**Ten-Gyi Drog-Dzoe Bar-Choe Sung!**

Be my constant companion, and shield me from hindrances!

永为益友护无障



## Receiving The Blessing Of The Four Initiation

### 受持四灌頂

**De-Tar Len-Sum Sol-Wa Tab-Pae Thue,**

By virtue of having thus requested three times,

如是三遍祈請力

**La-Mae Ku-Sung Thug-Kyi Ne-Nam Le,**

From the seats of my Guru's body, speech and mind

从师三处身语意

**Due-Tsi Woe-Zer Kar-Mar Thing-Ga Sum**

Nectar rays of three colours - white, red and dark blue –

白红蓝色甘露光

**Rim-Dang Chig-Char Jung-Ne Dak-Nyi Kyi**

Stream forth one by one and then together. Into my own

依次同时入我身

**Ne-Sum Rim-Dang Chig-Char Thim-Pa Le,**

Three seats, one by one and then together, they dissolve,

我身三处作收融

**Drib-Zhi Dag-Ching Nam-Dag Wang-Zhi**

**Thob.**

Cleansing the four obscurations, and implanting the four empowerments.

净除四障得四灌

**Ku-Zhi Thob-Ching, La-Ma Nyi-Pa Zhig**

I receive the four Kayas. A replica of my Guru

成就四身师心悦





**Gye-Zhin Thim-Pei Jin-Gyi Lab-Par Gyur.**  
Happily dissolves into me, and I am blessed with  
inspiration.

分身融入垂加持



*Song Of The Spring Queen* 春后之歌

**Hung! De-Zhin Sheg-Pa Tham-Che Dang,**

Hung! All Tathagata-buddhas,

吽！所有一切诸如来

**Pa-Wo Dang-Ni Nal-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Kha-Dro Dang-Ni Kha-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Sol-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**De-Wa Chog-La Gye-Pae He-Ru Ka**

O Heruka, who delights in supreme bliss

受用大乐胜乐尊

**De-Wae Rab-Nyoe Ma-La Nyen-Je Ne,**

And who attends the lady intoxicated with bliss,

欢喜晏然胜乐母

**Cho-Ga Zhin-Du Long-Choe Pa-Yi Ni,**

Please, by enjoying in accordance with the rites,

于欢悦中依仪轨

**Lhen-Kye De-Wae Jor-Wa La-Zhug So,**

Join with simultaneous bliss (and voidness),

迎俱生乐和合中

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦吽，啊伊啊啊啦利吽

**Dri-Me Kha-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行圣众会



**Tse-Wae Zig-La Le-Kun Dzo.**

Look with loving compassion and accomplish all deeds.

慈目垂视赐悉地

**Hung! De-Zhin Sheg-Pa Tham-Che Dang,**

Hung! All Tathagata-buddhas,

吽！所有一切诸如来

**Pa-Wo Dang-Ni Nal-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Kha-Dro Dang-Ni Kha-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Sol-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**De-Wa Chen-Poe Yi-Ni Rab-Kyoe Pe,**

With your mind of great bliss fully excited,

心为大乐所扰动

**Lue-Ni Kun-Tu Yo-Wae Gar-Gyi Ni,**

And your body in a dance of constant motion,

身已翩翩而起舞

**Chag-Gyae Pe-Mar Rol-Pae De-Wa Che,**

Please offer to the hosts of yoginis

愿以手印莲中乐

**Nal-Jor Ma-Tsog Nam-La Choe-Par Dzo,**

The great bliss of sporting in the lotus of the mudra.

供养瑜伽母圣会

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦利哄



**Dri-Me Kha-Droe Tsog-Nam-Kyi,**

May the hosts of stainless dakinis

无垢空行圣众会



**Tse-Wae Zig-La Le-Kun Dzoe.**

Look with loving compassion and accomplish all deeds.

慈目垂视赐悉地

**Hung! De-Zhin Sheg-Pa Tham-Che Dang,**

Hung! All Tathagata-buddhas,

吽！所有一切诸如来

**Pa-Wo Dang-Ni Nal-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Kha-Dro Dang-Ni Kha-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Sol-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**Yi-Ong Zhi-Wae Nyam-Kyi Gar-Dze Ma,**

Dancing with a beautiful, peaceful step,

佛母舞姿妙悦意

**Rab-Gye Gon-Po Kyoe-Dang Kha-Dro**

**Tsog,**

O delightful protector and host of dakinis,

主尊空行极欢悦

**Dag-Gi Dun-Du Zhug-Te Jin-Lob La**

Come here before me and give me your blessings

赐我跟前予加持



**Lhen-Kye De-Chen Dag-La Tsal-Du Sol.**

Bestow on me the great bliss simultaneous  
(with voidness).

祈賜俱生之大乐

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦啦哄

**Dri-Me Kha-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行圣众会



**Tse-Wae Zig-La Le-Kun Dzo.**

Look with loving compassion and accomplish all  
deeds.

慈目垂视赐悉地

**Hung! De-Zhin Sheg-Pa Tham-Che Dang,**

Hung! All Tathagata-buddhas,

吽！所有一切诸如来

**Pa-Wo Dang-Ni Nal-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Kha-Dro Dang-Ni Kha-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Sol-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**De-Chen Thar-Pae Tsen-Nyi Den-Pa Khyoe,**

You, who have the characteristic of great blissful  
liberation,

汝具解脱之大乐



**De-Chen Pang-Pae Ka-Thub Du-Ma Yi,**  
Do not assert that, through ascetic practices without  
great bliss,

切勿弃之修苦行

**Tse-Chig Drol-War Mi-Zhe De-Chen  
Yang,**

Liberation can be gained in one lifetime;

即生即得解脱乐

**Chu-Kye Chog-Gi U-Na Ne-Pa Yin.**

Great bliss indeed is found in the centre of the  
supreme lotus.

大乐住于妙莲中

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li  
Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦利哄

**Dri-Me Kha-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行圣众会



**Tse-Wae Zig-La Le-Kun Dzoe.**

Look with loving compassion and accomplish all  
deeds.

慈目垂视赐悉地

**Hung! De-Zhin Sheg-Pa Tham-Che Dang,**

Hung! All Tathagata-buddhas,

吽！所有一切诸如来

**Pa-Wo Dang-Ni Nal-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母



**Kha-Dro Dang-Ni Kha-Dro Ma,**  
 Dakas and Dakinis,  
 空行尊与空行母

**Kun-La Dag-Ni Sol-Wa Deb.**  
 To all of you I make this request.  
 诸圣尊前我祈请

**Dam-Gyi U-Su Kye-Pae Pe-Ma Zhin,**  
 O yogini, like the lotus born from the centre of  
 a swamp,  
 胜瑜伽母莲中乐

**Chag-Le Kye-Kyang Chag-Pe Kyon-Ma Goe,**  
 (this method), although born from desire is  
 unstained by desire's faults;  
 犹如泥中所生莲

**Nal-Jor Ma-Chog Pe-Mae De-Wa-Yi,**  
 Please, through the bliss of your supreme lotus,  
 由欲所生却无染

**Sri-Pae Ching-Wa Nyur-Du Drol-War Dzoe.**  
 Quickly bring liberation from the bonds of cyclic  
 existence.  
 速令我脱轮迴缚

**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li Ho.**  
 啊啦啦，啦啦哄，啊伊啊啊啦利哄

**Dri-Me Kha-Droe Tsog-Nam Kyi,**  
 May the hosts of stainless dakinis  
 无垢空行圣众会



**Tse-Wae Zig-La Le-Kun Dzoe.**  
 Look with loving compassion and accomplish all  
 deeds.  
 慈目垂视赐悉地



**Hung! De-Zhin Sheg-Pa Tham-Che Dang,**

Hung! All Tathagata-buddhas,

吽！所有一切诸如来

**Pa-Wo Dang-Ni Nal-Jor Ma,**

Vira-heroes, yoginis,

勇父尊和瑜伽母

**Kha-Dro Dang-Ni Kha-Dro Ma,**

Dakas and Dakinis,

空行尊与空行母

**Kun-La Dag-Ni Sol-Wa Deb.**

To all of you I make this request.

诸圣尊前我祈请

**Drang-Tsi Jung-Ne Nam-Kyi Drang-Tsi**

**Chue**

Just as the essence of honey from honey-

sources

蜂蜜精华生悉处

**Bung-Wae Tsog-Kyi Kun-Ne Tung-Wa**

**Tar,**

Is drunk by swarms of bees from every

direction,

各方撷取花蜜粹

**Tsen-Nyi Drug-Den Tso-Kye Gye-Pa Yi,**

Please, through your matured, lake-born (lotus)

having the six signs,

六相熟莲中甘露

**Chu-Ching Pa-Yi Ro-Yi Tsim-Par Dzoe.**

Bring satisfaction with the taste that is bound to

the essence.

满愿我能得饱尝





**Ah-La-La, La-La-Ho, Ah-I-Ah Ah-Ra-Li  
Ho.**

啊啦啦，啦啦哄，啊伊啊啊啦利哄

**Dri-Me Kha-Droe Tsog-Nam Kyi,**

May the hosts of stainless dakinis

无垢空行圣众会



**Tse-Wae Zig-La Le-Kun Dzoe.**

Look with loving compassion and accomplish  
all deeds.

慈目垂视赐悉地



**DO NOT**  
**read this part**  
*(from page 107 to 111\*),*

**if you have not taken**  
**any highest yoga tantra**  
**initiation**

未受无上瑜伽部灌顶者，  
请勿  
擅自阅读或修习这部分  
*(从 107 页至 111 页\*)*



### **Offering The Leftovers Tsok 献余供**

*(As the following verses are chanted, the person holding the offering of remaining tsog should stand facing away from the assembly and toward the exit door. 在念诵时, 手持剩余荟供者, 因面向大殿外。)*

### **Blessing the Leftover Tsok (Extensive Version)**

**加持内供(广轨)**

**Om Hrih Shtrih Vikrtnana Hung Phet**

喻 喜 希 维那那 吽 呬

**Om Svabhava Shudha Sarva Dharma**

**Svabhava Shudho Ham**

喻 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 邯

**Tong-Pa Nyi-Du-Gyur**

Everything becomes void

一切化空

**Tong-Pai Ngang-Lay YAM-Lay Lung-Gyi  
Kyil-Kor Ngon-Po Shu-Yi-Yib Ta-Bu Ba-Den-  
Gyi Tsen-Pa**

From the state of voidness appears YAM, from which comes a blue bowshaped wind mandala marked by banners.

空中现音(YAM)字, 转成蓝色风轮, 状如弯弓, 弰严旗帜,

**De-Yi Teng-Du RAM-Lay Mei Kyil-Kor Mar-  
Po Dru-Sum-Pa**

Above that appears RAM, from which arises a red triangular fire mandala.

上现秣(RAM)字, 转成红色三角火轮。



## **De-Yi Teng-Du AH-Lay Mi-Go Gye-Po Sum-Gyi Teng-Du**

Above that, from (three) syllabus of AH appears a tripod of three human heads;

上三啊(AH)字，转成三人首灶；

## **AH-Lay Jung-Wai Thod-Pa Kar-Po**

Above that, from AH appears a white skullcup.

其上啊(AH)字，转成白色颅器

## **De-Yi Nang-Gi Shar-Du BHRUM-Lay Jung-Wai Ba-Lang Gyi-Sha GO Tsen-Pa**

Inside the skullcup appears: in the east, from BHRUM, the flesh of a bull marked by GO.

其内东面钟(BHRUM)字，转成牛肉，帜以哥(GO)字

## **Lhor-AM-Lay Jung-Wai Khy-Yi-Sha KU Tsen-Pa**

In the south, from AM, dog flesh marked by KU.

南面暗(AM)字，转成狗肉，帜以古(KU)字 **Nub-**

## **Tu JRIM-Lay Jung-Wai Lang-Po Chei-Sha DE Tsen-Pa**

In the west, from JRIM, elephant flesh marked by DA.

西面尖(JRIM)字，转成象肉，帜以打(DA)字

## **Jang-Du KHAM-Lay Jung-Wai Tai-Sha HAY Tsen-Pa**

In the north, from KHAM, horse flesh marked by HA.

北面甘(KHAM)字，转成马肉，帜以哈(HA)字



## **U-Su HUNG-Lay Jung-Wai Mai-Sha NAY Tsen-Pa**

In the center, from HUNG, human flesh marked by NA.

中央吽(HUNG)字，转成人肉，帜以那(NA)字

## **Shar-Lhor LAM-Lay Jung-Wai Dri-Chen BI Tsen-Pa**

In the southeast, from LAM, excrement marked by BI.

东南面南(LAM)字，转成大香，帜以必(BI)字

## **Lho-Nub-Tu MAM-Lay Jung-Wai Rag-Ta RAY Tsen-Pa**

In the southwest, from MAM, blood marked by RA.

西南面曼(MAM)字，转成血，帜以拉(RA)字

## **Nub-Jang-Tu PAM-Lay Jung-Wai Jang-Sem Kar-Po SHUE Tsen-Pa**

In the northwest, from PAM, white bodhicitta marked by SHU.

西北面兵(PAM)字，转成白菩提心，帜以苏(SHU)字

## **Jang-Shar-Tu TAM-Lay Jung-Wai Kang-Mer MAY Tsen-Pa**

In the northeast, from TAM, marrow marked by MA.

东北面谭(TAM)字，转成骨髓，帜以玛(MA)字

## **U-Su BAM-Lay Jung-Wai Dri-Chu MU-Tsen-Pa**

And in the center, from BAM, urine marked by MU.

中央蚌(BAM)字，转成小香，帜以目(MU)字



**De-Dag-Kyi Teng-Du OM-Kar-Po, AH-Mar-Po,  
HUNG-Ngon-Po Sum-Teng-Nei Teng-Du Tseg  
-Par-Gyur**

Above these stand a white OM, a red AH, a blue HUNG, one above the other.

其上累叠白色嗡(OM)字、红色啊(AH)字、蓝色吽(HUNG)字

**Rang-Gi Thug-Kai HUNG-Lay O-Zer-Tro  
Lung-La Phog-Pay Lung-Yo May-Bar-Te Tho  
-Pei Dze-Nam Zhu-Zhing Khol War-Gyur**

Lights emanate from the HUNG at my heart and strike the wind. The wind moves, the fire flares, all the substances in the skullcup melt and boil.

心中吽(HUNG)字放光，射向风轮，风动火燃，颅器内诸物融化沸腾

**Yi-Ge Sum-La Wod-Zer Rim-Pa Zhin-Tu Tro-  
Pei Ku-Dor-Je Sung-Dor-Je Thug-Dor-Je  
Nam-Kug-Nei Yi-Ge Sum-La Rim-Pa Zhin-Gi  
Thim-Pa-Nam Tho-Par Lhung-Nei Zhu-Way**

Light radiates from the three letters successively, drawing forth the vajra body, vajra speech, and vajra mind, which the three letters respectively absorb.

These descend into the skullcup and all melts.

三字放光，勾召金刚身语意，依次坠入颅器内融化，

**HUNG-Gyi Kha-Dog Dri-Nu-Kyi Kyon-Jang**

HUNG purifies all faults of colour, smell, and potential;

吽字净除色香味垢秽；



**AH-Du-Tser Tog-Par-Je**

AH transforms it into nectar;

啊字将诸物转成甘露；

**OM-Gyi Mang-Por Bar-Shing Pel-War-Gyur**

OM multiplies and increase it.

嗡字使甘露增长增盛。

**\* Om Ah Hung (x 3)**

嗡 啊 吽

**Ho! Ting-Dzin Ngag-Dang Chag-Gye**

**Jin-Lab Pae,**

Ho! Blessed by concentration, mantra and mudra,

吽！禅定咒印所加持

**Zag-Me Due-Tsi Tsog-Lhag Gya-Tso Di**

The rest of this ocean-like Tsok of spotless nectar

无漏甘露余供海

**Dam-Chen Zhing-Kyong Tsog-Nam**

**Nye-Chir Bul.**

I offer for your delight, assemblies of guardians  
and field-protectors!

奉献具誓护土众



**Om Ah Hung!**

嗡 啊 吽！

**Doe-Gue Pal-La Rol-Pe Tsim-Dzae Ne,**

Satisfied by enjoying abundance of all you desire,

受用如意皆饱满



## **E-Ma Ho! Nal-Joe Trin-Le Tsul-Zhin Drub!**

E-Ma Ho! Please, let yogas and virtuous deeds be performed right!

依-玛-吽！愿瑜伽业如理成

*\*(Take the offering of remaining tsog outside while the following five verses are recited extremely fast. 将余供送出大殿外，当以下五段在快速念诵时。)\**

## **Ho! Lhag-Mae Dron-Nam Khor-Che Kyi**

Ho! You remaining guests, with your attendants,

吽！其余宾客眷属等

## **Tsog-Lhag Gya-Tso Di-Zhe La,**

Accept this ocean of Tsok still left,

享用于此余供海

## **Ten-Pa Rin-Chen Gye-Pa Dang**

And make the spreaders of the precious Doctrine,

圣教妙宝广弘扬

## **Ten-Dzin Yon-Choe Kor-Che Dang**

Followers of the Doctrine, patrons and their attendants,

住持功德护持者

## **Kye-Par Nal-Jor Dag-Chag La**

And in particular, us yogins, obtain

尤其我等瑜伽士

## **Ne-Me Tse-Dang Wang-Chug Dang**

Health, life and power,

康健长寿得自在

## **Pal-Dang Drag-Dang Kael-Wa Zang**

Glory, renown, good fortune,

吉祥美誉具妙缘





**Long-Choe Gya-Chen Kuen-Tob Ching,**

And very extensive enjoyments, all these!

普获广大之受用！

**Zhi-Dang Gyae-La Sog-Pa Yi**

With the actions of Calming, Increasing and so on,

息与增益诸事业

**Lae-Kyi Ngoe-Drup Dag-La Tsol!**

Bestow on us the powerful attainments!

赐我事业之成就

**Dam-Tsig Chaen-Gyi Dag-La Srung!**

Pledged guardians, protect us!

具誓护法护佑我！

**Ngoe-Drub Kuen-Gyi Tong-Drog Dzoe!**

Help with all powerful attainments!

助我获取诸悉地！

**Due-Min Chi-Dang Nae-Nam Dang**

Eliminate untimely death, sicknesses,

灭非时死与疾患

**Doen-Dang Geg-Nam Me-Par Dzoe!**

Demons of disease, and evil spirits!

魔与障碍永无有！

**Mi-Lam Ngaen-Dang Tsen-Ma Ngen**

Eliminate bad dreams, ill omens,

恶梦凶兆或灾难

**Ja-Je Ngaen-Pa Me-Par Dzoe!**

And evil doings!

诸众灾祸皆消除！



### **Jig-Ten De-Zhing Lo-Leg Dang**

May the world be happy, good years

祈愿世间享安乐

### **Dru-Nam Pel-Zhing Choe-Pel Dang**

And grains increase, the Dharma flourish,

五谷丰登法弘扬

### **De-Leg Tam-Chae Jung-Wa Dang**

Every happiness and bliss arise,

获得一切诸善妙

### **Yi-La Doe-Pa Kuen-Drub Shog!**

And every wish in the mind be fulfilled!

随心所欲如意成!

### **Jin Pa Gya Chen Gyur Pa Di Yi Thu**

By the force of this bountiful giving, may I become

以此广大布施力

### **Dro Wäi Dön Dü Rang Jung Sang Gyä Shog**

A self-made Buddha for the sake of beings,

愿为众生成正觉

### **Ngön Tshe Gyäl Wa Nam Kyi Ma Dräl Wäi**

And by my generosity may I liberate the multitudes

承我布施愿解脱

### **Kye Wäi Tshog Nam Jin Pä Dröl Gyur Chig**

Of beings not liberated by previous buddhas.

昔佛未渡诸有情



**TRAINING THE MIND THROUGH MEDITATION  
ON THE ENTIRE MAHAYANA PATH**

**道次地祈愿文：籍禅修圆满大乘道修心**

**Guru Devotion As The Root Of The Path**

**依止上师为道之根本**

**Zhing-Chog Dam-Pa Je-Tsun La-Ma La**

O holy and venerable Gurus, supreme fields of merit,

最胜福田上师前

**Choe-Ching Gue-Pe Sol-Wa Tab-Pae Thue,**

By the power of my offering and respectfully requesting to you,

恭敬供养作启请

**De-Leg Tsa-Wa Gon-Po Khyoe-Nyi Kyi**

May you protector, root of (all) well-being,

福乐根源依怙尊

**Gye-Zhin Je-Su Dzin-Par Jin-Gyi Lop!**

Be pleased to care for me - bless me thus!

欢喜摄受求加持！

**1 TRAINING THE MIND IN THE COMMON PATH  
OF THE PRACTITIONER OF LOWER CAPABILITY**

**以共下士道次第修心**

**The Precious Human Rebirth 暇满人身**

**Len-Chig Tsam-Zhig Nye-Pae Dal-Jor Di**

Let me realise how these freedoms and endowments,

偶一获此暇满身

**Nye-Ka Nyur-Du Jig-Pae Tsul-Tog Ne,**

Found but once, and hard to attain, are quickly lost,

若知难得速灭理



## **Don-Me Tse-Di Ja-Wae Mi-Yeng War**

Then, undistracted by meaningless works of this life,

无义所作能止息

## **Don-Den Nying-Po Len-Par Jin-Gyi Lob!**

Seize their meaningful essence - bless me thus!

取坚实义求加持!

### *Generating Interest Of Future Lives 发起希求来世安乐之心*

## **Ngen-Song Dug-Ngal Bar-Wae Me-Jig Ne,**

Afraid of the blazing fire of lower realms' suffering,

佈畏恶趣炽烈苦

## **Nying-Ne Kon-Chog Sum-La Kyab-Dro Zhing,**

Let me take heartfelt Refuge in the Three Precious Jewels,

皈依三宝救护尊

## **Dig-Pong Ge-Tsog Tha-Dag Drub-Pa La**

And fervently strive to avoid non-virtue and practise

断恶修善积资粮

## **Tson-Pa Lhur-Len Je-Par Jin-Gyi Lob!**

Amassing the various virtues - bless me thus!

虔诚精进求加持!

## **2 TRAINING THE MIND IN THE COMMON PATH OF THE PRACTITIONER OF MIDLING CAPABILITY**

以共中士道次第修心

### *Developing The Wish For Liberation 发起求解脱之心*

## **Le-Dang Nyon-Mong Ba-Long Drag-Tu Trug,**

Frantically tossed by waves of delusion and karma,

业及烦恼极汹涌



**Dug-Ngal Sum-Gyi Chu-Sin Mang-Poe Tse,**  
Tormented by many sea-monsters of the three  
sufferings,

三苦众鲸恒相侵

**Tha-Me Jig-Rung Sri-Tso Chen-Po Le**  
From this fearful, boundless great ocean of  
Becoming

怖畏无边生死海

**Thar-Doe Shug-Drag Kye-War Jin-Gyi Lob!**  
Let a strong wish for Liberation grow in me - bless  
me thus!

解脱心生求加持！

**Zoe-Ka Tson-Ra Dra-Wae Khor-Wa Di**  
This Cyclic Existence, like an unbearable prison,  
轮迴系缚如牢狱

**Ga-Wae Tsal-Tar Thong-Wae Lo-Pang Ne,**  
I see as a charming garden. Rejecting this view,  
断除视为乐园心

**Lab-Sum Pag-Pae Nor-Gyi Dzoe-Zung Te,**  
Let me hold the Three Trainings, the store of the  
Aryas' Jewels,

受持三学圣宝藏

**Thar-Pae Gyal-Tsen Dzin-Par Jin-Gyi Lob!**  
And grasp the banner of Liberation - bless me thus!

掌解脱幢求加持！



**3 TRAINING THE MIND IN THE COMMON PATH  
OF THE PRACTITIONER OF HIGHEST CAPABILITY**  
**以共上士道次第修心**

**Developing Bodhicitta-Generating Compassion, The  
Foundation Of The Mahayana Path**

**发起为上乘道基础之悲心**

**Nyam-Thag Dro-Wa Di-Kun Dag-Gi Ma,**  
All these tormented beings are my mothers,  
苦难有情皆我母

**Yang-Yang Drin-Gyi Kyang-Pae Tsul-  
Sam Ne,**  
Repeatedly caring for me kindly. Reflecting on this,  
数数念恩应救济

**Dug-Pae Bu-La Tse-Wae Ma-Zhin Du,**  
Like a loving mother for her darling child,  
犹如慈母怜爱子

**Choe-Min Nying-Je Kye-War Jin-Gyi Lob!**  
Let me develop unfeigned Compassion - bless  
me thus!  
生起悲心求加持！

**Generating Conventional Bodhicitta –  
Developing Equanimity Between Self And Others**  
**发起世俗菩提心—启发自他平等之心**

**Dug-Ngal Tra-Mo Tsam-Yang Mi-Doe  
Ching,**  
As no-one desires the slightest suffering  
仅受微苦亦难忍

**De-La Nam-Yang Chog-Shay Me-Par Ni,**  
Nor ever has enough of happiness,  
享乐虽多无厌足



## **Dag-Dang Zhen-La Khye-Par Yoe-Min Zhe**

There is no difference between myself and others  
自他等同无差别

## **Zhen-De Ga-Wa Kye-Par Jin-Gyi Lob!**

So let me make others joyfully happy - bless me thus!

他乐生喜求加持！

*Exchanging Self And Others- 自他相换修心法*

*Contemplating The Faults Of The Self-Cherishing Mind*

*思我爱执过患*

## **Rang-Nyi Che-Par Dzin-Pae Chong-Ne Di**

This chronic disease of cherishing oneself

偏执自利之顽痼

## **Mi-Doe Dug-Ngal Kye-Pae Gyur-Thong Ne,**

Is the cause of unwanted suffering. Seeing this,

知为苦聚不乐因

## **Le-Len De-La Khon-Du Zung-Je Te,**

Let me lay blame on it and begrudge it and

愤然呵斥我爱执

## **Dag-Dzin Don-Chen Jom-Par Jin-Gyi Lob!**

Destroy the great demon of self-grasping - bless me thus!

降服此魔求加持！

*Contemplating The Advantages Of Cherishing Others*

*思他爱执利益*

## **Ma-Nam Che-Zung De-La Goe-Pae Lo**

The attitude cherishing one's mothers and placing them in bliss

爱护众母子安乐



**Tha-Ye Yon-Ten Jung-Wae Gor-Thong Ne,**  
Is the gateway to endless virtues. Let me see this,  
视为无边功德门

**Dro-Wa Di-Dag Dag-Gi Drar-Lang Kyang**  
And even should these beings rise up as my foes,  
纵使有情敌视我

**Srog-Le Che-Par Dzin-Par Jin-Gyi Lob!**  
Hold them dearer than my life - O, bless me thus!  
爱彼如命求加持!

*Exchanging Self-cherishing For Cherishing Others*

*正修自他相换*

**Dor-Na Ji-Pa Rang-Don Kho-Na Dang,**  
In short, the childish work only for their own gain,  
愚夫唯求能自利

**Thub-Wang Zhen-Don Ba-Zhig Dze-Pa Yi**  
The Buddha only for others' gain. With the  
wisdom  
能仁恒思利他行

**Kyon-Dang Yon-Ten Ye-Wa Tog-Pae Loe**  
Understanding the differences in the faults and  
virtues of these,  
了知功过之差别

**Dag-Zhen Nyam-Je Nue-Par Jin-Gyi Lob!**  
May I be able to exchange self and others -  
bless me thus!  
自他相换求加持!

**Rang-Nyi Che-Dzin Gue-Pa Kun-Gyi Go,**  
Cherishing oneself is the door to every downfall;  
爱执己利众苦门





**Ma-Nam Che-Dzin Yon-Ten Kun-Gyi Zhi.**  
Cherishing one's mothers, the basis of everything good.

爱护有情功德本

**De-Chir Dag-Zhen Je-Wae Nal-Jor La,**  
Therefore, in the yoga of exchanging self and others,

是故自他相换行

**Nyam-Len Nying-Por Je-Par Jin-Gyi Lob!**  
Let me take to heart the main point - bless me thus!

作修心要求加持!

*Meditation On Taking And Giving 修取舍法* (x 3)

**De-Na Je-Tsun La-Ma Thuk-Je Chen,**  
Therefore, Venerable and Compassionate Gurus,

无上恩师大悲尊

**Ma-Gyur Dro-Wae Dig-Drib Dug-Ngal Kun**  
By my letting all the black karmic obscurations and suffering

慈母有情罪障苦

**Ma-Lue Da-Ta Dag-La Min-Pa Dang**  
Of mother sentient beings ripen on me now, 悉皆由我今代受

**Dag-Gi De-Ge Zhen-La Tang-Wa Yi**  
And giving to others my happiness and good deeds,

尽我乐善施与彼

**Dro-Kun De-Dang Den-Par Jin-Gyi Lob!**  
May all sentient beings have happiness - bless me thus! 众生获乐求加持!



**The Third to Seventh Points of the Seven-Point  
Mind-Training**

**思惟（修心七義）第三至第七義**

**Noe-Chue Dig-Pae Dre-Bue Yong-Gang Te,**  
Though the whole world and its beings are full of the  
fruits of non-virtue,  
世间充满罪恶果

**Mi-Doe Dug-Ngal Char-Tar Bap-Gyur Kyang,**  
And undesired sufferings pour down (on me)  
like rain,  
如雨降下不欲苦

**Le-Ngen Dre-Bu Ze-Pae Gyur-Thong Ne**  
By seeing they've a chance to use up the fruits  
of bad karma,  
观此苦因净恶业

**Kyen-Ngen Lam-Du Long-Par Jin-Gyi Lob!**  
Let me use bad conditions in the Path - O, bless  
me thus!  
恶缘道用求加持！

**Dor-Na Zang-Ngen Nang-Wa Chi-Shar Yang,**  
In short, whatever appearance, good or bad,  
comes up,  
随所显现善或恶

**Choe-Kun Nying-Po Tob-Ngae Nyam-Len Gyi**  
By practising the Five Forces, the essence of all  
Dharma,  
修持五力胜教授



**Jang-Chub Sem-Nyi Phel-Wae Lam-Gyur  
Te,**

Let me change it to a Path to develop the two  
Bodhicittas,

增长二种菩提心

**Yi-De Ba-Zhig Gom-Par Jin-Gyi Lob!**

And entertain only happiness of mind - bless  
me thus!

悦意修行求加持!

**Jor-Wa Zhi-Dang Den-Pae Thab-Khe Kyi**

With the Skilful Means of having the Four  
Activities,

善巧方便四加行

**Tral-La Gang-Thug Gom-La Jor-Wa  
Dang,**

Let me join what I meet straightaway to meditation;  
相应所缘结合修

**Lo-Jong Dam-Tsig Lab-Jae Nyam-Len Gyi**

and by practising the commitments and advices  
of the Mind-Training,

誓言学处善止作

**Dal-Jor Don-Chen Je-Par Jin-Gyi Lob!**

Make these freedoms and endowments very  
meaningful - bless me thus!

暇满不虚求加持!



*Meditation On The Special Universal Intention And  
Generating Bodhicitta 思增上意乐之心及发菩提心*

**Tong-Len Lung-La Kyon-Pae Trul-Deg Chen,**  
With Taking and Giving, the magical practice of  
mounting the Breath,  
伴随风息作取舍

**Jam-Dang Nying-Je Lhag-Pae Sam-Pa Yi,**  
By friendliness, compassion, and the Supreme Wish,  
修持慈悲双运心

**Dro-Nam Sri-Tso Che-Le Drol-Wae Chir**  
To free beings from the great ocean of Becoming  
为度有情生死海

**Jang-Chub Sem-Nyi Jong-Par Jin-Gyi-Lop!**  
Let me perfect actual Bodhicitta - bless me thus!  
菩提心生求加持!

*Taking The Wishing And Engaging Vows Of A Bodhisattva  
奉持愿心和行心菩萨戒*

**Due-Sum Gyal-Wa Kun-Gyi Droe-Chig Lam,**  
With the one Path all Buddhas of the three times  
tread,  
三世诸佛共行道

**Nam-Dag Gyal-Se Dom-Pe Gyue-Dam Shing,**  
The pure vows of Buddha-sons, let me bind my  
mindstream,  
菩萨律仪善护持

**Theg-Chog Tsul-Trim Sum-Gyi Nyam-Len La**  
And strive in the practise of the three Moralities  
受持大乘三聚戒

**Tson-Pa Hur-Len Je-Par Jin-Gyi Lob!**  
Of the Great Vehicle with a will - bless me thus!  
精进修习求加持!



**PRACTICING THE PERFECTIONS AFTER  
GENERATING BODHICITTA – THE GENERAL  
PRACTICES OF THE BODHISATTVA**

**发菩提心后修六波罗蜜 – 总佛弟子行学习之理**

**1 The Perfection Of Generosity 布施波罗蜜**

**Lue-Dang Long-Choe Due-Sum Ge-Tsog  
Che,**

My body and possessions, and my virtues of  
the three times,  
身财受用三世善

**Sem-Chen Rang-Rang Doe-Pae Ngoe-  
Gyur Te,**

Let me change into things each being desires,  
化为有情欢喜物

**Chag-Me Tong-Sem Pel-Wae Men-Ngag  
Gi**

And by the oral teaching of cultivating Unattached  
generousness  
增长舍心离贪著

**Jin-Pae Par-Chin Dzog-Par Jin-Gyi Lob!**

Accomplish the Perfection of Giving - bless me  
thus!

施度圆满求加持！

**2 The Perfection Of Morality 持戒波罗蜜**

**So-Thar Jang-Sem Sang-Ngag Dom-Pa Yi**

Of the Pratimoksa, Bodhicitta and Tantric Vows  
别解菩薩密乘戒

**Che-Tsam Srog-Gi Chir-Yang Mi-Tong  
Zhin,**

Not leaving the bounds even for my life;  
遭遇命难不舍离



## **Ge-Choe Due-Dang Sem-Chen Don-Drub Pae**

Collecting virtues; and benefiting sentient beings,  
攝持善法益有情

## **Tsul-Trim Par-Chin Dzog-Par Jin-Gyi Lob!**

Let me accomplish the Perfection of Morality-  
bless me thus!

戒度圓滿求加持！

### 3 The Perfection Of Patience 安忍波罗蜜

## **Kham-Sum Kye-Gu Ma-Lue Troe-Gyur Te,**

Though all beings of the Three Realms, of nine  
types, get angry,  
三界眾生現忿怒

## **Shey-Zhing Tsang-Dru Dig-Shing Srog-Choe Kyang,**

Abuse, upbraid, and threaten, or even kill me,  
毀諍迫殺俱不動

## **Mi-Trug Noe-Len Phen-Pa Drub-Je Pae**

Let me, undisturbed, in return for their harm try  
to help them,

以德報怨行饒益

## **Zoe-Pae Par-Chin Dzog-Par Jin-Gyi Lob!**

And accomplish the Perfection of Patience - bless  
me thus!

忍度圓滿求加持！

### 4 The Perfection Of Enthusiastic Perseverance 精進波罗蜜

## **Sem-Chen Re-Re Chir-Yang Nar-Me Pae**

Even if, for every sentient being, in Avici's

悲憫有情施救護



**Me-Nang Kal-Pa Gya-Tsor Ne-Goe Kyang,**  
Fire, I must remain for an ocean of aeons,  
纵经劫海住狱火

**Nying-Je Mi-Kyo Jang-Chub Chog-Tson  
Pae,**

Never tired of Compassion, let me strive for  
Supreme Awakening,  
勤求菩提无厌悔

**Tson-Drue Par-Chin Dzog-Par Jin-Gyi Lob!**  
And accomplish the Perfection of Energy - bless  
me thus!

勤度圆满求加持！

*5 The Perfection Of Meditative Concentration*

禅定波罗蜜

**Jing-Goe Nam-Par Yeng-Wae Kyon-  
Pang Ne,**

Avoiding the faults of dullness, agitation and  
wandering,  
远离沈掉及散乱

**Choe-Kun Den-Pei Tong-Pae Ne-Lug La**  
On all dharmas' mode of being, Void of true  
existence,

恒于诸法性空理

**Tse-Chig Nyam-Par Jog-Pae Ting-Dzin Gyi**

One-pointedly collected, let me by this Samadhi  
专注所缘三摩地

**Sam-Ten Par-Chin Dzog-Par Jin-Gyi  
Lob!**

Accomplish the Perfection of Concentration -  
bless me thus!

定度圆满求加持！



*The Perfection Of Wisdom - The Space-like Concentration  
On Voidness During The Meditation Session*

般若波罗蜜-座中修如虚空

**De-Nyi So-Sor Tog-Pae Shey-Rab Kyi**

With the Distinguishing Wisdom of (Absolute)  
Reality

愿以妙观真实慧

**Drang-Pae Shin-Jang De-Chen Dang-  
Drel Wa,**

And the suppleness it causes, combined with  
Great Bliss,

引生轻安及大乐

**Don-Dam Nyam-Zhag Nam-Khae Nal-  
Jor Gyi**

By the practice of Space-like Concentration on  
the Ultimate

胜义等空之瑜伽

**Shay-Rab Par-Chin Dzog-Par Jin-Gyi Lob!**

Let me accomplish the Perfection of Wisdom –  
bless me thus!

慧度圆满求加持!

*The Illusion-like Concentration On Voidness During Post-  
Meditation* 座间修如幻化

**Chi-Nang Choe-Nam Gyu-Ma Mi-Lam  
Dang**

All dharmas, outer or inner, are like illusions,  
内外诸法如梦幻

**Dang-Pae Tso-Nang Da-Zug Ji-Zhin Du,**

Dreams, or the moon's reflection in a clear lake.

亦如池中现月影





**Nang-Yang Den-Par Me-Pae Tsul-Tog Ne**

Let me realise how, though they appear, they  
don't truly exist,  
通达显现不实理

**Gyu-Mae Ting-Dzin Dzog-Par Jin-Gyi Lob!**

And accomplish the Illusion-like Concentration -  
bless me thus!  
幻定圆满求加持！

*TtrainingThe Mind In Particular In The Profound  
Middle View 特修甚深中观见*

**Khor-De Rang-Zhin Dul-Tsam Me-Pa  
Dang,**

In Samsara and Nirvana is not an atom of  
inherent existence;  
轮涅自性无尘许

**Gyu-Dre Ten-Drel Lu-Wa Me-Pa Nyi**

Infalibly, cause and effect dependently arise.  
因果缘起不虚妄

**Pen-Tsun Gal-Me Drog-Su Char-Pa Yi**

Between these two, there's no contradiction,  
but harmony-  
二不相违相承许

**Lu-Drub Gong-Don Tog-Par Jin-Gyi Lob!**

Let me realise the point of Nagarjuna's thought  
- bless me thus!  
解龙树意求加持！



**TRAINING THE MIND IN THE UNCOMMON PATH**  
**OF THE VAJRAYANA 以不共金刚乘道修心**

**Preparing Oneself For The Tantric Path, And Keeping**  
**Tantric Vows And Pledges Purely 预备自身修密乘道,**  
**清净奉持密乘戒与誓句**

**De-Nei Dor-Je Dzin-Pae De-Pon Gyi**

Then, out of my Vajra-wielding sea-captain's  
次由导师金刚持

**Drin-Le Gyue-De Gya-Tsoe Jing-Gal Te;**  
Kindness, let me cross the eddies of the ocean  
of Tantra;

教示续部广大海

**Ngoe-Drub Tsa-Wa Dam-Tsig Dom-Pa Nam**

The root of powerful attainments, my Vows and  
Words of Honour,

悉地根本誓言戒

**Srog-Le Che-Par Dzin-Par Jin-Gyi Lob!**

Let me cherish more than my life - O, bless me  
thus!

爱护如命求加持!

**Practising The Two Stages Of Highest Yoga Tantra.**

**修无上瑜伽部二次第**

**Kye-Shi Bar-Do Gyal-Wae Ku-Sum Du**

Let me transform birth, death and bardo into the  
Three Bodies

净化三有转三身

**Gyur-Wae Rim-Pa Dang-Poe Nal-Jor Gyi,**

Of the Conqueror, and by this practice of the First  
Stage

生起次第瑜伽行



**Tha-Mal Nang-Zhen Dri-Ma Kun-Jang  
Te,**

Cleanse all the stains of ordinary appearances  
and attachments

消除世俗诸垢染

**Gang-Nang Lha-Kur Char-War Jin-Gyi  
Lob!**

And see whatever appears as deities - bless me  
thus!

显现佛身求加持！

*Practising The Completion Stage Of Highest Yoga Tantra*

修无上瑜伽部圆满次第

**Nying-Gae Dab-Gye Dhu-Ti Ue-Dag Tu**

In my heart's eight petals, right in the middle of  
the Central Channel,

心间八瓣中脉内

**Gon-Khyoe Zhab-Sen Koe-Pa Le-Jung  
Wa,**

Place your feet, O Protector!

怙主身显并安住

**Woe-Sal Gyu-Lue Zung-Du Jug-Pae Lam**

From which The Path Uniting the Clear Light  
and the Illusory Body

光明幻身双运道

**Tse-Dir Ngon-Du Gyur-War Jin-Gyi Lob!**

I may actualise in this lifetime - bless me thus!

即生现证求加持！



**Practicing Transference Of Consciousness At The Time  
Of Death 死前修迁识法**

**Lam-Na Ma-Zin Chi-Wae Due-Je Na,**  
Should the Paths not be completed at the time  
of my death,  
道未究竟命终时

**Tsen-Thab Tsang-Gya La-Mae Po-Wa Ni**  
By the Guru's potent means to Buddhahood,  
Transference of Consciousness,  
修持师佛往生法

**Tob-Nga Yang-Dag Jar-Wae Dam-Ngag  
Gi**  
Or the oral precept of applying the Five Forces,  
配合五力胜教授

**Dag-Pae Zhing-Du Droe-Par Jin-Gyi Lob!**  
Let me get to a Pure Land - bless me thus!  
往生净土求加持!

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**PRAYING TO BE CARED FOR BY THE GURU AND  
DISSOLVING THE FIELD OF MERITS**

**祈愿获上师护持，及融化功德田**

***Praying To Be Cared For By The Guru During All  
Future Lives 祈愿未来生生世世均获上师护持***

**Dor-Na Kye-Zhing Kye-Wa Tham-Che  
Du,**

In short, Protector, in all my future rebirths,  
总愿生生世世中

**Gon-Po Khyoe-Kyi Dral-Me Je-Zung Ne,**

Let me not part from but be cared for by you,  
不离怙主之摄受

**Ku-Sung Thug-Kyi Sang-Wa Kun-Dzin  
Pae**

Keep all the secrets of your body, speech and  
mind,

受持三密身语意

**Srae-Kyi Thu-Wor Gyur-War Jin-Gyi Lob!**

And become your chief disciple - bless me thus!  
成汝长子求加持！

**Gon-Khyoe Gang-Du Ngon-Par Sang-Gye  
Pae**

Protector, wherever you manifest as Buddha,  
怙主示现成佛处

**Khor-Gyi Thog-Ma Nyi-Du Dag-Gyur Te,**

May I become the very first of your assembly;  
我即成为眷属首

**Ne-Kab Thar-Thug Goe-Doe Ma-Lue Pa**

To achieve all my wants and wishes, temporal and  
ultimate,

现时最后所需求



**Be-Me Lhun-Gyi Drub-Pae Tra-Shi Tsol!**  
Spontaneously and without effort, please grant  
auspiciousness!  
任运成就求吉祥！

*The way to dissolve the Field of Merit in order to receive  
blessings 融化功德田以接受加持*

**De-Tar Sol-Wa Tab-Pe La-Ma Chog**  
Being thus requested, supreme Guru, please  
如是启请最胜师

**Jin-Gyi Lab-Chir Gye-Zhin Chi-Wor Jon**  
Come happily to the crown of my head to bless  
me,  
欢喜降顶作加持

**Lar-Yang Nying-Gae Pe-Mae Zeu-Dru La**  
And again, on the anthers of the lotus of my  
heart  
复入心间莲华中

**Zhab-Sen Woe-Chag Ten-Par Zhug-Su  
Sol!**  
Plant firmly your radiant feet!  
光明足趾祈安住！



**THE CONCLUSION 总回向**

**Dedication of Merits 功德回向文**

**Di-Tar Gyi-Pae Nam-Kar Ge-Wa Yang**

Any white virtues I have created like this,

如是所修白净善

**Due-Sum De-Sheg Se-Che Tham-Che Kyi**

Of all the Sugatas of the three times and their  
Sons

回向三世佛菩萨

**Dze-Pa Mon-Lam Ma-Lue Drub-Pa Dang**

To accomplish every deed and prayer,

事业正愿皆成就

**Lung-Tog Dam-Choe Dzin-Pae Gyu-Ru  
Ngo.**

And to hold the scriptural and insight Teachings,  
I dedicate as causes.

住持教证二法幢

**De-Yi Thu-Le Tse-Rab Kun-Tu Dag**

By the power of this, may I in all my lives

生生世世以此力

**Theg-Chog Khor-Lo Zhi-Dang Mi-Dral  
Zhing**

Not separate from the Four Wheels of the  
Mahayana,

妙乘四轮不分离

**Nge-Jung Jang-Sem Yang-Dag Ta-Wa  
Dang**

And the Paths of Renunciation, Bodhicitta,  
Right View.

出离菩提与正见



## **Rim-Nyi Lam-Gyi Droe-Pa Thar-Chin Shog!**

And the Two Stages, may I travel to the End!

二次第道愿究竟！





*Verses of Auspiciousness* 吉祥诵

**Sri-Zhi Nam-Kar Ji-Nye Ge-Tsen Gyi,**

By the excellence of all the white Virtue in  
Samsara and Nirvana,  
乘世出世诸善法，

**Deng-Dir Mi-Shi Gue-Pa Kun-Dral Te,**

Henceforth may all be free of ill-omen and decline,  
令此永离不吉祥，

**Ne-Kab Thar-Thug Ge-Leg Nam-Khae Dzoe**

And enjoying the celestial treasure of temporal  
and ultimate  
现后善乐虚空藏，



**Pun-Tsog Pal-La Rol-Pae Tra-Shi Shog!**

Good fortune, perfect and glorious, may all be  
auspicious!

受用圆满愿吉祥！

**Kun-Khyen Lo-Zang Drag-Pae Choe-Kyi**

**Der,**

In the monasteries of omniscient Tsongkhapa,  
善慧名称胜道场，

**Lab-Sum Nam-Dag Tse-Chig Drub-La Tson,**

Striving one-pointedly to accomplish the Three  
pure Trainings,  
三学清净勤修行，

**Nal-Jor Rab-Jung Tsog-Kyi Yong-Gang Wae**

May hosts of yogins and clergy throng, so that  
出家僧伽恒充满，



**Thub-Ten Yun-Du Ne-Pae Tra-Shi Shog!**

The Sage's Teachings stay long - may all be auspicious!

圣教久住愿吉祥！



**Zhon-Nue Due-Ne La-Ma Lha-Chog La**

Since, from your youth, to the supreme Guru-Yidam  
自幼祈祷师本尊，

**Sol-Wa Tab-Pe Lo-Zang Drag-Pa Yi**

You made requests, Je Tsongkhapa, may we  
得善慧称妙加持，

**Jin-Lab Zhug-Ne Zhen-Don Lhun-Gyi Drub,**

Walk in your blessing and spontaneously benefit others  
任运能修利他行，

**Lo-Zang Dor-Je Chang-Gi Tra-Shi Shog!**



In Losang Dorje Chang, may all be auspicious!  
善慧金刚愿吉祥！

**Doe-Gue Jor-Pa Yar-Gyi Tso-Tar Pel,**

As all wished-for endowments increase like a lake in  
summer,  
财位增盛如夏湖，

**Kyon-Me Rig-Kyi Dal-Dro Gyun-Che Me,**

May we find without break the freedom of faultless birth,  
无过种姓若河流，

**Nyin-Tsen Lo-Zang Dam-Pae Choe-Kyi Da,**

And spend day and night with Tsongkhapa's holy  
Dharma,  
昼夜研习善慧法，

**Phun-Tsog Pal-La Rol-Pae Tra-Shi Shog!**



Enjoying its glorious perfection - may all be auspicious!  
受用圆满愿吉祥！

**Dak-Sok Nam-Kyi Deng-Ne Jang-Chub Bar,**

From now until I and others are Enlightened,  
我等从今至菩提，



**Gyi-Dang Gyi-Gyur Ge-Wa Chi-Sag Pa,**  
 (By) whatever merits we have done and will heap  
 up,

已修当修诸善根，

**Zhing-Dir Je-Tsun Dam-Pae Zug-Kyi Ku**  
 In this land may the Holy Venerable One's Form-Body  
 善士色身住此土，



**Gyur-Me Dor-Je Tar-Ten Tra-Shi Shog!**  
 Endure like immutable vajra - may all be auspicious!  
 金刚不变愿吉祥！

*Long Life Prayer for His Holiness the 14<sup>th</sup> Dalai Lama*  
第14世法王达赖喇嘛长寿祈请文

**Gang-Ri Ra-Way Kor-Way Zhing-Kam-Dir**  
 In the land encircled by snowy mountains,  
 於此雪岭所绕国土中，

**Pen-Dang De-Wa Ma-Lu Jung-Way-Nay**  
 You are the source of all happiness and good,  
 一切利益安乐之生处，

**Chen-Re-Zig Wang Ten-Zin Gya-Tso-Yi**  
 All powerful Chenrezig, Tenzin Gyatso,  
 滇津嘉措观自在菩萨，

**Zhab-Pay Si-Thay Bar-Du Ten-Gyur-Chig**  
 Please remain until Samsara ends.  
 愿其常住直至生死尽。



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

**Sang-Gya Tan-Pa Dar-Wa-Dang**

May the teachings of the Buddha flourish,  
世尊法教恒兴盛，

**Tan-Dzin Kyi-Bu Shab-Pai-Ten**

And may those upholding the teachings have long  
lives,

承法善士寿绵长，

**Dro-Kun De-Kyi Jung-Wa-Dang**

May all transmigrators be well and happy,  
一切众生享安乐，

**Na-Kab Thar-Thug Don-Drub-Shog**

And may their temporary and ultimate aims be  
accomplished.

现时究竟悉圆满。

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

**Nam-Trang Gya-Tsay Rin-Chung Lha-Yi-Tsog**

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

顶礼本尊海会百宝源，

**Khen-Tse Nu-Pey Thong-Thoe Thren-Dol-Wa**

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

具悲智勇见闻即解脱，

**Lha-Tsok Nam-Ki Dhen-Pey Jin-Thu-Yi**

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

祈以圣众谛语加持力，

**Tse-Ring Ne-Mey Dhe-Jor Pe-Mo-Gye**

May the lotus of long life, good health, happiness and  
prosperity blossom. 福乐康寿盛如妙莲开。



***Dedication 回向***

**Jang-Chub Sem-Chog Rin-Po-Che**

May the precious Bodhi mind

唯愿殊胜菩提心，

**Ma-Kye Pa-Nam Kye-Gyur-Chig**

Not yet born arise and grow

未生起者令生起，

**Kye-Pa Nyam-Pa May-Pa-Yang**

May that born have no decline

已生起者无退转，

**Gong-Nay Gong-Du Pel-War Shog**

But increase forever more

恒时增长无间断。

**Jam-Pal Pa-Wo Ji-Tar Khyen-Pa-Dang**

Just as the brave Manjushri and Samantabhadra

文殊师利勇猛智，

**Kun-Tu Zang-Po De-Yang De-Zhin-Te**

Realised things as they are

普贤慧行亦复然，

**De-Dag Kun-Gyi Je-Su Dag-Lob-Chir**

I, too, dedicate all these merits in the best way

我今回向诸善根，

**Ge-Wa Di-Dag Tham-Che Rab-Tu-Ngo**

That I may follow their perfect example

随彼一切常修学。

**Du-Sum Sheg-Pay Gyal-Wa Tham-Che-Kyi**

I dedicate all these roots of virtue

三世诸佛所称叹，



**Ngo-Wa Gang-La Chog-Tu Ngag-Pa-De**

With the dedication praised as the best

如是最胜诸大愿，

**Dag-Gi Ge-Way Tsa-Wa Di-Kun-Kyang**

By the victorious ones thus gone of the three times

我今回向诸善根，

**Zang-Po Cho-Chir Rab-Tu Ngo-War-Gyi**

So I might perform good works

为得普贤殊胜行。

**Cho-Kyi Gyal-Po Tsong-Kha-Pay**

May the King of Dharma, Tsongkhapa's

愿于弘扬宗喀巴，

**Cho-Tsul Nam-Par Phel-Wa-La**

Way of the Dharma practice flourish

法王正法理则际，

**Geg-Kyi Tsen-Ma Shi-Wa-Dang**

May the omens of obstacles be pacified

止息障碍之征兆，

**Thun-Kyen Me-Lu Tsan-War-Shog**

And all the conducive circumstance be complete

一切顺缘悉圆满。

**Dag-Dang Shen-Gyi Dhu-Sum-Dang**

By relying on the two accumulations

我与他人之三世，

**Drel-Way Tsog-Nyi La-Ten-Ney**

Of myself and others in the three times

依止相属二资已，

**Gyal-Wa Lo-Sang Drag-Pa-Yi**

May the teaching of conqueror, Losang Dragpa

祈愿善慧名称佛，



## **Ten-Pa Yun-Ring Bar-Gyur-Chig**

Blazes for a long time

教法永驻盛增长。

*May All Be Auspicious!*

***(To be recited at the completion of Guru Puja)***

### **Prayer Request to Singha Rinpoche**

O Precious and Holy Guru, Holder of the Truth Doctrine  
To say that you have touched the hearts of millions of beings  
would be an understatement. Entire universes of beings you  
keep in your heart, benefiting and praying for them tirelessly,  
To you we pray, please always keep us in your heart and  
prayers so that we too may have a generous and expansive  
heart like you.

O Precious and Holy Guru, You who are enlightenment  
personified  
With your heart of gold, you manifest wisdom and  
compassion every moment in a gazillion wondrous ways with



compassionate and skilful means. We pray you continue to turn the wheel of Dharma and guide us with your teachings so that we too may be skilful like you to benefit all sentient beings.

O Precious and Holy Guru, to you who have renounced your time and belongings to benefit us lowly beings, sharing our woes and joys and propping us up even when our weak minds get the better of us, words alone cannot express our love appreciation and gratitude to you. We pray that you will live a long, happy and healthy life, and continue to inspire us so that we mature in mind, open our hearts and make meaningful steps towards enlightenment every day.

O Precious and Holy Guru, thank you for choosing to be born in this land and vowing to shepherd those who would otherwise have no teacher. We pray that all your holy wishes be fulfilled and all activities of Thekchen Choling (Singapore), Malaysia, USA and every international branch that is opened flourish like the waxing moon. We pray that we will be of even a tiny bit of help to you in this endeavour for all beings.

If on this occasion, we have made errors and mistakes such as the conduct of body, speech and mind that is mingled with





defilements or made unclean offerings, We ask that you the Teacher, the King of Sages, be patient with all this and plead that you think of us compassionately and consent to grant inspiration so that now and henceforth, it may not be an obscuration for us.

Through your kindness, the seed of Buddha nature in all sentient beings now has the conditions to spontaneously fruit like that of a wish-granting tree. May good, auspicious signs arise continually, and may all sentient beings always engage in wholesome activities honouring the Triple Gem, living in morality and cultivating the Three Trainings.

O Precious and Holy Guru, you have taught that the best gift we can offer is our practice and prayer. In the days, months and years ahead, we pray to always be at your service through Dharma. We pray to be enlightened to benefit all sentient beings. We pray to be like you.

May all be auspicious!

*May All Be Auspicious!*