

# Chenrezig Puja

The Meditation and Recitation on The Great Compassionate One, benefitting infinite sentient beings

## Dorje Chang Prayer

### *Lineage*

DOR JE CHANG CHEN TE LO NA RO DONG / MAR PA MILA CHEU JE GAM PO PA / DU SUM SHE JA KUN CHEN KAR MA PA

Great Dorje Chang; Telo, Naro; Marpa; Mila, Lord of the Dharma Gampopa; the knower of all things in the three times; Karmapa;

CHE SHI CHUNG JEH JU PA DZIN NAM DONG / DRI TAK TSAL SUM PAL DEN DRUK PA SO

lineage holders of the four great and eight lesser schools, the three, dri, stag and tshal, the glorious drugpa and so forth;

ZAP LAM CHAK JA CHE LA NGAH NYE PAY / NYAM ME DRO GEUN DAW PO KAH JU LA

those realised on the profound path, Mahamudra; the unequalled protectors of beings, the dag-po Kagyu.

SEUL WA DEP SO KAH JU LA MA NAM / JU PA DZIN NO NAN THAR JIN JI LOPS

I pray to you, Kagyu Lamas I uphold your tradition, bless with your example.

### *Renunciation*

SHEN LOK GOM JI KONG PAR SUNG PA SHIN / ZEH NOR KUN LA CHAK SHEN ME PA DONG.

As is said, renunciation is the foot of meditation, to the meditator who cuts the bonds of this life,

TSE DII DEU THAK CHEU PAY GOM CHEN LA / NYE KUR SHEN PA ME PAR JIN JI LOP.

free from attachment to and desire for food and wealth. Bless with freedom from desire for possessions and honour.

### *Devotion*

MEU GU GOM JI GO WOR SUNG PA SHIN / MEN NGAW TERGO JE PAY LA MA LA.

As is said, devotion is the head of meditation. To the meditator always praying to the Lama

JUN DU SEUL WA DEP PAY GOM CHEN LA / CHEU MIN MEU GU CHE WAR JIN JI LOP.

who opens the door to the treasure of spiritual communication, bless with the birth of genuine devotion.

*Meditation*

YENG ME GOM JI NGEU SHIR SUNG PA SHIN / GONG SHAR TOK PAY NGO WO SO MA DE

As is said, non-distraction is the body of meditation. To the meditator settled on the genuine,

MA CHEU DE KAR JOK PAY GOM CHEN LA / GOM JA LO DONG DRAL WAR JIN JI LOP.

the naturalness of the essence of whatever concepts arise. Bless that the object of meditation is free from conceptualisation

*Dharmakaya*

NAM TOK NGO WO CHEU KUR SUNG PA SHIN / CHI YONG MA YIN CHIR YONG CHAR WA LA

As is said the essence of conceptual thought is Dharmakaya. To the meditator on the incessant manifestation,

MA GAK REUL PAR CHAR WAY GOM CHEN LA / KHOR DEH YER ME TOK PAR JIN JI LOP.

the appearance of everything which is nothing, bless with the perception of the indistinguishability of samsara and nirvana.

*Aspiration*

CHE WA KUN TU YANG DAK LA MA DONG / DRAL ME CHEU CHI PAL LA LONG CHEU CHING

In all births, never separated from the true Lama and experiencing the glory of the Dharma,

SA DONG LAM JI YEUN TEN RAP DZOK NEH / DOR JE CHANG GI GO PHONG NYUR THOP SHOK.

after perfecting the qualities of the levels and paths may the state of Dorje Chang be attained.

**Refuge and Bodhicitta**

SANG GYE CHO DANG TSOK KYI CHOK NAM LA / JANG CHUB BAR DU DAG NI KYAB SU CHI

In the Buddha, Dharma and Sangha sublime, I take refuge and aspire to Enlightenment.

DAG GI JIN SOK GYE PE SO NAM GYI / DRO LA PAN CHIR SANG GYE DRUB PAR SHOK

By virtue of all actions in the spirit of generosity,\* may I realise Awakening for the benefit of all.

(3X)

(\* The Six Paramitas, Giving, Morality, Patience, Perseverance, Meditation and Wisdom)



### Visualisation

DAK SOK KHA KHYAP SEM CHEN GYI / CHI TSUK PE KAR DA WAY TENG

On the crown of the head of myself and others—beings pervading space, On a white lotus and moon, is HRĪH.

HRI LE PAK CHOK CHEN RE SIG / KAR SAL Ö SER NGA DEN TRO

From it appears noble and supreme Avalokita. / He is brilliant white and radiates the five lights.

DZE DZUM TUK JEY CHEN GYI SIK

Handsome and smiling, he looks on with eyes of compassion.

CHAK SHIY DANG PO TAL JAR DZE / OK NYI SHE TRENG PE KAR NAM

He has four hands: the first are joined in prayer, the lower two hold a crystal mala and a white lotus.

DAR DANG RIN CHEN GYEN GYI TRE / RI DAK PAK PAY TÖ YOK SOL  
Adorned with ornaments of silks and jewels, He wears an upper garment of deerskin.

Ö PAK ME PAY U GYEN CHEN / SHAP NYI DOR JE KYIL TRUNG SHUK

Amitabha crowns his head. His two legs are in the vajra posture.

DRI ME DA WAR GYA TEN PA / KYAP NE KÜN DÜ NGO WOR GYUR

His back rests against a stainless moon. He is the embodiment of all objects of refuge.



### Homage to Chenrezig

JO WO KYÖN GYI MA GÖ KU DOK KAR / DZOK SANG GYE KYI U LA GYEN

White in colour, unstained by faults, a perfect buddha adorning your head,

TUK JEY CHEN GYI DRO LA SIK / CHEN RE SIK LA CHAK TSAL LO

You look upon beings with eyes of compassion. Avalokita, we prostrate to you.

(3X)

## The Seven Branch Prayer

### *Homage*

PHA PA CHENREZIG WONG DONG / CHOK CHU DU SUM SHUK PAY YI.

Completely and sincerely I pay homage to Noble Chenrezig

JAL WA SEH CHEH THAM CHEH LA / KUN NEH DONG WEH CHAK TSHAL LO.

and all the Buddhas and Bodhisattvas dwelling in the ten directions and three times.

### *Offering*

ME TOK DUK PEU MAR ME DRI / SHAL ZEH REUL MO LA SOK PA.

NGEU JOR YI CHI TRUL NEH BUL / PHA PAY TSHOK CHI SHE SU SEUL.

I offer flowers, incense, lamps, perfume, food, music and so forth; actually set out and visualised by my mind.

### *Confession*

THOK MA ME NEH DA TAY BAR / MI GE CHU DONG TSHOM ME NGA

I confess all negative actions I have committed from beginningless time until now, with my mind overpowered by defilements:

SEM NI NGEUN MONG WONG JUR PEH / DIK PA THAM CHEH SHAK PAR JI.

the ten unvirtuous acts, the five defilements and the five acts of immediate retribution.

### *Rejoicing*

NYEN THEU RONG JAL JONG CHUB SEM / SO SO CHE WO LA SO PEH / DU SUM GE WA CHI SA PAY / SEU NAM LA NI DAW YI RONG.

I rejoice at the merit of the virtue accumulated in the three times by Shravakas, Pratyekabuddhas, Bodhisattvas, ordinary beings and others.

### *Request to turn the Wheel of Dharma*

SEM CHEN NAM CHI SAM PA DONG / LO YI JE DRAK CHI TA WAR

CHE CHUNG THUN MONG THEK PAYI / CHEU CHI KHOR LO KOR DU SEUL.

Turn, I pray, the Wheel of the Dharma of the Ordinary, Great and Small Vehicles, according to the different intellects and motives of beings.

### *Request to stay in samsara*

KHOR WA JI SI MA TONG PAR / NYA NGEN MIN DAH THU JE YI / DUK NGAL JAN TSHOR JING WA YI / SEM CHEN NAM LA ZI SU SEUL.

Look, I pray, with compassion on beings sunk in the ocean of suffering. While Samsara is not empty, do not pass into Nirvana.

*Dedication*

DAW GI SEU NAM CHI SA PA / THAM CHEH JONG CHUP JUR JUR NEH

May whatever merit I have accumulated become a cause of enlightenment for all.

RING POR MI THOK DRO WA YI / DREN PAY PAL DU DAW JUR CHIK.

May I have the glory of becoming a leader of beings long and unhindered.

**The Prayer to Chenrezig**

Written by Gelong Pema Karpo

*Homage*

SEUL-WA DEP SO LA MA CHENREZIG / SEUL WA DEP SO YI DAM CHENREZIG.

I pray to you, Lama Chenrezig. I pray to you, Yidam Chenrezig.

SEUL WA DEP SO PHA CHOK CHENREZIG / SEUL WA DEP SO CHAP GEUN CHENREZIG

I pray to you, Noble and Supreme Chenrezig. I pray to you, Refuge and Protector Chenrezig.

SEUL WA DEP SO JAM GEUN CHENREZIG / THU JE ZUNG SHI JAL WA THU JE CHEN.

I pray to you, Lord of Love Chenrezig. Compassionate Buddha, hold me in your compassion.

THA MEH KHOR WA DRONG MEH CHAM JUR CHING / ZEU MEH DUK NGAL NYONG WAY DRO WA LA.

From time without beginning, wandering in samsara, beings experience unendurable suffering.

GEUN PO CHEH LEH CHAP SHEN MA CHI SO / NAM CHEN SONG JEH TOP PAR JIN JI LOP.

By your blessing may they achieve omniscient Buddhahood

*Hell realms*

THOK MEH DU NEH LEH NGEN SA PAY THU / SHE DONG WONG GI NYAL WAR CHEH JUR TE.

From the power of the bad karma accumulated from beginningless time, beings experience, as a result of the force of hatred,

TSHA DRONG DUK NGAL NYONG WAY SEM CHEN NAM / LHA CHOK CHE CHI DRUNG DU CHE WAR SHO.

the suffering of heat and cold by being born in the hells. Supreme deity may they be born in your presence.

**OM MANI PEME HUNG**

*Hungry Ghosts*

THOK MEH DU NEH LEH NGEN SA PAY THU / SER NAY WONG GI YIDA NE SU CHAY.

From the power of the bad karma accumulated from beginningless time, beings experience, as a result of the force of miserliness,

TREY KOM DU NYAL NYONGWAY SEM CHEN NAM / SHING CHO POTA LARU CHE WAR SHO.

the suffering of hunger and thirst by being born as a hungry ghost. May they be born In Potala, the supreme realm.

**OM MANI PEME HUNG**

*Animal realm*

THOK MEH DU NEH LEH NGEN SA PAY THU / TI MUK WONG GI DUN DROR CHEH JUR TE.

From the power of the bad karma accumulated from beginningless time, beings experience, as a result of the force of ignorance,

LEN KUK DUK NGAL NYONG WAY SEM CHEN NAM / GEUN PO CHEH CHI DRUNG DU CHE WAR SHO.

the suffering of stupidity by being born as an animal. Protector, may they be born in your presence.

**OM MANI PEME HUNG**

*Human realm*

THOK MEH DU NEH LEH NGEN SA PAY THU / DEU CHAK WONG GI MI YI NEH SU CHEH.

From the power of the bad karma accumulated from beginningless time, beings experience, as a result of the force of desire,

DREL PHONG DUK NGAL NYONG WAY SEM CHEN NAM / SHING CHOK DE WA CHEN DU CHE WAR SHOK.

the suffering of excessive activity and constant frustration by being born as a human. May they be born In Dewachen, the supreme realm

**OM MANI PEME HUNG**

*Jealous gods*

THOK MEH DU NEH LEH NGEN SA PAY THU / TRA DOK WONG GI LHA MIN NEH SU CHEH.

From the power of the bad karma accumulated from beginningless time, beings experience, as a result of the force of jealousy,

THAP TSEU DUK NGAL NYONG WAY SEM CHEN NAM / PO TA LA YI SHIN DU CHE WAR SHO.

the suffering of dispute and quarrel by being born a jealous god. May they be born in the realm of Potala.

**OM MANI PEME HUNG**

*Gods' realm*

THOK MEH DU NEH LEH NGEN SA PAY THU / NGA JAL WONG GI LHA YI NEH SU CHEH.  
 From the power of the bad karma accumulated from beginningless time, beings experience, as a result of the force of pride,  
 PHO TUNG DUK NGAL NYONG WAY SEM CHEN NAM / PO TA LA YI SHIN DU CHE WAR SHO.  
 the suffering of decline and fall by being born a god. May they be born in the realm of Potala.

**OM MANI PEME HUNG**

**Aspirations**

DAW NI CHE SHING CHE WA THAM CHEH DU / CHEN REH ZI DONG DZEH PA TSHUNG PA YI.  
 May I be like Chenrezig in all my existences.  
 MA DAK SHING GI DRO NAM DREUL WA DONG / SUNG CHOK YI DRUK CHOK CHUR JEH PAR SHO.  
 May all beings be liberated from impure realms and may the supreme sound of the six syllables spread throughout the ten directions.  
 PHA CHOK CHEH LA SEUL WA TAP PAY THU / DAW GI DUL JAR JUR PAY DRO WA NAM.  
 By the power of this prayer to you, Supreme Noble One, may all beings trained by me  
 LEH DREH LHUR LEN GE WAY LEH LA TSEUN / DRO WAY DEUN DU CHEU DONG DEN PAR SHO.  
 have a sympathetic understanding of cause and effect, and diligently act with virtue. May I possess the Dharma for the benefit of beings.

**Visualisation of the world as Dewachen**

DE TAR TSE CHI SEUL TAP PEH. / PHA PAY KU LEH EU ZER TREU  
 Having prayed like this one-pointedly, light radiates from the Noble One,  
 MA DAK LEH NONG TRUL SHEH JONG / CHI NEU DE WA CHEN JI SHING.  
 purifying the illusory appearance of impure action. The world becomes Sukhavati (Dewachen).  
 NONG CHU CHEN DROI LU NGAW SEM / CHEN REH ZI WONG KU SUNG THUK.  
 The body speech and mind of all beings are the Body, Speech and Mind of Chenrezig.  
 NONG DRAK RIK TONG YER MEH JUR.  
 Appearance, sound and awareness are inseparable from emptiness.



## OM MA NI PE ME HUNG

### **Meditation**

The world becomes Dewachen, the body, speech and mind of all beings are the body, speech and mind of Chenrezig.

### **Completion**

HUM / DAW SHEN LU NONG PHA PAY KU / DRA DRAK YI GE DRUK PAY YONG / DREN TOK YE SHE CHEN POI LONG.

My body and that of others appears as the Body of the Noble One; all sound as the Sound of his mantra; all mental activity as the vast expanse of awareness.

### **Dedication of Merit**

GE WA DI YI NYUR DU DAW / CHEN REH ZI WONG DRUP JUR NEH / DRO WA CHI CHONG MA LU PA / DE YI SA LA GEU PAR SHOK.

By this virtue, through my quickly realising Chenrezig, may all beings, not one excluded, attain that same state.

DI TAR GOM DEH JI PAY SEU NAM CHI / DAW DONG DAW LA DREL THOK DRO WA KUN.

By the merit of this meditation and recitation, may I and all beings connected with me, at death be miraculously born in Dewachen.

MI TSANG LUN DI BOR WA JUR MA THAK / DE WA CHEN DU DZU TE CHE WAR SHOK.

As soon as I am born there, and having reached the tenth level,

CHE MA THAK TU SA CHU RAP DREU NEH / TRUL PEH CHOK CHUR SHEN DEUN JEH PAR SHOK.

may I emanate in all the ten directions for the benefit of others.



## Eight line Prayer to Guru Rinpoche



HUM

ORGYEN YUL JI NOI JANG TSAM

In the northwest of the land of Orgyen,

PEMA KE SAI DONG PO LA

Born in the pollen heart of a lotus flower,

YAM TSEN CHO KE NGU DRUP NYE

Endowed with the most miraculous siddhi

PEMA JUNG NE ZHE SU DRAK

You, the Lotus Born Guru, appeared

KOR DUN KANDRO MONG BOR KOR

Surrounded by a host of attendant Dakinis.

CHE CHI JE SU DA DRUP CHI

We practice following your example

JIN JE LAP SHIR ZHEK SUI SOL

We beg you to come here to bless us.

**GURU PEMAI SIDDHI HUNG**

**OM AH HUNG BENZA GURU PEMAI SIDDHI HUM**

The mantra of Padmasambhava (Guru Rinpoche)



### **Dedication of Merit**

GE WA DI YI NYUR DU DAW / URGEN PEMA DRUP JUR NEH.  
 By this virtue, through my quickly realising Urgen Pema, (Guru Rinpoche)  
 DRO WA CHI CHONG MA LU PA / DE YI SA LA GEU PAR SHOK.  
 may all beings, not one excluded, attain that same state.

### **Short Dewachen Prayer**

E MA HO

NGO TSHAR SONG JEH NONG WA THAH YEH DONG / YEH SU JO WO THUK JE CHEN PO DONG  
 Marvellous Buddha of Infinite Light (Amitabha) Lord of Great Compassion (Chenrezig) on his right  
 YEUN DU SEM PA THU CHEN THOP NAM LA / SONG JEH JONG SEM PAW MEH KHOR JI KOR  
 Bodhisattva or Great Power (Varjrapani) on his left, Surrounded by Infinite Buddhas and Bodhisattvas.  
 DEKYI NGO TSHAR PAK TU ME PA YI / DE WA CHEN SHEH JA WAY SHING KHAM DER  
 Joy and happiness without limit is the realm of Dewachen. Immediately I die may I be born there and nowhere else.  
 DAKNI DI NEH TSHE PHEU JUR MA THAK / CHE WA SHEN JI BAR MA CHEU PA RU  
 Having been born there may I see the face of Amitabha.  
 DE RU CHE NEH NONG THAY SHAL THONG SHOK / DE KEH DAW GI MEUN LAM TAP PA DI  
 By the blessing of all the Buddhas and Bodhisattvas of the ten directions  
 CHOK CHUI SONG JEH JONG SEM THAM CHEH CHI / GEK MEH DRUP PAR JIN JI LAP TU SEUL  
 May this prayer of aspiration that I recite be accomplished without obstruction.

**TA DYA TA PEN TSA DRI YA A WA BHO DHA NA HI SVA HA**

### **Long Life prayer for His Holiness Dalai Lama**

GANG RI RA WE KOR WE ZHING KAM DIR / PEN DANG DE WA MA LU JUNG WE NE

In the land encircled by snowy mountains, you are the source of all happiness and benefit.

CHEN RE ZIG WONG TEN ZIN GYA TSO YI / ZHAB PE SI TE BAR DU TEN GYUR CHIK

Powerful Chenrezig Tenzin Gyatso, please stay until samsara ends

### **Long Life prayer for His Holiness Karmapa**

MI CHE TAK PA RANG JUNG CHO KYI KU / GYU TRUL ZU KYI KUR ZHENG KAR MA PE

Self-arising, undivided, ever-lasting Dharmakaya; truth body springing up as wondrous form, the Rupakaya;

SANG SUM DOR JE KAM SU RAB TEM CHING / TA YE TRI LE LHUN DRUP PAL BAR SHO

may the triple secret of the Karmapa rest stable in the vajra realm, 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