

REFUGE AND BODHICITTA

In the Buddha, the Dharma and the Supreme Assembly
I take refuge until enlightenment.
By the merit of generosity and so forth,
May I attain buddhahood for the welfare of all beings.

FOUR IMMEASURABLES

May all sentient beings enjoy happiness and the root of happiness.
May they be free from suffering and the root of suffering.
May they not be separated from the great happiness devoid of suffering.
May they dwell in the great equanimity free from passion, aggression, and prejudice.

MANDALA OFFERING (first session)

The Hundred Syllable Mantra

OM BENZAR SATTO SAMAYA MANU PALAYA
BENZAR SATTO TENOPA
TISHTA DRIDHO MÉ BHAWA
SUTTO KHAYO MÉ BHAWA
SUPO KHAYO MÉ BHAWA
ANU RAKTO MÉ BHAWA
SARWA SIDDHIM MÉ TRAYATSA
SARWA KARMA SUTSA MÉ
TSITTAM SHRIYAM KURU HUNG
HA HA HA HA HO
BHAGAWAN SARWA TATHAGATA
BENZAR MAMÉ MUN TSA
BENZRI BHAWA
MAHA SAMAYA SATTO
AH

The Offering of the Thirty Sevenfold Mandala

Om benzar bhumi ah hung
The foundation is the utterly pure golden ground of vast strength,
Om benzar rékhe ah hung
The boundary is a ring of iron mountains encircling the syllable HUNG.

Here are Sumeru the king of mountains,
In the East, Purvavideha,
In the South, Jambudvipa,
In the West, Aparagodaniya,
In the North, Uttarakuru.

Deha and Videha,
Camara and Aparacamra,
Satha and Uttaramantrina,
Kurava and Kaurava,

The Jewel Mountain,
The Wish-Fulfilling Tree,
The Bountiful Cow,
And the Spontaneous Harvest.

The Precious Wheel,
The Precious Jewel,
The Precious Queen,
The Precious Minister,
The Precious Elephant,
The Precious Horse,
The Precious General,
And the Vase of Great Treasure.

The Lady of Charm,
The Lady of Garlands,
The Lady of Song,
The Lady of Dance,
The Lady of Flowers,
The Lady of Incense,
The Lady of Light,
The Lady of Perfume,

The Sun and the Moon.
The Jeweled Canopy,
And the Banner of Universal Victory.

The glory, wealth, and enjoyments of gods and humans,
With nothing lacking—all this I offer to the glorious holy root master,
And the masters of the lineage, to the herukas,
And the host of deities of the mandala,
And to the assembly of the buddhas and bodhisattvas.

Accept it with compassion for the benefit of beings;
Having accepted it grant your blessing.

The earth is perfumed with scented water and strewn with flowers.
Adorned with Mount Meru, the four continents, the sun and the moon.
Imagining this as a buddhfield, I offer it
So that all beings may enjoy that pure realm.

IDAM RATNA MANDALA KAM NIRYATA YAMI

PRAISE TO MANJUSHRI (sung in Tibetan at start of every talk)

*Lama tang gönpo jampé yangla chaktsal lo
I prostrate to the guru and protector Manjushri.*

Kanggyi lodrö dripnyi trental nyitar namdak rabsal wa

Your mind is completely pure and luminous, like the sun free from the clouds of the two obscurations.

Jinyé dōnkūn jizhin zigchir nyichyi tukkar lékbam dzin

You hold a text at your heart, since you see all the variety of objects just as they are.

Kangdak sipé tsōnrar marig müntum dugngal chyzir wé

You love like your only child all the multitude of beings who are trapped by the darkness of ignorance

Drotsok kūnla puchig tartsé yénlag drugchu'i yangdén sung

In the prison of samsara and are afflicted by suffering. Your speech, possessing the sixty kinds of melody,

Drugtar chédrog nyōnmong nyilong léchyi chagdrog droitsé ching

Roars mightily like a dragon. Thus you awaken from the sleep of the kleshas, liberate from the chains of karma,

Marig münsel dugngal nyūgu jinyé chōtsé raltri nam

And dispel the darkness of ignorance. You hold aloft a sword, since you cut all the sprouts of suffering.

Dōné dakching sachu'i tarsōn yōnten lütsok gyalsé tuwō ku

You are primordially pure and have completed the ten bhūmis. You have perfected all the qualities.

Chutrag chutang chunyi gyentré daglō münsel jampé yangla dü

The body of the elder son of the Victorious One is adorned with the 112 ornaments. You dispel the darkness of my mind. I pay homage to Manjushri.

OM AH RA PA TSA NA DHIH

[recite as much as possible]

Tséden chödchyi chyenrab özer gyi

You who embody loving kindness and radiate the light of wisdom,

Daglō timug münpa rabsal né

Clear away the darkness of my ignorance completely.

Katang tenchö zhunglug tokpa yi

Please give me the knowledge and ability

Lodrö pöpé nangwa tsaldu sol

To understand all the teachings of the Dharma.

Gangtsé tawar döpa am

Whenever I wish to see you,

Chungzé driwar dōna yang

Or even wish to ask the slightest question,

Gönpo jamyang chyényi ni

May I behold without any hindrance,

Gegmé paryang tongwar shok

The Lord, Manjushri himself!

MANDALA OFFERING (second through final session)

The earth is perfumed with scented water and strewn with flowers,
Adorned with Mount Meru, the four continents, the sun and the moon.
Imagining this as a buddhfield, I offer it
So that all beings may enjoy that pure realm.

REQUEST FOR TEACHINGS

In accordance with the capabilities
And the diverse aspirations of sentient beings,
I ask you to turn the Wheel of Dharma,
Of the greater, lesser, or conventional vehicles.

DEDICATION OF MERIT (at the end of the talks)

By this merit, may all attain omniscience,
May it defeat the enemy, wrongdoing,
From the stormy waves of birth, old age, sickness and death,
From the ocean of samsara, may I free all beings.

Emulating the hero Manjushri,
Samantabhadra and all those with knowledge,
I too make a perfect dedication
Of all actions that are positive.
(three times)

May bodhicitta, precious and sublime,
Arise where it has not yet come to be;
And where it has arisen may it never fail
But grow and flourish ever more and more.
(three times)

**DEDICATION OF MERIT FROM THE BODHISATTVACHARYAVATARA
(after the final session)**

Through the virtue of having composed this work,
The Bodhisattva's Way of Life,
May all living beings come to engage
In the bodhisattva's conduct.

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

For as long as they remain in cyclic existence,
May their mundane happiness never decline,
And may all of them uninterruptedly receive
Waves of joy from bodhisattvas.

May all embodied creatures,
Who throughout the universe
Experience the hell realms,
Come to enjoy the bliss of Sukhavati.

May those feeble with cold find warmth
And may those oppressed with heat be cooled,
By boundless waters that pour forth
From the great clouds of the bodhisattvas' merits.

May the forest of razor sharp leaves
Become a beautiful pleasure grove,
And may the trees of knives and swords
Grow into wish-fulfilling trees.

May the regions of hell become places of joy
With vast and fragrant lotus pools,
Beautiful with the exquisite calls
Of wild ducks, geese and swans.

May the heaps of burning coals change into heaps of jewels;
May the burning ground become a polished crystal floor,
And may the mountains of the crushing hells
Become celestial palaces of worship filled with sugatas.

May the rains of lava, blazing stones and weapons
From now on become a rain of flowers;
And may all those battling with weapons
From now on have a playful exchange of flowers.

By the force of my virtues, may those caught in the fiery torrents of acid,
Their flesh eaten away, revealing their lily-white bones,
Obtain the bodies of celestials
And dwell with goddesses in gently flowing rivers.

“Why are the henchmen of Yama, the unbearable buzzards and vultures afraid?
Through whose noble strength is joy brought upon us and darkness dispelled?”
Looking up, they behold in the sky the radiant form of Vajrapani.
Through the force of their joy may they be free from evil and find his company.

When they see the lava fires of hell extinguished
By a rain of falling flowers mixed with scented water,
Immediately satisfied, they wonder whose work this was:
In this way may those in hell behold Padmapani.

“Friends, don’t be afraid but quickly gather here,
What need is there to flee when above us is the youthful Manjushri to dispel our fears?
The tender bodhisattva who protects all living things,
Through whose might all suffering is removed and the force of joy abounds.

“Behold him in an enchanting palace resounding with melodies sung by a
thousand goddesses,
With the tiaras of a hundred gods being offered to his lotus feet,
And a rain of many flowers falling on his head, his eyes moist with kindness.”
Upon seeing Manjughosha in this way, may those in hell loudly cry out with joy.

Likewise having seen, due to the roots of my wholesome deeds,
The cool and sweet-smelling rain falling from joyful clouds,
Created by the bodhisattvas Samantabhadra and Sarva-nirvarana-vishkambhini,
May all beings in hell be truly happy.

May all animals be free from the fear
Of being eaten by one another;
May the hungry ghosts be happy
As the inhabitants of the Northern Continent.

May they be satisfied
By a stream of milk pouring from the hand
Of Noble Lord Avalokiteshvara,
And by bathing in it may they always be cooled.

May the blind see forms
May the deaf hear sounds,
And just as it was with Mayadevi,
May pregnant women give birth without any pain.

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 forlorn find new hope,
Constant happiness and prosperity.

May all who are sick and ill
Quickly be freed from their illnesses,
And may every disease in the world
Never occur again.

May the frightened cease to be afraid
And those bound be freed;
May the powerless find power
And may all people think of benefiting one another.

May all travelers find happiness
Everywhere they go,
And without any effort may they accomplish
Whatever they set out to do.

May those who sail in ships and boats
Obtain whatever they wish for,
And having safely returned to the shore
May they joyfully reunite with their families.

May troubled wanderers who have lost their way
Meet with fellow travelers,
And without any fear of thieves and tigers
May their going be easy without any fatigue.

May those who find themselves in trackless, fearful wildernesses,
The children, the aged, the unprotected,
Those stupefied, and the insane,
Be guarded by beneficent celestials.

May all beings be free from states of non-leisure,
And be endowed with faith, wisdom and kindness;
With food obtained in a proper manner and excellent conduct,
May they be mindful throughout their lives.

May all beings be without want for wealth
Just like the treasury of space;
And without it being the source of dispute or harm
May they always enjoy it as they wish.

May those who have little splendor
Come to be endowed with majesty;
And may those whose bodies are worn with toil
Find magnificent and noble forms.

May all lower beings in the universe
Take rebirth in higher forms;
May the lowly obtain grandeur
And may the proud be humbled.

By the merits I have accumulated,
May every single being
Abandon all forms of evil,
And perpetually engage in virtue.

May they never be separated from bodhicitta
And always be devoted to enlightened action.
May they be accepted by the buddhas.
May they abandon evil actions.

May sentient beings in fortunate realms
Have inconceivably long lives.
May they live always in contentment,
Unfamiliar with even the word “death”.

May there abound in all directions
Gardens of wish-fulfilling trees,
Filled with the sweet sound of Dharma
Proclaimed by the buddhas and their heirs.

And may the land everywhere be pure
Smooth and devoid of any rocks,
Level like the palm of the hand
And having the nature of lapis lazuli.

For all the circles of disciples,
May countless bodhisattvas
Dwell in every land,
Adorning them with their excellent manifestations.

May all embodied creatures
Uninterruptedly hear,
The sound of Dharma issuing from birds and trees
Beams of light and even space itself.

May they always meet with buddhas
And their children the bodhisattvas.
Then may these spiritual masters of the world
Be honored with endless clouds of offerings.

May celestials bring timely rains
So that harvest may be bountiful.
May the kings act in accordance with Dharma
And people of the world always prosper.

May all medicines be effective
And the recitation of mantras be successful;
May flesh-eating rakshas and the like
Be endowed with compassionate minds.

May no living creature ever suffer
Commit evil or ever fall ill.
May no one be afraid or belittled
Or their minds ever be depressed.

In all temples and monasteries
May reading and recitation flourish and remain;
May the Sangha always be in harmony
And may their purposes be accomplished.

May monks desiring to practice
Find quiet and solitary places,
And through having abandoned all wandering thoughts
May they meditate with flexible minds.

May nuns be materially sufficient
Abandon quarreling and be unharmed.
Similarly may all ordained ones
Never let their morality weaken.

Having repented any moral falls
May evil always be eradicated,
And thereby obtaining a fortunate state of birth
May spiritual conduct not decline even there.

May the wise be honored
And may they receive alms;
May their minds be completely pure
And may they be renowned in all directions.

May beings not experience the misery of the lower realms
And may they never know any hardships;
With a physical form superior to the gods
May they swiftly attain buddhahood.

May sentient beings again and again
Make offerings to all the buddhas,
And may they constantly be joyful
With the inconceivable bliss of the buddhas.

May the bodhisattvas' good wishes
For benefiting beings be fulfilled.
May the intentions of the protectors
Prosper among sentient beings.

Similarly may the pratyeka-buddhas
And shravakas find happiness.

And until I reach the bhumi of the Joyous One
Through the kindness of Manjushri,
May I be mindful throughout my lives
And always obtain ordination.

May I live and be sustained
By simple, common foods.
And in all my lives may I find
The ideal solitude for practicing Dharma.

Whenever I wish to see something
Or even wish to ask the slightest question,
May I behold without any hindrance
The Lord Manjushri himself.

In order to fulfill the needs
Of beings who reach unto the ends of space,
May my way of life
Be just like that of Manjushri.

And now, as long as space endures
And as long as there are beings to be found,
May I continue likewise to remain
To soothe the sufferings of all those who live.
The pain and sorrows of all wanderers
May they ripen wholly upon myself.
And may the virtuous assembly of bodhisattvas
Ever bring about the happiness of beings.

May the Dharma, the only remedy for suffering
And the source of every bliss and happiness,
Be nurtured and upheld with reverence
And throughout the vastness of time endure!

I prostrate to Manjughosha
Through whose kindness wholesome minds prevail,
And I prostrate to my spiritual masters
Through whose kindness I progress on the path.
(three times)

Emulating the hero Manjushri,
Samantabhadra and all those with knowledge,
I too make a perfect dedication
Of all actions that are positive.

(three times)

May bodhicitta, precious and sublime,
Arise where it has not yet come to be;
And where it has arisen may it never fail
But grow and flourish ever more and more.

(three times)