



SANGHA ONLUS
BUDDHIST MONASTERY

KHEN RINPOCHE VEN. GESHE THUBTEN CHONYI ON LINE TEACHINGS

PRAYERS BEFORE THE TEACHINGS

Refuge and Bodhicitta

SANG GYÄ CHÖ DANG TSOG KYI CHOG NAM LA
I go for refuge until I am enlightened
JANG CHUB BAR DU DAG NI KYAB SU CHI
To the Buddha, the Dharma, and the Supreme Assembly.
DAG GI JIN SOG GYI PÄ SÖ NAM GYI
By my practice of giving and other perfections,
DRO LA PHÄN CHIR SANG GYÄ DRUB PAR SHOG
May I become a buddha to benefit all sentient beings. (3x)

Long Mandala Offering to Request the Teachings

At the beginning by the umdze only:

GYÄL WA KHYAB DAG DOR JE CHANG CHEN PO DANG NGO WA YER
MA CHI PA YONG ZOG TEN PÄI NGA DAG DON GYI LEG THU TSEN NE
MÖI TE JE TSÜN LAMA LOSANG THUBWANG DORJE CHANG **Khen Rinpoche**
Geshe Thubten Chonyi PÄL ZANG PÖI SHÄL NGA NÄ THEG PA CHEN
PÖI SUNG CHO ZAB MO LEG PAR ZHU WÄI YÖN THU ZHING KHAM BUL
WAR ZHU...

Group joins in:

OM VAJRA BHUMI AH HUM / WANG CHEN SER GYI SA ZHI
OM VAJRA REKHE AH HUM / CHI CHAG RI KHOR YUG GI KOR WÄI Ü SU
RI GYÄL PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING
NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG
NGA YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHOG DRO
DRA MI NYÄN DANG DRA MI NYÄN GYI DA
RIN PO CHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA / MA MÖ PÄI LO TOG
KHOR LO RIN PO CHE / NOR BU RIN PO CHE / TSÜN MO RIN PO CHE
LÖN PO RIN PO CHE / LANG PO RIN PO CHE / TA CHOG RIN PO CHE
MAG PÖN RIN PO CHE / TER CHEN PÖ'I BUM PA
GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG PÖ MA
NANG SÄL MA / DRI CHAB MA / NYI MA / DA WA

RIN PO CHEI DUG CHOG LÄ NAM PAR GYÄL WÄI GYÄN TSHÄN
 Ü SU LHA DANG MI YI PÄL JOR PHÜN SUM TSHOG PA MA TSANG WA ME PA
 TSANG ZHING YI DU ONG WA DI DAG DRIN CHEN TSA WA DANG GYÜ PAR
 CHE PÄI PÄL DÄN LA MA DAM PA NAM DANG
 KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU
 TSEN NÄ MÖ TE JE TSÜN LA MA LO SANG THUB WANG DOR JE CHANG
Khen Rinpoche Geshe Thubten Chonyi PÄL ZANG PÖI ZHÄL NGA NÄ THEG PA
 CHEN PÖ SUNG CHÖ ZAB MO LEG PAR ZHU WÄI YÖN DU ZHING KHAM
 ÜL WAR GYI WO
 THUG JE DRO WÄI DÖN DU ZHE SU SÖL
 ZHE NE [KYANG] DAG SOG DRO WA MA GYUR NAM KHÄI THA DANG NYAM PÄI
 SEM CHEN THAM CHÄ LA THUG TSE WA CHEN PÖ GO NÄ JIN GYI LAB TU SÖL

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM
 This ground, anointed with perfume, strewn with flowers,
 RI RAB LING ZHI NYI DÄ GYÄN PA DI
 Adorned with Mount Meru, four continents, the sun and the moon.
 SANG GYÄ ZHING DU MIG TE ÜL WA YI
 I imagine this as a buddha field and offer it.
 DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
 May all living beings enjoy this pure land!

Request to Turn the Wheel of Dharma

JE TSÜN LA MA DAM PA KHYE NAM KYI
 O holy and perfect, pure lama, from the clouds of compassion
 CHÖ KÜI KHA LA KHYEN TSEI CHU DZIN THRIG
 That form in the skies of your dharmakaya wisdom,
 JI TAR TSAM PÄI DÜL JÄI DZIN MA LA
 Please release a rain of vast and profound Dharma,
 ZAB GYÄ CHÖ KYI CHAR PA WAB TU SÖL
 Precisely in accordance with the needs of those to be trained.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

The Three Principles Aspects of the Path

Lama Tsongkhapa

Expressing the Homage

I bow down to my perfect gurus.

The Promise to Compose

[1] The essential meaning of the Victorious Ones' teachings,
 The path praised by all the holy Victors and their Children,
 The gateway of the fortunate ones desiring liberation –

This I shall try to explain as much as I can.

Persuading to Listen

[2] Those who are not attached to the pleasures of circling [samsara],
Who strive to make freedom and endowments meaningful,
Who entrust themselves to the path pleasing the Victorious Ones –
You fortunate ones: listen with a calm mind.

The Purpose of Generating Renunciation

[3] Without the complete intention definitely to be free from circling,
There is no way to pacify attachment seeking pleasurable effects in the ocean of circling.
Also, by craving for cyclic existence, embodied beings are continuously bound.
Therefore, at the very beginning seek renunciation.

How to Generate Renunciation

[4] Freedom and endowments are difficult to find
And life has no time to spare.
By gaining familiarity with this,
Attraction to the appearances of this life is reversed.

By thinking over and over again
That actions and their effects are unbetraying,
And repeatedly contemplating the miseries of cyclic existence,
Attraction to the appearances of future lives is reversed.

The Definition of Having Generated Renunciation

[5] When, by having trained in that way,
There is no arising, even for a second,
Of attraction to the perfections of cyclic existence,
And all day and night the intention seeking liberation arises –
Then the thought of renunciation has been generated.

The Purpose of Generating the Mind of Enlightenment

[6] Even if renunciation has been developed,
If it is not possessed by the mind of enlightenment
It does not become the cause of the perfect bliss of unsurpassed enlightenment.
Therefore the wise generate the supreme mind of enlightenment.

How to Generate the Mind of Enlightenment

[7] Swept away by the current of the four powerful rivers,
Tied by the tight bonds of karma, so hard to undo,
Caught in the iron net of self-grasping,
Completely enveloped by the total darkness of ignorance,

[8] Endlessly reborn in cyclic existence,
Ceaselessly tormented by the three sufferings –
Thinking that all mothers are in such a condition,
Generate the supreme mind of enlightenment.

The Definition of Having Generated the Mind of Enlightenment

[8a] In short,
 If like the mother whose cherished son has fallen into a pit of fire
 And who experiences even one second of his suffering as an unbearable eternity,
 Your reflection on the suffering of all mother sentient beings
 Has made it impossible for you to bear their suffering for even one second
 And the wish seeking enlightenment for their sake arises without effort,
 Then you have realized the supreme precious mind of enlightenment.

The Reason to Meditate on the Right View

[9] Without the wisdom realizing ultimate reality,
 Even though you have generated renunciation and the mind of enlightenment
 You cannot cut the root cause of circling.
 Therefore, attempt the method to realize dependent arising.

Showing the Right View

[10] One who sees the cause and effect of all phenomena
 Of both cyclic existence and the state beyond sorrow as forever unbetraying,
 And for whom any object trusted in by the grasping mind has completely disappeared,
 Has at that time entered the path pleasing the Buddhas.

The Definition of Not Having Completed the Analysis of the Right View

[11] If the appearance of dependent relation,
 Which is unbetraying, is accepted separately from emptiness,
 And as long as they are seen as separate,
 Then one has still not realized the Buddha's intent.

The Definition of Having Completed the Analysis of Right View

[12] If [these two realizations] are happening simultaneously without alternation,
 And from merely seeing dependent relation as completely unbetraying
 The definite ascertainment comes that completely destroys
 The way all objects are apprehended [as truly existent],
 At that time the analysis of the ultimate view is complete.

The Particular Special Quality of the Prasangika View

[13] Furthermore, appearance eliminates the extreme of existence
 And emptiness eliminates the extreme of non-existence.
 If you realize how emptiness manifests in the manner of cause and effect
 Then you are not captivated by wrong notions holding extreme views.

Having Gained Definite Ascertainment, Advice on Pursuing the Practice

[14] In this way you realize exactly
 The vital points of the three principal aspects of the path.
 Resort to seeking solitude, generate the power of effort,
 And quickly accomplish your final goal, my child.

PRAYERS AFTER THE TEACHINGS

Long Mandala Offering of Thanks

OM VAJRA BHUMI AH HUM / WANG CHEN SER GYI SA ZHI
 OM VAJRA REKHE AH HUM / CHI CHAG RI KHOR YUG GI KOR WÄI Ü SU
 RI GYÄL PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING
 NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG
 NGA YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHOG DRO
 DRA MI NYÄN DANG DRA MI NYÄN GYI DA
 RIN PO CHEI RI WO / PAG SAM GYI SHING / DÖ JÖI BA
 MA MÖ PÄI LO TOG / KHOR LO RIN PO CHE / NOR BU RIN PO CHE
 TSÜN MO RIN PO CHE / LÖN PO RIN PO CHE / LANG PO RIN PO CHE
 TA CHOG RIN PO CHE / MAG PÖN RIN PO CHE / TER CHEN PÖ'I BUM PA
 GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG PÖ MA
 NANG SÄL MA / DRI CHHAB MA / NYI MA / DA WA
 RIN PO CHEI DUG CHOG LÄ NAM PAR GYÄL WÄI GYÄN TSHÄN
 Ü SU LHA DANG MI YI PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA ME
 PA TSANG ZHING YI DU ONG WA DI DAG DRIN CHEN TSA WA DANG
 GYÜ PAR CHE PÄI PÄL DÄN LA MA DAM PA NAM DANG
 KHYÄ PAR DÜ YANG YONG DZOG TÄN PÄI NGA DAG DÖN GYI LÄ DU
 TSEN NÄ MÖ TE JE TSÜN LA MA LO SANG THUB WANG DOR JE CHANG
Khen Rinpoche Geshe Thubten Chonyi PÄL SANG PÖI ZHÄL NGA NÄ THEG
 PA CHEN PÖ SUNG CHÖ ZAB MO LEG PAR THOB PÄI KA DRIN TANG
 RAG GI YÖN DU ZHING KHAM ÜL WAR GYI WO
 THUG JE DRO WÄI DÖN DU ZHE SU SÖL
 ZHE NE [KYANG] DAG SOG DRO WA MA GYUR NAM KHÄI THA DANG NYAM PÄI
 SEM CHEN THAM CHÄ LA THUG TSE WA CHEN PÖ GO NÄ JIN GYI LAB TU SÖL

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM
 This ground, anointed with perfume, strewn with flowers,
 RI RAB LING ZHI NYI DÄ GYÄN PA DI
 Adorned with Mount Meru, four continents, the sun and the moon.
 SANG GYÄ ZHING DU MIG TE ÜL WA YI
 I imagine this as a buddha field and offer it.
 DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
 May all living beings enjoy this pure land!

Request for the Lama to Remain Long

JE TSÜN LA MÄI KU TSHE RAB TÄN CHING
 May my venerable lama's life be firm,
 NAM KAR THRIN LÄ CHOG CHUR GYÄ PA DANG
 His white divine actions spread in the ten directions.
 LO ZANG TÄN PÄI DRÖN ME SA SUM GYI
 May the torch of the teachings of Losang always remain,
 DRO WÄI MÜN SEL TAG TU NÄ GYUR CHIG
 Dispelling the darkness of all beings in the three realms.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Prayers of Dedication

GE WA DI YI NYUR DU DAG
 Due to the merits of these virtuous actions
 LA MA SANG GYÄ DRUB GYUR NÄ
 May I quickly attain the state of a guru-buddha
 DRO WA CHIG KYANG MA LÜ PA
 And lead all living beings, without exception,
 DE YI SA LA GÖ PAR SHOG
 Into that enlightened state.

JANG CHHUB SEM CHHOG RIN PO CHHE
 May the supreme jewel bodhicitta
 MA KYE PA NAM KYE GYUR CHIG
 That has not arisen, arise and grow;
 KYE WA NYAM PA ME PA YANG
 And may that which has arisen not diminish
 GONG NÄ GONG DU PHEL WAR SHOG
 But increase more and more.

JAM PÄL PA WÖ JI TAR KHYEN PA DANG
 Just as the brave Manjushri and Samantabhadra too,
 KÜN TU ZANG PO DE YANG DE ZHIN TE
 Realized things as they are,
 DE DAG KÜN GYI JE SU DAG LOB CHHIR
 Also I dedicate all these merits in the best way,
 GE WA DI DAG THAM CHÄ RAB TU NGO
 That I may follow their perfect example.

DÜ SUM SHEG PÄI GYÄL WA THAM CHÄ KYI
 I dedicate all these roots of virtue
 NGO WA GANG LA CHHOG TU NGAG PA DE
 With the dedication praised as the best
 DAG GI GE WÄI TSA WA DI KÜN KYANG
 By the victorious ones thus gone of the three times,
 ZANG PO CHÖ CHHIR RAB TU NGO WAR GYI
 So that I might perform the noble bodhisattvas' deeds.

DAG GI JI NYE SAG PÄI GE WA DI
 I dedicate whatever virtues I have ever collected
 TÄN DANG DRO WA KÜN LA GANG PHÄN DANG
 For the benefit of the teachings and of all sentient beings,
 KHYÄ PAR JE TSÜN LO ZANG DRAG PA YI
 And in particular, for the essential teachings
 TÄN PÄI NYING PO RING DU SÄL JE SHOG

Of perfect, pure Losang Dragpa to shine forever.

Long life prayers for His Holiness the Dalai Lama

GANG RI RA WÄ KOR WÄI ZHING KHAM DIR
 In the land encircled by snow mountains
 PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ
 You are the source of all happiness and good;
 CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI
 All-powerful Chenrezig, Tenzin Gyatso,
 ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG
 Please remain until samsara ends.

JIG TEN KHAM DIR PHÄN DE MA LÜ PA
 The wish-granting Wish-Fulfilling Jewel,
 GANG LÄ JUNG WÄI SAM PHEL YI ZHIN NOR
 Source of every single benefit and happiness in this world,
 KA DRIN TSHUNG ME TÄN DZIN GYA TSHO LA
 To the incomparably kind, Tenzin Gyatso, I beseech:
 SÖL WA DEB SO ZHE DÖN LHÜN DRUB SHOG
 May all your holy wishes be spontaneously fulfilled.

An Excellent Stream of Nectar of Immortality:

A Long Life Supplication to Khen Rinpoche Geshe Thubten Chonyi

CHOG CHÜI GYÄL WA SÄ CHÄ THAM CHÄ KYI
 DÜL WAR MA NÜ NYIG DÜ DRO NAM DANG
 MONG CHEN DAG LA LHAG PAR TSE WAR DZÄ
 GANG LA GANG DÜL KHÄ TSÜN GYÜ DÜL WÄI
 CHOG CHÜI GYÄL WA KÜN LÄ KA DRIN CHE
 SHE NYEN DAM PA KU TSHE ZHAB PÄ TÄN
 SÖL WA DEB SO DAG GYÜ JIN GYI LOB

You display exceptional compassion to living beings of this degenerate age,
 Who all the conquerors of the ten directions and their children cannot subdue,
 Including greatly confused beings like myself.
 Learned, virtuous, and disciplined, you guide me according to my needs.
 You are kinder than all the conquerors of the ten directions.
 O holy virtuous friend, please live long!
 I beseech you: please bless my continuum!

THUB TÄN MI NYAM GONG DU PEL WA DANG
 JAM GÖN LA MA GYÄL WA NYI PA YI
 SER JANG TSO MA TA BÜI TÄN PA DI
 DZIN CHING PEL LA DA ME SHE NYEN CHOG

KU TSHE YÜN TÄN SÖL DEB JIN GYI LOB

You spread the **Muni's teachings (Thubten)** without tarnishing them
 And uphold and propagate the teachings of Jamgon Lama [Tsongkhapa], the second
 conqueror,
 Which are like refined gold.
 O supreme peerless virtuous friend,
 I beseech you to live long—please grant your blessings!

TÄN DER DAG CHAG THÖ DANG SAM PA GOM
 NAM KHA TA BŪI KA DRIN TSHÄ ME KYANG
 SHE NYEN DAM PA KU TSHE YÜN DU TÄN
 SÖL WA DEB SO DAG GYÜ JIN GYI LOB

We hear these teachings, reflect on them, and meditate.
 The kindness you show us is as immeasurable as space.
 O holy virtuous friend, please live long!
 I beseech you: please bless my continuum!

TEN DREL TOG PÄ **CHÖ NYI** TONG PAR TOG
 NÄ LUG TOG PÄ GYU DRÄ LU ME TOG
 THA NYI DRÄL WÄI Ü MÄI LAM ZANG DE
 JEN PAR TÄN NÄ THOG ME KHOR WA YI
 DUG NGÄL GYA TSHO LÄ DRÖL KA DRIN DE
 SAM YÜL LÄ DÄ GE WÄI SHE NYEN KHYE
 KU TSHE YÜN TÄN THUG SHE LHÜN DRUB SHOG

By revealing nakedly the excellent middle path free from the two extremes—
 In which one penetrates **reality (Chonyi)**, emptiness, by realizing dependent arising
 And comprehends infallible cause and effect by realizing how things exist—
 You are kind in freeing me from the ocean of suffering of beginningless cyclic existence.
 O inconceivable virtuous spiritual friend,
 May you live a long life,
 And may your wishes be spontaneously fulfilled!

DENG NÄ ZUNG TE TSHE RAB THAM CHÄ DU
 GE WÄI SHE NYEN KHYE NYI TEN PA LÄ
 LHAG PÄI RE SA ZHAN DU MI TSHÖL WÄ
 THUG JE ZIG LA LAM NA DRANG DU SÖL

From now on, in all my lives,
 Instead of placing my innermost hopes elsewhere,
 I will devote myself to you, my virtuous friend—
 Look upon me with compassion, and be my guide on the path!

NGÖN CHÄ SAG PA DIG PÄI LÄ LÄ ME

CHI MAR DRO SA NGÄN SONG NÄ SU DREN
 SI PÄI PHÜN TSHOG ME ÖB TAR THONG NÄ
 DUG NGÄL MI DÖ DUG NGÄL GYU LA NGAM
 DE WA DÖ KYANG DE GYU DRA TAR CHOM
 JAM DANG NYING JE JANG CHUB SEM CHOG DANG
 THAR THUG NÄ LUG TOG PÄI TA WA NAM
 NYUR DU DAG GI THONG WAR JIN GYI LOB

While resenting suffering, living beings pursue the causes of suffering;
 While longing for happiness, they destroy the causes of happiness as if they were enemies.
 Having created only negative actions,
 They will be led to lower rebirths in the future.
 Please grant your blessings that, by seeing how the pleasures of cyclic existence are akin to a
 fiery pit,
 I may swiftly generate love, compassion, and the supreme mind of enlightenment
 And find the view realizing the final mode of reality!

SANG GYÄ LÄ KYANG KÖN PÄI DAM PA CHOG
 LA ME DOR JE THEG PÄI GOR ZHUG NÄ
 RIM NYI ZAB MÖI NÄL JOR THAR CHHIN TE
 KU SUM GO PHANG NYUR DU THOB PAR SHOG

By entering the gateway of the unsurpassed Vajrayana,
 The supreme holy vehicle even rarer than buddhas,
 May I complete the yogas of the two profound stages,
 And swiftly attain the state of the three bodies!