

# Prayers for Teaching Occasions



**HAYAGRIVA BUDDHIST CENTRE**

## Before A Public Talk

### ***Acknowledgement to Country***

We begin by acknowledging the Whadjuk Noongar people, Traditional Custodians of the land on which we meet today and pay our respects to their Elders past, present and emerging. We extend that respect to Aboriginal and Torres Strait Islander peoples everywhere.

### ***Short Mandala Offering***

Sa zhi pö kyî jug shing me tog tram  
Ri rab ling zhi nyi de gyen pa di  
Sang gyä zhing du mig te ül war gyi  
Dro kun nam dag zhing la chö par shog

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

### ***Refuge and Bodhicitta before teaching***

Sang gyä chö dang sog kyî chog nam la  
Jang chub bar du dag ni kyab su chi  
Dag gi chö nyen gyi pe sö nam gyi  
Dro la pen chir sang gye drub par shog

# ***The Sutra of the Heart of the Perfection of Wisdom***

## ***Arya-bhagavati-prajnaparamita-hridaya-sutra***

I Prostrate to the Arya Triple Gem.

Thus I did hear at one time. The Bhagavan was dwelling on Mass of Vultures Mountain in Rajagriha together with a great community of monks and a great community of bodhisattvas. At that time, the Bhagavan was absorbed in the concentration on the categories of phenomena called “Profound Perception”.

Also, at that time, the bodhisattva mahasattva arya Avalokiteshvara looked upon the very practice of the profound perfection of wisdom and beheld those five aggregates also as empty of inherent nature.

Then, through the power of Buddha, the venerable Shariputra said this to the bodhisattva mahasattva arya Avalokiteshvara: “How should any son of the lineage train who wishes to practice the activity of the profound perfection of wisdom?”

He said that, and that bodhisattva mahasattva arya Avalokiteshvara said this to the venerable Sharadvatiputra. “Shariputra, any son of the lineage or daughter of the lineage who wishes to practice the activity of the profound perfection of wisdom should look upon it like this, correctly and repeatedly beholding those five aggregates also as empty of inherent nature.

Form is empty. Emptiness is form. Emptiness is not other than form; form is also not other than emptiness. In the same way, feeling, discrimination, compositional factors, and consciousness are empty.

“Shariputra, likewise, all phenomena are emptiness; without characteristic; unproduced, unceased; stainless, not without stain; not deficient, not fulfilled.

“Shariputra, therefore, in emptiness there is no form, no feeling, no discrimination, no compositional factors, no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no visual form, no sound, no odor, no taste, no object of touch, and no phenomenon. There is no eye element and so on up to and including no mind element and no mental consciousness element. There is no ignorance, no extinction of ignorance, and so on up to and including no aging and death and no extinction of aging and death. Similarly, there is no suffering, origination, cessation and path; there is no exalted wisdom, no attainment and also no non-attainment.

“Shariputra, therefore, because there is no attainment, bodhisattvas rely on and dwell in the perfection of wisdom, the mind without obscuration and without fear. Having completely passed beyond error, they reach the end-point of nirvana. All the buddhas who dwell in the three times also manifestly, completely awaken to unsurpassable, perfect, complete enlightenment in reliance on the perfection of wisdom.

Therefore, the mantra of the perfection of wisdom, the mantra of great knowledge, the unsurpassed mantra, the mantra equal to the unequaled, the mantra that thoroughly pacifies all suffering, should be known as truth since it is not false. The mantra of the perfection of wisdom is declared:

TADYATHA GATE GATE PARAGATE PARASAMGATE BODHI SVAHA

“Shariputra, the bodhisattva mahasattva should train in the profound perfection of wisdom like that.”

Then the Bhagavan arose from that concentration and commended the bodhisattva mahasattva arya Avalokiteshvara saying: “Well said, well said, son of the lineage, it is like that. It is like that; one should practice the profound perfection of wisdom just as you have indicated; even the tathagatas rejoice.”

The Bhagavan, having thus spoken, the venerable Sharadvatiputra, the bodhisattva mahasattva arya Avalokiteshvara, those surrounding in their entirety along with the worlds of gods, humans, asuras, and gandharvas were overjoyed and highly praised that spoken by the Bhagavan.

This completes the ***Arya-bhagavati-prajnaparamita-hridaya-sutra***

## ***Verses to Dispel Hindrances***

I prostrate to the gathering of dakinis in the three chakras  
Who abide in the holy yoga of using space.  
By your powers of clairvoyance and magical emanation,  
Look after practitioners like a mother her child.

AH KA SA MA RA TSA SHA DA RA SA MA RA YA PHAT (21x)

TA YA THA GATE GATE PARAGATE PARASAMGATE BODHI  
SOHA

By the teachings of the three supreme jewels possessing the power of  
truth.

May inner and outer hindrances be transformed (clap)

May they be dispelled (clap)

May they be pacified (clap)

SHINTUM KURU YE SVAHA

May all negative forces opposed to Dharma be completely pacified.  
May the host of eighty thousand obstacles be pacified. May we be  
separated from problems and harmful conditions to Dharma; may all  
enjoyments be in accord with the Dharma; and may there be  
auspiciousness and perfect happiness here right now.

## First Day of Teaching

### ***Mandala Offering – Long Mandala Offering to Request the Teachings***

OM vajra bhumi AH HUM/ wang chhen ser gyi sa zhi

OM vajra rekhe AH HUM/ chhi chag ri khor yug go kor wäi

ü su/ rii gyäl po ri rab/ shar lü phag po/ lho dzam bu ling nub ba lang  
chö/ jang dra mi nyän/ lü dang lü phag/ nga yab dang nga yab zhän yo  
dän dang lam chhog dro/ dra mi nyän dang dra mi nyän gyi da

Rin po chhei ri wo/ pag sam gyi shing/ dö jöi ba/ ma mö pa'i lo tog/  
khor lo rin po chhe/ nor bu/rin po chhe tsün mo/rin po chhe/ lön po rin  
po chhe/ lang po rin po chhe ta chog rin po chhe mag pön rin po chhe/  
ter chen pö'i bum pa

Geg ma/ threng wa ma/ lu ma gar ma/ me tog ma/ dug pö ma/ nang  
säl ma dri chhab ma/ nyi ma/ da wa rin po chhei dug chhog lä nam par  
gyäl wäi gyän tshän/ ü su lha dang mii yi päl jor phün sum tshog pa ma  
tshang wa me pa tsang zhing yi du ong wa di dag drin chen tsa wa dang  
gyü par che päi päl dän la ma dam pa nam dang

Khyä par dü yang yong dzog tän päi nga dag dön gyi lä du tsen nä mö te  
je tsün la ma lo zang thub wang dor je chang chhen po **(Teachers  
Name)** päl sang pöi zhäl nga nä theg pa chhen pö Sung chö zab mo leg  
par zhu wäi yön du zhing kham ül war gyi wo Thug je dro wäi dön du  
zhe su söl / zhe ne dag sog dro wa ma gyur nam khäi tha dang nyam päi  
sem chen tham chä la thug tse wa chhen pö go nä jin gyi lab tu sol

## ***Short Mandala Offering***

**Sa zhi pö kyi jug shing me tog tram**

*This ground, anointed with perfume, strewn with flowers*

**Ri rab ling zhi nyi de gyen pa di**

*Adorned with Mount Meru, four continents, the sun, and the moon*

**Sang gyä zhing du mig te ül war gyi**

*I imagine this as a buddha-field and offer it*

**Dro kun nam dag zhing la chö par shog**

*May all living beings enjoy this pure land*

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

**Je tsün la ma dam pa khye nam kyi**

*O holy and perfect, pure lama, from the clouds of compassion*

**Chhö küi kha la khyen tsei chhu dzin thrig**

*That form in the skies of your dharmakaya wisdom,*

**Ji tar tsham päi düi jäi dzin ma la**

*Please release a rain of vast and profound Dharma,*

**Zab gyä chö kyi char pa wab tu söl**

*Precisely in accordance with the needs of those to be trained*

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## End of Day Dedications

Ge wa di yi nyur du dag  
La ma sang gya drub gyur na  
Dro wa chig kyang ma lü pa  
De yi sa la gö par shog

Jang chub sem chog rin po che  
Ma kye pa nam kye gyur chig  
Kye pa nyam pa me par yang  
Gong nä gong dü pel war shog

Jam päl pa wo ji tar kyen pa dang  
Kün tu sang po de yang de zhin te  
De dag kün gyi je su dag lob chir  
Ge wa di dag tam che rab tun go

Du sum sheg pe gyäl wa tam chä kyi  
Ngo wa gang la chog tu ngag pa de  
Dag gi ge we tsa wa di kun kyang  
Sang po chö chir rab to ngo war gyi

Dag gi ji nye sag pe ge wa di  
Ten dang dro wa kun la gang pen dang  
Kye par je tsün Losang Dragpa yi  
Ten pe nying po ring du sel je shog

## ***Long Life Prayer for Tenzin Ösel Rinpoche***

Lord of Dharma, who in accordance with the various dispositions of  
those to be subdued  
Makes clear, in the light of your well-spoken advice, the sacred Ganden  
tradition – essence of Buddha’s teachings.  
Foremost and holy lama, to you who are supreme,  
We make this prayer of supplication.  
Lama please, please live long.

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

**Jig ten kham dir phän de ma lü pa**

*Incomparably kind and supreme Tenzin Gyatso,*

**Gang lä jung wäi sam phel yi zhin nor**

*The wish-granting, wish-fulfilling Jewel,*

**Ka drin tshung me täm dzin gya tsho chhog**

*Source of every single benefit and happiness in this world*

**Ku tshe täm ching thug zhe lhün drub shog**

*May you have a long life and all your holy wishes be spontaneously fulfilled.*

## ***Prayer that Spontaneously Fulfils all wishes***

**Tong nyi nying je zung du jug päi lam**

*Saviour of the Land of Snow teachings and transmigratory beings*

**Chhe chher säi dzä gang chän tän dröi gön**

*Who extensively clarifies the path that unifies emptiness and compassion*

**Chhag na pä mo tän dzin gyat sho la**

*To the lotus holder Tenzin Gyatso, I beseech:*

**Söl wa deb so zhe dön lhün drub shog**

*May all your holy wishes be spontaneously fulfilled*

## ***Long Life Prayer for Kyabje Lama Zopa Rinpoche***

**Thub tshül chhang zhing jam gön gyäl wäi tän**

*You who uphold the Subduer's moral way, who serve as the bountiful bearer-of-all:*

**Dzin kyö pel wä kün zö dog por dzä**

*Sustaining , preserving, spreading Manjunath's victorious doctrine,*

**Chhog sum kur wäi leg mön thu drub pa**

*Who masterfully accomplish magnificent prayers honouring the Three Jewels,*

**Dag sog dül jäi gön du zhab tän shog**

*Saviour of myself and others, your disciples; please, please live long.*

## End of Teaching Mandala

### ***Long Mandala Offering to give thanks for the Teachings***

OM vajra bhumi AH HUM / wang chhen ser gyi sa zhi  
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ü su/ rii gyäl po ri rab / shar lü phag po / lho dzam bu ling / nub ba lang  
chö / jang dra mi nyän / lü dang lü phag / nga yab dang nga yab zhän /  
yo dän dang lam chhog dro / dra mi nyän dang dra mi nyän gyi da  
Rin po chhei ri wo / pag sam gyi shing / dö jöi ba / ma mö pa'i lo tog /  
khor lo rin po chhe / nor bur in po chhe / tsün mo rin po chhe / lön po  
rin po chhe / lang po rin po chhe / ta chog rin po chhe / mag pön rin po  
chhe / ter chen pö'i bum pa  
Geg ma / threng wa ma / lu ma / gar ma / me tog ma / dug pö ma /  
nang säl ma / dri chhab ma / nyi ma / da wa / rin po chhei dug chhog lä  
nam par gyäl wäi gyän tshän / ü su lha dang mii yi päl jor phün sum  
tshog pa ma tshang wa me pa tsang zhing yi du ong wa di dag drin chen  
tsa wa dang gyü par che päi päl dän la ma dam pa nam dang  
Khyä par dü yang yong dzog tän päi nga dag dön gyi lä du tsen nä mö je  
tsün la ma lo zang thub wang dorje chang chhen po **(Teachers Name)**  
päl sang pöi zhäl nga nä theg pa chhen pö sung chö zab mo leg par thob  
päi ka drin tang rag gi yön du zhing kham ul war gyi wo/ Thug je dro  
wäi dön du zhe su söl / zhe ne dag sog dro wa ma gyur nam khäi tha  
dang nyam päi sem chen tham chä la thug tse wa chhen pö go nä jin gyi  
lab tu sol

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give thanks for the Teachings***

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***Request for the Lama to Remain Long***

Je tsün la mäi ku tshe rab tän ching

**May my perfect guru's life be long**

Nam kar thrin lä chhog chur gyä pa dang

**And his white actions flourish in the ten directions**

Lo zang tän päi drön me sa sum gyi

**May the torch of the teachings of Losang Dragpa always remain**

Dro wäi mün sel tag tu nä gyur chig

**Dispelling the darkness of transmigratory beings of the three levels**

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Colophon:

*Prayers from FPMT (Gold) Retreat Prayer Book 2016 with updates from 2020.*

*Long Life Prayer for His Holiness the Dalai Lama from the FPMT Gold Retreat Prayer Book updated by Lama Zopa Rinpoche 2020.*

This booklet compiled by Ven. Thubten Wangmo, edited by Ven. Thubten Chokyi  
February 2023.

Dedication:

Due to the virtue of these efforts, may I and all transmigratory beings

Be cared for by the supreme guru, the master of all conquerors.

Without being discouraged, may I free all transmigratory beings from suffering  
and realise the wisdom of the Buddha.