

Short Guru Yoga

PALDEN TSA WA LAMA RINPOCHE

Glorious and most precious root Guru.

DAG GI CHI WOR PA DE DEN SHUG LA

Seated above our heads on a lotus and moon throne,

KA DRIN CHEN PER GO NE JE SUNG TE

Sustain us with your immense kindness and bestow

KU SUNG TUG CHI NGU DRUB TSEL DU SOL

The spiritual accomplishments of body, speech and mind. x 1

Refuge & Bodhichitta

SANG JE CHUR DANG TSOG CHI CHOG NAM LA

In the Buddha, His Teachings and the Order Most Excellent

CHANG CHUB BAR DU DAG NI CHAB SU CHI

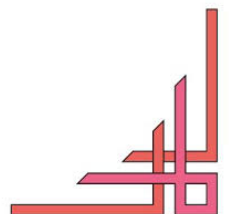
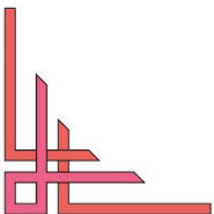
I take my refuge until enlightenment is reached

DA GI JIN SOG GYI PE SER NAM CHI

By the merit of generosity and of generosity and other good deeds (paramitas)

DRO LA PEN CHIR SANG GYE DRUB PAR SHOG

May I attain Buddhahood for the sake of all that lives. x 3





The Four Immeasurables

SEM CHEN TAM CHE DE WA DANG

May all beings have happiness and the causes of happiness.

DE WE GYU DANG DEN PAR GYUR CHIG

May they all be free from suffering and

DUG NGEL DANG DUG NGEL GYI GYU DANG

from the causes of suffering.

DREL WAR GYUR CHIG

May all beings never be separated from the sacred happiness

DUG NGEL ME PE DE WA DAM PA DANG

that is sorrowless.

MIN DREL WAR GYUR CHIG

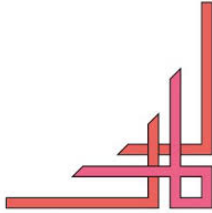
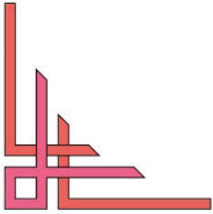
May all give up attachment to dear ones,

NYE RING CHAG DANG DANG DREL WA TANG

And aversion to others

NYOM CHEN PO LA NE PAR GYUR CHIG

And live believing in the equality of all that lives . x 3





END OF SESSION PRAYER

May all beings have happiness and the causes of happiness

May all beings be free from suffering and the causes of suffering

May all beings never be separated from the sacred happiness that is sorrowless

May all give up attachment to dear ones and aversion to others

And live believing in the equality of all that lives.

SER NAM DI YI TAM CHE SIG PA NYI

Through whatever virtue this has created

TOP NE NYE PE DRA NAM PAM JE NE

may the state of omniscience be attained and the enemy,

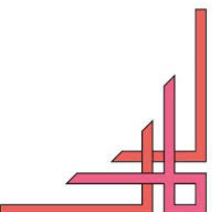
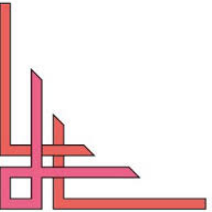
CHE GA NA CHI BA LA TRUG PA YI

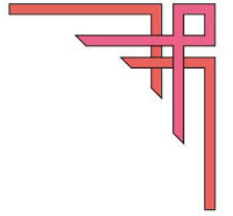
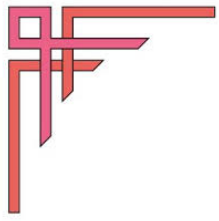
The defilements, be completely defeated.

SI PE TSO LE DRO WA DROOL WAR SHOG

May beings be thereby freed from the ocean of existence,

rocked by the waves of birth, ageing sickness and death. x 1





MANDALA OFFERING

The elaborate mandala offering with 37 heaps. With the thought that all negative deeds and obscurations that I and others have accumulated in dualistic fixation are being purified.

OM BENDZA SATO SAMAYA MANUPALAYA /
BENDZA SATO TENOPA TITRA DRITO ME BHAWA/
SUTO KAYO ME BHAWA / SUPO KAYO ME BHAWA/
ANU RAKTO ME BHAWA/SARWA SIDDHI MANTRA YATSA/
SARWA KARMA SUTSA-ME TSITAM SHIRI-YA GURU HUNG/
HA-HA HA-HA HO BHAGAWAN SARWA TATHAGATA BENDZA
MAME MUN TSA / BENDZA BHAWA/ MAHA SAMAYA SATO AH x 3

and Om Bendza Sato Hung x 3

