

Supplication to the King of Shakyas

Gang shig Jang chup Shing wang Dung du Dud de
Pung che Sa dang Kha la Kun khap ching
Dorje Dung thung Dang ni Khor lo Me dang
Ri dang Gang ri Teng we Char bep pa
Zu tul Nam par Tul jed Top dan Me tog
Da chen Jang chup Dhog cher Tson pa na
Jam pai Thug kyi Leg par Pham zed Zog pai
Sang gye Gang nye De la Go chag tshal

Kyod kyi Zhen gyi Don lhe du
Sam dang Jor wa Phun tsog pe
Jang chup Dam par Thug kyed Tse
Sa yang Nam pa dug Tu Yoe

Jin dang Tshul tim Leg dup shing
Zod dang Tson du Gom par zed
Sam tan She rab Thar chin pe
Pha rol Chin zog Kyod chag tshal

Do go Dang por Tam pa na
Jig ten Khe pa Tham che ga
Dud nam Shin tu Thog pa kye
Muteg Je pa Tha dag trak

Under the Bodhi Tree
the earth and sky were filled with hosts of Mara
Thunderbolts, javelins, weapon wheels, fire, mountains, and
snow-capped peaks rained down.
Powerful archers with follower arrows
magically attempted to block the path to enlightenment
Prostration to the one who completely defeated them with
a loving mind, and attained perfect buddhahood

When you, for others' benefit
With perfect resolve and action
Created excellent enlightenment thought
Even the earth trembled in six motions

You completely accumulated giving and morality
Mastered patience and diligence and
Accomplished concentration and wisdom
Prostration to you who accomplished the perfection

Protector of beings when you took birth
All the wise in the world were delighted
All demons grew extremely suspicious
And all heretics were afraid

Supplication to the King of Shakyas

De lhe Kyod kyi Ten pa ni
Nyi mai Od Shi Tin ley nga
Nam pa Kun tu Mi lhu wai
Tsa lag Kyod la dag kyab chi

Kyod kyi Sung rab Seng ge da
Lhar che Jig ten Dag pa na
Tsang dang Kyab jug Kug par gyur
Lha yi Lama Wa tar shum

Thup pa Kang mig Dog khar dang
Dang song Gye pa Ne jog song
Dag pa Thop pa De dag kun
Cho kyi Pham ze Kyod la dud

Kyod kyi Jang chup Chog nye ne
Do wai Don ze Ngo tsar che
Sid pai Se le ma dol war
Ku sog Tang we Ba pu dang

Nyid kyi Ku sog Mi zig par
Kyed la Phen par Ja o zhe
Gon met Dag chag Je zung wa
Gon po Kyod la Dag kyap chi

Because the holy works of your doctrine
Shone like the light of the sun
Never deceiving in any way
I take refuge in you, the source of all

When you proclaimed the scripture like a lion's roar
In all the worlds, including the gods'
Brahma and Vishnu were struck dumb, and
The teachers of gods cowered like foxes

Learned Kangmig, Trokhar
Rishi Gyepa, Rishi Nejok
And many others well-renowned
Prostration to you who defeated them with Dharma

Even after attaining perfect enlightenment
Amazingly, you still performed the benefit of beings
For those not freed from clinging to existence
Renouncing life makes their hair stand on end

But disregarding you own holy life
You resolved to benefit beings and
Accepted the protectorless, like us
I take refuge in you, protector

Supplication to the King of Shakyas

Gyal we Dud de Tul wa dang
Mu teg Ma lu Pham ze dang
Nyen tho Lhop ma Dang met tol
Gyal se Dam pa Lung ten zed

De de leg tsog Thong wan nam
Kyod kyi Yon ten Don nyer we
Jang chup Lhe tu Jug pa dag
Lhar yang Kyod la Dag kyap chi

Kyot kyi Se ni Jam pi yang
Lhop ma Sha ra Dwa ti bu
Jampa Gyal tsap dam par ze
Sem she Su zhig The tsom za

Kyod kyi Yon tan Moe chi tsal
Se kyi Yon ten Thong we khum
Khya reng Shar wai Zi jid kyi
Ped moi Nyen gyi Od zer go

Ji ta Wa dang Ji nyed cho
Kyod kyi Nam par Kun nye pe
Zhed pai Tin le Don zhin tu
Dup pa Kyod la Dag chag tsal

Conqueror, you tamed the host of maras,
Defeated all heretics without exception
Liberated countless disciple Shravakas, and
Prophesied noble Bodhisattvas

Those who perceived this excellence
Strived to attain your qualities
So, I who have undertaken the goal of enlightenment
Again take refuge in you

Your son, Manjushri
Your disciple, Shariputra
You holy regent, Maitreya
Who, among the intelligent could doubt

Not to mention your own perfection
The good qualities of your sons were dazzling
As through the glorious rays of dawn
We learned the brilliance of sunlight

You realized the nature of all phenomena
Exactly and entirely
Prostration to you who accomplished
Every holy deed just as you aspired

Supplication to the King of Shakyas

De tar Do wai Lama Shag kyai rig
Buram shing pai Dung gyud Le tung pa
Chom den Zog pai Sang gye Tod pa yi
Do we Kun kyen Nyur du Thop par shog

Thun pee Mon lam Gay tshok Mang chung pay
Ched pa chod zay Na yang Ched gyur la
Kal zang Chik la Dzed pa Thar chin pee
Dzok pee Sang gay Tong la Chak tshal lo

Khyed la Tod ching Sol Wa Tab pee thu
Dak sok Gang tu Nay pee Sa chok su
Ned don Ul phong Thab tsod Zhi wa tang
Cho tang Ta shi Phel wa Dzed tu sol

Thus, the teacher of beings from the Shakya family
Took birth in the Puramshing clan
Through this homage to the blessed, perfect Buddha
May all beings swiftly reach omniscience

Through the power of right aspiration and
exhaustless virtuous deeds, you came to the brotherhood
while performing the Bodhisattvas activities, and
accomplish all activities in one noble aeon
Prostrations to the Thousand Buddhas of the Golden Aeon

By the power of praise and supplication to you
in such places as I and others dwell
I pray that illness, demons, poverty and conflict are pacified
Dharma and well-being increased.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Refuge and Enlightenment Thought

Sang gay cho tang tshok key chok nam la
Chang chub bar tu dak ni kyab su chi
Dak gi jin sok gyi pee so nam key
Dro la phen chir sang gay drup par shok
(3 times)

Four Limitless Thoughts

Sem chen tham ched day wa tang
Day wee gyu tang den par gyur chik
Duk ngal tang Duk ngal gyi
Gyu tang tal war gyur chik
Duk ngal med pee day wa tang
Mi tal war Gyur chik
Nye ring chak dang tang Tal wee tang
Nyom la nay par gyur chik

Refuge and Enlightenment Thought

In the Buddha, Dharma and Sangha,
I take refuge until Enlightenment is reached.
By the merit of this (practice) generosity,
may I achieve Buddhahood for the benefit of all beings.
(3 times)

Four Limitless Thoughts

May all beings have happiness and the causes of happiness;

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

May all beings not be separated from the bliss that is sorrowless;

May all beings be free from attachment and aversion by living in equanimity.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Visualisation of Offerings

Kyab nay kon chok sum gyi den par tang
Gyal wa say chay nam key chin lap tang
Tshok nyi nga thang cho ying tak tob key
Nod chud day chen zhing gi kod pee u
Yid tro nor bu'i zhai med khang chen por
Rin chen seng thi ped dee den chok tang
Ngo sham zung rik mo tob key trul pee
Chod tin gya tsho'i kang zhing chod
Gyur chik

Namo Ratna Trayaya Om Namo Bhagavate Vajra Sara
Pramardhane
Tathagattaya Arahate Samyak Sambuddhaya Tadyatha Om
Vajre Vajre Mahavajre Mahatejo Vajre Maha Vidya Vajre
Maha Bodhicitta Vajre Maha Bodhi Mando Pasamkramana
Vajre
Sarva Karma Awarana Vishodhana Vajre Svaha

(Mantra of the clouds of offerings. Recite three times with music, then light incense)

Offerings

By the truth of the three Jewels of refuge and the blessings of the Buddhas and their sons, and by the possession of the two accumulation and the strength of the purity of Dharmadhatu, arises in the middle of the blissful pure realm of the vessel and its contents, a great and beautiful jeweled celestial mansion. In the centre of this mansion is a precious lion throne on which rest a superb seat of lotus and moon; and also created by the power of Dharani are clouds of offerings as vast as the ocean. May these be accepted.

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Pramardhane
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A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Sing the Invovation and Praises

Lak thil tar nyam rin chen gyi tay pa
Jon shing chu tsho gyen pee sa zhi'i u
Rin chen lay drup dru zhi go shi pa
Pe ma nyi day gyen pee den ten du
Thuk jay tsod pee du key dul cha nam
Nam drol lam la goad dzay dro wee gon
Thub pa chok tang nay ten chen po nam
Khor tang chay pa nay dir shek su sol

Chok chu'i gyal wa say chay tham ched tang
Shay rab may bar nyon mong tsho kem shing
Nam drol so nam zhing tu ka dod pa
Chok chu'i nyen tho gen dun zhuk so tshal
Yon chod chod pee nay su chen dren gyi
Dro wee ton chir chod key shek su sol

Dro wee gon po sha kya seng ge yi
Sang gay ten pa kang gi chak tu zhak
Sung rab sin chen drom gyi kha gyed pee
Cho kyong dha chom chen po zhuk so tshal
Tam cho pel wee led tu chen dren gyi
Dro wee ton chir chod key shek su sol

Sing the Invovation and Praises

In the middle of a plain made of jewels that is
adorned with lakes and trees,
is a square celestial mansion with four doors.
On a throne, lotus, sun and moon, is seated He,
who with compassion established the trainees
on the Path of Liberation in this troubled age.
Lord of beings, the supreme sage and the great Sthaviras,
please come to this palace with all your retinue.

Buddhas and sons of the ten directions, whose
blazing fire of wisdom dries the oceans of Kleases,
(just) to praise you is a field of merits.
Remain here, Sravaka Sangha of the ten directions.
Inviting you here to receive these offerings,
Please come and accept these offerings for the sake of beings.

You on whom the lord of being, the lion of Shakya,
has conferred the doctrine of the Buddhas.
You who hold the precious speech,
Great Dharma Protecting Arahats, please come here.
Inviting you in order to increase the holy Dharma,
please come and accept these offerings for the sake of beings.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Thuk pay ka go ten pee gyal tshen dzin
Yen lak jung tang ma pham nak na nay
Tu den dor jay mo bu zang po tang
Ser be'u bha ra dha za ser chen chok
Phak pa ba ku la tang da chen dzin
Lam ten bha ra dha za so nyom len
Lam ten lu'i day bed ched mi che dpa
Dha chom nay tan chen po day tak ni
Do nam rin chen ling tu chen dren gyi
Dro wee ton chir chod key shek su sol

Pang tang yea shay phun tshok sang gay kyang
Dul che wang gin yen tho tshul dzin pa
Khyed par chen gyi thin lay cho kyong wee
Nay ten chu druk dir chon den la zhuk

Day shek ka lung tsor dzed ten pa sung
Rang ton tor nay khor wee nak tshal tu
Shen ton lhur dzed nay ten chu druk po
Tam chay thuk jay'i wang gi nay dir shek

Gay nyen kyab sol den pee tshik ten pa
Kon chok sum gyi zhab ting chi so tshal
So nam rin chen zhing tu chen dren gyi
Dro wee ton chir chod key shek su sol

You are sent by the Sage
to raise the victory banner of the doctrine **Yanglag Jung,**
Mapham, Nagnanay, Duden,
Droje Moyibou, Zangpo, Serbou, Bharadvaja Serchen,
Bukula, Dachendzin, Lamtrenten, Bharadvaja Sonyomlen,
Lamten, Luyide, Bayjay, Michepa,
you the great Arahat Sthaviras.
Inviting you as an island of precious merits,
please come and accept these offerings
for the sake of beings

possessing the Buddha's accumulations of merit and
transcendental wisdom you adopt the style of the Sravakas for
the good of the trainees. You, the sixteen Sthaviras, whose
activity is Protecting Dharma, please come and remain here.

You, who guard the Dharma and revere above all the
transmitted words of the Tathagatas, having abandoned all self
benefit in the forest of Samsara you magnificently benefit
others; you, the sixteen Sthaviras, who are bound by the vow of
compassions, please come.

You are a refuge to the lay people, supplicate you with sincere,
unbreakable words which have made you the servants of Three
jewels. Inviting you as a field of precious merits,
please receive offerings for the sake of beings.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Chog du kun ney kyab sum ka doe chey
Nyon mong dro la khen tsey rab gong ney
Pag med zhing ney thog med dzu thrul gyi
Dir sheg choe tin gya tshoi u zhug sol

Prostrations to the Buddhas

Ji nyed su tak chok chu'i jik ten na
Tu sum shek pa mi yi seng gay kun
Dak gi ma lu tay tak tham ched la
Lu tang ngak yid tang way chak gyi oh

Zang po chod pee non lam tob tak gi
Gyal wa tham ched yid key ngon sum tu
Zhing gi dul nyed lu rab tud pa yi
Gyal wa kun la rab tu chak tshal lo

Dul chik teng na dul nyed sang gay nam
Sang gay say key u na zhuk pa tak
Tay tar cho key ying nam ma lu pa
Them ched gyal wa tak gi gang war mo

The three refuges along with all Dharma Protectors of all directions and times; by considering all suffered beings with wisdom and compassion; by performing unobstructed miracles from uncountable fields; do come here and be seated in the middle of ocean-like offerings of cloud.

Prostrations to the Buddhas

To all the lions of men, Tathagatas,
in the three times and
all the worlds of the ten directions,
I pay homage with body speech and mind.

By the power of this prayer of good actions do I,
bowing with as many bodies as the atoms in the world,
before all the Buddhas clearly manifest in my mind,
I fully pay homage to all the Buddhas.

On each single atom, as many Buddhas as atoms,
seated in the midst of their Buddha sons,
all the Dharma realms, without exception,
I visualize them filled with Victorious Ones.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Tay tak ngak pa mi zed gya tsho nam
Yang key yen lak gya tsho'i da kun gyi
Gyal wa kun gyi yon ten rab jod ching
Day war shek pa tham ched dak gi tod

Prostrations and Requested for Blessings
(Shakyamuni Buddha and the 16 Sthaviras)

Tshung med tga way mi ngom shing
Ser gyi dok chen dzay pee ku
Shal chik chak nyi kyil trung zhuk
Sa non nyam zhak dzed chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Kang ri chen po ti sin a
Phak pee nay ten yen lak jung
Dha chom tong tang sum gay kor
Po phor nga yab dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lo

With unending oceans of praises for them,
with all the sounds of the ocean tones,
I fully extol all the Conquerors' virtues,
and sing hymns to all Sugatas.

Prostrations and Requested for Blessings
(Shakyamuni Buddha and the 16 Sthaviras)

You the incomparable, whom we will never cease to
contemplate; you with shining forms golden in colour, with
one face and two arms, sitting in Vajrasana, one hand touching
the ground, and the other in meditation posture, I prostrate to
You. Please bestow blessings, so that the Preceptor may have
good health and that the Dharma may flourish.

On the great snowy mountain of Tisa
dwells the Great Sthavira Yanglag Jung
surrounded by 1300 Arahats.
Prostrations to He who holds the immense banner and the fly
whisk. Please bestow blessing, so that the Preceptor may have
good health and that the Dharma may flourish.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Trang song ri nok shel nak na
Phak pee nay ten ma pham pa
Dha chom gya tak chik gi kor
Chak nyi nyam zhak dzed chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Lo ma dun pee ri phuk na
Phak pee nay ten nak na nay
Dha chom tong tang zhi gya kor
Dik dzub nga yab dzin chak tshal
La mee ku tsay tan pa tang
Ten pa gay par chin gyi lob

Zam bu ling gi zang ling na
Phak pee nay ten tu den ni
Dha chom tong tang chik gya kor
Ser gyi na kor dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

On the mountain Shelna where the Rishis live,
resides the great Sthavira Neten Mapham,
surrounded by 100 Arahats.
Prostrations to He whose hands are in the meditations posture,
Please bestow blessings, so that the Preceptor may have good
health and that the Dharma may flourish.

In a cave on the Mountain Lama Dunpa
lives the great Sthavira Nagnanay,
surrounded by 1400 Arahats, Prostrations to He
who makes the mudra of conjuration and holds the fly whisk.
Please bestow blessings, so that the Preceptor may have good
health and that the Dharma may flourish.

In the land of Zambuling, in Rose Apple Island
lives the great Sthavira Duden,
surrounded by 1100 Arahats,
Prostrations to He who holds the golden rings.
Please bestow blessings, so that the Preceptor may have good
health and that the Dharma may flourish.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Sing ga la yi ling na ni
Nay ten dor jay mo yi bu
Dha chom chen po tong gi kor
Dik dzub nga yab dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Chu wo ya mun na ling na
Phak pee nay ten zang po ni
Dha chom tong tang nyi gya kor
Cho ched nyam zhak dzed chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Nay chok kha chay yul na ni
Phak pee nay ten ser bed u
Dha chom chen po nga gya kor
Rin chen zhak pa dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

In the land of Singala,
lives the great Sthavira Droje Moyibou,
surrounded by 1000 Arahats, Prostrations to He
who perform the mudra of conjuration and holds the fly whisk.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish

In the land of the Yamouna river
lives the great Sthavira Zangpo,
surrounded by 1200 Arahats,
Prostrations to He who perform the teaching and meditations
mudra. Please bestow blessings, so that the Preceptor may
have good heath and that the Dharma may flourish.

In the beautiful land of Kashmir
lives the great Sthavira Serbou,
surrounded by 500 Arahats,
Prostrations to He who holds the jewelled cord.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Nub key ba lang chod na ni
Bha ra dha za ser chen la
Dha chom chen po dun gya kor
Chak nyi nyam zhak dzed chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Chang gi dha mi nyen na ni
Phak pee nay ten ba ku la
Dha chom chen po gu gya kor
Chak nyi ne'u lay dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Tri yang ku yi ling na ni
Phak pee nay ten dha chen dzin
Dha chom tong tang chik gya kor
Rin chen trok zhu dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

In the western continent of Balangcho
lives Bhavadhaja the golden,
surrounded by 700 Arahats,
Prostrations to He who hands are in meditation posture.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

In the northen continent of Daminyen
lives the great Sthavira Bakula;
surrounded by 900 great Arahats,
Prostrations to He who holds a mongoose in his hands.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

In the land of Trihangkin
lives the great Sthavira Drachendzin,
surrounded by 1100 Arahats,
Prostrations to He who holds the precious crown.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Cha goad phung po'i ri wo la
Phak pee nay ten lam dren ten
Dha chom tong tang druk gyal kor
Chak nyi nyam zhak dzed chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Shar gyi lu phak ling na ni
Bha'ra dha za so nyom len
Dha chom tong tak chik gi kor
Lek bam lhung zed dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Lha nay sum chu tsa sum na
Phak pee nay ten lam ten ni
Dha chom chen po gu gya kor
Cho ched lek bam dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

On the Vulture Peak Mountain
lives the great Sthavira Lamthrenten,
surrounded by 1600 great Arahats,
Prostrations to He whose hands are in meditations posture.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

In the land of the eastern continent of Lupa
lives Bharadhaja Sonyom Len
surrounded by 1000 Arahats,
Prostrations to He who holds Dharma texts and a begging bowl,
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

In the land of the 33 gods,
lives the grest Sthavira Lamten
surrounded by 900 great Arahats. Prostrations to He who holds
the Dharma texts and makes the teaching mudra.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Ri yi gya po ngo yang la
Phak pee nay ten lu yi day
Dha chom tong tang nyi gya kor
Bum pa khar sil dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Ri yi gya po bhi hu lar
Phak pee nay ten bed ched ni
Dha chom tong tang zhi gya kor
Chak nyi lek bam dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Ri yi gya po kang chen la
Phak pee nay ten mi ched pa
Dha chom tong tak chik gi kor
Chang chub chod ten dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

On the slope of the Mount Meru
lives the great Sthavira Luyide,
surrounded by 1200 Arahats,
Prostrations to He who hands a vase and a ringed sick.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

On the queen of mountain, Bhihula,
lives the great Sthavira Bodje,
surrounded by 1400 Arahats,
Prostrations to He whose two hands holds the Dharma texts.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

On the queen of snowy mountains
Lives the great Sthavira Michepa,
surrounded by 1000 Arahats,
Prostrations to He who holds the Bodhi stupa.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Phak pee ged nyen dhar ma ta
Ral pee thod ching lek bam khur
Nang tha dun gyi kha la zik
Nga yab bum pa dzin chak tshal
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Tson pee ko go thu tob chen
Snag gay ten pa lek sung wa
Shar lho nub chang chok zhi yi
Gayl chaen zhi la chak tshal lo
La mee ku tsay ten pa tang
Ten pa gay par chin gyi lob

Chag jar wod pa tham chad la
Zhing dul kun gyi drang nyed du
Lu tu pa yi nam kun tu
Chog tu ded pey chak tshal lo
La mi ku tshey ten pa dang
Ten pa gye par jin gyi lob

(Thus recite the above prostration prayers one time or three times)

The great Layman Dhamata,
wearing a book in his chignon
Amitabha is in the shy before him.
Prostrations to He who holds the fly whisk and the vase.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

You who with the power of energy,
guard well the Buddha's doctrine, in the four directions,
of East, South, West and North;
Postrations to the four great Kings.
Please bestow blessings, so that the Preceptor may have good
heath and that the Dharma may flourish.

All those who are worthy of prostration;
the same number as the atoms of all fields;
by bowing down th body, all the time
I prostrate with great faith.

(Thus recite the above prostration prayers one time or three times)

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Offerings

May tok tam pa treng wa tem pa tang
Sil nyen nam tang chuk pa duk chok tang
Mar may chok tang duk po tam pa yi
Gyal wa tay tak la ni chod pa gyi

Nam za tam pa nam tang ti chok tang
Chay ma'I phun ma ri rab nyam pa tang
Goad pa khyed par phak pee chok kun gyi
Gyal wa tay tak la ni chod par gyi

Ghod pa kang nam la med gya chay wa
Tay tak gyal wa tham ched la yang mo
Zang po chod la ded pee tob tak gi
Gyal wa kun la chak tshal chod par gyi

**Namo Ratna Trayaya Om Namo Bhagavate Vajra Sara
Pramardhane
Tathagattaya Arahate Samyak Sambuddhaya Tadyatha
Om
Vajre Vajre Mahavajre Mahatejo Vajre Maha Vidya Vajre
Maha Bodhicitta Vajre Maha Bodhi Mando
Pasamkramana Vajre
Sarva Karma Awarana Vishodhana Vajre Svaha**
*(Recite the above mantra with music;
and if one wishes, one may offer the mandala as many times as possible)*

Offerings

With fine blossoms and fine garlands,
sweet sounds and balms and choice canopies,
the choicest lamps and the finest incense,
I make offerings to the Conquerors.

With fine garments and choice fragrances,
sandalwood powders equaling mount sumeru,
and all the choicest, most special arrangements
I make offerings to the Conquerors.

Whatever offerings incomparable and vast in imagination,
I proffer those to all the Conquerors;
by the power of my faith in good actions
I offer with homage to all the Victorious Ones.

**Namo Ratna Trayaya Om Namo Bhagavate Vajra Sara
Pramardhane
Tathagattaya Arahate Samyak Sambuddhaya Tadyatha
Om
Vajre Vajre Mahavajre Mahatejo Vajre Maha Vidya Vajre
Maha Bodhicitta Vajre Maha Bodhi Mando
Pasamkramana Vajre
Sarva Karma Awarana Vishodhana Vajre Svaha**
*(Recite the above mantra with music;
and if one wishes, one may offer the mandala as many times as possible)*

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Mandala Offering

Om Vajra Bhumi Ah Hun
Zhi yong su tak pa wang chen ser gyi sa zhi
Om Vajra Rekhe Ah Hum
Chi'i chak ri khor yuk gi khor wee u su Hum
Ri'i gyal po ri rab Shar lu phak po
Lho dzam bu ling Nub ba lang chod
Chang da mi gyen Nyi ma da wa
Lha tang mi'i Pal jor phun sum Tshok pa
Ma tshang wa Med pa di nyi
Thub wang nay ten chu druk khor dra chom pee
Tshok tang chay pa nam la ul war gyi'o
Thuk jay dro wee ton tu zhay su sol
Zhay nay lung tok kyi Ten pa Rin po chay
Tar zhing gay la yun ring tu
Nay par chin gyi lab tu sol

Mandala Offering

Om Vajra Bhumi Ah Hun
Zhi yong su tak pa wang chen ser gyi sa zhi
Om Vajra Rekhe Ah Hum
Chi'i chak ri khor yuk gi khor wee u su Hum
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Thuk jay dro wee ton tu zhay su sol
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Tar zhing gay la yun ring tu
Nay par chin gyi lab tu sol

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

37-Heap Mandala Offering

Om Vajra Bhu Mi Ah Hum
Zhi yong su tak pa wang chen ser gyi sa zhi
Om Vajra Rekhe Ah Hum
Chi'i chak ri khor yuk gi khor wee u su Hum
Ri'i gyal po ri rab
Shar lu pak po
Lho dzam bu ling
Nub ba lang chod
Chang da mi nyen
Lu tang Lu pak Nag yab tang nga yab zhen
Yo den tang Lam chok dro
Da mi nyen tang Da mi nyen gyi da
Rin po chay ro wo Pak sam gi shing
Dod jo'i wa Ma mo pee lo tok
Khor lo rin po chay Norbu rin po chay
Tsun no rin po chay Lon po rin po chay
Lang po rin po chay Ta chok rin po chay
Mak pon rin po chay Ter chen po'i bum pa
Geg pa ma Treng wa ma Lu ma Gar ma
Duk po ma May tok ma Mar me ma Ti chab ma
Nyi ma Da wa rin po chay'i duk

37-Heap Mandala Offering

Om Vajra Bhu Mi Ah Hum
Zhi yong su tak pa wang chen ser gyi sa zhi
Om Vajra Rekhe Ah Hum
Chi'i chak ri khor yuk gi khor wee u su Hum
Ri'i gyal po ri rab
Shar lu pak po
Lho dzam bu ling
Nub ba lang chod
Chang da mi nyen
Lu tang Lu pak Nag yab tang nga yab zhen
Yo den tang Lam chok dro
Da mi nyen tang Da mi nyen gyi da
Rin po chay ro wo Pak sam gi shing
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Khor lo rin po chay Norbu rin po chay
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Nyi ma Da wa rin po chay'i duk

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Chok lay nam par gyal wee gyal tshen
Lha tang mi'i pal jor phun sum tshok
Pa ma tshang wa med pa di nyid
Thub wang nay ten chu druk khor dra chom pee
Tshok tang chay pa nam la ul war gyi'o
Thuk jay dro wee ton tu zhay su sol
Zhay nay lung tok kyi Ten pa Rin po chay
Tar zhing gay la yun ring tu
Nay par chin gyi lab tu sol

Gang gi chod dzay zhing kham gay tsho
Gya tsho'i dul nyid na tshok chod pee tin phung gi
Nam par gyen pee gyen gi od zer chok chur
Thro wee od key tsay mor gya tsho yi
Dul gi trang nyid rin chen pay no rin
Chen od jin kun may gay pee nying po la
Lha tang mi yi dod yon med di dod gu'i
Pal jung chay wa thak gya lek nay pa
Kun tu zang po'i nam thrul ji zhin kun
Nay gay we sem key trul pee chod tin dir

Chok lay nam par gyal wee gyal tshen
Lha tang mi'i pal jor phun sum tshok
Pa ma tshang wa med pa di nyid
Thub wang nay ten chu druk khor dra chom pee
Tshok tang chay pa nam la ul war gyi'o
Thuk jay dro wee ton tu zhay su sol
Zhay nay lung tok kyi Ten pa Rin po chay
Tar zhing gay la yun ring tu
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Gang gi chod dzay zhing kham gay tsho
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Dul gi trang nyid rin chen pay no rin
Chen od jin kun may gay pee nying po la
Lha tang mi yi dod yon med di dod gu'i
Pal jung chay wa thak gya lek nay pa
Kun tu zang po'i nam thrul ji zhin kun
Nay gay we sem key trul pee chod tin dir

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Cho ying ji zhin nam khe kham kun kun la
Khyab ching sem chen ying tha ji sid bar
Gyal say rang gyal dha lay nam gyal way
Kun nay kor wee kyil khor kun tu nam pa
Chod pee chod pa kun gyi nye gyur chik
Teng nay chang chub nying po'i bar
Dak gi lu tang long chod tang
Tu sum gay wee ngo po nam
Sem chen kun gyi ton gyid chir
Gu pay khyed la ul war gyi
Kun nay zik pee chen den pee
Yon nay tam pa khyed nam key
Dak la tsay war nyer gong tay

Dak gi di tak zhay su sol
Zhay nay chin gyi lab tu sol

Om Guru Buddha Bodhisattva Sapariwara
Ratna Mandala Puja Megha Samudra
Saparana Samaye Ah Hum

Cho ying ji zhin nam khe kham kun kun la
Khyab ching sem chen ying tha ji sid bar
Gyal say rang gyal dha lay nam gyal way
Kun nay kor wee kyil khor kun tu nam pa
Chod pee chod pa kun gyi nye gyur chik
Teng nay chang chub nying po'i bar
Dak gi lu tang long chod tang
Tu sum gay wee ngo po nam
Sem chen kun gyi ton gyid chir
Gu pay khyed la ul war gyi
Kun nay zik pee chen den pee
Yon nay tam pa khyed nam key
Dak la tsay war nyer gong tay

Dak gi di tak zhay su sol
Zhay nay chin gyi lab tu sol

Om Guru Buddha Bodhisattva Sapariwara
Ratna Mandala Puja Megha Samudra
Saparana Samaye Ah Hum

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Confessing

Dod chak zhay dang ti muk wang gi ni
Lu tang ngak tang tay zhin yid key kyang
Dik pa dak gi gyi pa chi chi pa
Tay tak tham ched dak gi so sor shak

Rejoicing

Chok chu'i gyal wa kun tang sang gay say
Rang gyal nam tang lop tang mi lop tang
Dro wa kun gyi so nam kang la yang
Tay tak kun gyi jay su dak yi rang

Entreating to Turn the Wheel

Kang nam chok chu'i jik ten dro ma nam
Chang chub rim par sang say gay ma chak nye
Gon po tay tak dak gi tham ched la
Khor lo la na med pa kor war kur

Confessing

Whatever negative actions I have performed
with body, speech and mind,
under the sway of desire, hatred and delusion,
each one of all those I confess.

Rejoicing

In whatever merits exist
of the Victorious Ones in the ten directions,
and the Buddha's sons, of Pratyekabuddhas,
Shravakas and all beings, in all these, too, I rejoice

Entreating to Turn the Wheel

They who are the lamps of the worlds of the ten directions,
winners of the non-clinging awakening on the Enlightened
stage, to all those Protectors I offer entreaties
to turn the incomparable wheel of the Dharma.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Requesting to Remain

Nya ngen da ton kang zhed tay tak la
Dro wa kun la phen zhing day wee chir
Kal pa zhing gi dul nyed zhuk par yang
Dak gi thal mo rab jar sol war gyi

Dedicating the Merits

Chak tshal wa tang chod ching shak pa tang
Jay su yi rang kul zhing sol wa yi
Gay wa chung zed dak gi chi sak pa
Tham ched dak gi chang chub chin ngo oh

Thub wang khor chay key tshen nay bo tay
Thuk tam kur war shu

Tadyatha Om Muni Muni Maha Muni Shakya Munaye Svaha

(Recite 100 times or as many times as possible)

Gu pey chag tshal kun zang choe tin gyi
Dig pa kun shag gey la jey yi rang
Choe khor kor zhing tag tu zhung sol deb
Di tshon gey wa jang chub chen por ngo

Requesting to Remain

To all those wishing to demonstrate Nirvana,
I fervently pray with clasped palms to stay for aeons,
as many as the Buddha realms atoms,
for the benefit and welfare of all beings.

Dedicating the Merits

Whatever little merits I have accumulated
through prostrating, offerings, confessing,
rejoicing, requested and entreating
for the sake of Enlightenment, all that I dedicate

Singing the name of the Mahamuni and his entourage,
meditate with one-pointed devotion.

Tadyatha Om Muni Muni Maha Muni Shakya Munaye Svaha

(Recite 100 times or as many times as possible)

Prostration with reverence; Samandabhadra-offering of cloud;
to confess all non-virtues, rejoicing all virtues,
turning the wheel of Dharma, and requesting to live forever;
I dedicate this and those virtues for the sake of Great
Enlightenment.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Generating Bodhicitta (Theg Chen Sem Kyed Len Tshul)

Chog chu na zhug pi sang gye chom den dey nam dang sa chu
la ney Pi jang chub sem pa sem pa chen po nam dang lama dor
je dzin pa Chen po nam dag la gong su sol

Jang chub nying por chi kyi bar
Sang gye nam la kyab su chi
Choe dang jang chub sem pa yi
Tshog la'ang de zhin kyab su chi

Lue dang de zhin long chod dang
Due sum gey wei ngoe po nam
Sem chan kun gyi don gyi chir
Phong pa med par tang war ja

Ji tar ngon gyi dey sheg kyi
Jang chub thug ni kyed pa dang
Jang chub sem pi lab pa la
Dey dag rim zhin ney pa tar

Generating Bodhicitta (Theg Chen Sem Kyed Len Tshul)

All Buddhas who abide in ten directions;
all great Bodhisattvas abiding on ten stages;
and all great Vajradhara Gurus;
I request you all to have consideration on me.

Till the attainment of Great Enlightenment
I take refuge in Buddhas;
Dharma and the assembly of great Bodhisattvas,
I, too take refuge.

Body as well as wealth,
and all the properties of three-time-virtues,
for the sake of all living beings,
I will give without miserliness

As the past Buddhas
generated Bodhicitta-mind,
and the trainings of bodhisattva,
They all abided accordingly.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Dey zhin dro la phen don du
Jang chub sem ni kye gyi shing
Dey zhin du ni lab pa la
Rim pa zhin du lap par gyi

*Jang chub nying por chi kyi bar
Sang gye nam la kyab su chi
Choe dang jang chub sem pa yi
Tshog la'ang de zhin kyab su chi*

*Ji tar ngon gyi dey sheg kyi
Jang chub thug ni kyed pa dang
Jang chub sem pi lab pa la
Dey dag rim zhin ney pa tar*

*Dey zhin dro la phen don du
Jang chub sem ni kye gyi shing
Dey zhin du ni lab pa la
Rim pa zhin du lap par gyi
(Recite the above italic verses 2 times)*

Deng due dag tshe drey bu yoed
Mi yi sid pa leg par thob
Dey ring sang gye rig su kye
Sang gye sey su da gyur to

As for the benefit of sentient beings
I will generate Bodhicitta-mind,
and the trainings as well,
I will train gradually.

*Till the attainment of Great Enlightenment
I take refuge in Buddhas;
Dharma and the assembly of great Bodhisattvas,
I, too take refuge.*

*As the past Buddhas
generated Bodhicitta-mind,
and the trainings of bodhisattva,
They all abided according*

*As for the benefit of sentient beings
I will generate Bodhicitta-mind,
and the trainings as well,
I will train gradually.
(Recite the above italic verses 2 times)*

The life of mine is meaningful today,
having taken a birth of human kind;
due to taking a noble birth of Buddha,
as last, the son of Buddha has been attained.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Da ni dag gi chi ney kyang
Rig dang thun pi ley tsam tey
Kyon mey tsun pi rig di la
Nyog par mi gyur dey tar ja

Dag gi dey ring kyod pa tham chey kyi
Chen ngar dro wa dey sheg nyid dang ni
Bar du dey la dron du boed zin gyi
Lha dang lha min la sog ga war gyi

Jang chub sem chog rin po che
Ma kye pa nam kye gyur chig
Kye pa nyam pa mey par yang
Gong ney gong du phel war shog

From now onwards, I must
do actions according to the noble birth
to this noble birth of perfection
I will according do no harm.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Jang chub sem dang mi drel zhing
Jang chub choed la zhol wa dang
Sang gye nam kyi yong zung zhing
Dud kyi ley nam pong war shog

Jang chub sem pa nam kyi ni
Dro don thug la gong drub ching
Gon po yi ni gang gong pa
Sem chan nam la dey dor shog

Dey shing pha rol chin la rab tson tey
Jang chub sem ni nam yang jey ma gyur
Dig pa gang nam drip par gyur pa dag
Dey dag ma lu yong su jang war shog

Dedication of Merites and Auspicious Prayers (Sing)

Sang gya tsul pa dha chom phak pee tshok
Dro wee ton tu ten pa kyong dzed pa
Kon chok sum ngo nay ten chu druk gi
Ten pa yul ring nay par chin gyi lob

Dedication of Merites and Auspicious Prayers (Sing)

You the assembly of Great Arahats, Sthaviras,
emanations of the Buddhas who hold
the doctrine for the sake of beings,
grant your blessings that the Dharma may endure.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Thuk jay'I dak nyid nay ten chu druk gi
Khor tshok sid tsho lay gal gyon mong med
Thi tang druk tong zhi gya tshok nam key
Ten pa yul ring nay par chin gyi lob

Sem chen kun gyi so gyur dha chom pa
Rik tang zhab den kay gu'i chin nay chay
Phak pee kang zak chen po khyed nam key
Ten pa yul ring nay par chin gyi lob

Dak zhen gay wee tsa wa di yi ni
Phen day'i jung nay ten pa phel gyur zhing
Duk ngal kun jung ma lu rab pang nay
Sid pee gya tsho nyur tu kem par shok

So nam gya tsho yong su dzok ched ching
Yea chay gya tsho nam par tak gyur tay
Mon lam gya tsho ma lu yong dzok nay
Lu chen kun la khyed par phak par shok

Tshok nyi thar chin tu sum gyal wa yi
Thin lay drup ching yon ten nam jay med
Kal pa nyam pee dul cha min dzed pa
Nyam med la ma chok gi ta shi shok

Compassionate Ones,
you who have gone beyond the ocean of becoming,
free from the klesas, you the assembly of the 16400;
grant your blessings that the Dharma may endure.

You the Arahats, field of merits for all beings;
you of noble family; you are worthy recipients of the gifts of
beings, you the Great Eminent Beings,
grant your blessings that the Dharma may endure.

May the roots of merit of myself and all others benefit the
Dharma and be the source of well being and happiness.
By abandoning completely all sources of suffering,
may it rapidly dry up the ocean of becoming.

Attaining completely the ocean of merit
and transcendental wisdom, and realizing completely the ocean
of wishes, May all beings become eminent

You have gone to the limit of the two accumulations
and have realized the works of the Buddhas of the three times,
you whose qualities are equal to theirs; and who ripen equally
all your trainees. Through the unequalled Preceptor may all be
auspicious.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

Tu sum gyal wa say chay thuk jay yi
Nyen tho tshul du sid pa ji sid par
Ten pa kyong zhing dro wee ton dzed pa
Nay ten chen po nam key ta shi shok

Zab ching gya tsay'i zik pa po
Yul khor sung tang phak kay po
Chen mi zang tang nam to say
Gyal chen zhi yi ta shi sho

Phen day jung wee nay chik po
Ten pa yu ring nay pa tang
Ten dzin kay bu tam pa nam
Ku tsayi gyal tshen ten gyur chik

Ton par jik ten kham su chon pa tang
Ten pa nyi od zhin tu sal wa tang
Ten dzin bu lob gen dun thun pa yi
Ten pa yun ring nay pee ta shi sho

Jung po gangdag dine whag gyurtey
Savam von tey bar nang khod kyang rung
Kay gu namla tagtu jam jed ching
Nyen dang tsen du choe la chod par shog

You who with the compassion of the Buddhas and their sons of
the three times, in the style of Sravakas until the end of
becoming fulfill the good of beings by guarding the doctrine
Through the great Sthaviras may all be auspicious

You, whose gaze is profound wide,
Yulkor Sung and Phachiyepo, Chenmizang and Namthusay;
through the four great Kings
may all be auspicious

Only source of all good fortune and happiness,
may the doctrine endure;
may the Holy Beings who
hold the doctrine make firm the victory banners of their lives

By the coming of a Master into the Universe
by the light of the doctrine, equal to the sun,
by the blessing of the doctrine holders and their sons,
may all be auspicious for the endurance of the doctrine.

Those spirits who abide here and on the ground or in the sky,
May (they) love all the people forever;
And be active in Dharma day and night.

A Short Puja Of Prostrations And Offerings To The Sthaviras By Panchen Shakya Shri

(Thus recite the auspicious prayers with music)

Dir dag chag pon lob khor dang chey
Pa namla nyima dang dawa za dra
Chain gi kha ney tharpatar pang
Cha me thunpe chogs tham chid
Lay gyal ney tashi dang geleg

Gi pal dhampa thop par gyur chig

Sarva Mangalam

(Thus recite the auspicious prayers with music)

May we, the Holy Gurus, teachers, disciples along with followers, obtain victory over all parts of abandonments, disharmony with (virtue), and achieve auspiciousness and holy glory or virtue, like the sun and the moon freed from the eclipse.

Sarva Mangalam

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