



## MSB Shedra Prayers

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 trentral nyitar namdak rabsal wa  
*Your mind is completely pure and luminous, like the sun free from the clouds of the two obscurations.*

Jinyé d.nkün 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 tsönrar 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 künla 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 nyönmong nyilong léchyi chagdrog drołtsé ching  
*Roars mightily like a dragon. Thus you awaken from the sleep of the kleshas, liberate from the chains of karma,*

Marig münsel dugngal nyügu jinyé chötsé raltri nam  
*And dispel the darkness of ignorance. You hold aloft a sword, since you cut all the sprouts of suffering.*

Döné dakching sachu'i tarsön yönten lütsok gyalsé tuwö ku  
*You are primordially pure and have completed the ten bhumis. 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,*

Daglö 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*

Chungzé driwar döna 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 buddhafiield, 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)

## 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 MUNTSA  
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 buddhafiield, I offer it  
So that all beings may enjoy that pure realm.

IDAM RATNA MANDALA KAM NIRYATA YAMI