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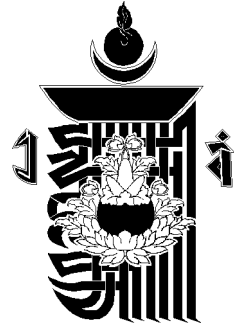
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 under the guidance of  
**Venerable Geshé Damchö Yönten**

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**GANDEN LHA GYE**  
**THE GURU YOGA OF LAMA TSONG KHAPA**

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**INTRODUCTION**

The incomparable yogi Tsong-Kha-Pa, popularly known as Je Rinpoche, was born in the province of Amdo, East Tibet, in the year 1357, fulfilling the prophesies of both Buddha Shakyamuni and Padmasambhava. The auspicious omens surrounding his birth indicated the appearance of a truly exceptional being. At a very early age, he was given to the greatest living Master of the Yamantaka Tantra Method, the yogi Dondrub Rinchen, who raised and educated him. When Je Rinpoche reached the age of sixteen, Dondrub Rinchen sent him to Central Tibet to continue his training, for it was Central Tibet that was the repository of every lineage coming from Buddha. Studying under some forty-five gurus of all the different Buddhist sects, Je Rinpoche gained proficiency and experience in the theories and practices, Hinayana, Mahayana and Tantrayana, that had come to Tibet from the Pandits and Mahasiddhas of ancient India. First he studied the various teachings, then he deeply contemplated them; finally he took up intensive meditational practice by entering into a four year retreat during which he ate nothing but a single seed from a nearby tree each day. Applying himself in this manner, it was not long before he attained realisation. In his later life, thousands of disciples came to him, yet his humility was always apparent. In his sixty-third year Je Rinpoche told his disciples that he would soon pass away. On the twenty-fifth day of the tenth lunar month he gave a short discourse on Bodhicitta, sat in meditation and stopped breathing. Before the eyes of his many disciples, his body transformed from that of an old man to that of a sixteen-year-old boy. It was encased in a golden stupa in Ganden Monastery, where it sat until the Chinese invaders broke it open in 1959. A number of witnesses to this sacrilege report that the invaders were somewhat shaken to find the holy body of Je Rinpoche not only in perfect condition, but warm, with hair and nails still growing.

**ACKNOWLEDGEMENTS**

This Guru Yoga of Je Tsong Khapa is a translation into English of the "La ma nel jor ga den lha gye ma zhug so". This translation may be freely reproduced on the following conditions :

- (1) That no profit whatsoever is intended on its publication.
- (2) That it is printed only in whole, not in part.

Translated into English by Gelong Jhampa Ngodrup, November 1978

Added verse by the Venerable Geshe Wangchen of Manjushri Institute London, 1982

Revised and edited with advice from the Venerable Geshe Damchö Yönten at the Lam Rim Buddhist Centre, Wales, November 1983.

**NOTES ON THE TEXT**

- <sup>1</sup> “..heart of the Lord of 100 Deities..” The Lord of 100 Deities is Maitreya, the coming Buddha; the term ‘100 Deities refers to the countless deities of the Tushita Heaven, where Lama Tsong Khapa presently resides.
- <sup>2</sup> “..together with his sons..” Sumatikirti is Lama Tsong Khapa’s sanskrit name, his spiritual sons are Gyeltsap Je and Khedrup Je, visualised respectively on Lama Tsong Khapa’s left and right sides. Lama Tsong Khapa is Manjushri, Gyeltsap Je is Chenrezi, and Khedrup Je is Vajrapani.
- <sup>3</sup> “..three types of vows..” The three types of vows are Pratimoksha Vows, Bodhisattva Vows and Tantra Vows. Upon entering the Dharma one takes the Pratimoksha Vows, upon entering the Mahayana, one takes the Bodhisattva Vows and upon entering the Tantrayana one takes the Tantra Vows.
- <sup>4</sup> “..Lozang Dragpa..” Lozang Dragpa is Lama Tsong Khapa’s ordination name.
- <sup>5</sup> “..Great Wisdom..” Great Wisdom is immeasurable and fully comprehending.
- <sup>6</sup> “..10 directions..” The 10 directions are north, south, east, west, north-east, north-west, south-east, south-west, up and down.
- <sup>7</sup> “..Clear Wisdom..” Clear Wisdom apprehends all objects of meditation from an unobscured point of view.
- <sup>8</sup> “..Quick Wisdom..” Quick Wisdom brings about instant comprehension.
- <sup>9</sup> “..Profound Wisdom..” Profound Wisdom penetrates the surface and brings to light the deepest and most subtle aspects of the object of meditation.
- <sup>10</sup> “..of my head..” At this point visualise Khedrup Je and Gyeltsap Je dissolving into Lama Tsong Khapa and then Lama Tsong Khapa coming over and sitting on your head. Then with the experience of bliss visualise him coming down and resting upon the eight-petalled lotus at your heart.
- <sup>11</sup> “..Senge Nga Ro..” Senge Nga Ro is the Buddha activity of Lama Tsong Khapa. His Pure Land, Ngo Tsar Me Jung, has been described as “Wow!”, i.e. better than super.
- <sup>12</sup> “..Pure conduct..” These three, View, Meditation and Action are the three higher trainings. They are the requirements for the direct cognition of emptiness.

**VISUALISATION****GAN DEN LHA GYE GON GYI TUG KAR NE**

On the summit of a cloud which resembles a heap of fresh white curd

RAB KAR ZHO SAR PUNG DRAY CHU DZIN TZER emanating from the heart of the Lord of 100 deities of Tushita<sup>1</sup>,

CHO KYI GYEL PO KUN KYEN LO ZANG DRAG sits omniscient Sumatikirti, king of Dharma, together with his sons<sup>2</sup>.

SE DANG CHE PA NE DIR SHEG SU SOL  
I request them to descend to this place.

**THE SEVEN LIMB PUJA****1 Entreating**

DUN GYI NAM KHA SENG TRI PE DE TENG

In the space before me upon a lion throne, lotus and moon,

JE TSUN LA MA GYE PE DZUM KAR CHEN

appears the venerable Guru smiling radiantly with delight,

DAG LO DE PE SO NAM ZHING CHOG DU

you, the supreme field for my faithful mind’s collection of merit.

TEN PA GYE CHIR KEL GYAR ZHUG SU SOL

In order that the teachings may flourish, I request that you remain for 100 aeons.

**2 Prostration**

SHE JE KHYON KUN JAL WAI LO DRO TUG

The wisdom of your mind embraces the full extent of all that can be known.

KAL ZANG NA WAI GYEN GYUR LEG SHE SUNG

Your well explained teachings are the ear ornament of the fortunate ones.

DRAG PAI PEL GYI LHAM MER DZE PAY KU

Your beautiful body is illuminated by the glory of your fame.

TONG TO DREN PE DON DEN LA CHAG TSEL

I prostrate to you, whom to see, hear or recollect is meaningful.

**3 Offering**

YI ONG CHO YON NA TSOG ME TOG DANG  
This ocean of clouds of mentally created and actual offerings,

DRI ZHIM DUG PO NANG SEL DRI CHAB SOG  
refreshing water, various flowers, fragrant incense,

NGO SHAM YI TRUL CHO TRIN GYA TSO DI  
lights, perfumes etc.,

SO NAM ZHING CHOG KHYE LA CHO PAR BUL  
I offer to you, the supreme field for the collection of merit.

**4 Confessing**

DAG GI TOG ME DU NE SAG PA YI  
Whatever unwholesome actions, committed by body, speech and mind,

LU NGAG YI KYI MI GE CHI GYI DANG  
I have accumulated since beginningless time,

KHYE PAR DOM PA SUM GYI MI TUN CHOG  
especially transgressions of the three types of vows<sup>3</sup>.

NYING NE GYO PA DRAG PO SO SOR SHAG  
with strong, heartfelt regret, I confess each and every one.

**5 Rejoicing**

NYIG ME DU DIR MANG TO TRUB LA TSON  
By striving for much learning and understanding in this degenerate age

CHO GYE PANG PE DEL JOR DON YO JE  
and by abandoning the eight worldly dharmas,

GON PO KHYO KYI LAB CHEN DZA PA LA  
you made your favourable rebirth meaningful.

DAG CHAG SAM PA TAG PE YI RANG NGO  
O Lord, in the great wave of your deeds we rejoice from the depths of our hearts.

6

↓ 6.75" from  
top

↑ 3.75" from centre

**Mahakala - Praise of the Six-Armed Dharma-Protector**

HUM! NYUR-DZÄ CHÄN-RÄ-ZIG-LA CHAG TSÄL-LO  
Quick-acting Avalokita, homage to you!

ZHAB-DUB-DANG-CHÄ BI-NAA-YA-KA NÄN  
Wearing anklets, you trample Ganesa.  
NAK-PO CHEN-PO TAG-GI SHAM-TAB CHÄN  
Mahakala, you wear a tiger-skin loincloth.  
CHAG-DRUG DRÜL-GYI GYÄN-GYI NAM-PAR GYÄN  
Fully adorned with snake-ornaments on your six arms,  
YÄ-PA DRI-GUG BAR-WA TRENG-WA DZIN  
The first right holds a triku, the middle a mala,

TA-MA DAA-MA-RU-NI DRAG-TU TRÖL  
The last plays violently a damaru  
YÖN-PA TÖ-PA DANG-NI DUNG TSE-SUM  
The left holds a skull-cup, and a three-pronged lance,  
DE-ZHIN ZHAG-PA ZUNG-NÄ CHING-WAR JE  
And likewise a noose, which serves for tying up.  
DRAG-PÖI ZHÄL-NI CHE-WA NAM-PAR TSIĞ  
Your wrathful mouth completely bares its fangs

CHÄN-SUM DRAG-PO U-TRA GYEN-DU BAR  
Your three eyes are fierce. The hair of your head blazes upward.  
TRÄL-WAR SIN-DHU-RA-YI LEG-PAR JUG  
Your forehead is properly anointed with red lead.  
CHI-WOR MI-KYÖ GYÄL-POI GYÄ-TAB TÄN  
On your crown, Aksobhya's royal presence is fixed.  
TRAG-DZAG MI-GO NGA-CHUI DO-SHÄL CHÄN  
You wear a great necklace of fifty men's heads, dripping blood.

RIN-CHEN TÖ-KAM NGA-YI U-LA GYÄN  
On your crown, you're adorned with five dry, jewelled skulls.  
SHING-LÄ JÖN-NÄ TOR-MA LEN-DZÄ-PAI  
You come from your tree and accept our tormas offering,  
PÄL-DÄN CHAG-DRUK-PA-LA CHAG-TSÄL TÖ  
Glorious Six-Armed - homage and praise to you!  
SANG-GYÄ TÄN-PA NYÄN-PO SUNG-WA-DANG  
Sternly protect the Doctrine of the Buddha!

KÖN-CHOG U-PANG NYÄN-PO TÖ-PA-DANG  
Sternly praise the height of power of the jewels!  
DAG-CHAG PÖN-LOB KOR-DANG CHÄ-NAM-KYI  
For us - teachers, disciples and entourage -  
KYEN-NGÄN BAR-CHÄ TAM-CHÄ ZHI-WA-DANG  
Please quell all bad conditions and obstructions,  
CHI-DÖ NGÖ-DRUB NYUR-DU TSÄL-DU SÖL!  
And grant us quickly whatever siddhis we wish!  
(recite three times)

\* \* \* \* \*

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↓ 6.75" from top

↓ 3.75" from centre

ME JUNG SÄ CHÄ GYÄL WAI JIN LAB DANG  
 By the blessings of the glorious Conquerors and those of  
 their Children,  
 TEN DREL LU WA ME PAI DEN PA DANG  
 By the truth of the infallibility of dependent-arising  
 DAG GI LHAG SAM DAG PAI TU TOB KYI  
 And the profound strength of our own pure faith,  
 MON PAI DON KUN DE LAG NYUR DRUB SHOG  
 May all our prayers instantly be fulfilled with effortless ease.

GANG-RI RA-WÄ KOR-WAI ZHING-KAM-DIR  
 In the heavenly realm of Tibet (surrounded by a chain of  
 snow mountains)  
 PÄN-DANG DE-WA MA-LU JUNG-WAI-NE  
 The source of all happiness and help for beings  
 CHÄN-RÄ-ZIG WONG TÄN-DZIN GYA-TSO-YI  
 Is Tenzin Gyatso - Chenrezi in person -  
 ZHAB-PÄ SI-TAI BAR-DU TÄN-GYUR-CHIG  
 May his life be secure for hundreds of kalpas!

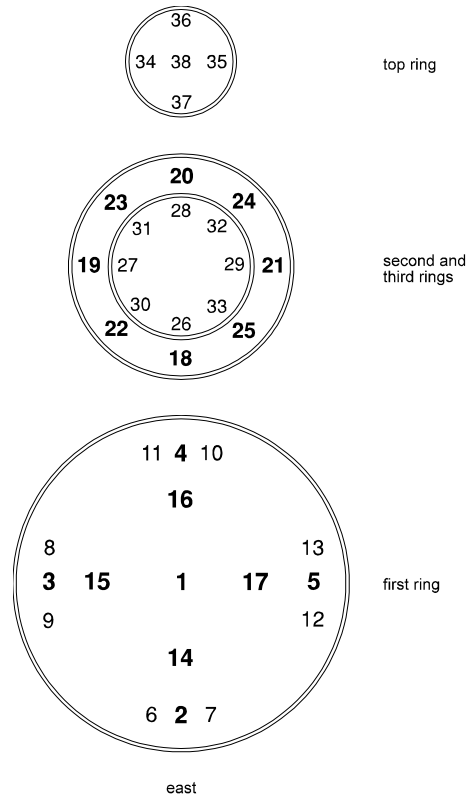
\* \* \* \* \*

**6 Requesting**

JE TSUN LA MA DAM PA KHYE NAM KYI  
 I request you, exalted and venerable Gurus,  
 CHO KU KHA LA KHYEN TSE CHU DZIN TRIG  
 who have gathered clouds of wisdom and compassion in the  
 space of Dharmakaya,  
 JI TAR TSAM PAY DUL JE DZIN MA LA  
 in accordance with the needs of the field of your disciples,  
 ZAB GYE CHO KYI CHAR PA AB TU SOL  
 let the rain of the vast and profound dharma thereby fall.

**7 Dedication**

DAG GI JI NYE SAG PE GE WA DI  
 Whatever virtue I have accumulated by this practice,  
 TEN DANG DRO WA KUN LA GANG PEN DANG  
 May it benefit the Teachings and all beings.  
 KHYE PAR JE TSUN LO ZANG DRAG PA YI  
 Especially may the essence of the Teachings  
 TEN PAI NYING PO RING DU SEL JE SHOG  
 of the venerable Sumatikirti be illuminated forever.



Placing the heaps of grain for the mandala offering

↓ 6.75" from top

↑ 3.75" from centre

NGA WONG LO ZANG TÄN DZIN GYA TSO CHOG

Who deeply suffer the endless sorrows of a degenerate age -  
 SANG SUM MI SHIG MIN GYUR MI NUB PAR  
 Remain unalterably and invariably for oceans of eons  
 ZHOM ZHIG YONG DRÄL DOR JE NYING POI TRIR  
 Upon his utterly indestructible, invincible vajra-throne;  
 KÄL PA GYA TSOR YO ME TAG TÄN SHOG  
 His three secrets unperishing, undeclining, unchanging.

RAB JAM GYÄL WA KUN GYI DZÄ PAI KUR  
 Having courageously taken upon his own shoulders  
 NYING TOB TRAG PAR ZUNG WAI LAB CHEN GYI  
 The burden borne by all the countless Conquerors,  
 TRIN LE KUN PÄN NOR BUI NYING PO CHÄN  
 May his universally beneficent endeavours, possessing the  
 jewel-like essence of enriching all,  
 ZHE PA JI ZHIN LHUN GYI DRUB GYUR CHIG  
 Be spontaneously accomplished according to his wishes.

DE TU DZOG DÄN KÄL ZANG NAM KAI GO  
 And by that power, may the doors of the unbounded reaches  
 of an age of peace and prosperity be opened,  
 LU CHÄN NGÄL SOI CHI DU TAG DRÖL ZHING  
 Bringing an eternal spring of renewal to every living being.

TUB TÄN CHOG DU KUN TU RAB DAR WAI  
 May the spiritual banner of the Subduer's Doctrine spread  
 throughout all time and every direction,  
 GE TSÄN SI ZHII TSE MOR GYÄ GYUR CHIG  
 Until it reaches the summit of samsara and nirvana.

CHAG NA PE MOI JIN LAB DU TSII GYUN  
 May the nectar of the blessings of the Holder of the Lotus  
 forever flow

DAG SOG NYING GI ZUNG SU TAG MIN CHING  
 Unfolding our minds and strengthening our hearts and those  
 of others.

KAA ZHIN DRUB PAI CHÖ PE RAB NYEN NÄ  
 May we draw near to him through the offering of our practice  
 which reflects his words,

KUN ZANG CHÖ CHOG GYA TSO TAR SON SHOG  
 And may we sail the sea of supreme conduct of the One  
 Who is Consummate Goodness.

↓ 6.75" from top

↓ 3.75" from centre



DAG CHAG DUNG SHUG DRAG PÖ SOL DEB NA

To you, with anxious hearts, we fervently pray:

GANG CHÄN GON PO TÄN DZIN GYA TSO YI

"May all that Tenzin Gyatso wishes be spontaneously made manifest,

KU TSE MI SHIG KÄL GYAR RAB TÄN CHING

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

ZHE DON LHUN GYI DRUB PAR JIN GYI LOB

It is our prayer that we may be so blessed."

DOR JE CHANG GI KAA TAG CHAG GYAI DU

O guardians endowed with skill and power in protecting the doctrine and its holders,

MI DRÄL RÄL PAI TÖ DU NYER KÖ NE

Whose matted locks are forever crowned with a knot -

TÄN DANG TÄN DZIN KYONG WAI TU TSÄL CHÄN

Symbolic seal of the commands of Vajradhara -

YE SHE CHÄN DÄN TÄN SUNG GYA TSO LA

Who are adorned with the eye of wisdom; O seas of Doctrine Protectors,

DAG CHAG DUNG SHUG DRAG PÖ SOL DEB NA

To you, with anxious hearts, we fervently pray:

GANG CHÄN GON PO TÄN DZIN GYA TSO YI

"May all that Tenzin Gyatso wishes be spontaneously made manifest,

KU TSE MI SHIG KÄL GYAR RAB TÄN CHING

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

ZHE DON LHUN GYI DRUB PAR JIN GYI LOB

It is our prayer that we may be so blessed."

DE TAR LU ME KYAB KYI CHOG NAM LA

By the strength of supplicating from the depths of our hearts

SHUG DRAG NYING NÄ GU PÄ SOL TAB TU

Such unailing, supreme refuges as you,

MI ZÄ NYIG MAI ZUG NGU RAB NAR WAI

May the noble Ngawang Lobsang Tenzin Gyatso -

DAG SOG GANG JONG DRO WAI GON CHIG PU

Sole guardian of ourselves and the inhabitants of the Land of Snows,

## LONG MANDALA OFFERING

OM BANZA BHU MI AH HUM

OM Vajraground AH HUM

WONG CHEN SER GYI SA ZHI

Here is the mighty and powerful base of gold

OM BANZA RE KE AH HUM

OM Vajraline AH HUM

CHI CHAG RI KOR YUG GI KOR WAI U-SU

The outer ring is encircled with this iron fence

### First ring

1 RII GYÄL PO RI RAB

In the centre, the king of mountains, Mount Meru

2 SHAR LU PAG PO

In the east, the continent Purvavideha

3 LHO DZAM BU LING

In the south, Jambudvipa

4 NUB BA LANG CHÖ

In the west, Aparagodaniya

5 JANG DRA MI NYÄN

In the north, Uttarakuru

6 LU DANG LU PAG

7 Around the east, the sub-continent Deha and Videha

8, NGA YAB DANG NGA YAB ZHÄN

9 Around the south, Camara and Aparacamara

10, YO DÄN DANG LAM CHOG DRO

11 Around the west, Satha and Uttaramantrina

12, DRA MI NYÄN DANG DRA MI NYÄN GYI DA

13 Around the north, the sub-continent Kurava and Kaurava

14 RIN PO CHEI RI WO

In the east is the treasure mountain

15 PAG SAM GYI SHING

In the south is the wish-granting tree

16 DÖ JOI BA

In the west is the wish-granting cow

17 MA MO PAI LO TOG

In the north is the harvest that needs no cultivation

**Second ring**

- 18 KOR LO RIN PO CHE  
Here is the precious wheel
- 19 NOR BU RIN PO CHE  
Here is the precious jewel
- 20 TSUN MO RIN PO CHE  
Here is the precious queen
- 21 LON PO RIN PO CHE  
Here is the precious minister
- 22 LANG PO RIN PO CHE  
Here is the precious elephant
- 23 TA CHOG RIN PO CHE  
Here is the precious and best of horses
- 24 MAG PON RIN PO CHE  
Here is the precious general
- 25 TER CHEN POI BUM PA  
Here is the great treasure vase

**Third ring**

- 26 GEG MA  
Here is the goddess of beauty
- 27 TRENG WA MA  
Here is the goddess of garlands
- 28 LU MA  
Here is the goddess of song
- 29 GAR MA  
Here is the goddess of dance
- 30 ME TOG MA  
Here is the goddess of flowers
- 31 DUG PÖ MA  
Here is the goddess of incense
- 32 NANG SÄL MA  
Here is the goddess of light
- 33 DRI CHAB MA  
Here is the goddess of perfume

10

↓ 6.75" from  
top

↑ 3.75" from centre

DAG CHAG DUNG SHUG DRAG PÖ SOL DEB NA

To you, with anxious hearts, we fervently pray:

GANG CHÄN GON PO TÄN DZIN GYA TSO YI

"May all that Tenzin Gyatso wishes be spontaneously made manifest,

KU TSE MI SHIG KÄL GYAR RAB TÄN CHING

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

ZHE DON LHUN GYI DRUB PAR JIN GYI LOB

It is our prayer that we may be so blessed."

SI PAI TRUL KOR JOM LA CHE PAA WAI

O mighty warriors laying waste the illusory rounds of life,

DEN DON NGON SUM JÄL WAI YE SHE CHÄN

Forever abiding in the vajra-city of liberation,

NAM TAR DOR JEI DRONG LÄ MI CHE PA

Endowed with wisdom clearly seeing truth,

RIG DROL PAG PAI GEN DUN TAM CHE LA

Living in the knowledge and freedom; O Spiritual Community of the Excellent,

DAG CHAG DUNG SHUG DRAG PÖ SOL DEB NA

To you, with anxious hearts, we fervently pray:

GANG CHÄN GON PO TÄN DZIN GYA TSO YI

"May all that Tenzin Gyatso wishes be spontaneously made manifest,

KU TSE MI SHIG KÄL GYAR RAB TÄN CHING

May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

ZHE DON LHUN GYI DRUB PAR JIN GYI LOB

It is our prayer that we may be so blessed."

KAA CHÖ ZHING DANG NÄ YUL DUR TRÖ DU

O divine guides of celestial lands, cemetery grounds and sanctified sites,

DE TONG NYAM GYAR ROL PAI TSE JO YI

Leading the yogin in his journey along sacred paths

NÄL JOR LAM ZANG DRUB LA DROG DZE PAI

By means of beguiling games played with hundreds of experiences of emptiness and bliss;

NE SUM PAA WO KAN DROI TSO G NAM LA

O hosts of Heroes and Travellers of the Heavens throughout the three domains,

27

↓ 6.75" from top

↓ 3.75" from centre

DAG CHAG DUNG SHUG DRAG PÖ SOL DEB NA  
To you, with anxious hearts, we fervently pray:  
GANG CHÄN GON PO TÄN DZIN GYA TSO YI  
"May all that Tenzin Gyatso wishes be spontaneously made manifest,  
KU TSE MI SHIG KÄL GYAR RAB TÄN CHING  
May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,  
ZHE DON LHUN GYI DRUB PAR JIN GYI LOB  
It is our prayer that we may be so blessed."

PANG TOG YON TÄN LHUN DZOG TRIN LE KYI  
O resplendent moons of realisation and abandonment, spontaneously radiating enlightened actions,  
NANG WA DRO KAM GYA TSOR TAG TSEN PÄ  
Perpetually raising salutary tides in the ocean of wanderers,  
PÄN DZE TOB CHU NGAA WA LHA YI LHA  
Peerless lords endowed with ten powers;  
RAB JAM DU SUM GYÄL WA TAM CHÄ LA  
O countless Conquerors of the three times,

DAG CHAG DUNG SHUG DRAG PÖ SOL DEB NA  
To you, with anxious hearts, we fervently pray:  
GANG CHÄN GON PO TÄN DZIN GYA TSO YI  
"May all that Tenzin Gyatso wishes be spontaneously made manifest,  
KU TSE MI SHIG KÄL GYAR RAB TÄN CHING  
May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,  
ZHE DON LHUN GYI DRUB PAR JIN GYI LOB  
It is our prayer that we may be so blessed."

JIG TEN SUM LÄ GANG GI NGE DRÖL ZHING  
O glories of virtue, consummations of skill, immutable, immaculate Noble True Paths,  
CHOG TU ZHI WA NAM JANG NOR BUI TER  
Precious treasures of sublime pure peace, Noble True Cessations,  
ZAG ME MI YO KUN ZANG GE WAI PÄL  
Certain to free all from the three fleeting worlds;  
TEG SUM DAM PAI CHÖ KYI TSO G NAM LA  
O holy Dharma of the three vehicles,

26

↓ 6.75" from  
top

↑ 3.75" from centre

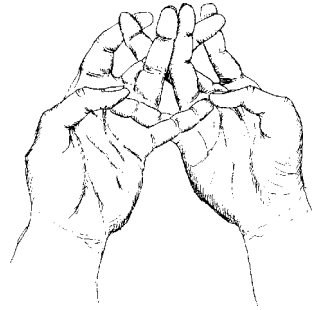
**Top Ring**

34 NYI MA  
Here is the sun  
35 DA WA  
Here is the moon  
36 RIN PO CHEI DUG  
Here is the umbrella of all that is precious  
37 CHOG LÄ NAM PAR GYÄL WAI GYÄL TSÄN  
Here is the banner of victory in all directions  
38 U SU LHA DANG MII PÄL JOR PUN SUM TSO G PA MA  
TSANG WA ME PA  
In the centre are all the possessions precious to gods and men  
TSANG ZHING YI DU WONG WA DI DAG  
This magnificent collection, lacking in nothing  
DRIN CHÄN TSA WA DANG GYU PAR CHÄ PAI  
I offer to you, my kind and holy root Lama  
PÄL DÄN LA MA DAM PA NAM DANG KYE PAR DU YANG  
Together with you, Venerable Lineage Lamas  
LAMA LOZANG TUB WANG DO RJE CHANG CHEN POI  
and to you Je Tsong Khapa, to you O Buddha, and to you Vajradhara,  
LHA TSO G KOR DANG CHÄ PA  
Together with the assembly of Gods  
NAM LA ZHING KAM UL WAR GYIO  
I offer this pure and beautiful collection to you  
TUG JE DRO WAI DÖN DU ZHE SU SOL  
In your compassion accept what I offer for the sake of all beings  
ZHE NÄ DAG SOG SEM CHÄN TAM CHÄ LA  
Having accepted these, to myself and to all beings  
TUG TSE WA CHEN POI GO NÄ JIN GYI LAB TU SOL  
Please grant your blessings through your great compassion.

11

↓ 6.75" from top

↓ 3.75" from centre



### SHORT MANDALA OFFERING

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
By virtue of offering to you, assembly of Buddhas visualised before me

RI RAB LING ZHI NYI DÄ GYÄN PA DI  
This Mandala built on a base, resplendent with flowers, saffron water and incense

SANG GYÄ ZHING DU MIG TE UL WAR GYI  
Adorned with Mount Meru and the four continents as well as the sun and moon

DRO KUN NAM DAG ZHING LA CHÖ PAR SHOG  
May all share in its good effects.

DAG-ZHEN LU-NGAG YI-SUM LONG-CHO DU-SUM GE-TSOG-DANG  
This offering I make of a precious jewelled mandala together with other pure offerings and wealth.

RIN-CHEN MAN-DEL ZANG-PO KUN-ZANG CHO-PAI TSOG-DANG-CHE  
And the virtues we have collected throughout the three times with our body speech and mind.

LO-YI LANG-NE LA-MA YI-DAM KON-CHOG SUM-LA-BUL  
O my Masters, my Yidams<sup>19</sup> and the Three Precious Jewels, I offer all to you with unwavering faith.

TUG-JEI WONG-GI ZHE-NE DAG-LA JIN-GYI LAB-TU-SOL  
Accepting these out of your boundless compassion, send forth to me waves of your inspiring strength.

IDAM GURU RATNA MANDALAKAM NIRYATA YAMI

12

↓ 6.75" from top

↑ 3.75" from centre

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

#### OM SVASTI

RAB JAM GYÄL WAI SANG SUM MA LU PA  
O magical emanations of all three secrets of countless Conquerors,

GANG DUL CHIR YANG CHAR WAI GYU TRUL GAR  
Appearing in whatever forms best serve disciples,  
SI ZHII GE LEG KUN JUNG YI ZHIN NOR  
Wish-fulfilling gems granting every goodness and virtue in samsara and nirvana;

NGÖ GYU DRIN CHÄN LA MAI TSOG NAM LA  
O assembly of kind direct and lineage lamas,

DAG CHAG DUNG SHUG DRAG PÖ SOL DEB NA  
To you, with anxious hearts, we fervently pray:

GANG CHÄN GON PO TÄN DZIN GYA TSO YI  
"May all that Tenzin Gyatso wishes be spontaneously made manifest,

KU TSE MI SHIG KÄL GYAR RAB TÄN CHING  
May the Guardian of the Land of Snows remain for hundreds of aeons immutably amongst us,

ZHE DON LHUN GYI DRUB PAR JIN GYI LOB  
It is our prayer that we may be so blessed."

CHÖ YING KUN SÄL KYON DANG NYAM JUG PAI  
O immaculate wisdom and great bliss which abide equally in the realm of reality

DUL DRÄL DE CHEN YE SHE GYU MAI TRIN  
And the expanse of space, and there, as clouds of illusions,  
DRANG ME TEN DANG TEN PAI KYIL KOR DU  
From the myriad mandalas of lords and abodes;

SHAR WAI YI DAM LHA TSOG TAM CHÄ LA  
O multitudes of Meditational Deities,

25

↓ 6.75" from top

↓ 3.75" from centre

JANG SHAR NGO TSAR MAI JUNG KO PAI ZHING  
 Taking birth in the land of the north-east 'Ngo-tsar-me-jung'  
 NAM DREN SENG GE NGA RO ZHAB DRUNG DU      °      °  
 as the foremost in the assembly of disciples, at the feet of  
 the perfect guide, Senge Nga Ro<sup>11</sup>,  
 KHOR GYI TOG MAR KYE NE DO NGAG LA  
 may I always excel in hearing, contemplating and meditating  
 TO SAM GOM PE TAG TU DA WAR SHOG      °      °  
 on both the sutras and tantras.

DOR NA KYE ZHING KYE WA TAM CHE DU  
 In brief, in all future lives,  
 JE TSUN LO ZANG DRAG PA YAB SE DANG      °      °  
 without ever becoming separated from the venerable Losang  
 Dragpa and his sons,  
 MI DRAL GYEL WAI CHO TSUL KUN ZUNG NE  
 observing all the precepts of the Sugata.  
 TEN DANG DRO WAI DON CHEN LHUR LEN SHOG  
 may I willingly undertake the great task of the expansion of  
 the Dharma, and the benefit of all beings.

(added verse)

DA WA NAM TOG DAG CHA DA LA TRUL  
 Pure view of emptiness, free from the extremes of nihilism  
 and eternalism,  
 GOM PA NAM TAG CHING MUG MUN PA TSEL  
 Pure meditation, free from dullness and excitement,  
 CHO PA NAM TAG GYEL WA KA ZHIN DRUB      °      °  
 Practice of pure conduct<sup>12</sup>, according to Buddha's  
 instructions,  
 LOB SANG GYEL WA TAM PA GYEL GYUR CHIG  
 May these live as long as the teachings of Lama Tsong  
 Khapa.      °      °

\*\*\*\*\*

↓ 6.75" from top

↓ 6.75" from top

↑ 3.75" from centre

↓ 3.75" from centre



*Lama Tsong Khapa and His Two Spiritual Sons,  
Khedrup Je and Gyeltsap Je*

14

↓ 6.75" from  
top

↑ 3.75" from centre

LEG PAR GOM PE NAM DAG ZHIG DRUN CHIG  
By the force of having well acquainted my mind with the  
practise of this pure land,

TSE PO MO LA NE DER KYE WAR SHOG  
may I, immediately after death take birth in that place.

JE TSUN TUG KA NE TRO TRIN KAR YUG  
On the end of a long white cloud emanating from the heart  
of the Lord Maitreya,

KYANG PAI NE MOR LA MA SE DANG CHE  
I have invited the Master and his Sons,

CHEN DRANG YEN LAG DUN GYI TSOG SAG PE  
By all the merit I have accumulated by offering this seven-  
limb prayer,

DAG GYU DE LAG NYI DU MIN PAR SHOG  
may my mind effortlessly come to maturity.

DU SUM GYEL WAI KHYEN TSE NU PA NAM  
The wisdom, compassion and power of the Sugatas of the  
three times,

ZUNG JUG TRUL KUR SHAR WAI NAM DREN GANG  
has unified in the form of perfect guides

RIG SUM NGO WOR TAG CHE SOL TAB TU  
whom I recognise to be of the nature of the three deities.

CHOG TUN NGO DRUB MA LU NYUR TOB SHOG  
By the force of my requests made to them, may I rapidly  
accomplish all realisations both ordinary and supreme.

KHYE PAR DAG PA YE SHE DUD TSI CHU  
In particular, all errors obstructions and ignorance, of my  
body,

GO SUM DIG DRIB MI SHE KUN TRU CHING  
speech and mind having being cleansed by the pure amrita  
of wisdom,

CHE TSO TSOM SOG TA YE SHE JA LA  
may I come to equal Manjushri, the Lord of Wisdom

LO DRO GON PO JAM YANG DANG TSUNG SHOG  
in all fields of knowledge, teaching, debate, composition etc.

23

↓ 6.75" from top

↓ 3.75" from centre

**GURU YOGA**

PEL DEN TSA WAI LA MA RIN PO CHE  
O glorious, precious root Guru,

DAG GI CHI WOR PE DE TENG ZHUG LA  
please come and remain on the lotus and moon on the crown  
of my head<sup>10</sup>,

KA DRIN CHEN PO GO NE JE ZUNG TE  
and with great kindness look after me,

KU SUNG TUG KYI NGO DRUB TSEL DU SOL  
granting me the siddhis of your body, speech and mind.

(Pause to concentrate on the visualisation, at this point you may  
perform the Seven-Limb Puja and make mandala offerings and  
request that the Precious Lama come and remain at your heart).

PEL DEN TSA WAI LA MA RIN PO CHE  
O glorious, precious root Guru,  
DAG GI NYING GAR PE MO TENG ZHUG LA  
please come and remain on the lotus at my heart,

KA DRIN CHEN PO GO NE JE ZUNG TE  
and with your great kindness look after me,  
KU SUNG TUG KYI NGO DRUB TSEL DU SOL  
remaining steadily until the essence of enlightenment is  
reached.

(Pause to concentrate on the visualisation).

DE TAR NGO DRUB MA LU JUNG WAI NE  
By the force of making requests and offerings in this way,

JE TSUN LA MA CHO CHING SOL TAB TU  
to the Guru, the source of all realisations,

KYE WA KUN TU JAM YANG LA MA YI  
may I, in all future lives be lovingly cared for

NYE ZHIN JE SU DZIN PA NYI GYUR CHIG  
by Guru Manjushri, - Tsong Khapa.

RIN CHEN DU MA LE DRUB GAN DEN ZHING  
In the realm of Tushita, built of numerous precious substances,  
NGO TSAR JE WAI U NA MI PHAM GON  
amongst millions of wonders sits the Lord Maitreya.

**PURIFICATION YOGA**

DE TAR SHUG DRAG SOL WA TAB PE TU  
Thus by the force of my extremely strong request,  
JE TSUN YAB SE SUM GYI TUG KA NE  
from the hearts of the venerable father and his sons

O ZER KAR PO BUB CHEN TRO PAI NE  
emanate hollow, radiant white light rays,

CHIG TU DRE NE RANG GI CHI WOR ZUG  
the tips of which, having joined as one, absorb into the crown of  
my head.

O KAR BU GU JUG NGOG LE JUNG WAI  
By the white radiant amrita, the colour of milk,

DUD TSI KAR PO O MAI DOG CHEN GYI  
flowing through the hollow white light rays, all sickness, evil  
influences,

NE DON DIG DRIB BAG CHAG MA LU PA  
obscurations and mental potentialities are cleansed without  
exception,

TRU NE RANG LU SHEL TAR DAG BAR GYUR  
and my body becomes pure like crystal.

**Mantra:** (Chant 3 times slowly, then recite many times silently)

MIG ME TSE WAI TER CHEN CHEN RE ZI  
Avalokiteshvara, great treasure of immeasurable compassion,

DRI ME KHYEN PE WONG PO JAM PE YANG  
Manjushri, Lord of the stainless wisdom,

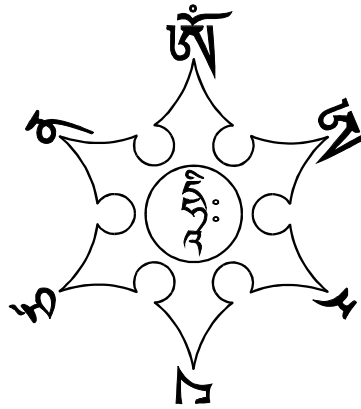
DU PUNG MA LU JOM DZE SANG WAI DAG  
Vajrapani, destroyer of Mara's forces without exception,

GANG CHEN KHE PE TZUG GYEN TSONG KHA PA  
Tsong-khapa, crown jewel of the sages of the Land of the Snow,

LO ZANG DRAG PAY ZHAB LA SOL WA DEB  
Losang Drappa<sup>4</sup>, I make requests at your feet.



Manjushri



The Mantra: Om Ar Ra Pa Tsa Na Dhi

↓ 6.75" from top

↑ 3.75" from centre

LAR YANG ZAB PAI KHYEN RAB MAR SER GYI  
 Once again by the *profound wisdom*<sup>9</sup> which arises in the  
 DUD TSI NAM PAR JUNG WAI RANG LU GANG  
 aspect of orange-coloured amrita, my body is filled  
 DUD TSI DUL NAM LEG BAM REL DRI YI  
 from the light of the amrita, all the atoms of which  
 NAM PAR SEL LE O TRO CHOG CHU YI  
 are in the aspect of scriptures and swords, rays emanate.  
 GYEL DANG DE SE ZAB PE KHYEN RAB NAM  
 They invite the profound wisdom of all the Sugatas and their  
 sons, residing in the ten directions  
 CHAG TSEN NAM PAR TIM PAI RANG LU GANG  
 which in the aspect of divine implements absorbs into me,  
 filling my body.

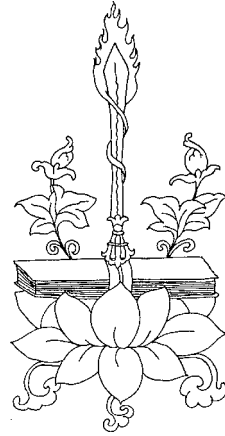
**Mantra :** (Chant once slowly, then recite many times silently)

MIG ME TSE WAI TER CHEN CHEN RE ZI  
 Avalokiteshvara, great treasure of immeasurable compassion,  
 DRI ME KHYEN PE WONG PO JAM PE YANG  
 Manjushri, Lord of the stainless wisdom,  
 DU PUNG MA LU JOM DZE SANG WAI DAG  
 Vajrapani, destroyer of Mara's forces without exception,  
 GANG CHEN KHE PE TZUG GYEN TSONG KHA PA  
 Tsong-khapa, crown jewel of the sages of the Land of the Snow,  
 LO ZANG DRAG PAY ZHAB LA SOL WA DEB  
 Losang Dragpa, I make requests at your feet.

↓ 6.75" from top

↓ 3.75" from centre





The Book and Sword

20

↓ 6.75" from  
top

↑ 3.75" from centre

LAR YANG CHE WAI KHYEN RAB MAR SER GYI

Once again by the *great wisdom*<sup>5</sup> which arises in the

DUD TSI NAM PAR JUNG WAI RANG LU GANG  
aspect of orange-coloured amrita, my body is filled

DUD TSI DUL NAM JE TSUN JAM YANG KYI  
from the light of the amrita, all the atoms of which

NAM PAR SEL LE O TRO CHOG CHU YI  
are in the aspect of Manjushri, rays emanate.

GYEL DANG DE SE CHE WAI KHYEN RAB NAM  
They invite the great wisdom of the Sugatas and their sons,  
residing in the ten directions<sup>6</sup>

LHA KU NAM PAR TIM PAI RANG LU GANG  
which in the aspect of divine bodies absorbs into me, filling my body.

**Mantra :** (Chant once slowly, then recite many times silently)

MIG ME TSE WAI TER CHEN CHEN RE ZI

Avalokiteshvara, great treasure of immeasurable compassion,

DRI ME KHYEN PE WONG PO JAM PE YANG

Manjushri, Lord of the stainless wisdom,

DU PUNG MA LU JOM DZE SANG WAI DAG

Vajrapani, destroyer of Mara's forces without exception,

GANG CHEN KHE PE TZUG GYEN TSONG KHA PA

Tsong-khapa, crown jewel of the sages of the Land of the Snow,

LO ZANG DRAG PAY ZHAB LA SOL WA DEB

Losang Dragpa, I make requests at your feet.

LAR YANG SEL WAI KHYEN RAB MAR SER GYI

Once again by the *clear wisdom*<sup>7</sup> which arises in the

DUD TSI NAM PAR JUNG WAI RANG LU GANG  
aspect of orange-coloured amrita, my body is filled

DUD TSI DUL NAM A RA PA TSA NAI  
from the light of the amrita, all the atoms of which

NAM PAR SEL LE O TRO CHOG CHU YI  
are in the aspect of Ah Ra Pa Tsa Na, rays emanate.

GYEL DANG DE SE SEL WAI KHYEN RAB NAM  
They invite the clear wisdom of all the Sugatas and their sons,  
residing in the ten directions

ZUNG NGAG NAM PAR TIM PAI RANG LU GANG  
which in the aspect of mantras absorbs into me, filling my body.

17

↓ 6.75" from top

↓ 3.75" from centre

**Mantra** : (Chant once slowly, then recite many times silently)

MIG ME TSE WAI TER CHEN CHEN RE ZI  
 Avalokiteshvara, great treasure of immeasurable compassion,  
 DRI ME KHYEN PE WONG PO JAM PE YANG  
 Manjushri, Lord of the stainless wisdom,  
 DU PUNG MA LU JOM DZE SANG WAI DAG  
 Vajrapani, destroyer of Mara's forces without exception,  
 GANG CHEN KHE PE TZUG GYEN TSONG KHA PA  
 Tsong-khapa, crown jewel of the sages of the Land of the Snow,  
 LO ZANG DRAG PAY ZHAB LA SOL WA DEB  
 Losang Dragpa, I make requests at your feet.

LAR YANG NYUR WAI KHYEN RAB MAR SER GYI  
 Once again by the *quick wisdom*<sup>8</sup> which arises in the

DUD TSI NAM PAR JUNG WAI RANG LU GANG  
 aspect of orange-coloured amrita, my body is filled

DUD TSI DUL NAM DHI YIG MAR SER GYI  
 from the light of the amrita, all the atoms of which

NAM PAR SEL LE O TRO CHOG CHU YI  
 are in the aspect of Dhi, rays emanate.

GYEL DANG DE SE NYUR WAI KHYEN RAB NAM  
 They invite the quick wisdom of all the Sugatas and their sons,  
 residing in the ten directions

SA BON NAM PAR TIM PAI RANG LU GANG  
 which in the aspect of the seed syllables absorbs into me, filling  
 my body.

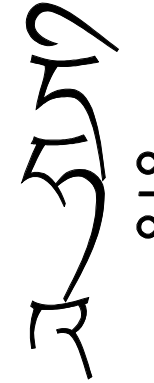
**Mantra** : (Chant once slowly, then recite many times silently)

MIG ME TSE WAI TER CHEN CHEN RE ZI  
 Avalokiteshvara, great treasure of immeasurable compassion,  
 DRI ME KHYEN PE WONG PO JAM PE YANG  
 Manjushri, Lord of the stainless wisdom,  
 DU PUNG MA LU JOM DZE SANG WAI DAG  
 Vajrapani, destroyer of Mara's forces without exception,  
 GANG CHEN KHE PE TZUG GYEN TSONG KHA PA  
 Tsong-khapa, crown jewel of the sages of the Land of the Snow,  
 LO ZANG DRAG PAY ZHAB LA SOL WA DEB  
 Losang Dragpa, I make requests at your feet.

18

↓ 6.75" from  
top

↑ 3.75" from centre



The Seed Syllable: Dhi

19

↓ 6.75" from top

↓ 3.75" from centre