Meal time prayers, before meditation, requesting teachings, and special occasions.
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CHANTS FOR THE MEDITATION SESSION

1. **Refuge**

Sangye chödang tsogkyi choknam la
Jangchub bardu dagni kyabsu chi
Dag gi jinsog gyipey sönam kyi
Drola penchir sangye drubpar shog
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.

Namo, rigkün kyabdag lama je
Ngödrub jungney yidam lha
Barchey künsel khandrö tsok
Tsawa sumla kyabsu chi
Namo. In the lord guru, the sovereign of all buddha families,
In the yidam deity, the source of accomplishment,
And in the dakinis, who dispel all obstacles,
I take refuge in the Three Roots.
Namo, ngowo tongpa chökyi ku
Rangzhin selwa longchö dzog
Tukje natsok tülku la
Jangchub bardu kyabsu chi
Namo. In the empty essence, dharmakaya,
In the cognizant nature, sambhogakaya,
And in the manifold capacity, nirmanakaya,
I take refuge until enlightenment.

2. Bodhicitta

Hoh, khanyam drowa malü pa
Sangye sala köpey chir
Dzogpa chenpö man ngag gi
Rangrig chöku togpar ja
Hoh. In order to establish all beings equal to the sky
In the state of buddhahood,
I will realize dharmakaya of self-existing awareness
Through the teachings of the Great Perfection.
3. **Supplication**

Palden tsawey lama rinpoche
Dag gi chiwor pemey den la shug
Kadrin chenpö goney jesung te
Kusung tugkyi ngödrub tsaldu sol
Glorious root guru, precious master,
Please be seated on the lotus throne above my head.
Accept me through your immense kindness,
And bestow the siddhis of your body, speech and mind.
Ah. Lama khyenno. Ah. Lama khyenno.
Ah. Master, think of me. Ah. Master, think of me.

4. **Visualization for Receiving Empowerment**

Palden lamey ku yi neyshi ney
Öser jungwa dag gi neyshir tim
Kusung tugdang yeshe dorje yi
Jingyi labney wangshi tobpar gyur
From the four places of the body of the glorious guru,
Rays of light stream forth and dissolve into my four places.
Blessed by the vajra body, speech, mind, and wisdom,
I obtain the four empowerments.
Kyabney kündü lama nyi
Gyepa chenpö rangla tim
Rang yang künshi machö pey
Ngangla yini dzinpa drel
Namdag trödrel chökyi ku
Chökyi kula nyisu mey
The master who embodies all objects of refuge
With great joy dissolves into me.
In the state of the uncontrived all-ground,
My mind, free from fixation,
Is the pure dharmakaya devoid of constructs.
Dharmakaya is beyond duality.

At this point, remain in the meditation state of shamatha and vipashyana according to the oral instructions you have received.

5. **Dedication of Merit**

Jamdang nyingje chogmey jongwa dang
Döndam lhanchig kyepey yeshe ni
Gyalwa seychey namkyi togpa tar
Dagsog ngönsum togpar jingyi lob
Grant your blessings that we may train in impartial love and compassion,
And directly realize the ultimate and coemergent wisdom
As all the buddhas and their sons and daughters have done.

Gewa diyi kyewo kün
Sönam yeshe tsog dzogney
Sönam yeshe ley jungwa
Dampa kunyi tobpar shog
By this virtue may all beings perfect the accumulations of merit and wisdom,
And may they attain the sacred two kayas resulting from that merit and wisdom.

6. *Ema Nyönpa, The Final Words of Senge Wangchuk*

Ema nyönpa sengwang nga
Leykyi lungzey yeshe gye
Marig go ngay bubley dröl
Rangrig ösel bubsu shug
Ema. I, the madman Senge Wangchuk,
Have exhausted karma-prana and expanded wisdom.

Freed from the sphere of the five gates of ignorance,

I have entered the sphere of luminous self-awareness.
Gosum gyi trülpa shik tsana
Trülshi tamchey yarey cha
Trülnang gi düpa chö tsana
Semdzin zerwa tangrey chey
When the illusion of the three doors has collapsed,
How pitiful is the whole basis of delusion.
When the knots of confused experience are cut,
How tiring is so-called concentration.

Trülpa yeshe sushar tsana
Dagnang tamchey luwey chö
Tamchey yingsu tim tsana
Chi yang mayin chiryang char
When confusion arises as wisdom,
All pure appearances are deceptive phenomena.
When everything dissolves into space,
Nothing whatsoever, yet everything manifests.

Ema ema dampey kudrin la
Ema dakey tsikdi nyingpö dön
Nyingchung lagtil zhagpa diley mey
Tsikgi tama dütar nangwar shog
Amazing, amazing is the kindness of the sacred one.
Amazing, these words at the moment of passing, the essential meaning,
Are the heart placed fresh in the palm, nothing else. May these final words appear at the end of this age.

Zagpa rangzey jungwa rangsar deng
Drenpa rangdröl sangtal ökyi lü
Senge wangchuk nyidang nyamgyur ney
Drölwa namshi khorwa dongtruk shog
Defilements self-exhausted, the elements naturally dissolved,
Thinking self-liberated, the transparent body of light –
Through being equal to Senge Wangchuk,
May the depths of samsara be overturned by the four liberations.

7. **Lamp Aspiration**

Rigpa kadag nangsel marmey di
Rigdzin kyilkhor pejung lhala bül
Rigpey garkyab magyur drowa nam
Rigtong chöku gopang tobpar shog
This illuminating lamp of original pure awareness
I offer to the mandala deities of Vidyadhara Padmakara.
May all beings, my mothers, wherever awareness pervades, 
Attain the dharmakaya level of aware emptiness.

8. *Aspiration for Rebirth in the Ultimate Pure Land*

Dömey zhidang yermey pema jung
Rangnang dagpey sangdog palri zhing
Nangrig yermey machö nyugmey ngang
Döney namdag zhingder kyewar shog
Padmasambhava is inseparable from the primordial nature. 
His buddhafield, the Copper Colored Mountain, is the purity of personal experience. 
May everyone be born in this original pure land, 
The uncontrived natural state of indivisible appearance and awareness.

9. *Düsum Sangye, Supplication to Padmasambhava*

Düsum sangye guru rinpoche
Ngödrub kündag dewa chenpö shab
Barchey künsel düdül drakpo tsal
Solwa debso jingyi labtu sol
Chinang sangwey barchey shiwa dang
Sampa lhüngyi drubpar jingyi lob
Buddhas of the three times, Guru Rinpoche
Lord of all siddhis, Great Bliss,
Dispeller of all obstacles, Wrathful Tamer of Mara,
I supplicate you, bestow your blessings.
Pacify the outer, inner, and secret obstacles,
And spontaneously fulfill all wishes.

10. *Orgyen Rinpoche, Supplication to Padmasambhava*

Orgyen rinpoche la solwa deb
Galkyen barchey mijung zhung
Tünkyen sampa drubpa dang
Chokdang tünmong ngödrub tsöl
Precious master of Uddiyana, I supplicate you;
May obstacles and mishap not arise.
May good conditions be gathered and our wishes fulfilled.
   Bestow the supreme and common siddhis.
CHANTS FOR THE TEACHING SESSION

11. *The Seven-Line Supplication*

Hung, orgyen yülgyi nubjang tsam
Pema gesar dongpo la
Yamtsen chok gi ngödrub nye
Pema jungney shesu drag
Khordu khandrö mangpö kor
Kyekeyi jesu dagdrub kyi
Jingyi labchir shegsu sol
Guru pema siddhi hung
Hung. On the northwest border of the country of Uddiyana,
On the anthers of a lotus flower,
You attained the marvelous supreme siddhi,
Renowned as the Lotus Born.
Surrounded by a retinue of many dakinis,
Following you, I will reach accomplishment.
Please come and bestow your blessings.

Guru padma siddhi hung
12. **The Four Dharmas of Gampopa**

Lo chösu drowar jingyi labtu sol  
Chö lamdu drowar jingyi labtu sol  
Lam trülpa selwar jingyi labtu sol  
Trülpa yeshe su charwar jingyi labtu sol  
Grant your blessings so that my mind may follow the Dharma.  
Grant your blessings so that my Dharma practice may become the path.  
Grant your blessings so that the path may clarify confusion.  
Grant your blessings so that confusion may dawn as wisdom.

13. **Supplication to the Dakpo Kagyüs**

Dorje changchen tilo naro dang  
Marpa mila chöje gampo pa  
Düsum sheja künkyen karmapa  
Cheshi chung gye gyüpa dzinnam dang  
Dritag tsalsum palden drugpa sog  
Zablam chagya chela nganye pey
Nyammey drogön dakpo kagyü la
Solwa debso kagyü lama nam
Gyüpa dzinno namtar jingyi lob
Great Vajradhara, Tilo, Naro,
Marpa, Mila, Lord of Dharma Gampopa,
Knower of the Three Times, omniscient Karmapa,

Holders of the four great and eight lesser lineages –
Drigung, Taklung, Tsalpa – these three, glorious Drukpa and so on,
Masters of the profound path of mahamudra,
Incomparable protectors of beings, the Dakpo Kagyü,
I supplicate you, the Kagyü gurus.
I hold your lineage; grant your blessings so that I will follow your example.

Zhenlog gomgyi kangpa sungpa zhin
Zeynor kunla chagzhen meypa dang
Tsedir dötag chöpey gomchen la
Nyekur zhenpa meypar jingyi lob
Revulsion is the foot of meditation, as is taught.
To this meditator who is not attached to food and wealth,
Who cuts the ties to this life,
Grant your blessings so that I have no desire for honor and gain.
Devotion is the head of meditation, as is taught.
The guru opens the gate to the treasury of oral instructions.
To this meditator who continually supplicates him,
Grant your blessings so that genuine devotion is born in me.

Awareness is the body of meditation, as is taught.
Whatever arises is fresh – the essence of realization.
To this meditator who rests simply without altering it,
Grant your blessings so that my meditation is free from conception.

The essence of thoughts is dharmakaya, as is taught.
Nothing whatever but everything arises from it.
To this meditator who arises in unceasing play,
Grant your blessings so that I realize the inseparability of samsara and nirvana.

Kyewa küntu yangdag lama dang
Drelmey chökyi pal la longchö ching
Sadang lamgyi yöntan rabdzog ney
Dorje changgi gopang nyurtob shog
Through all my births may I not be separated from the perfect guru
And so enjoy the splendor of dharma.
Perfecting the virtues of the paths and bhumis,
May I speedily attain the state of Vajradhara.

14. *Künsang Dorsem, General Lineage Supplication*

Künsang dorsem garab shri ri seng
Pemakara jebang nyishu nga
Sozur nub nyag tertön gyatsa sog
Kater lama namlä solwa deb
Samantabhadra, Vajrasattva, Garab Dorje and Shri Singha,
Padmakara, King and twenty-five disciples,
So, Zur, Nub, Nyag, the hundred tertöns and others,
All gurus of Kama and Terma, I supplicate you.
15. *Damdzin Namtrül, Supplication to the Lineage of Chokling Tersar*

Damdzin namtrül chokgyur dechen ling  
Vima ngöjön jamyang khyentse wang  
Vairo ngönang lodrö taye dey  
Chenrezig wang khakyab dorjei tsal

Manifestation of Damdzin, Chokgyur Dechen Lingpa.  
Vimalamitra appearing in person, Jamyang Khyentse Wangpo.  
Vairotsana really manifest, Lodrö Thaye.  
Mighty Avalokiteshvara, Khakyab Dorje.

Gyalpo dzah yi gyutrül tsewang drag  
Yudray trülpa tsewang norbū de  
Shitsö yangtrül kenchen ratna je

Namnying rölgar dharma ratney zhab  
Magical display of King Jah, Tsewang Drakpa.  
Incarnation of Yudra Nyingpo, Tsewang Norbu.  
Reincarnation of Shantarakshta, lord Mahapandita Ratna.  
Display of Namkhai Nyingpo, venerable Dharma Ratna.
Tsogyal tsalnang sukha dharma dang
Pagmey jinlab ratna shri ri dang
Vima ngönang samten gyatsö zhab
Nangshi tarchin chimey dorje tsal
Manifestation of Yeshe Tsogyal, Sukha Dharma.
Blessed by Arya Tara, Ratna Shri.
Vimalamitra manifest in person, Samten Gyamtso.
Perfector of the four visions, Chimey Dorje.

Sungjug drubpa sang ngag rinpoche
Wangchok dorjei namtrül tsewang tsen
Jamgön lamay jesung khyentse ö
Nelug ngöngyur urgyen tsewang drub
Siddha of union, Sang-ngak Rinpoche.
Miraculous display of Wangchok Dorje, with the name Tsewang.
Accepted by Jamgön Lama, Khyentse Öser (Kyabje Dilgo Khyentse Rinpoche).
Realizer of the natural state, Urgyen Tsewang Chokdrub (Kyabje Tulkü Urgyen Rinpoche).

Tsagyü lama ser ri trengwa la
Michey güpey tsechig soldeb na
Tugje jinlob drubnyi ngöngyur shog
With undivided devotion, I supplicate one-pointedly
This garland of gold mountains, the root and lineage gurus.
Bless me with your compassion, may the two siddhis be realized.

16. Ogmin Chökyi, Supplication to the Root Guru

Ogmin chökyi yingkyi podrang ney
Düsum sangye küngyi ngowo nyi
Rangsem chökur ngönsum töndzey pa
Tsawey lamay zhabla solwa deb
In the dharmadhatu palace of Akanishtha
I supplicate at the feet of the root guru,
The essence of all the buddhas of the three times
Who directly shows my mind as dharmakaya.

17. Mandala Offering **

Sashi pöchü jugshing metok tram
Rirab lingshi nyidey gyenpa di
Sangye shingdu migte pülwa yi
Drokün namdag shingdu chöpar shog
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 the Buddha realm, I offer it, So that all beings may enjoy that pure realm.

18. **Request to Turn the Wheel of Dharma**

Semchen namkyi sampa dang
Lo yi jedrag ji tarwar
Chechung tūnmong tegpa yi
Chökyi khorlo kordu sol
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.

At this point, the teacher commences the Dharma talk. After the talk is finished, continue with dedicating the merit.

19. **Dedication of Merit**

Künsang dorje changchen menchey ney
Drinchen tsawey lama yenchey kyi
Drowey döndu mönlam gang tabpa
Dedag tamchey dengdir drubpar shog
From the great Samantabhadra Vajradhara  
Down until our kind root guru,  
May the aspirations made for the benefit of beings  
Be fulfilled this very day.

Sönam diyi tamchey sigpa nyi  
Tobney nyepey dranam pamje ney  
Kyega nachi balab trukpa yi  
Sipey tsoley drowa drölwar shog  
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.

Jangchub semchog rinpoche  
Makye panam kyegyur chig  
Kyepa nyampar meypa yang  
Gongney gongdu pelwar shog  
May the precious mind of enlightenment  
Arise where it has not arisen.  
Where it has arisen, may it not wane,  
But further and further increase.
20. **Aspiration for the Karmapa’s Activity to Flourish**

Düshi leygyal gyalwey trinley pa  
Karma paten tenpey nyingpo chok  
Chogtar künkyab kyabching gyünmi chey  
Tagpar rabpel pelwey tashi shog  
Glorious activity of the victorious ones, conquering over the four maras,  
Glorious Karmapa, may there be the goodness  
That you always spread the supreme essence of the teachings,  
Spreading it unceasingly to pervade throughout all directions.

21. **Aspiration for Chokgyur Lingpa’s Activity to Flourish**

Trülpey terchen gyamtsö khorlö gyur  
Drodül chokgyur dechen lingpa yi  
Ringlug chogdū küntu kyabpa dang  
Pendey getsen gyepey tashi shog  
May the tradition of Drodül Chokgyur Dechen Lingpa,  
The universal monarch of the ocean of incarnated tertöns,  
Pervade throughout all directions and times  
With the auspicious unfolding of benefit and happiness.
ADDITIONAL CHANTS

22. Short Supplication for the Long Life of Chökyi Nyima Rinpoche

**Composed by Kyabje Trülshik Rinpoche.**

Om soti, choksum tsasum gyalwa gyamtso yi
Ka-nying chökyi tenpey nyima chey
Sangsum tagten tendrö zhedön kün
Malü yongsu drubpar jingyi lob
Om svasti,
Ocean of conquerors, Three Jewels and Three Roots,
Bestow your blessings that the three secrets may be forever steadfast
For the great sun of the Kagyü and Nyingma Dharma,
And that all his aims and aspirations for the teachings and beings May be utterly and completely fulfilled.

With deep-felt trust and hope, this aspiration was made by the Shakya monk Vagindra Dharma Mati. May virtuous goodness increase.
The sun of the Dharma refers to Chökyi Nyima Rinpoche (Chökyi = of the Dharma, Nyima = sun). Vagrandra Dharma Mati is the Sanskrit for Ngawang Chökyi Lodrö, Trülshik Rinpoche’s name.
23. **Supplication for the Long Life of Chökyi Nyima Rinpoche**
*Composed by Kyabje Düjom Rinpoche.*

Om soti, podrel dewa chenpö yeshe ni
Mishik dorjei langtsö gegpey kur
Yongshar pagma yizhin korlo yi
Dengdir chimey tagpey jinchen pob
Om svasti,
The unchanging wakefulness of great bliss
Fully manifests in the graceful form of indestructible vajra youth.
May the noble wishfulfilling wheel of Tara
Today shower down the great resplendence
of everlasting immortality.

Jigten wangchuk palden karma pey
Mejung tugkye samten jönpey lung
Dzeje zhenpen pagsam yongdü wang
Tsungmey gyalwey nyugu zhabten sol
The wondrous aspiration of Glorious Karmapa (Karma), lord of this world,
Is like the river in the forest of meditation (Samten).

Wishfulfilling tree of magnetizing (Yongdu) power, beautifying it for
the benefit of others,
Incomparable son of the buddhas, may your life be long.

Lungtok do ngag chötsül pemey tsal
Shedrub ökyi nangwey jedzey pa
Chogsang ngedön tenpey nyima chey
Ta ngen münpey sheydu zhabten sol
You unfold the lotus groves of the Dharma (Chö) of statements and realization, Sutra and Mantra,
With the illuminating light of (kyi) teaching and practice.
Great sun (Nyima) of the supreme and secret doctrine of true meaning,
To destroy the darkness of wrong views, may your life be long.

Drelchey tarlam drenpey trinley gyün
Nam yang michey yangpey sakün kyab
Risu machi tendang drowa yi
Pung nyen dampa nyidu zhabten sol
Your stream of activity (Trinley), leading whoever you meet to the path of liberation,
Is forever unbroken and all-pervading (Künkhyab) throughout the whole earth.
For the sake of being a noble defender of the doctrine and beings,
Without partiality, may your life be long.
Drenchog kyebu zhabpey kalgyar ten
Ngedön chökyi yangnyen choktar drok
Drubgyu ringlug töngyi dreyzhin min
Gelek dzogden zheypey tashi shog
May the life of this eminent guide last for one hundred aeons,
May the Dharma tones of the true meaning resound to the end of the world,
May the tradition of the Practice Lineage ripen like crops at autumn,
And may the auspicious golden age unfold with virtuous goodness.

Tulku Chökyi Nyima Rinpoche’s full name is Karma Samten Yongdu Chökyi Nyima Trinley Künkyab: Karma Magnetizing Meditation, Sun of the Dharma, All-pervading Activity. Karma means belonging to the buddha family of Karmapa.

24. Short Supplication for the Long Life of H.E. Chokling Rinpoche
Composed by Kyabje Trülshik Rinpoche.

Om soti, tsasum tse lha gyamtso jinlab kyi
Chokgyur dechen lingpa mi yi gar
Gyurmey dewey dorjei sangwa sum
Tagten trinley dzam ling kunkyab shog
Om svasti.
Ocean of Three Roots and deities of long life,
By your blessings may the three secrets of Gyurmey Dewey Dorje, Chokgyur Dechen Lingpa appearing in human form, Be forever steadfast, and may his activities be all-pervasive throughout the world.

25. Supplication for the Long Life of H.E. Chokling Rinpoche

Om soti, gyalkün rigkyi chöpen ö-ta ye
Zhingdir chimey rígdzin zhönnü tsül
Rangjung tsoley kyepey gyalwa dey
Jinchen shipey metog chardu pob
Om svasti.
Family crown of all victorious ones, Amitabha,
Manifest in this realm as the Youthful Vidyadhara of Immortality, May this self-existing Lotus Buddha
Shower down auspicious flowers of great resplendence!

Drenchok nga-yab lingpey gyaltsab chey
Mijik desum senge ngaro yi
Tamen ridak tsoknam pakong wa
Gyurme ngag-gi wangchuk zhabten sol
Great regent of the supreme (Chok) guide Ngayab Lingpa (Ling),
Your fearless (Mi) lionis roar of the Three Sections
Subdues the hordes of beast-like inferior views.
Unchanging (gyur) lord of speech, may your life be long!

Dechen yeshe chag-gyey gyugar gyi
Rang-gi düljar drelwey kalsang tsok
Zungjug dorjey sala ugin pa

Drubpey depön chok-gi zhabten sol
With your magical dance, the wisdom forms of great bliss (De),
You connect (wey) with disciples who have excellent fortune,
Assuring them of the state of vajra (Dorje) union;
Steerman of siddhas, may your life by long!

Labchen trinley ö-nang bumdel wey
Chernyik dükyi münrum tarjey tey
Lamey ngotsar pendey gatön pal
Chokdü künkyab trozhin zhabten sol
The all-pervasive brilliance of your immense activity (Trinley)
Abolishes the darkness of this degenerate age.
Emanating a splendorous feast of benefit and happiness, wonderful and unexcelled,
Pervading all (Künkyab) times and directions, may your life be long!
Drodül kyebü zhabpey kalgyar ten
Zabsang chö-nga sasum kyabpar drok
Nga-gyur ringluk yargyi tsotar gye
Gelek chokley namgyal tashi shog

May the life of this great tamer of beings last for one hundred aeons!
May the Dharma drum of the Profound Secret resound to fill the three worlds!
May the tradition of the Early Translations swell like a lake in summer!
And may auspicious goodness triumph in all directions!

This was composed with wishes for the long life of the fourth in the incarnation line of Terchen Chokgyur Lingpa, by Jigdrel Yeshe Dorje on the auspicious Victorious (thirteenth) day of the Ripening (ninth) month in the year that is Delightful-to-All (Wood Tiger). Siddhi rastu. May it be accomplished!

Chokling Rinpoche’s full name is Chokling Mingyur Dewey Dorje Trinley Künkyab—Supreme Sanctuary, All-Pervading Activity of the Unchanging Blissful Vajra.

26. Supplication for the Long Life of Tsoknyi Rinpoche

Pomey yeshe ku-nye dewar shek
Lumey choksum rabjam gyalwa dang
Chimey tseyi palter choknam kyi
Gyurmey dorjer jinlab paltsöl dzö
Sugatas who have attained the nontransferring wisdom body,
Unfailing Three Jewels, all-encompassing victorious ones,
Eminent ones who grant the glory of deathless longevity,
May you all bestow the splendor of unchanging vajra blessings!

Ngagi wangchuk mejung tukjei ter
Tsok-nyi tarsön Yönten gyaamtsö chi
Khyentse norbu drima mepey tog
Dön-gyü nyingpö gyaltsen ngöntö tser
Zijin barwar zhabpey tagten sol
Lord of Speech, treasure mine of wondrous compassion,
Perfection of the two accumulations, ocean of magnificent qualities,
Jewel of wisdom and love, immaculate top-ornament
At the lofty summit of the victory banner of the essence, the true transmissions,
In blazing and majestic brilliance, may your life be long and stable!

Tsozhey zhomdrel dorjei khamsu ling
Pendey palkün sampel wangjo tar
Lekdzey trinley gekmey takching khyab
Püntsok gelek lhün-gyi drubgyur chik
Please remain alive, as firm as the indestructible vajra nature,
May your splendor of benefit and welfare be like a wishfulfilling gem,
May your excellent activity be unobstructed, permanent and allpervading,
And may your abundant virtuous goodness be spontaneously perfected!
At the occasion of re-establishing the precious incarnation of Drubwang Tsok-Nyi at his seat, this was requested by Rabpel, the head chanter of Tsegön, and by the nuns of Nyigön named Jamyang Dedrön, Zilnön Chödrön, and Sherab Sangmo, who also offered presents. Accordingly, this aspiration was made by Trülshik Gyepa during a break in nectar medicine sadhana. May virtuous goodness increase!

(Trülshik Gyepa is the name of Adhi Rinpoche. The names Rabpel, Jamyang Dedrön, Zilnön Chödrön, and Sherab Sangmo, respectively, mean Utmost Increase, Gentle and Melodious Lamp of Bliss, Outshining Lamp of Truth, and Excellent Knowledge.)

27. **Supplication for the Long Life of Phakchok Rinpoche**

*Composed by Kyabje Trülshik Rinpoche.*

Om soti, chimey lama lhayi tutob kyi
Pakchok dögar tubten dodang ngak
Dzinpey depön jigmey drakpey zhab
Mingyur tagten zhedön lhundrub shog
Om svasti.

By the power of the gurus and deities of immortality, May the life of this noble and supreme emanation, Fearless and renowned guide who upholds the Buddha’s teachings of Sutra and Mantra, Be unchanging and steadfast, and may his wishes be spontaneously fulfilled.
28. *Longevity Supplication for Four Sublime Tulkus*

Tawey chokgyur kadag dzogpa che  
Trekchö tögal dechen lamchog drö  
Nangzhi zesar rigdzin lobsön chog  
Zhabpey tenching dzetrin gyegyur chig  

With the eminent view, the Great Perfection of primordial purity,  
You have traveled the eminent path of great bliss, Trekchö and Tögal,  
And arrived at the end of the four visions: eminent vidyadhara master,  
May your life be firm and your activity flourish.

Zabgye chökyi druchar chokchur beb  
Kyegü marig münstel nyima che  
Düljey lingzhi göndu kalpar gyar  
Zhabpey tenching dzetrin gyegyur chig  
Showering down the rain of Dharma, deep and vast, throughout the ten directions,  
You are a great sun that dispels the ignorant darkness of all beings.  
As the protector of disciples on the four continents, for one hundred aeons,  
May your life be firm and your activity flourish.
Gurü jesung lhasay namtrul wa
Terchen mingyur dorjei kyeta nyi
Labsum dzödzin chok-gi trulpey ku
Zhabpey tenching dzetrin gyegyur chig
Emanation of the Prince, a follower of Guru Rinpoche,
Last incarnation of Terchen Mingyur Dorje,
Eminent nirmanakaya who upholds the treasury of the three trainings,
May your life be firm and your activity flourish.

Migche migmey sönam yeshe kyi
Tsok-nyi sagpey gyamtsör subpa lay
Gangku tsenpey önang rinpoche
Zhabpey tenching dzetrin gyegyur chig
While churning the ocean of the accumulations,
The two gatherings of merit and wisdom, with and without concepts,
Endowed with the brilliant and precious form of major and minor marks,
May your life be firm and your activity flourish.
Könchog tsawa sumgi jinlab dang
Kadö damchen gyamtsö dentob kyi
Dakgi tsechig solwa tabpey dön
Gegmey nyurdu drupar jingyi lob
By the blessings of the Three Jewels and Three Roots, And by the power of truth of the ocean of samaya-holding protectors,
May the aim for which I pray one-pointedly
Be blessed with swift and unhindered fulfillment.

Based on repeated requests from the eminent Tulku Chökyi Nyima Rinpoche’s translator, Erik Pema Kunsang, this longevity supplication for the four eminent tulkus was one-pointedly expressed by Tenga Tulku. (Received from Tenga Rinpoche while he was residing at the Benchen center in Belgium.)

29.  Long-Life Prayer for Lama Tsultrim

Om Swasti:
Machig Labkyi Dronma’l yeshe ku:
Je zung ka ter Chod yul dzo dzin ma:
Jetsun Lama Tsultrim Chodron Chog:
Ku tse tagten dze trin gye gyur chig:
Nurtured by the wisdom body of Machig Labdron,
Holder of the treasury of Chod from the canon and treasures,

Supremely Noble Lama Tsultrim Chodron (Dharma Torch of Discipline),

May your life remain firm and your awakened activities spread and flourish!

30. Request for the Teacher to Remain as the Vajra Body,
Speech, and Mind
Composed by Terdaq Lingpa.

Om amarani dziwentiye soha
Nangtong dechen zhommey dorjei ku
Tsenpey langtso rabgye gyalkün gyi
Ngotsar chizuk gangdül trülpey ku
Gyurmey kuyi dorjei zhabten sol
Om amarani jivantiye svaha
Your indestructible vajra body of great bliss, visible and yet empty,
Fully adorned with the youthfulness of the major and minor marks,
Is the marvelous embodiment of the victorious ones, a nirmanakaya
to teach beings.
May your life be firm as the unchanging vajra body.
Draktong gakpa meypa dorjei sung
Yanlag drugchu zabsang chökyi dra
Drolö sampa zhintön longchö dzog
Gakmey sung gi dorjei zhabten sol
Your unobstructed vajra speech, audible and yet empty, Voice of the profound and secret teachings, endowed with sixty qualities,
Is the sambhogakaya manifested to accord with the inclination of beings.
May your life be firm as the unceasing vajra speech.

Rigtong kyegag neydrel dorjei tuk
Zabsal yeshe chökün jungwey ying
Kyabdag gyalwey nyingpo chökyi ku
Trülmey tugkyi dorje zhabten sol
Your vajra mind beyond arising, dwelling and ceasing, cognizant and yet empty,
Profound and luminous wakefulness, the sphere from which all dharmas arise,
Is the all-pervasive lord, the dharmakaya essence of the victorious ones.
May your life be firm as the unmistaken vajra mind.
Künkyab khala trinley nyinmor jey
Charnub yongdrel pendey nangwa chen
Tendrö peytsal gyepey nyertso chok
Kalpa gyamtsor rabtu salgyur chig
Sun of buddha activity in the all-pervading sky,
Radiating welfare and happiness beyond rising and setting,
Eminent sustainer who makes the lotus garden of the teachings and beings bloom,
May you shine for an ocean of aeons.

31. The Final Words of Terdag Lingpa Gyurme Dorje

Nangdrag rigsum lha ngag chöku ngang
Kudang yeshe rolpar jamley pa
Zabsang naljor chenpoi nyamlen la
Yermey tugkyi tigler rochig shog
May sights, sounds and awareness in the state of deity, mantra and dharmakaya
Merge boundlessly as the display of kayas and wisdoms
In the profound and secret practice of the great yoga
And be of one taste with the indivisible mind bindhu.
32. Prayer before Meals **

Tönpa lamey sangye rinpoche  
Kyobpa lamey damchö rinpoche  
Drenpa lamey gedun rinpoche  
Kyabney könchog sumla chöpar pul  
The unsurpassable teacher is the precious Buddha,  
The unsurpassable protector is the precious, holy Dharma,  
The unsurpassable guide is the precious Sangha,  
To the unsurpassable Three Jewels I make this offering.

This collection of chants has been compiled over the years from the traditional chants  
used in the Kagyu and Nyingma lineages for teaching and practice sessions, and from the tradition of Kyabje Tulku Urgyen Rinpoche and Chökyi Nyima Rinpoche. In addition, we have included supplications for the longevity of our precious teachers. Liturgies accompanied by a double star ** are translated by and reproduced with the kind permission of the Nalanda Translation Committee.

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