



新加坡大乘禅寺

THEKCHEN CHOLING
(SINGAPORE)

Connecting All With Divine Hearts
心系慈爱心

Daily
Lama Chopa
上师荟供
日修法本









SELF-GENERATION 自生起本尊

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

由大乐中自显现

From my transparent body, a profusion of light-rays

上师本尊功德身

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

遍照情器尽加持

With only excellent qualities, infinitely pure,

化为广大殊胜境

All become most perfectly arrayed.

清净圆满庄严刹

TAKING REFUGE 皈依

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

即由广大白善心

I and my old mothers, the infinite sentient beings,

我与等空如母众

From now until our Enlightenment

从今直至证菩提

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

上师三宝永皈依

REFUGE PRAYER 皈依文 (x 3)

Namo Gurubhyah 南无上师

Namo Buddhaya 南无佛

Namo Dharmaya 南无法

Namo Sanghaya 南无僧



GENERATING BODHICITTA 发菩提心 (x 3)

For the benefit of all mother sentient beings,

诸母有情义利故

I transform myself into a Guru-Yidam,

自成上师本尊后

And thus I shall lead all beings

一切有情悉安置

To the supreme Enlightenment of a Guru-Yidam.

上师本尊胜果位

For the sake of all mother sentient beings,

我为利益诸有情

In this very lifetime I shall quickly, quickly

今生此世迅速成

attain the state of a primordial Guru-Yidam Buddha.

证得圆满佛果位

I shall liberate all mother sentient beings from suffering

欲度诸母得离苦

And lead them to the Great Bliss of Buddhahood.

将之安顿佛果地

For this purpose, I shall now practise

因此修习甚深道

The profound path of Guru-Yidam yoga.

上师本尊相应法

BLESSING THE INNER OFFERINGS 加持内供

Om Ah Hung 嗡 啊 吽 (x 3)

In essence, Wisdom.

智慧体性中清净

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



相为内供各供品

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

能于六根之对境

the special Wisdom of Voidness and Bliss.

生起殊胜空乐智

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

布满天地与虚空

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

内外秘密供养云

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

In the vast heavens of indivisible Voidness and Bliss,

空乐无别虚空中

amidst billowing clouds of Samantabhadra offerings,

普贤供云遍布中

Embellished with leaves, flowers and fruit

萃叶繁华盛果饰

is a wish-granting tree; at its crest,

众愿如意树梢头

On a lion throne ablaze with precious gems,

闪耀珍宝狮宝座

on a lotus, a sun and a full moon disk,

莲花圆日满月上

Sits my Root Guru, kind in three ways,

具三恩惠根本师



You are the essence of all the Buddhas.

一切诸佛之自性

You have the aspect of a saffron-robed monk,

比丘形服清净相

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

一面二臂含笑颜

Your right hand expresses teaching, your left in meditative pose

右结说法左结定

holds a begging bowl filled with nectar.

托承盛满甘露钵

are draped in three robes of lustrous saffron,

身披红花三法衣

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

顶戴金色僧人冠

In your heart is the all-pervading Lord Vajradhara,

金刚总持在心中

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

一面二臂身蓝色

He holds a vajra and bell and embraces Vajradhatu Isvari.

拥抱佛母持铃杵

They delight in the play of simultaneous Voidness and Bliss.

游戏俱生空乐喜

Both are adorned with jewel ornaments of many designs

重宝奇珍妙严饰

and are arrayed with garments of heavenly silk.

穿戴天宝绫罗衣

Adorned with the major and minor marks, you radiate a thousand light-rays

具足相好千道光



as, enhaloed by a five-coloured rainbow,
五色彩虹围绕中
You sit in the vajra position.
正结金刚跏趺坐

Your purified skandhas are the five Meditational Buddhas,
体是五佛清净蕴

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

四界四母处脉络

and members are all in reality Bodhisattvas.

诸节实即众菩萨

The hairs of your pores are the twenty-one thousand Arhats,
身毛两万一罗汉

limbs are wrathful deities.

四肢本即忿怒尊

light-rays hide directional guardians and yakshas,

光明覆盖诸护法

while all worldly deities are cushions for your feet.

世间诸神足下垫

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

环绕传承上师尊

Yidams, hosts of mandala deities,

上师本尊坛城众

Buddhas, Bodhisattvas, Dakas, Dakinis

诸佛菩萨众护法

and Dharmapalas form an encircling sea.

护法海会围绕中



The three doors of each are marked with the three vajra syllables.

彼等三门三金刚

From the HUNG syllables, hook-like light-rays

并以吽字光明钩

Draw forth from their actual abodes the Wisdom Beings

迎请自性之智尊

to become inseparably fixed.

融入无别恒坚固

INVOCATION 迎请圣众

Although all dharmas totally lack inherent going and coming,

诸法自性无来去

Appearing as whatever suits the various sentient beings
dispositions,

应所化机意乐故

With your activity of Wisdom and Loving Compassion,

随愿显现悲智业

O holy Refuge Protectors, please come with your entourage!

怙主圣众祈降临

O Sources of goodness, bliss and perfection, from all three
times

三世乐善生源处

You Root and Lineage Gurus, Yidams, Three Precious Gems,

根本上师三宝尊

Dakas, Dakinis, Dharmapalas and Protectors, with your
entourage

勇士空行护法众



By the forces of your Compassion, come here and remain fixed!

悲愿摄引祈降临！

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

嗡 沽嚕 布达 菩提萨哆 达嘛巴拉 萨巴利哇啦
耶 喜

Dza Hung Bam Ho! 渣 吽 邦 货

The Wisdom and Commitment beings unite to become one
智尊融入三昧耶，和合无二为一体。



THE SEVEN LIMBS 七支供养

Prostration To The Guru As Sambhogakaya 顶礼上师报身

You whose Compassion bestows even the sphere of Great Bliss,

能以悲心刹那赐

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

O Guru with jewel-like body,

上师如宝金刚持

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

O Wisdom of all the infinite Buddhas,

遍量所知一切智

Appearing with supreme Skilful Means in whatever
form suits disciples,

随所化机善调伏

And manifesting in the guise of a saffron-robed monk,
游戏示现比丘相

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

Purifier of all delusions together with their instincts,
众恶习气皆断除

Treasury of measureless jewel-like qualities,
无量功德如宝藏

Sole source of benefit and bliss without exception,
利乐唯一生源处



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

Teachers of the gods and others, essence of all the Buddhas,
人天导师如来体
Source of the eighty-four thousand holy Teachings,
八万四千正法源
Standing out among the whole host of Aryas,
无边圣众之显现
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
To the Gurus of the three times and ten directions,
十方三世诸上师
And to the Three Precious Gems and all worthy of homage,
最胜三宝皈敬处
With faith, esteem, and seas of lyric praise,
我以信解赞韵海
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

O Refuge Protectors, venerable Gurus, with your entourage,
至尊怙主众师长
I present you an ocean of clouds of various offerings.
敬献种种供云海



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

璀璨宝器光映中

Flow gently forth four streams of purifying nectars.

四净甘露徐徐降

Trees and beautiful flowers, singly and in well-arranged

妙花宝树及花蔓

Garlands, fill the earth and sky.

充满大地及虚空

The azure smoke of sweet fragrant incense

芳香烟如毗琉璃

Billows in the heavens as blue summer clouds.

夏日晴空布碧云

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

日月宝灯聚火焰

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

朗照三千除暗钝

Scented with camphor, sandalwood and saffron,

旃檀龙脑郁金水

Great seas of perfumes swirl out to the horizon.

香液大海环金城

Nourishing food and drink of a hundred flavours

美食佳肴具百味

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

天人珍馐如须弥

From an endless diversity of varied instruments

无边乐器奏妙音



Comes music which fills the three realms.
悦音周遍于三界

The Five Sense Objects 五欲供

Holding an abundance of forms, sounds, smells, tastes
and tangibles,
悦意色声香味触
Goddesses of outer and inner pleasures fill all the directions.
内外天女遍十方

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

Refuge Protectors, treasures of compassion,
百亿四洲须弥山,
Eminent, supreme merit field, with pure faith
轮王七宝并随宝
I present to you a billion times over,
出生偏喜情器间,
Mt.Meru and the four continents, the seven precious royal
emblems, the precious minor symbols, and more
天人受用如意藏,
Perfectly delightful environments and their beings,
信心奉献至福田,
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

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

实陈意现如意海

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

轮涅净业供养物

Abundant thousand-petalled lotuses, which captivate all.

绽放千叶妙莲华

The worldly and supermundane virtues of myself and others.

融摄世间出世道

From all three doors, are flowers brightening every part.

自他三门善妙花

A hundred thousand fragrances disperse like

Samantabhadra's offerings.

普贤供香熏馥涌

It has as fruit the three Trainings, two Stages and five Paths.

三学二次五道果

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

喜圆为供师心悦

Inner Offering 内供

I offer, bright as saffron and with a delicate scent,

芳香远逸郁金色

Steeped in a hundred flavours, a brew of China tea;

百味具足浓郁茗

This, with the five hooks, five lamps and so forth,

五股刚钩五明灯

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

净证增为甘露供



Secret Offering 密供

Even consorts, aglow with vibrant youth, skilled

悦意妙龄善解意

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

善通六十四技艺

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

田生咒生俱生母

Fair and beautiful in appearance, I offer to you.

姝丽幻化手印献

Suchness Offering 真如供

The Great Wisdom simultaneous with Bliss, unobstructed,

无障俱生大乐智

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

诸法自性离戏论

Indivisible and spontaneous, beyond words, thoughts and expressions,

无二任运超言思

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

To destroy the four hundred and twenty four ills of delusions,

灭除四百零四病

I offer various and sundry potent medicines,

种种妙善药物供

And myself as a servant to please you.

献身承事令师悦

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

Whatever non-virtues and evil actions, from beginningless time,
无始所作诸恶业

I have done, caused others to do, or have rejoiced in,
自作教他及随喜

Before the eyes of the Greatly Compassionate Ones I confess
大悲尊前悉忏悔

With regretful mind, and vow never to do again.
防护不犯严律仪

Rejoicing In Virtue 随喜善法

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

Like a dream, in all ordinary and Arya beings'
亦如梦幻而显现

Happiness and joy, and in every white virtue whatever,
圣凡乐源净白法

We rejoice with all our heart.
我心恒常作随喜

Requesting Teachings 请转法轮

From a hundred thousand clouds billowing with sublime
Wisdom and Compassion

蕴育万千悲智云

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

荫泽无边苦恼众

May be nurtured, sustained and increased,
功德生住令增长

May the rain of the Vast and Profound Dharma fall!
祈降深广妙法雨



Requesting The Guru To Stay 祈请住世

Although your Vajra Body has no birth nor death,

远离生死金刚身

But is the vessel of the mighty monarch, Unification,

双运自在宝篋体

In keeping with our wishes, until the end of existence

我以胜解诚启请

Please abide for ever, not passing beyond sorrow!

恒常住世不涅槃

Dedication Of Merits 回向功德

We dedicate the collection of white virtues thus created

如是所修白净善

So that venerable Gurus endowed with the three kindnesses

回向三恩根本师

May inseparably protect us throughout all our lives

生生摄受不舍离

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

Source of great knowledge, great ocean of moral discipline,
功德生源律仪海

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

Master, second Buddha clad in saffron,
第二佛陀著袈裟

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**

You who to show the Path of the Sugatas
善能宣说如来教

Have the ten qualities rendering you suitable,
具足十种胜功德

O Lord of the Dharma, representing all Conquerors,
绍隆一切诸佛种

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

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

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

Having those ten, and skilled in writing and explaining,
双十真性善绘言

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

To those unfit to be tamed by the countless past Buddhas
过去诸佛未渡化

The hard-to-tame beings of this degenerate age,
刚强难调浊世众

You correctly impart the good way of the Sugatas,
应机演说如来教

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

Now, when the sun of the Sage's Teachings is setting,
世尊圣教渐隐没

For the many beings who lack a Refuge Protector,
无量有情失救护

You do the same deeds as the Victorious Ones,
如来事业师承担

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

Higher than all Buddhas of the three times and ten directions,
胜过十方三世佛

Just one single hair from a pore of yours
供养师身一毛孔

Is praised as a field of merit for us –
最胜福田我赞叹

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 SUCHNESSQUALITIES**

祈请化显上师外,内,密与大自在

His Outer Qualities 外在

Your chakras adorned with the Sugata's Three Bodies,
如来三身庄严轮

By Skilful Means, from a magical net's allure

善巧方便幻网中

You appear in an ordinary form, guiding beings

现凡夫相度众生

O Compassionate Refuge Protector - to you I request!

祈请怙主大悲尊

His Inner Qualities 内在

Your aggregates, elements, sensory spheres and limbs
师身各处及支分

Are really the five Buddha Families, deities and consorts,
五佛明妃菩萨众

Bodhisattvas, and wrathful protectors. O Essence

明王自性三宝尊

Of the Triple Gem, supreme Guru - to you I request!

祈请无上根本师

His secret qualities 密在

From the play of Omniscient Wisdom arise

一切种智游戏中

Ten million mandala circles: you are their essence.

出生俱胝曼陀罗

O all-pervading Lord of a hundred (Buddha) tribes, chief
Vajra-holder,

百部共主金刚持



Primordial Buddha of Unification, to you I request!
祈请双运本初佛

His Suchness Qualities 大自在

Unobscured, Inseparable from the play of simultaneous joy,
无障俱生欢喜性

Nature of everything, pervading all moving or still,
周遍动静一切体

Free of beginning or end, Always Good, you are really
离始边际普贤王

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!

渡轮涅怖赐成就

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 受持四灌顶

By virtue of having thus requested three times,

如是三遍祈请力

From the seats of my Guru's body, speech and mind

从师三处身语意

Nectar rays of three colours - white, red and dark blue

白红蓝色甘露光

Stream forth one by one and then together. Into my own

依次同时入我身

Three seats, one by one and then together, they dissolve,

我身三处作收融

Cleansing the four obscurations, and implanting the four

empowerments.

净除四障得四灌

I receive the four Kayas. A replica of my Guru

成就四身师心悦

Happily dissolves into me, and I am blessed with inspiration.

分身融入垂加持



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

O holy and venerable Gurus, supreme fields of merit,
最胜福田上师前

By the power of my offering and respectfully requesting to
you,

恭敬供养作启请

May you protector, root of (all) well-being,

福乐根源依怙尊

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

Let me realise how these freedoms and endowments,
偶一获此暇满身

Found but once, and hard to attain, are quickly lost,

若知难得速灭理

Then, undistracted by meaningless works of this life,

无义所作能止息

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

Afraid of the blazing fire of lower realms' suffering,

怖畏恶趣炽烈苦

Let me take heartfelt Refuge in the Three Precious Jewels,

皈依三宝救护尊



And fervently strive to avoid non-virtue and practise
断恶修善积资粮
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 MIDDLING CAPABILITY

以共中士道次第修心

Developing The Wish For Liberation 发起求解脱之心

Frantically tossed by waves of delusion and karma,
业及烦恼极汹涌

Tormented by many sea-monsters of the three sufferings,
三苦众鲸恒相侵

From this fearful, boundless great ocean of Becoming
怖畏无边生死海

Let a strong wish for Liberation grow in me - bless me thus!
解脱心生求加持！

This Cyclic Existence, like an unbearable prison,
轮迴系缚如牢狱

I see as a charming garden. Rejecting this view,
断除视为乐园心

Let me hold the Three Trainings, the store of the Aryas'
Jewels,

受持三学圣宝藏

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* 发起为大乘道基础之悲心**

All these tormented beings are my mothers,

苦难有情皆我母

Repeatedly caring for me kindly. Reflecting on this,

数数念恩应救济

Like a loving mother for her darling child,

犹如慈母怜爱子

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**

As no-one desires the slightest suffering

仅受微苦亦难忍

Nor ever has enough of happiness,

享乐虽多无厌足

There is no difference between myself and others

自他等同无差别

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**

This chronic disease of cherishing oneself

偏执自利之顽痼

Is the cause of unwanted suffering. Seeing this,

知为苦聚不乐因

Let me lay blame on it and begrudge it and



愤然呵斥我爱执

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

The attitude cherishing one's mothers and placing them in bliss

爱护众母予安乐

Is the gateway to endless virtues. Let me see this,
视为无边功德门

And even should these beings rise up as my foes,
纵使有情敌视我

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

In short, the childish work only for their own gain,
愚夫唯求能自利

The Buddha only for others' gain. With the wisdom
能仁恒思利他行

Understanding the differences in the faults and virtues of
these,

了知功过之差别

May I be able to exchange self and others - bless me thus!
自他相换求加持！

Cherishing oneself is the door to every downfall;

爱执己利众苦门

Cherishing one's mothers, the basis of everything good.

爱护有情功德本

Therefore, in the yoga of exchanging self and others,



是故自他相换行

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)

Therefore, Venerable and Compassionate Gurus,

无上恩师大悲尊

By my letting all the black karmic obscurations and suffering

慈母有情罪障苦

Of mother sentient beings ripen on me now,

悉皆由我今代受

And giving to others my happiness and good deeds,

尽我乐善施与彼

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（修心七义）第三至第七义

Though the whole world and its beings are full of the fruits
of non-virtue,

世间充满罪恶果

And undesired sufferings pour down (on me) like rain,

如雨降下不欲苦

By seeing they've a chance to use up the fruits of bad karma,

观此苦因净恶业

Let me use bad conditions in the Path - O, bless me thus!

恶缘道用求加持！

In short, whatever appearance, good or bad, comes up,

随所显现善或恶

By practising the Five Forces, the essence of all Dharma,

修持五力胜教授



Let me change it to a Path to develop the two Bodhicittas,
增长二种菩提心
And entertain only happiness of mind - bless me thus!
悦意修行求加持!

With the Skilful Means of having the Four Activities,
善巧方便四加行
Let me join what I meet straightaway to meditation;
相应所缘结合修
and by practising the commitments and advices of the
Mind-Training,
誓言学处善止作
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**

With Taking and Giving, the magical practice of mounting
the Breath,
伴随风息作取舍
By friendliness, compassion, and the Supreme Wish,
修持慈悲双运心
To free beings from the great ocean of Becoming
为度有情生死海
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**

With the one Path all Buddhas of the three times tread,
三世诸佛共行道



The pure vows of Buddha-sons, let me bind my mindstream,
菩薩律儀善護持
And strive in the practise of the three Moralities
受持大乘三聚戒
Of the Great Vehicle with a will - bless me thus!
精進修習求加持！

**PRACTICING THE PERFECTIONS AFTER GENERATING
BODHICITTA – THE GENERAL PRACTICES OF THE
BODHISATTVA 發菩提心後修六波羅蜜 – 總佛弟子行學習之理**

1 The Perfection Of Generosity 布施波羅蜜

My body and possessions, and my virtues of the three times,
身財受用三世善
Let me change into things each being desires,
化為有情歡喜物
And by the oral teaching of cultivating Unattached
generousness
增長舍心離貪著
Accomplish the Perfection of Giving - bless me thus!
施度圓滿求加持！

2 The Perfection Of Morality 持戒波羅蜜

Of the Pratimoksa, Bodhicitta and Tantric Vows
別解菩薩密乘戒
Not leaving the bounds even for my life;
遭遇命難不舍離
Collecting virtues; and benefiting sentient beings,
攝持善法益有情
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

Though all beings of the Three Realms, of nine types,
get angry,

三界众生现忿怒

Abuse, upbraid, and threaten, or even kill me,

毁诤迫杀俱不动

Let me, undisturbed, in return for their harm try to help them,

以德报怨行饶益

And accomplish the Perfection of Patience - bless me thus!

忍度圆满求加持！

4 The Perfection Of Enthusiastic Perseverance 精进波罗蜜

Even if, for every sentient being, in Avici's Fire,

悲悯有情施救护

I must remain for an ocean of aeons,

纵经劫海住狱火

Never tired of Compassion, let me strive for Supreme

Awakening,

勤求菩提无厌悔

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

Avoiding the faults of dullness, agitation and wandering,

远离沈掉及散乱

On all dharmas' mode of being, Void of true existence,

恒于诸法性空理

One-pointedly collected, let me by this Samadhi

专注所缘三摩地

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

With the Distinguishing Wisdom of (Absolute) Reality

愿以妙观真实慧

And the suppleness it causes, combined with Great Bliss,

引生轻安及大乐

By the practice of Space-like Concentration on the Ultimate

胜义等空之瑜伽

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

All dharmas, outer or inner, are like illusions,

内外诸法如梦幻

Dreams, or the moon's reflection in a clear lake.

亦如池中现月影

Let me realise how, though they appear, they don't truly
exist,

通达显现不实理

And accomplish the Illusion-like Concentration - bless me
thus!

幻定圆满求加持!

Ttraining The Mind In Particular In The Profound Middle View

特修甚深中观见

In Samsara and Nirvana is not an atom of inherent existence;

轮涅自性无尘许

Infallibly, cause and effect dependently arise.

因果缘起不虚妄



Between these two, there's no contradiction, but harmony-
二不相违相承许

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

Then, out of my Vajra-wielding sea-captain's
次由导师金刚持

Kindness, let me cross the eddies of the ocean of Tantra;
教示续部广大海

The root of powerful attainments, my Vows and Words of
Honour,

悉地根本誓言戒

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

Let me transform birth, death and bardo into the Three Bodies
净化三有转三身

Of the Conqueror, and by this practice of the First Stage
生起次第瑜伽行

Cleanse all the stains of ordinary appearances and
attachments

消除世俗诸垢染

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

In my heart's eight petals, right in the middle of the Central Channel,

心间八瓣中脉内

Place your feet, O Protector!

怙主身显并安住

From which The Path Uniting the Clear Light and the Illusory Body

光明幻身双运道

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

Should the Paths not be completed at the time of my death,
道未究竟命终时

By the Guru's potent means to Buddhahood,
Transference of Consciousness,

修持师佛往生法

Or the oral precept of applying the Five Forces,
配合五力胜教授

Let me get to a Pure Land - bless me thus!

往生净土求加持！



**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**

In short, Protector, in all my future rebirths,
总愿生生世世中

Let me not part from but be cared for by you,
不离怙主之摄受

Keep all the secrets of your body, speech and mind,
受持三密身语意

And become your chief disciple - bless me thus!
成汝长子求加持！

Protector, wherever you manifest as Buddha,
怙主示现成佛处

May I become the very first of your assembly;
我即成为眷属首

To achieve all my wants and wishes, temporal and ultimate,
现时最后所需求

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**

Being thus requested, supreme Guru,
如是启请最胜师

Please come happily to the crown of my head to bless me,
欢喜降顶作加持

And again, on the anthers of the lotus of my heart
复入心间莲华中

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

Any white virtues I have created like this,

如是所修白净善

Of all the Sugatas of the three times and their Sons

回向三世佛菩萨

To accomplish every deed and prayer,

事业正愿皆成就

And to hold the scriptural and insight Teachings,

I dedicate as causes.

住持教证二法幢

By the power of this, may I in all my lives

生生世世以此力

Not separate from the Four Wheels of the Mahayana,

妙乘四轮不分离

And the Paths of Renunciation, Bodhicitta, Right View.

出离菩提与正见

And the Two Stages, may I travel to the End!

二次第道愿究竟!



Verses of Auspiciousness 吉祥誦

By the excellence of all the white Virtue in
Samsara and Nirvana,

乘世出世諸善法

Henceforth may all be free of ill-omen and
decline,

令此永離不吉祥

And enjoying the celestial treasure of temporal
and ultimate

現後善樂虛空藏

 Good fortune, perfect and glorious, may all be
auspicious!

受用圓滿願吉祥！

In the monasteries of omniscient Tsongkhapa,
善慧名稱勝道場

Striving one-pointedly to accomplish the Three
pure Trainings,

三學清淨勤修行

May hosts of yogins and clergy throng, so that
出家僧伽恆充滿

 The Sage's Teachings stay long - may all be
auspicious!

聖教久住願吉祥！

Since, from your youth, to the supreme Guru-
Yidam

自幼祈禱師本尊

You made requests, Je Tsongkhapa, may we
得善慧稱妙加持



Walk in your blessing and spontaneously benefit others

任运能修利他行



In Losang Dorje Chang, may all be auspicious!

善慧金刚愿吉祥！

As all wished-for endowments increase like a lake in summer,

财位增盛如夏湖

May we find without break the freedom of faultless birth,

无过种姓若河流

And spend day and night with Tsongkhapa's holy Dharma,

昼夜研习善慧法



Enjoying its glorious perfection - may all be auspicious!

受用圆满愿吉祥！

From now until I and others are Enlightened,

我等从今至菩提

(By) whatever merits we have done and will heap up,

已修当修诸善根

In this land may the Holy Venerable One's Form-Body

善士色身住此土



Endure like immutable vajra - may all be auspicious!

金刚不变愿吉祥！



Sarwa Mangalam!
May All Be Auspicious!
愿一切吉祥如意！