



**Shakyamuni  
Tibetan Buddhist Center**

**Opening Prayers**

**Refuge Prayer**

SANG GYE CHÖ TANG TSOK KYI CHOK NAM LA  
CHANG CHUB BAR DU DAG NI KYAP SU CHI  
DA GI JIN SOK GYI PE SO NAM KYI  
DRO LA PEN CHIR SANG GYE DRUP PAR SHO  
*Recite 3 times.*

I take refuge in the Buddha, Dharma, and Sangha until reaching enlightenment,  
By the merits from giving and other perfections may I attain Buddhahood for  
the benefit of all beings.

## Four Immeasurable Thoughts

*Recite 3 times.*

SEM CHEN TAM CHE DE WA DANG DE WAY GYU DANG DAN PAR  
GYUR CHIG

SEM CHEN TAM CHE DUG NGEL DANG DUG NGEL GYI GYU DAN  
DREL WAG GYUR CHIG

SEM CHEN TAM CHE DUG NGEL ME PAY DE WA DANG ME  
DREL WAR GYUR CHIG

SEM CHEN TAM CHE NYE RING CHAK DANG NYI DANG DREL WAY  
TANG NYOM LA NE PAR GYUR CHIG

May all sentient beings have happiness and its cause.  
May all sentient beings be free from suffering and its cause.  
May all sentient beings never be separated from sorrowless bliss,  
May all sentient beings abide in equanimity, free of bias, attachment and anger.

## Seven Limb Prayer

Reverently, I prostrate with my body, speech and mind;  
I present clouds of every type of offering,  
actual and imagined;  
I declare all my negative actions accumulated  
since beginningless time,  
And rejoice in the merit of all holy and ordinary beings.  
Please, remain until the end of cyclic existence,  
And turn the wheel of Dharma for living beings.  
I dedicate my own merits and those of all others to the great enlightenment.



## Eight Verses on Training the Mind

*By Langri Tangpa, Translated by Jeffrey Hopkins*

With a determination to accomplish  
The highest welfare for all sentient beings  
Who surpass even a wish-granting jewel  
I will learn to hold them supremely dear.

Whenever I associate with others I will learn  
To think of myself as the lowest among all  
And respectfully hold others to be supreme  
From the very depths of my heart.

In all actions I will learn to search into my mind  
And as soon as an afflictive emotion arises  
Endangering myself and others  
Will firmly face and avert it.

I will learn to cherish beings of bad nature  
And those pressed by strong sins and sufferings  
As if I had found a precious  
Treasure very difficult to find.

When others out of jealousy treat me badly  
With abuse, slander, and so on,  
I will learn to take all loss  
And offer the victory to them.  
When one whom I have benefited with great hope  
Unreasonably hurts me very badly,  
I will learn to view that person  
As an excellent spiritual guide.

In short, I will learn to offer to everyone without exception  
All help and happiness directly and indirectly  
And respectfully take upon myself  
All harm and suffering of my mothers.

I will learn to keep all these practices  
Undeiled by the stains of the eight worldly conceptions  
And by understanding all phenomena as like illusions  
Be released from the bondage of attachment.

## Foundation of All Good Qualities

*By Lama Tsong Khapa*

*From the Jor Chöbooklet, translated by Jampäl Lhundrup and edited by Ven. Ailsa Cameron, Wisdom Publs., 1988. Lightly edited by Ven. Constance Miller and Nick Ribush, April 1999*

The foundation of all good qualities is the kind and perfect, pure Guru;  
Correct devotion to you is the root of the path.  
By clearly seeing this and applying great effort,  
Please bless me to rely upon you with great respect.

Understanding that the precious freedom of this rebirth is found only once,  
Is greatly meaningful and is difficult to find again,  
Please bless me to generate the mind that unceasingly,  
Day and night, takes its essence.

This life is as impermanent as a water bubble;  
Remember how quickly it decays and death comes.  
After death, just like a shadow follows the body,  
The results of black and white karma follow.

Finding firm and definite conviction in this,  
Please bless me always to be careful  
To abandon even the slightest of negativities  
And accomplish all virtuous deeds.

Seeking samsaric pleasures is the door to all suffering:  
They are uncertain and cannot be relied upon.  
Recognizing these shortcomings,  
Please bless me to generate the strong wish for the bliss of liberation.

Led by this pure thought,  
Mindfulness, alertness and great caution arise.  
The root of the teachings is keeping the pratimoksha vows:  
Please bless me to accomplish this essential practice.

Just as I have fallen into the sea of samsara,  
So have all mother migratory beings.  
Bless me to see this, train in supreme bodhicitta,  
And bear the responsibility of freeing migratory beings.

Even if I develop only bodhicitta, but I don't practice the  
three types of morality  
I will not achieve enlightenment.  
With my clear recognition of this,  
Please bless me to practice the bodhisattva vows with great energy.

Once I have pacified distractions to wrong objects  
And correctly analyzed the meaning of reality,  
Please bless me to generate quickly within my mind-stream  
The unified path of calm abiding and special insight.

Having become a pure vessel by training in the general path,  
Please bless me to enter  
The holy gateway of the fortunate ones:  
The supreme vajra vehicle.

At that time, the basis of accomplishing the two attainments  
Is keeping pure vows and samaya.  
As I have become firmly convinced of this,  
Please bless me to protect these vows and pledges like my life.

Then, having realized the importance of the two stages,  
The essence of the Vajrayana,  
By practicing with great energy, never giving up the four sessions,  
Please bless me to realize the teachings of the holy Guru.

Like that, may the gurus who show the noble path  
And the spiritual friends who practice it have long lives.  
Please bless me to pacify completely  
All outer and inner hindrances.

In all my lives, never separated from perfect gurus,  
May I enjoy the magnificent Dharma.  
By completing the qualities of the stages and paths,  
May I quickly attain the state of Vajradhara.

## Closing Prayers

### Mandala Offering (short version)

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
RI RAB LING ZHI NYI DÅ GYÅN PA DI  
SANG GYÅ SHING DU MIG TE UL WA YI  
DRO KUN NAM DAG SHING LA CHÖ PAR SHOG

This ground, anointed with perfume, strewn with flowers  
Adorned with Mount Meru, four continents, the sun and the moon  
I imagine this as a Buddha-field and offer it.  
May all living beings enjoy this pure land!

I DAM GU RU RAT NA MANDALA KAM NIR YA TA YA MI

I send forth this jewelled mandala to you precious gurus.

### Long Life Prayer for His Holiness the Dalai Lama

KANG RI RA WE KOR WE SHING KAM DIR  
PEN TANG DE WA MA LU JUNG WE NEI  
CHEN RE ZI WANG TEN DZIN GYA TSO YI  
SHAP PE SI TE BAR DU TEN GYUR CHIK

Until worldly existence itself comes to an end, may Avalokiteshvara, source of all benefit and joy in this land that snowy mountains encircle, remain in the form of His Holiness Tenzin Gyatso.

### Dedication of Merit

CHANG CHUP SEM CHOK RIN PO CHE  
MA KYE PA NAM KYE GYUR SHING  
KYE PA NYAM PA ME PA TANG  
GONG NE GONG DU PEL WAR SHO

May the priceless Bodhicitta be awakened in those in whom it is absent, in those for whom it has dawned, may it not fade but grow always from height to height.

JAM PEL PA WO JI TAR KYEN PA TANG.  
KUN TU SANG PO DE YANG DE SHIN TE.  
DE DAG KUN GUI JE SU DAG LOP CHIR.  
GE WA DI DAK TAM CHE RAP TU NGO.

In whatever way valiant Manjushri and Samantabhadra know how to transfer merit, so do I dedicate all of my own virtues that I might train to be like them.

## Long Life Prayer for Geshe Kalsang Damdul

Oh Buddhas and Bodhisattvas:

Our gratitude for your teachers and teachings is as deep as the ocean. Please bless us with the presence of Geshe Kalsang Damdul for a long time to come and remove any obstacles to our practice, so that he may continue to lead us and others along the path to enlightenment.



## Shakyamuni Tibetan Buddhist Center

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