

Refuge and Bodhicitta

༄༅། སངས་རྒྱལ་ཚེས་དང་ཚོགས་ཀྱི་མཚོག་ནམས་ལ།
བྱང་ཚུབ་བར་དུ་བདག་ནི་སྐྱབས་སུ་མཆི།
བདག་གིས་སྦྱོན་སོགས་བགྱིས་པའི་བསོད་ནམས་ཀྱིས།
འགྲོ་ལ་ཕན་ཕྱིར་སངས་རྒྱལ་འགྲུབ་པར་ཤོག།

Sang-gye cho dang tsok-ki chok nam la
Jang-chup bardu dak-ni kyabsu chi
Dak-ki Jin-sok ki pe sonam ki
Drola phen chir sang-gye drub-par sho

*In the Buddha, the Dharma and supreme Sangha
I take refuge until enlightenment.*

By the merit of practicing the paramitas

May I attain buddhahood for the benefit of all sentient beings.

Four Boundless States

༄༅། སེམས་ཅན་ཐམས་ཅད་བདེ་བ་དང་བདེ་བའི་རྒྱ་དང་ལྷན་པར་གྱུར་ཅིག།
སྤྱད་བསྐྱལ་དང་སྤྱད་བསྐྱལ་གྱི་རྒྱ་དང་བྲལ་བར་གྱུར་ཅིག།
སྤྱད་བསྐྱལ་མེད་པའི་བདེ་བ་དང་དམ་པ་དང་མི་བྲལ་བར་གྱུར་ཅིག།
ཉེ་རིང་ཚགས་སྤང་གཉིས་དང་བྲལ་བའི་བཏང་སྦྱོམས་ཆེན་པོ་ལ་གནས་པར་གྱུར་ཅིག།

Sem-chen tham-che dewa dang dewe gyu-dang denpar gyur chik
Du-ngal dang du-ngal gi gyu dang drel-war gyur chik
Du-ngal mepe dewa dampa dang mi-drel-war gyur chik
Nye-ring chag-dang nyi-dang drel-way tang-nyom chenpo la ne par gyur
chik

May all the beings be happy and have the causes of happiness.

May they be free from suffering and its causes.

May they never lose the ultimate happiness free from sorrow.

*May they be free from attraction, aversion and partiality, and remain in
great equanimity.*

Sangcho

// *The Condensed Cleansing Offering According to Tukdrub Barchey Kunsel, the Heart Practice, Dispeller of All Obstacles.* // *The detailed version of the cleansing smoke offering that pleases all divinities which, in general, is to establish an auspicious coincidence, should be learned from elsewhere, but the condensed daily offering and giving, is as follows. In a clean place, upon a stand, put jewels, grains, medicines, brocades, and the best part of what you have of food and drink into a fire fueled by various kinds of nectar-filled woods* // Kye! Within non-arising primordial purity, unconstructed space, unceasing spontaneous presence manifests as five-colored light. From the magical display of this effortless capacity, I invite guests, all possible forms of existence and peace. To this site of offering and giving: Come here in the flash of a single instant like a rainbow appearing in the sky, and remain upon whichever seat pleases you / **SARVA SAMAYA JAH JAH** // **RAM YAM KHAM** / All things, the magical reflections of awareness, are purified of all impurity, the habitual patterns of confusion, into emptiness, being burned, scattered and washed away, by the fire, wind and water of great wisdom // Within this empty state, the space of the five consorts, from the utterly perfect offering-cloud of cleansing smoke, appears a treasure of unexcelled sense pleasures, which becomes a sky-treasure cloud bank / **OM AH HUNG** // **HUNG** / In the radiant mandala of self-existing empty cognizance, is a blazing fire of nectar-filled woods. While from the smoke of burning sense pleasures and affluence showers a rain of 1.

myriad divine offerings // Forms, sounds, odors, tastes and textures, like gathered clouds, auspicious articles and signs, and the seven precious royal possessions: food, drink, clothes, ornaments, grains, medicines, horses and so forth; an infinite amount of the wealth of existence and peace // With this inexhaustible and great Samantabhadra offering cloud completely filling the realm of the sky, unailing Three Precious Jewels, whom we rely upon as refuge until enlightenment, accept this cleansing offering // Lords of all blessing, siddhis and activities, assemblies of gurus, yidams and dakinis, accept this cleansing offering. Samaya protectors, you who overlook good and evil, ocean of outer and inner teaching guardians and vow-holders, accept this cleansing offering // You who relieve the anguish of poverty and shower a great rain of desirable things, yakshas, wealth gods and treasure lords, accept this cleansing offering. You who are endowed with the abilities to benefit or harm and move by miraculous power, hosts of jungpos of the three-thousand-fold universe, accept this cleansing offering // In particular, nyens protecting the land of Tibet on the Jambu continent, virtuous devas, nagas and local deities along with your retinues, accept this cleansing offering. Gurlhas of the king, kyelhas of the subjects, and successions of gods of the creation of the world, accept this cleansing offering // Mentsunma, chief guardian of the land of Tibet, Five Sister-Emanations and your retinues, accept this cleansing offering.

Par and me lords of the years, months, days and times and others, elemental gods of the sciences,

accept this cleansing offering. // Innate and temporarily appointed gods, gatherings of dralas who increase positive conditions, accept this cleansing offering. Naturally dwelling or temporarily present, adversaries, obstructers and karmic creditors, accept this cleansing offering. // Objects of compassion, who since former lifetimes have been my mothers, all guests from the six classes of beings of the three realms and three worlds, accept this cleansing offering. In short, may the outer vessel, the realm of all-encompassing purity, be cleansed into being the never-ending adornment wheels of inexhaustible sense pleasures // May the inner contents of all living beings, the mudra deities of the three roots be cleansed into being the great indivisible space and wisdom. I cleanse you by making a cleansing offering with the smoke of nectar-filled woods; may all the impurities of the veils of broken samayas be purified // I make you this offering of an ocean-like cloud of sense pleasures; entrust me with the supreme and common siddhis and the activities of the four karmas. Precious Ones, guests of honor, I offer you the best part; engender the brilliant splendor of blessing, empowerments and compassion // I mend my heart samaya with all the protectors, the guests of virtue; dispel all obstacles and increase positive conditions and goodness. I dedicate this to all guests who are obstructers and karmic creditors; if you are pleased and satisfied, fulfill my wishes for benefit and happiness // I make an all-pervading gift to the six classes of beings, the guests of compassion; may they be free from all sufferings and possess happiness //

3.

At this auspicious and delightful place of virtue, through my deeds of making a cleansing offering and giving nectar, may the prosperity and goodness of the world and its inhabitants of the infinite realms of the ten directions of samsara and nirvana, be brought under my command // Three times a day may auspiciousness shine forth like sunlight, three times a night may auspiciousness glow like moonlight; throughout the entire day and night may there be auspiciousness and goodness, and may the auspicious coincidence of everything excellent be spontaneously perfected // *Perform this daily, and especially when commencing an important task of spiritual or secular deeds. If you perform this in order to arrange the right coincidence, all samaya-veils and discordant factors will be pacified, positive conditions and everything excellent will effortlessly multiply, good years and cattle will increase and offspring will flourish; the Dharma lineages will last long and position will be heightened; all the goodness of the world and its inhabitants will be magnetized, and auspiciousness, goodness and excellence will take place. Ultimately, by perfecting the gathering of merit the supreme wisdom will dawn without effort. This profound instruction should therefore be regarded as important by everyone in common. Samaya. Seal, seal, seal. May virtuous goodness increase!*

4.

Dedication

བསམབྱེད་ནམས་འདུལ་ཡུལས་ཐམས་ཅད་གཟུགས་པ་ཉལ་དཔེ
ཐབས་ནས་ཉལ་བའལ་དག་རྣམས་ལམ་བུས་ནས་ཐེ
ཉལ་རྒྱ་ནག་འཆུགས་ལྟེ་རྣམས་འབྲུགས་པ་ཡུལ་ཐེ
སྣུལ་དུ་བའལ་མཚན་ལས་འབྲུག་བ་ལྟེ་བར་ཤུགས་ཐེ

SO NAM DI YI TAM CHE ZIK PA NYI
TOB NE NYI PAY DRA NAM PAM JAY NE
KYE GA NA CHI BA LAB TRUK PA YI
SI PAY TSO LE DRO WA DROL WAR SHOK

*By this merit, may we attain omniscience,
And, having defeated the enemy, wrongdoing,
May we liberate all beings from the ocean of existence,
With its stormy waves of birth, old age, sickness, and death.*