



Bodhicharya Buddhist Group

OPENING & CLOSING CHANTING



REFUGE AND BODHICITTA (x3)

SANG GYE CHO DANG TSOK KYI CHOK NAM LA
 In the Buddha, Dharma and Sangha sublime
 JANG CHUB BAR DU DAG NI KYAB SU CHI
 I take refuge and aspire to Enlightenment.
 DAG GI JIN SOK GYE PE SO NAM GYI
 By virtue of all actions in the spirit of generosity,
 DRO LA PAN CHIR SANG GYE DRUB PAR SHOK
 May I realise Awakening for the benefit of all.

PRAYER TO THE ROOT LAMA

PAL DEN TSA WE LA MA RIN PO CHE
 Glorious precious root lama on lotus
 DAG GI CHI WOR PE ME DEN SHUK LA
 and moon disc above my head,
 KA DRIN CHEN PO KO NE JE ZUNG TE
 Pray take me into your care and grant me
 KU SUNG TUG GYI NGO DRUB TSAL DU SOL
 the siddhis of body, speech and mind

THE FOUR IMMEASURABLES

SEM CHEN TAM CHE DE WA TANG..... / DE WAI GYU TANG DEN PARA GYUR CHIG
 May we all be happy and create the causes of happiness;
 DUG NGAL TANG.... DUG NGAL GYI / GYU TANG DRA WAR GYUR CHIG
 May we all be free from suffering and the causes of suffering;
 DUG NGAL ME PAI DE WA TANG-PA-TANG / MIN.... DRA WAR GYUR CHIG
 May we all know the highest happiness forever untainted by suffering;
 NYE RING CHAG TANG; TANG-DRA-WAI / TANG NYOM CHEN PO, NE PARA GYUR CHIG
 May we all know the great open heartedness which appreciates all beings equally.



DEDICATION

GE WA DI YI NYUR DU DAG
 Through this positive action may we quickly
 LA MA SANG GYE DRUB GYUR NE
 realise awakening and help every sentient being
 DRO WAR CHIK KYANG MA LU PA
 without exception to realise
 DE YI SA LA GO PAR SHOK
 Awakening also

ASPIRATION FOR BODHICITTA

JANG CHUB SEM CHOK RIN PO CHE
 May the precious bodhichitta which
 MA KYE PA NAM KYE GYUR CHIK
 has not yet arisen be awakened,
 KYE PAR NYAM PA ME PA YANG
 and may that which has already arisen
 GONG NE GONG DU PEL WAR SHOK
 not diminish but increase more and more



LONG-LIFE PRAYER FOR HH DALAI LAMA

GANG RI RA WE KOR WE ZHING KAM DIR
 In the land encircled by snowy mountains,
 PEN DANG DE WA MA LU JUNG WE NE
 you are the source of all happiness and benefit.
 CHEN RE ZIG WONG TEN ZIN GYA TSO YI
 Powerful Chenrezig Tenzin Gyatso,
 ZHAB PE SI TE BAR DU TEN GYUR CHIK
 please stay until samsara ends

LONG-LIFE PRAYER FOR HH KARMAPA

MI CHE TAK PA RANG JUNG CHO KYI KU
 Self-arising, undivided, ever-lasting Dharmakaya;
 GYU TRUL ZU KYI KUR ZHENG KAR MA PE
 truth body springing up as wondrous form, the Rupakaya;
 SANG SUM DOR JE KAM SU RAB TEM CHING
 may the triple secret of the Karmapa rest stable in the vajra realm,
 TA YE TRI LE LHUN DRUP PAL BAR SHO
 your activity endless and spontaneously ablaze

LONG-LIFE PRAYER FOR RINGU TULKU RINPOCHE

OSEL SHIN TU SHI WAI RANG SHIN LEY / PHOG YUR DRAL WA JU MA TABU KU
 Unchanging illusion-like appearance, manifesting from the luminosity of perfect natural harmony
 NAM YANG DRE GU TSEN MA MI SHEY PAR / CHI ME TSE LEY NGO WOR TSO SHE SOL
 always unmarked by the signs of ageing and decline, may you remain in the essence of the deity of immortality