

# THE VEGETARIAN VOWS

- To refrain from consuming meat, fish and seafood for a set duration of time.
- You may choose between:
  - **Strict vegetarian vows** — not consuming any food that is in contact with meat, fish or seafood, or that has been cooked in animal-based broth, soup or stock.
  - **Moderate vegetarian vows** — not consuming visible meat, fish and seafood but permitted to consume food that is in contact with meat, fish or seafood, or has been cooked in animal-based broth, soup or stock.
- You may include refraining from consuming eggs and/or dairy products in your vows if you wish.
- Whichever variation of vegetarian vow you choose, set it clearly in your mind before taking the vows.

## Preparations

1. Watch and understand the explanation on taking the vegetarian vows
  - a. English: <https://youtu.be/72G8XHB1g6Y>
  - b. Chinese: <https://youtu.be/PG6ByVI004s>
2. Download or print out the Vegetarian Vow prayers so you can recite along
3. Clean your altar and surrounding area
4. Have an image of the Buddha and your spiritual teacher on your altar
5. Make fresh offerings to the Three Jewels
6. Join the Vegetarian Vows ceremony
7. Recite the King of Prayers after you've completed the period of the Vegetarian Vows

# TAKING THE VEGETARIAN VOWS

## Multiplying Mantra

**OM SAMBHARA SAMBHARA BIMANA SARA MAHA JAVA HUM**  
**OM MARA MARA BIMANA SARA MAHA JAVA HUNG (7x)**

## Blessing the Rosary

**OM RUCHIRA MANI PRAVA TAYA HUNG (7x)**

## Taking Refuge

**NAMO GURU BEH**  
**NAMO BUDDHA YA**  
**NAMO DHARMA YA**  
**NAMO SANGHA YA (3x)**

I take refuge in the Guru  
I take refuge in the Buddha  
I take refuge in the Dharma  
I take refuge in the Sangha (3x)

## Generating Bodhicitta

**SANG GYE CHO DANG TSOG KYI CHOG NAM LA**  
**JANG CHUB BAR DU DAG NI KYAB SU CHI**  
**DAG GI JIN SOK GYI PAY SO NAM KYI**  
**DRO LA PAN CHIR SANG GYE DRUB PAR SHOG (3x)**

In the Buddha, Dharma and Sangha  
Until enlightened, I seek refuge.  
Through giving and other perfections,  
To aid all, may I become Buddha! (3x)

## The Four Immeasurables

**SEM CHEN TAM CHE DAY WA DANG DAY WAY GYU DANG DEN PAR GYUR CHIG  
SEM CHEN TAM CHE DUG NGEL DANG DUG NGEL KYI GYU DANG DREL WAR GYUR  
CHIG**

**SEM CHEN TAM CHE DUG NGEL MAY PAY DAY WA DANG MI DREL WAR GYUR CHIG  
SEM CHEN TAM CHE NYE RING CHAG DANG NYI DANG DREL WAY DANG NYOM LA  
NAY PAR GYUR CHIG (3x)**

May all sentient beings have happiness and its causes,  
May all sentient beings be free of suffering and its causes,  
May all sentient beings never be separated from sorrowless bliss,  
May all sentient beings abide in equanimity, free of bias, attachment and anger. (3x)

## The Eight Verses of Mind Transformation

By realising that all sentient beings  
Are more precious than wish-granting jewels,  
For attainment of the supreme goal,  
May I always hold them dear to my heart!

Whenever I associate with anyone,  
May I view myself as least of all,  
And, from the depths of my heart,  
May I cherish others as supreme!

During all actions, as soon as thoughts  
Or delusions arise in my mind,  
That are harmful to myself and others,  
May I stop them with effective means!

As for sentient beings who are bad-natured,  
When I see they are oppressed by negativity and pain,  
May I cherish them just like I am encountering  
A precious treasure that is difficult to find!

May I accept unjust loss  
Such as others abusing me,  
Or slandering me out of jealousy,  
And may I offer the victory to others!

And if someone I have helped,  
One for whom I had great hopes,  
Harms me without slightest reason,  
May I view him as my holy Guru!

In brief, directly and indirectly,  
I offer aid and joy to all my mothers!  
May I secretly take upon myself  
All harm and suffering of my mothers!

May all of this be undefiled  
By stains of the eight mundane views,  
And through discernment knowing all things as illusion,  
Without grasping, may all be released from bondage!

## Gaden Lhagyama (Guru Yoga of Lama Tsongkhapa)

### *Invocation*

**GA-DEN HLA-JI NGON-JYI THUG-KA NEY  
RAP-KAR SHO-SAR PUNG-DEE CHU-DZIN TSER  
CHO-KYI GYEL-PO KUN-CHEN LOZANG DRAG  
SEY-DANG CHE-PA NE-DIR SHEG SU SOL**

From Tushita's hundreds of gods' Protector's (Maitreya Buddha) heart,  
To the tip of this fresh, pure white, heaped curd-like cloud,  
O Losang Drakpa, Dharma's Omniscient King,  
Please come to this place, with your disciples!

### *Requesting to stay*

**DUN-JYI NAM-KHAR SING-TI PEE-DEE TENG  
JE-TSUN LA-MA JYEH-PI DZUM-KAR CHYEN  
DAG-LO DE-PE SO-NAM SHING-CHOG TU  
TAN-PA JYEH-SHIR KAL-DJAR JUG-SU SOL**

In the space ahead on a lion-throne, lotus and moon,  
Venerable Gurus smile brightly with delight.  
Please stay hundreds of eons to spread the Dharma  
As the supreme merit field for my mind of faith!

### *Prostration and praise*

**SHE-JYEH CHON-KUN JAL-WEY LO-DO THUG  
KAL-ZANG NA-WEY JYIN-JUR LIK-SHEY SUNG  
DRAG-PI PEL-JYI HLAM-MER DZEY-PI KU  
THONG-THO DRAN PI DON DHAN LA-CHAG TSAL**

Your wisdom mind sees the full range of existence,  
Your eloquent speech adorns the fortunate's ears,  
Your beauteous body, famed glory outstanding,  
Homage to you, worthwhile to think of, hear, and see.

*Offering*

**YIH-WONG TCHO-YON NA-TSOG ME-TOG DANG  
DRI-JEM DUG-PO NANG-SAL DRID-CHAB SOG  
NGO-SHAM YIH TUL TCHO-TIN GYA-TSO DI  
SO-NAM SHING-CHOG CHE-LA CHO-PA BUL**

Pleasant offerings of water, various flowers,  
Fragrant incense, light, perfume, and so on,  
Oceans of offerings, set out and envisioned,  
Offered up to you, supreme field of merit.

*Confession*

**DAG-GI TO-MEY DU-NEH SAG-PA YI  
LU-NGAG YIH-KYI DIG-PA CHI-JYI DANG  
CHEY-PA DOM-PA SUM-JI MI-TUN SHO  
NYING-NEH JO-PA TRAH-PO SO-SOR SHAG**

Non-virtue committed with body, speech, and mind,  
Which I have heaped up since beginningless time,  
Especially what has transgressed the three vows,  
Each I confess from my heart with strong regret.

*Rejoicing*

**NIK-MI DU-DIR MANG-THO DRUP-LA TSON  
CHO-JYED PANG-PI DAL-JOR DON-YO SHYE  
NGON-PO CHEY-KYI LAP-CHEN DZE-PA LA  
DAG-CHAG SAM-PA TAG-PEH YI RANG NGO**

In time of strife you strove to learn and practise,  
Shunned the eight mundane concerns and made life essenceful,  
O Protector, from the depths of our hearts,  
We rejoice in your powerful great deeds.

*Request to turn the wheel of Dharma*

**JE-TSUN LA-MA DAM-PA CHEY-NAM KYI  
CHO-KU KA-LA CHEN-TI TIN-TIK NEY  
JI-TAR TSAM-PI DUL-SHIH DZIN-MA LA  
ZAB-JI CHO-KYI CHAR-PA WHAP-TU SOL**

Venerable Gurus, from love and wisdom,  
Clouds densely massed in your Dharmakaya sky,  
Please loose a rain of vast and profound Dharma  
On the fields of disciples as needed.

*Requesting to remain*

**NAM-DAG WO-SAL YING-LEY JING-PA YI  
ZUNG-JUG KU-LA CHAR-NUB MI-NGA YANG  
THA-MAL HNANG-NGOR ZUG-KU RAG-PA NYI  
SEE-THEE BAR-DU MI-NUB TAN-PA SHUG**

Risen from the pure sphere of clear light,  
Union's form is unborn, undying.  
Still, to ordinary view, in this gross form,  
Please stay on, undying, until the end of samsara.

*Dedication*

**DAG-SOG JIN-NYEH SAG-PA GE-WA DEE  
TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG  
CHE-PA JE-TSUN LO-ZANG DRAG-PA YI  
TAN-PI NYING-PO RING-DU SAL-SHEH SHOG**

May whatever virtue that I have gathered here,  
Bring benefit to all beings and the Dharma,  
And may it make Venerable Losang Drakpa's  
Essence teachings specially shine forever!

*Short Mandala Offering*

**ZA SHI PO KYI JUG SHIG ME TOG TRAM  
RI RAB LING ZHI NYI DAY GYAN PA DI  
SANG GYE ZHING DU MIG TAY UL WAR GYI  
DRO KUN NAM DAG ZHING LA CHO PAR SHOG**

Ground, perfume anointed, flowers strewn,  
Meru, four lands, sun and moon adorned,  
Seen as Buddha-fields and offered, thus,  
May all sentient beings enjoy pure lands!

**IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**

*Migtsema (Mantra of Lama Tsongkhapa)*

**MIG-MEY TZE-WEY TER-CHEN CHENREZIG  
DRI-MEY KHYEN-PI WANG-PO JAMPAL YANG  
DU-PUNG MA-LU JOM-DZEY SANG-WEY DAG  
GANG-CHEN KE-PEY TSUG-GYEN TSONGKAPA  
LO-SANG TRAG-PEY SHAB-LA SOL-WA DEB (21x)**

Objectless compassion, Chenrezig  
Lord of stainless wisdom, Manjushri,  
Conquering mara's hordes, Vajrapani,  
Crown jewel of the Sages of the Land of Snows, Tsongkhapa,  
Losang Drakpa, at your feet, I pray. (21x)

*Lama Tsongkhapa's Name Mantra*

**OM AH GURU BENZA DHARA SUMATI KIRTI SIDDHI HUNG HUNG (7x)**

*Dissolution*

**PAL-DAN TSA-WEY LA-MA RINPOCHE  
DAG-SOG CHI-WOR PE-ME DAN-JUG LA  
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE  
KU-SUNG THUG-KYI NGO-DRUP TSAL-DU SOL**

O Glorious and precious root Guru,  
Pray sit on the lotus-moon seat atop my head.  
Caring for me in your great kindness,  
Please grant me the attainments of body, speech and mind!

**PAL-DAN TSA-WEY LA-MA RINPOCHE  
DAG-SOG NYING-KHAR PE-ME DAN-JUG LA  
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE  
CHO-DANG THUN-MONG NGO-DRUP TSAL-DU SOL**

O Glorious and precious root Guru,  
Pray sit on the lotus-moon seat at my heart.  
Caring for me in your great kindness,  
Please grant attainments, common and supreme!

**PAL-DAN TSA-WEY LA-MA RINPOCHE  
DAG-SOG NYING-KHAR PE-ME DAN-JUG LA  
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE  
JANG-CHUB NYING-PO BAR-DU TAN-PAR SHUG**

O Glorious and precious root Guru,  
Pray sit on the lotus-moon seat at my heart.  
Caring for me in your great kindness,  
Until I attain supreme awakening, remain steadfast!

*Supplication to Lama Tsongkhapa*

**TÖ SAM GOM PEY SHE RAB PHEL DU SÖL  
CHE TSÖ TSOM PEY LO DRÖ GYE SU SÖL  
CHOG DANG TÜN MONG NGÖ DRUB TSEL DU SÖL  
NYUR DU KHE RANG TA BUR JIN GYI LOB**

I supplicate you—increase the wisdom which is listening, contemplating, and cultivating;  
expand the intelligence which is explaining, debating, and composing;  
grant the supreme and common attainments.  
Bless me to quickly become like you.

**DE CHEN LHEN KYE YE SHE CHAR DU SÖL  
NGÖ ZIN TRÜL PEY DRI MA SEL DU SÖL  
SEM NYI THE TSOM DRA WA CHE DU SÖL  
NYUR DU KHE RANG TA BUR JIN GYI LOB**

Again, I supplicate you—manifest the co-emergent great bliss wisdom;  
clear away the stain of mistaken self-grasping;  
cut off the net of confusion regarding the mind's nature.  
Bless me to quickly become like you.

*Aspirational Prayers to Lama Tsongkhapa*

**TSE RAB KUN TU GYAL WA TSONG KHA PEY  
THEG CHOG ZHEN YIN NGO SU ZEY PEY THÜ  
GYEL WEY NGAG PEY LAM SANG DHE NYI LEY  
KHE CHIG TSAM YANG DHOG PAR MA GYUR CHIG**

By Conqueror Tsongkhapa's power of activity  
as the actual Mahāyāna spiritual friend,  
May I not be turned away in any of my lives, even for a moment,  
from this excellent path praised by the Conqueror.

**MEY JUNG NAM THAR TSANG MEY TRIM DANG DHEN  
LAB CHEN GYEL SEY CHÖ PEY NYING TOP CHE  
DE TONG CHOG GI RIM NYI NEL JOR CHÖ  
LO ZANG GYEL WEY TEN DANG JEL WAR SHOG**

And may I meet the teachings of Conqueror Losang,  
Whose marvellous holy life was endowed with a pure discipline,  
the great courageous actions of a magnificent bodhisattva's career,  
and guarding the two-stage yoga of supreme bliss and emptiness.

**TSUL TRIM TSANG ZHING MANG DU TÖ PA DANG  
JANG SEM JONG DANG TA CHÖ TSANG WA SOG  
LO ZANG GYEL WA NYI PEY TEN PA LA  
SE LHEY MEY PEY NAM THAR KYONG PAR SHOG**

May I nurture a pure holy life maintaining pure discipline,  
making efforts in learning, training in bodhicitta,  
and completing the view, enjoyments, and so forth  
as united in the second Conqueror Losang's teaching.

## A Flute Calling to the Guru (The Guru Yoga Practice of Tsem Rinpoche)

*[optional]*

Before me, in space of bliss-void clear light,  
On a throne of jewels raised up by lions,  
Is the root Guru, supreme embodiment of all Refuge.  
He glows reddish white, with a peaceful, happy expression,  
Wearing three saffron robes and golden pandit's hat,  
Legs crossed in indestructible vajra position,  
Right hand in mudra of teaching the Dharma.  
On his left hand, in mudra of equipoise,  
Rests a beautiful vase filled with undefiled nectar.

At his heart is Great Bliss King Heruka,  
Color of lapis, embracing his Consort.  
With expression of majesty, four faces, twelve arms,  
Hand-symbols such as vajra, bell, he wears dry skulls,  
A necklace of wet skulls, and tiger skin skirt.  
His two feet, extended and bent, trample extremes of samsara and nirvana.  
Red Varahi embraces the Father,  
Her calves wound around his thighs,  
Hair loose, adorned with the five mudra ornaments,  
Bliss increasing, holding curved knife and skull.

At his heart, on a sun-cushion, around the letter HUM,  
Are the root and lineage Gurus, Yidams, Buddhas, Bodhisattvas,  
Pratekyabuddhas, Shravakas, Viras, Dakinis,  
And Dharmapala Guardians, an infinite ocean!

The Guru's three places are marked by three letters.  
Light from the HUNG invites from the countless,  
Infinite Purelands of the ten directions,  
The Wisdom Beings who, in an instant,  
Dissolve in: He becomes the nature of all Refuge.

With great devotion I prostrate, with body, speech, and mind.  
O Guru, embodiment of all Refuge,  
I offer you my body and wealth, and others' as well,  
All pure virtues of the three times,  
Clouds of offerings, owned and unowned,  
Actually arranged and mentally emanated.

With intense regret I confess bad karma, downfalls and harmful deeds  
I have committed with body, speech and mind in beginningless lives!  
I rejoice in my own and all other's virtuous deeds!  
Please turn the wheel of the vast, profound Dharma!  
Please remain with me inseparably, adorning the lotus in my heart,  
From this life onwards up to full enlightenment!

All well-accomplished virtue such as this  
I dedicate for the attainment of omniscient, unexcelled  
Enlightenment of my parents and all beings of the six realms!

Tens of millions of four continents, Mount Meru, sun and moon,  
Perfect wealth of devas, nagas, human beings,  
And a mandala of outer, inner and secret nature,  
I mentally offer to the Guru supreme!  
Well accepting with compassion for the sake of living beings,  
Please rain down blessings and siddhis, common and supreme!

With steadfast great courage, you took responsibility  
To spread the powerful great deeds  
Of the ten directions' Conquerors in dark remote lands;  
To Protector, Sole Father Guru, Dragpa Gyaltzen, I bow!

Tsem Tulku Vajradhara, embodiment of all Gurus  
Heruka Chakrasamvara, embodiment of all Yidams  
Mighty Dorje Shugden, embodiment of all Dharmapalas,  
I pray to You, who are the embodiment of all Refuge!

At all times, in this life, future lifetimes, and bardo,  
O Guru, I have no hope for Refuge but You!  
Never let go with your hooks of compassion  
And grant me common and supreme siddhis!

*Name Mantra of His Eminence the 25th Tsem Rinpoche*

**OM AH GURU KIRTI DATSA SHASANA DHARA VIRYIA SIDDHI HUM HUM (21x)**

Because of thus requesting with intense longing,  
From the five places of the Venerable Guru's body  
Stream five-colored light-rays and undefiled nectars.  
Descending, they dissolve into my body's five places.  
The four obscurations are purified, four empowerments received.  
May I soon attain Yuganaddha, the state of four Kayas!

Coming from the Guru's body, a thumb-sized replica  
Enters my crown and mixes with my mind-HUM syllable,  
Bestowing blessings and attainments, common and supreme:  
Please remain, always, until full enlightenment!

By blessings and power of praying with single-pointed focus  
To the benevolent Guru, source of all goodness and happiness,  
Relying, in pure thought and action, on the Spiritual Guide who shows the path,  
On the basis of this precious human life of freedom and endowments,  
Which surpasses a hundred thousand wish-fulfilling jewels,  
Which is difficult to find, extremely meaningful, and easily destroyed,  
Since suffering of lower realms is impossible to bear,  
Keeping the Three Jewels, supreme, unailing, as my eternal Refuge,  
Striving to adopt and abandon in respect to the natural law of karma,  
Please bless me to develop genuine renunciation,  
Wishing to escape this pitiful, terrifying prison of samsara!

Thinking of how poor beings of the six realms, my parents,  
Have been so continuously kind to me, in order to liberate them  
From samsara and lesser nirvana's vast sea of suffering,  
Please bless me to develop supreme Bodhicitta!

Thousand-fold sunlight of unobscured vipasyana  
Shining on golden Mount Meru of immutable shamata,  
Uproots the darkness of beginningless ignorance:  
Please bless me to realize the incomparable view!

Thus, in a pure sky of training in the common path,  
From gathered clouds of four uncommon empowerments  
Falls divine rain of perfectly pure vows and commitments,  
Fertilizing the field of Highest Yoga Tantra's two stages;  
May the good fruit of Yuganaddha ripen in this very lifetime!

Thus by meritorious power of this supreme prayer,  
And all pure virtues of the past, present, and future,  
May the powerful wish-fulfilling jewel of the sole Father Guru's reincarnation  
Swiftly come as Lord Protector for his poor disciples!

Great loving Protector, having left for another realm  
Your amassed disciples, bereft of a Refuge to show them the way,  
Are left like chicks without wings on a desolate empty plain  
Of darkness and unbearable sorrow!

Dorje Shugden Serkym

**HUM!**

**DÖN NYI LEG TSOG CHAR BEB LAMA DANG  
CHOG TÜN NGÖ DRUB KÜN TSÖL YIDAM HLAR  
DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

HUM!

O Gurus who rain down accumulations of excellence fulfilling our own and others' purposes,  
And Yidams who bestow all ordinary and supreme attainments,  
Through offering you this ambrosial drink which bestows bliss,  
May you, having partaken, swiftly and spontaneously accomplish our wishes!

**NE SUM PAWO KANDRÖ TSOG KÜN DANG  
TU DEN TEN SUNG DAM CHEN GYATSO LA  
DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

O all hosts of heroes and dakinis of the three places,  
And ocean of powerful, oath-bound Dharma Protectors,  
Through offering you this ambrosial drink which bestows bliss,  
May you, having partaken, swiftly and spontaneously accomplish our wishes!

**KYE PAR JIG TEN LE DE TEN SUNG CHOG  
TU TOB NYEN NYUR DORJE SHUGDEN LA  
DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ (21x)**

And especially, supreme, supramundane Dharmapala,  
Forcefully powerful, strict, and swift Dorje Shugden,  
Through offering you this ambrosial drink which bestows bliss,  
May you, having partaken, swiftly and spontaneously accomplish our wishes! (21x)

**ZHI GYE WANG DANG NGÖN CHÖ RAB JAM LE  
TOG ME TSÖL TZE NAM GYUR RIG NGA LA  
DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

O five families who unobstructedly bestow  
Infinite activities of peace, increase, power, and wrath,  
Through offering you this ambrosial drink which bestows bliss,  
May you, having partaken, swiftly and spontaneously accomplish our wishes!

**TZE DUG YUM GU NA DREN GELONG GYE  
LE KEN TUM PAY TAG SHAR CHU SOG LA  
DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

O nine beautiful consorts, eight guiding monks,  
And ten fierce, attendant young guardians, and so on,  
Through offering you this ambrosial drink which bestows bliss,  
May you, having partaken, swiftly and spontaneously accomplish our wishes!

**KYE PAR GYEL WAY TEN PA SUNG WAY TSO  
SE YI TRAB CHEN KOR DANG CHE NAM LA  
DO GU TSANG WAY SER KYEM CHO PA DI  
BUL LO SUNG KYOB YEL WA ME PAR TZO (7x)**

Especially, principal guardian of the Conquerors' Teachings,  
Setrap Chen along with entourage to you  
This golden drink replete with all one could wish is offered:  
Never waver in your protection! (7x)

**KA KOR NYEN PO DAM NYAM SOG GI SHE  
SHINTU TRO TUM KACHE MARPO LA  
DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ (3x)**

O extremely fierce Kache Marpo, the strict attendant,  
Executioner of those with degenerated samaya,  
Through offering you this ambrosial drink which bestows bliss,  
May you, having partaken, swiftly and spontaneously accomplish our wishes! (3x)

**DAM NYAM NYING TRAG SER TAR JANG WA YI  
SER KYEM RAB TU KÖL WAY TUNG WA DI  
NAM KA BAR TZIN KOR DANG CHÄ LA BÜL  
SHE NÄ NÄL JOR SAM DÖN DRUB PAR TZÖ**

Vow-breakers' heart-blood purified like gold,  
This drink of fully boiling serkyem,  
I offer to Namka Bardzin and entourage  
Accepting, accomplish the yogi's intended purpose!

**ZHEN YANG TRÜL PA YANG TRÜL SAM YE DANG  
KA DÖ HLA SIN TONG SUM YO WA LA  
DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

As well as the inconceivable emanations and their emanations,  
Attendant deities and demons who shake the three thousand worlds,  
Through offering you this ambrosial drink which bestows bliss,  
May you, having partaken, swiftly and spontaneously accomplish our wishes!

**DE TAR CHÖ CHING TRINLE KÜL WAY TÛ  
NAM ZHIY TRINLE DÜ DRUG KE CHIG KYANG  
YEL WA ME PAR PA YI BU ZHIN DU  
TAG TU KYONG SHING TAG TU JE ZUNG TZÖ**

Thus, by the force of this offering and exhortation,  
May you grant your activity throughout the six time periods,  
And, without wavering, always protect me  
And care for me like a father for his son!

**KA DÖ DREG PAY TSOG KYANG DÜLTZIN JE  
YAR DAM NYEN PÖ TA TSIG DREN TZÖ LA  
DAG GI GANG DANG GANG CHÖL LE DI NAM  
DA TA NYUR DU DRUB LA MA YEL ZHIG**

And you hosts of wrathful attendants, as well,  
Remember your sworn oaths of promise to Lord Dültzin  
And accomplish swiftly now, without distraction,  
Whatever activities I have requested!

### Mantra Recitation

**RANG YIDAM DU SEL WAY TUG KAY SABÖN LE ÖZER TRÖ CHÖ KYONG GYELCHEN  
SUGDEN RIG NGA DRAG PO TSEL NAM KYI TUG KAR NYI DEN GYI TENG DU HUM YIG  
GI TAR NGAG TRENG RANG RANG GI KADOG DANG TSUNG PE KOR WA LA POG PE  
TUG GYU RANG WANG ME PAR KÜL TE CHI DÖ PAY ZHI GYE WANG DRAG GI LE  
TAMCHE TOG PA ME PAR DRUB PAR GYUR**

From the heart syllable of myself visualised as the Yidam, light rays emanate. They strike the HUM syllables and surrounding mantra garlands which, matching each deity in colour, stand upon the sun seats at the hearts of Dharmapala Gyalchen Shugden's five fierce families, exhorting them, without choice, to perform whatever desired peaceful, increasing, powerful, or wrathful activity, without obstruction.

### *Dorje Shugden Mantra*

**OM BENZA WIKI BITANA SOHA (108x)**

### *Entourage Mantra*

**OM DHARMAPALA MAHA RADZA BENDZA BEGAWAN  
RUDRA PANTSA KULA SARVA SHATRUM MARAYA HUM PHAT! (7x)**

### *Vajrasattva Mantra*

**OM BENZASATTO SAMAYA / MANU PALAYA / BENZASATTO TENO PA / TITA DRIDO MAY  
BHAWA / SUTO KAYO MAY BHAWA / SUPO KAYO MAY BHAWA / ANU RAKTO MAY  
BHAWA / SARWA SIDDHI ME PAR YATSA / SARWA KARMA SUT TSA ME / TISHTAM  
SHRIYAM KURU HUM / HA HA HA HA HO / BHAGAWAN SARWA TATAGATA / BENZA MA  
MAY MUN TSA / BENZA BHAWA MAHA SAMAYA SATTO / AH HUM PHET**

## Prayer for the Swift Return of His Eminence the 25th Tsem Rinpoche

*[optional]*

**OM SWASTI!**

**NANG TONG GYU MEY YING LEY MA YÖ KYANG  
KÜN LA JEY TSE'I THUG JEY TAG ZIG PA  
KHAM SUM CHÖ KYI GYEL PO TSONGKHAPA  
DAG SOG DRO WEY TSUG GI GYEN DU CHÖ**

OM SWASTI!

Gazing at all beings with compassionate attachment at all times,  
Without ever wavering from illusion's sphere of Appearance and Emptiness –  
To Tsongkhapa, that beacon of the Three Realms,  
We all migratory beings bow with the crown of our head!

**GYEL KÜN TRIN LEY DZEY ZANG MA LÜ DANG  
ZHEN DÖN SAM MI KHYAB PEY NGANG TSHÜL CHEN  
DRO LA JEY TSE'I THAR LAM TÖN ZHIN DU  
LO BUR ZHI WAR SHEG DI KYE MA HÜ**

Effortlessly projecting the enlightened deeds of all Victors,  
Naturally possessing unimaginable altruistic deeds,  
Lovingly showing liberation's path to migratory beings,  
And yet returning to the Sphere of Peace so suddenly – this is tragic.

**ÖN TE NYIG DÜ DRO LA MI TAG PEY  
NGANG TSHÜL SEL WEY DAM PA ZAB MO ZHIG  
DAG CHAG NAM LA CHEY DU TÖN DZEY DI  
MEY JUNG NAM THAR LAR YANG DREN PAR GYUR**

Enacting such a vivid yet profound lesson  
In impermanence, for the migratory beings of a decadent era –  
And displaying such a lesson specifically for us,  
Is yet again a reminder of your extraordinary life!

**LO ZANG GYEL TEN DZIN PEY SHEY NYEN JE  
GÖN MEY NYAM THAG DAG CHAG NAM KYI KYAB  
JIG TEN GÜ PEY MÜN PA SEL WEY LEY  
CHOG TRÜL NYI MA ZHÖN NU NYUR JÖN SHOG**

To be a master upholding the Sumati's legacy,  
To be a refuge-source for us the destitute and helpless,  
To uplift the darkness of decline hovering over the world –  
May the rising sun of your reincarnation appear swiftly!

**LU MEY KÖN CHOG SUM GYI DEN TOB DANG  
YI DAM KHA DRÖ'I NGÖ DRUB MA LÜ DANG  
CHÖ SUNG YI ZHIN NOR BU'I TRIN LEY KYI  
JE TSÜN LA MEY CHOG TRÜL NYUR JÖN SHOG**

By the power of truth in the ever-reliable Three Jewels,  
By all the attainments of all the yidhams and dakinis,  
By the enlightened activities of the jewel-like Dharmapala,  
May our scrupulous Master reincarnate swift and fast!

**DOR NA DENG NEY JANG CHUB NYING PÖ'I BAR  
JE TSÜN LAMA KHYE KYI TAG KYONG ZHING  
GO SUM NYE PEY TSHOG KÜN RAB ZHI NEY  
DRO KÜN JANG CHEN GYEL SAR NYUR REG SHOG**

In short from now till quintessence Enlightenment,  
May we be all sustained by you, scrupulous Master!  
May all shortcomings of the three doors subside!  
May all migratory beings swiftly arrive at Victor's land!

Completion Dedication

**JANG-JUB SEM-CHOK RINPOCHE  
MA-KYE PA-NAM KYE GYUR CHIK  
KYE-PA NYAM-PA ME-PA YANG  
GONG-NA GONG-DU PEL-WAR SHUG**

May the precious Bodhi-mind  
Where it is not born arise and grow  
May that born have no decline  
But increase forever more.

**TONG-NI TONG-WA RINPOCHE  
MA-KYE PA-NAM KYE GYUR CHIK  
KYE-PA NYAM-PA ME-PA YANG  
GONG-NA GONG-DU PEL-WAR SHUG**

May the precious Emptiness  
Where it is not born arise and grow  
May that born have no decline  
But increase forever more.

**DAG-SOG JIN-NYEH SAG-PA GE-WA DEE  
TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG  
CHE-PAR JE-TSUN LO-ZANG DRAG-PA YI  
TAN-PI NYING-PO RING-DU SAL-SHEH SHUG**

May this merit accumulated by myself and others  
Beneficially serve all sentient beings and the Buddhadharma  
and especially may the essential teachings of the unerring Master Tsongkhapa,  
become clear and enduring.

*Prayer by Je Tsongkhapa*

**KYE-WA KUN-TU YANG-DAK LA-MA DANG  
DRAL-ME CHO-KYI PAL-LA LONG-CHO CHING  
SA-DANG LAM-GYI YON-TEN RAP-DZOK NA  
DORJE CHANG-GI GO-PANG NYUR-TOP SHUG**

In all my rebirths, may I not be parted from perfect Gurus,  
Let me enjoy the abundance of the Dharma!  
Perfecting the quality stages and paths,  
May I quickly attain the rank of Vajradhara Buddha.

*Dedication of virtue*

**GE-WA DI-YI NYUR-DU DAK  
LA-MA SANG-GYE DRUP-GYUR NA  
DRO-WA CHIK-KYANG MA-LU PA  
DE-YI SA-LA GO-PAR SHUG**

By this virtue, may I quickly  
Realize Guru-Buddhahood  
And transfer each sentient being  
Into that Enlightened state.

**CHO KHI GYAL PO TSONG KHA PA  
CHO TSUL NAM PAR PHEL WA LA  
GEK KI TSHAN MA ZHI WA DANG  
THUN KYIN MA LU TSHANG WAR SHOK**

May all conducive conditions arise  
And all obstacles be pacified  
In order to increase infinitely  
The doctrine of the spiritual king, Tsongkhapa.

**DA DANG SHEN GI DU SUM DANG  
DRIL WA TSOK NYI LA TEN NAY  
GYA WA LO ZANG DRAG PA YI  
TAN PAR YUN RING VAR GYUR CHIG**

By the merits of the three times  
Of myself and others  
May the doctrine of Lama Tsongkhapa  
Blaze forever.

*Auspicious Dedication*

**NYIMO DELEK TSEN DELEK  
NYIME GUNG YANG DELEK SHIN  
NYITSEN TAKTU DELEK PEL  
KON CHOK SUM GYI JIN GYI LOB  
KON CHOK SUM GYI NGOR DRUL TSOL  
KON CHOK SUM GYI TRA SHI SHOK**

At dawn or dusk, at night or midday  
May the Three Jewels grant us their blessing  
May they help us to achieve all realizations  
And sprinkle the paths of our lives  
With various signs of auspiciousness.

*Dedication for the Guru's long life*

**JETSUN LAMA KU TSE RABTEN CHING  
NAMKAR TRINLEY CHOG CHUR GYE PA DANG  
LOBSANG TENPE DRON ME SA SUM GYI  
DRO WE MUNSEL TAKTUR NE GYUR CHIG**

May the holy teachers have long lives  
May the enlightened activities be fully displayed in the ten directions  
and may the brightness of the teachings of Lama Tsongkhapa  
continuously dissipate the veil of darkness covering the beings of the three realms.

*Dedication for the long life of H.H. the 14th Dalai Lama*

**GANG RI RAWE KORWAI SHING KHAM DIR  
PEN DANG DEWA MALU GYUNG WAI NE  
CHENREZIG WANG TENZIN GYATSO YI  
SHA PEI SITHAI BARDU DEN GYUR CHIG**

In this Holy Land surrounded by snow mountains  
You are the source of all benefit and happiness  
May your lotus feet, O powerful Chenrezig, Tenzin Gyatso  
Remain in this world until the end of existence.

*Request to Dorje Shugden for attainments*

**HUM!  
TUN PAY NGO DRUB MA LU PA  
DENG DIR DAG LA TSEL DU SOL  
KOR DANG TEN PA LONG CHO NAM  
GYE PAR TZO CHIG SHUGDEN TSEL**

HUM! Please grant appropriate attainments without exception  
To me here and now!  
Increase the entourage, the teachings, and prosperity  
O mighty Shugden!

Yonten Shigyurma | The Foundation of All Good Qualities

*[optional]*

Well-realising that the root of the path,  
the foundation for every realisation,  
is to properly rely on my kind Guru,  
bless me to do so with great effort and devotion.

Knowing that this life of freedom, found but once,  
is difficult to gain and greatly meaningful  
bless me to develop the continual wish  
all day and night to take its essence.

Mindful of death, this life disintegrates  
as swiftly as a bubble in turbulent water  
and after death my good and bad  
karma follows me like my shadow.

Having gained firm certainty of this,  
bless me to be ever conscientious  
to abandon even the slightest harm  
and practise every possible virtue.

Enjoying deceptive samsaric pleasure  
brings no contentment and is the door to all suffering.  
aware of its drawbacks, bless me to develop  
a strong wish for the bliss of liberation.

With mindfulness, introspection, and great care  
induced by that pure aspiration  
bless me to make my essential practice  
the Pratimoksha, root of Buddha's teachings.

Just as I've fallen in this sea of suffering  
so have all beings, my kind mothers;  
seeing this, bless me to train in Bodhicitta,  
taking up the burden of liberating them.

And yet, just wishing this, without practicing  
the three ethics, Enlightenment cannot be attained.  
Knowing this well, please bless me to intensively  
strive to train in the Bodhisattva vows.

Properly analysing the correct object  
and pacifying distraction to mistaken objects  
bless me to swiftly realise the path  
which unifies quiescence and special insight.

When I'm a pure vessel, trained in common paths,  
bless me to enter with perfect ease  
the sacred gateway of fortunate ones,  
the supreme of vehicles, Vajrayana.

Then, foundation for the two attainments  
is keeping the pure vows and commitments.  
Having found unfeigned conviction in this  
bless me to guard them with my life.

Having precisely understood the essentials  
of the two stages, heart of the Tantras,  
bless me to strive without break in four sessions  
to practice Yoga as taught by Holy Masters.

May the spiritual guides who reveal this excellent path  
and the friends who practise it all live long.  
Please grant blessings that outer and inner  
hindrances all be fully pacified.

In all lives may I never be parted  
from perfect Masters and enjoy the glory of Dharma.  
Perfecting realisations of the paths and stages,  
may I swiftly gain the state of Vajradhara.

## Shantideva's Bodhicharyavatara Dedication Prayer

May all beings everywhere  
Plagued by sufferings of body and mind  
Obtain an ocean of happiness and joy  
By virtue of my merits.

May no living creature suffer,  
Commit evil or ever fall ill.  
May no one be afraid or belittled,  
With a mind weighed down by depression.

May the blind see forms  
And the deaf hear sounds.  
May those whose bodies are worn with toil,  
Be restored on finding repose.

May the naked find clothing,  
The hungry find food  
May the thirsty find water  
And delicious drinks.

May the poor find wealth,  
Those weak with sorrow find joy;  
May the hopeless find hope,  
Constant happiness and prosperity.

May there be timely rains  
And bountiful harvests;  
May all the medicines be effective  
And wholesome prayers bear fruit.

May all who are sick and ill  
Quickly be freed from their ailments.  
Whatever diseases there are in the world,  
May they never occur again.

May the frightened cease to be afraid  
And those bound be freed;  
May the powerless find power,  
And the people think of benefiting each other.

For as long as space remains,  
For as long as sentient beings remain,  
Until then may I too remain  
To dispel the miseries of the world

In this life, in future lives, and in the bardo,  
At all times, we rest our hopes in none but You.  
Kind Guru, do not abandon your compassion!  
Grant blessings, O Lord Protector of Beings!

In this life and all our succession of lives  
May you happily care for us, O Lord Protector!  
May we enjoy the blissful nectar of Your teachings,  
And quickly attain the state of Heruka!

May I and others receive nothing but  
A body like yours, O Venerable Guru,  
Entourage, lifespan, realm of existence,  
And excellent, supreme name, just like Yours!

***\*\*This dedication prayer is to be done upon completion of the vegetarian vow period (to be done on your own)***

## King of Prayers

O lions amongst men,  
Buddhas past, present, and future,  
To as many of you as exist in the ten directions  
I bow down with my body, speech, and mind.

On waves of strength of this king  
Of prayers for the exalted sublime ways,  
With bodies as numerous as atoms of the world  
I bow down to the Buddhas pervading space.

On every atom is found a Buddha  
Sitting amongst countless Buddha sons,  
I look with eyes of faith to the victorious ones  
Thus filling the entire Dharmadhatu.

Of these with endless oceans of excellence  
Endowed with an ocean of wondrous speech  
I sing praises of the greatness of all Buddhas,  
A eulogy to those gone to bliss.

Garlands of flowers I offer them,  
And beautiful sounds, supreme perfumes,  
Butter lamps and sacred incense,  
I offer to all the victorious ones.

Excellent food, supreme fragrances,  
And a mound of mystic substances high as Mount Meru  
I arrange in a special formation  
And offer to those who have conquered themselves.

And all peerless offerings I hold up  
In admiration of those gone to bliss;  
With strength of faith in sublime ways  
I prostrate and make offerings to the conquerors.

Long overpowered by attachment, aversion, and ignorance  
Countless evils I have committed  
With acts of body, speech, and mind.  
Each and every one of these I now confess.

In the perfections of the Buddhas and Bodhisattvas,  
The arhats, training and beyond,  
And in the latent goodness of every living being,  
I lift up my heart and rejoice.

O lights into the ten directions,  
Buddhas who have found the passionless stage of enlightenment,  
To all of you I direct this request:  
Turn the incomparable wheel of Dharma.

O masters wishing to show parinirvana,  
Stay with us and teach, I pray  
For as many aeons as there are specks of dust,  
In order to bring goodness and joy to all beings.

May any small merits that I may have amassed  
By thus prostrating, making offerings, confessing, rejoicing,  
And asking the Buddhas to remain and teach the Dharma,  
Be dedicated now to supreme and perfect Enlightenment.

May my offerings be received by all past Buddhas  
And by all those now abiding in the ten directions,  
And may all the Buddhas who have not yet come  
Quickly perfect their minds and reach Buddhahood,  
the state of supreme full awakening.

May all Buddha-realms of the ten directions  
Remain forever vast and completely pure,  
May the world be completely filled with Buddhas  
who have attained illumination under sacred trees,  
And may they all be surrounded by Bodhisattvas.

May all living beings in the ten directions  
Always abide in health and joy.  
May they live in accord with the way of Dharma  
And may their every wish become fulfilled.

By my living in the ways of enlightenment  
May I remember my past lives in all my reincarnations,  
And in all cycles of death, migration, and rebirth  
May a sensitivity for truth be ever strong in me.

By my living in the footsteps of the Buddhas  
May I utterly perfect the sublime ways of the Bodhisattvas,  
And may I practice the faultless, undegenerating, stainless,  
And pure ways of self control.

May I master all languages that exist, including those of  
The gods, yakshas, spirits, and varieties of men,  
As well as all forms of communication of living beings,  
That I may be able to show the Dharma in every way.

Striving thus and in the transcending perfections  
May I never forget the bodhi mind,  
And may I totally cleanse from within my mindstream  
All negativities and mental veils.

May I gain freedom from karma, delusion, and karmic maras  
To be able to live in the world unaffected by its stains  
Like an unstained lotus grows in the mud,  
And like the sun and moon shine without obstruction in the sky.

For as long as there are Buddha-fields and directions  
May I strive to quell the misery of the lower realms,  
May I place all beings only in happiness  
And bring them all only happiness and joy.

May I strive to complete the ways of enlightenment  
And to abide in ways harmonious with the world;  
May I expose to others the ways most sublime  
And myself abide in them throughout all future aeons.

May my ways and the ways of a Bodhisattva  
Always go together hand in hand,  
In body, speech, and mind  
May I attune to their sublime ways.

May I never be separated from the good friends  
Who reveal the path of the sublime ways  
And who wish only to benefit me;  
May I never disappoint them for even a moment.

May I constantly envision the perfect Buddhas,  
The protectors who are surrounded by Bodhisattvas,  
And in the future may I never weary  
Of devoting myself to them with all my strength.

May I forever uphold the holy Dharma of the Buddhas  
And illumine the sublime way of Enlightenment;  
May I practice throughout all future ages  
The ways of deeds of the sublime path.

Circling in the various realms of existence  
May I amass inexhaustible goodness and wisdom,  
And may I become an unending treasure of qualities  
Such as methods, wisdom, samadhi, and the experience of a Bodhisattva.

In every atom are Buddha-fields numberless as atoms,  
Each field is filled with Buddhas beyond conception,  
And each Buddha is surrounded by myriad Bodhisattvas:  
To all these dwellers in sublime ways I turn my attention.

Thus, in all atoms within the directions  
Abide within the space of a single hair  
An ocean of Buddhas within an ocean of Buddha-fields  
Performing enlightened activities for an ocean of aeons.

Each Buddha with his perfect speech releases  
An ocean of sounds with every word he says  
To satisfy the infinitely diverse tendencies of beings:  
Thus does the speech of a Buddha constantly flow.

All these conquerors past, present, and future  
Continually turn the methods of Dharma wheels;  
With all the powers of my mind I listen  
For the inexhaustible sound of their words.

All future aeons that could possibly be,  
Manifest within me in a single instant;  
And I myself in a fraction of a moment  
Enter into all these aeons of the three times.

All past, present, and future lions among men  
I envision with instantaneous wisdom  
And by the power of the Bodhisattvas' examples  
I focus upon the objects of their experience.

I manifest Buddha-fields past, present, and future  
Upon one single atom of existence,  
And then I transform every single atom  
Of existence into a Buddha-field.

By this, when the lights of the worlds  
Eventually gain bodhi, turn the Dharma wheels;  
And reveal the passing to nirvana's supreme peace,  
May I take rebirth in their very presence.

Then may I attain the ten powers:  
The power of instant magical emanation,  
The power of which is a vehicle with every door,  
The power of excellent activity,  
The power of all pervading love,  
The power of constantly positive energy,  
The power of passionless wisdom,  
The powers of knowledge, method, and samadhi,  
And the power of Enlightenment itself.

May I purify the power of karma,  
May I crush the powers of delusion,  
May I render powerless the powerful maras,  
And may I perfect the powers of sublime ways.

May I purify an ocean of realms,  
May I liberate an ocean of sentient beings,  
May I see an ocean of truths,  
And may I realise an ocean of wisdom.

May I perform an ocean of perfect deeds,  
May I perfect an ocean of prayers,  
May I revere an ocean of Buddhas,  
And may I practice untiringly for an ocean of aeons.

Through my practice of the sublime Bodhisattva ways  
May I gain the Enlightenment of Buddhahood  
And then fulfill the enlightened and the sublime aspiration  
Of the Buddhas past, present, and future.

In order to match the ways of the sage  
Called Samantabhadra, the always-sublime one,  
Chief amongst the Awakened Ones' sons,  
I now dedicate all virtues that I possess.

Just as the sublime sage Samantabhadra  
Dedicated all pure practices of body, speech, and mind  
To the attainment of a pure state and pure realms,  
So do I now dedicate the fruit of all my efforts.

In order to engage in all sublime virtues  
I offer the prayer of Manjushri;  
In the future may I never become faint  
In striving to perfect the exalted Bodhisattvas' way.

May my deeds never reach a limit,  
May my qualities of excellence become boundless,  
And by abiding in immeasurable activity  
May I find Buddhahood, the state of limitless manifestation.

Limitless is the extent of space,  
Limitless is the number of sentient beings,  
And limitless is the karma and delusion of beings  
Such are the limits of my aspirations.

One may offer supreme ornaments of the Buddha-fields  
Of the ten directions to the conquerors,  
And also offer the highest joys of men and gods  
For aeons numerous as atoms of the world.

But to read or hear the King of Prayers  
With eyes looking toward supreme illumination  
And faith shining in one's heart for even an instant  
Gives birth to a far more supreme merit.

Should anyone recite this aspiration of sublime ways  
They will pass beyond all states of sorrow,  
Rise above all inferior beings, and gain  
A vision of Amitabha, Buddha of Infinite Light.

Even in this very lifetime  
All sublime joys will be theirs;  
The experiences of the all-sublime Samantabhadra,  
Without obstructions, will quickly be theirs.

Merely by giving voice to these aspirations  
Of the sublime ways of a Bodhisattva,  
The effect can only be known by an omniscient Buddha.  
Therefore, doubt not that it leads to Enlightenment.

In order to follow the excellent examples set  
By the wisdom of the Bodhisattva Manjushri  
And the always-sublime Samantabhadra,  
All virtues I dedicate to their peerless ideals.

All conquerors passed into the three times  
Have praised as supreme this peerless dedication.  
Therefore, I also surrender all roots of my activities  
To the sublime goals of a Bodhisattva.

When the moment of my death arrives,  
May I remain free from the spiritual obscurations;  
May I perceive the face of Amitabha  
And transmigrate to Sukhavati, the pure land of joy.

Having arrived there, may I fulfill  
All aims of this prayer of aspirations  
And benefit the countless living beings  
Residing throughout the ten directions.

In the joyous mandala of Amitabha Buddha  
May I be reborn from a beautiful lotus,  
And may I there have the pleasure of gaining  
A pure prophecy from Amitabha himself.

Having won this word of prophecy,  
By the power of mind may I fill all directions  
With many millions of mystical emanations  
And bring limitless benefits to the world.

If by reciting this prayer of the sublime ways  
I have amassed a tiny fragment of goodness,  
May it work immediately to fulfil  
All Dharmic hopes of living beings.