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Verses of the Eight Auspicious Ones

八聖吉祥文

嗡 風希南達讓新倫
嗡 法相清淨自性任運成，

嗡 善薩諸佛身語意任運成，

嗡 法相清淨自性任運成，

嗡 善薩諸佛身語意任運成，

嗡 善薩諸佛身語意任運成，
Just hearing your names increases auspiciousness and success!

TSEN TSAM TÖ PÉ TA SHI PAL PEL WA

Homage to the Eight Sugatas!

DE WAR SHEK PA GYÈ LA CHAK TSAL LO

八大善逝佛陀我頂禮。

CHEN RE ZIK WANG GÖN PO JAM PÉ PAL

聖觀世音怙主彌勒尊，

NAM KHÉ NYING PO PAK CHOK KÜN TU ZANG

虛空藏及普賢大菩薩，

NOR BU DA WA RAL DRI NYI MA YI

諸布大哇繞之尼瑪宜

CHAK TSEN LEK NAM TA SHI PAL GYI CHOK

強曲森巴給拉恰擦樓

JANG CHUP SEM PA GYÈ LA CHAK TSAL LO

八大菩提薩埵我頂禮。

DÓ JUNG BUM ZANG YI ONG KA MA LA

殊勝寶傘、吉祥金色魚，

RIN CHEN DUK CHOK TA SHI SER GYI NYA

金魚寶瓶、悅意青蓮花，

The most precious umbrella, the auspicious golden fish,

The wish-fulfilling excellent vase, the beautiful kamala flower,

The much-prized parasol, the auspicious kempa.

Gracefully holding your emblems: utpala flower, vajra, white lotus, naga-tree,

Nambu da wa ral dri ngyi ma yi

Gracefully holding your emblems: utpala flower, vajra, white lotus, naga-tree,

北日列哲巴赤西所巴德吉

將包旋努包典多傑今

聞名號增德晉吉祥，

將包旋努包典多傑今

見瑞息旺根波將⾙包

南給寧波帕秋棍度桑

悟包多傑嘎陸行當

諸布大哇繞之尼瑪宜

邬巴拉、杵、白蓮、龍華樹，

邬巴拉、杵、白蓮、龍華樹，

格色賔日徳炯盆桑宜嗡嘎瑪拉

德炯盆桑宜嗡嘎瑪拉

善妙法幟吉祥德殊勝，

善妙法幟吉祥德殊勝，

殊勝寶傘、吉祥金色魚，

殊勝寶傘、吉祥金色魚，

仁千度秋扎西雖即娘

仁千度秋扎西雖即娘

妙力寶瓶、悅意青蓮花，

妙力寶瓶、悅意青蓮花，
NYEN DRAK DUNG DANG PÜN TSOK PAL BE’U
The conch of renown, the glorious knot of perfection,
念扎同當盆湊包貝吾
名聞法螺、圓滿如意結，

RIN CHEN TAK CHOK KYI CHAK TSEN CHEN
Holding the eight most precious emblems —
仁千大秋結寄恰曾見
持妙寶幟殊勝八吉祥，

GEK SOK NGO WO DREN PÉ PAL PEL WÉ
Making delightful offerings to the buddhas of all directions and times.
給叟諾我趁包包貝唯
娑婆麗質憶念德增長，

TSANG PA CHEN PO DE JUNG SE MÉ BU
Mahabrahma, Shambhu,
倉巴千博碌炯雖美布
大梵天、大自在、遍入天，

PAK KYE PO DANG LU WANG MIK MI ZANG
Dritirashtra, Virudhaka,
帕給博當陸望密蜜桑
增長天王、龍王廣目天，

MI NUP GYAL TSEN WANG GYUR KHOR LO TÉ
The un-waning banner of victory,
the all-powerful wheel —
密奴交曾望具擴樓碟
尊勝寶幟、力自在法輪，

CHOK DÜ GYAL WA CHÖ CHING GYÉ KYÉ MA
Homage to the eight auspicious goddesses of beauty and so on,
秋度焦哇確敬傑傑瑪
供養諸佛令彼生歡喜，

TA SHI LHA MO GYÉ LA CHAK TSAL LO
Just thinking of your essential qualities makes success grow more and more!
扎西拉默給拉恰擦樓
八大吉祥天女我頂禮。

MIK TONG DEN DANG GYAL PO YUL KHOR SUNG
Narayana, Sahasrajna,
密冬典當焦博玉擴送
帝釋天王及持國天王，

NAM TÖ SÉ TÉ LHA DZÉ KHOR LO DANG
Virupaksha, Lord of Nagas, Vaishravana —
南特雖碟拉最擴樓當
多聞天王合持寶法幟，
Each one is holding a divine emblem: wheel, trident, conch, vajra, trident, conch, vajra, trident, conch, vajra.

Who make auspiciousness and prosperity grow in the three realms.

With all obstacles and harmful influences pacified, May the work we are now about to begin.

Meet with ever-growing fulfillment and success, And bring good fortune, prosperity, happiness, and peace!

TRI SHU LA DANG DUNG TUNG DOR JE CHEN
SA SUM NÉ SU GE LEK TA SHI PEL
DÖ DÖN PAL PEL SAM DÖN YI ZHIN DRUP

PI WANG RAL DRI CHÖ TEN GYAL TSEN DZIN
JIK TEN KYONG WA GYÉ LA CHAK TSAL LO
GEK DANG NYE WAR TSE WA KÜN ZHI NÉ

Vina, sword, stupa, and banner of victory.

吉典炯哇給拉恰擦樓
八大世間護法我頂禮。

和當涅哇翠哇棍息內
一切障礙損擾盡安寂，

德登包佩桑登宜新住
滿願增德如意皆成就，

扎西碉雷彭送湊巴修
吉祥善妙祈願臻圓滿。

三界之中增長善吉祥，
八大世間護法我頂禮。

我等如今所作諸事業，
一切障礙損擾盡安寂，

滿願增德如意皆成就，
吉祥善妙祈願臻圓滿。

八聖吉祥文
Guru Rinpoche Painted by the 17th Karmapa

十七世法王噶瑪巴所繪蓮師
Seven-line Prayer and Supplication to the Three Kayas

蓮師七句與三身祈請文

HUNG OR GYEN YUL GYI NUP JANG TSAM
At the northwest border of the land of Uddiyana,
吽邬堅⽟記努將參
吽邬堅剎土西北隅，

YA TSEN CHOK GI NGÖ DRUP NYÉ
You achieved amazing supreme Drup siddhi.
亞曾丘記呢竹涅
得證希有勝悉地，

KHOR DU KHAN DRO MANG PÖ KOR
You are surrounded by many dakinis.
擴度康卓芒博果
空行眷屬眾圍繞，

JIN GYI LAP CHIR SHEK SU SOL
Please come here to grant your blessing.
秦記拉企協蘇叟
祈加持故請降臨，

PE MA GE SAR DONG PO LA
In the pollen heart of a lotus,
貝瑪給薩東波拉
蓮花梗莖胚蓬上，

PÉ MA JUNG NÉ ZHÉ SU DRAK
You are widely known as Padmakara.
貝瑪炯內寫蘇札
世稱聖名蓮華生。

KHYÉ KYI JE SU DAK DRUP KYI
I follow your example in accomplishment
切記傑蘇達助記
隨尊成就我成就，

GU RU PÉ MA SIDDHI HUNG
咕如貝瑪悉地吽
Seven-line Guru Rinpoche Prayer

E MA HO
How wondrous!
唉瑪厚
奇矣哉！

TRÖ DRAL CHÖ KYI YING KYI ZHING KHAM SU CHÖ NYI DÜ SUM KYE GAK ME PÉ NGANG
In the pure land of dharmadhatu beyond constructs, Dharmata is without the the three times, birth and death, 者昭確吉英星康蘇 離於戲論法界淨土中，

JA DRAL LHÜN DZOK DE WA CHEN PÖ KU
And is the kaya of great bliss devoid of activity. 恰昭倫奏碟哇千博故 無作任運圓滿大樂身，

LA MA CHÖ KYI KU LA SOL WA DEP
To the dharmakaya guru 喇嘛確吉故拉搜哇碟 上師法身尊前作祈請，

DE CHEN LHÜN GYI DRUP PÉ ZHING KHAM SU
In the pure land of spontaneously present great bliss 碟千倫吉住貝星康蘇 大樂任運現成淨土中，

YÉ SHE NGA DEN DÉ WAR SHEK PÉ KU
Body, speech, mind, qualities, and deeds. 耶協納典碟哇些貝故 具五智慧善逝如來身，

NAM KHA ZHIN DU TUK JÉ CHOK RI MÉ
Your impartial compassion is like space: 南卡新度突傑秋日美 猶如虛空慈悲無偏私，

O GYEN PE MA JUNG NÉ LA SOL WA DEP
Uddiyana Pema Jungne I pray. 鄔堅貝瑪炯內拉搜哇碟 鄔金蓮花生尊前作祈請。

KU SUNG TUK DANG YÖN TEN TRIN LÉ KYI
Is the kaya of the Sugata, bearing five wisdom’s enlightened 故松突當元典欽雷吉 身語意及與功德事業，

TUK JÉ JÉ DRAK NA TSOK SO SOR TÖN
Your compassion reveals itself to all in myriad ways: 突傑且札納湊搜搜登 以慈悲力示現種種身，
LA MA LONG CHÖ DZOK KU LA SOL WA DEP
To the sambhogakaya guru

Seven-line Guru Rinpoche Prayer

LA MA TRUL PÉ KU LA SOL WA DEP
To the nirmanakaya guru

米傑吉典塔貝星康蘇
無苦世間清淨國土中，

GANG LA GANG DUL TAP KYI DRO DON DZÉ
Your deeds train living beings with skill in means in accordance with their needs,

康拉康度塔吉卓登最
隨所應度方便利眾生，

LA MA JUNG NÉ KHYE KU CHI DRA DANG
Pema Jungne, may I and all beings have a body like yours,

PE MA JUNG NÉ KHYE KU CHI DRA DANG
Pema Jungne, may I and all beings have a body like yours,

KHYE KYI TSEN CHOK ZANG PO CHI DRA WA
And a sublime, excellent name

KHOR DANG KU TSÉ TSÉ DANG ZHING KHAM SU
An entourage like yours, a lifespan like yours, a realm like yours,

KHOR DANG MA JÖN DA TA DÜ SUM GYI
Throughout past, present, and future:

Dé Dang Ma Jön Da Tà Dü Sum Gyi
磐當瑪全塔大度松吉
過去未來現在三世之，

Dé Dang Ma Jön Da Tà Dü Sum Gyi
磐當瑪全塔大度松吉
過去未來現在三世之，

Dé Dang Da Kho Nar Dak Sók Gýur War Shok
磐當納達搜住巴修
磐當納達搜住巴修

Dé Dang Ma Jön Da Tà Dü Sum Gyi
磐當瑪全塔大度松吉
過去未來現在三世之，

Dé Dang Da Kho Nar Dak Sók Gýur War Shok
磐當納達搜住巴修
磐當納達搜住巴修

Dé Dang Ma Jön Da Tà Dü Sum Gyi
磐當瑪全塔大度松吉
過去未來現在三世之，

Dé Dang Da Kho Nar Dak Sók Gýur War Shok
磐當納達搜住巴修
磐當納達搜住巴修
Seven-line Guru Rinpoche Prayer  蓮師七句祈請文

KHYE LA TÖ CHING SOL WA TAB PÉ TÚ
Through the power of this praise and prayer to you, Please pacify all sickness,

切拉德京搜哇達貝突

达搜康度内贝萨秋苏

依於向您讚祈請力，

吾等無論住於任何處，

NÉ DANG UL PONG TAP TSÖ ZHI WA DANG
Malevolent forces, poverty, and disputes,

內當武彭塔則西哇當

確當札西沛哇最度搜

請息疾病貧困與爭戰，

請尊增長佛法與吉祥。

EMAHO CHÖ KU KÜN ZANG DRUK PA DOR JE CHANG
How wondrous! Inseparable from the dharmakaya Samantabhadra, the Sixth [Buddha] Vajradhara,

敟瑪厚　確故滾桑住巴多傑強

登巴多森炯典夏給交

奇矣哉！法身普賢第六金剛持，

薩埵薄伽佛釋迦導師，

GÖN PO TSÉ PAK MÉ DANG CHEN RE ZIG
Protector Amitayus and Chenrezik too:

根博翠巴美當堅瑞西

耶美貝瑪碟拉搜哇碟

怙主無量壽佛觀世音，

二無分別蓮師前祈請。

KU YI DAK NYI JAM PAL SHIN JÉ SHÉ
Epitome of enlightened body, Manjushri Yamantaka.

故以大尼將包新傑些

松給達尼王千大給翠

身之體性妙德閻魔主，

語之體性馬鳴聲自在，

TUK KYI DAK NYI YANG DAK HÉ RU KA
Epitome of enlightened mind, Yangdak Heruka.

突吉達尼央達黑如噶

如意寶尊上師前祈請。

SUNG GI DAK NYI WANG CHEN TA KÉ TSÉR
Epitome of enlightened speech, mighty Hayagriva.

松給達尼王千大給翠

言之體性馬鳴聲自在，

GU RU YI ZHIN NOR BU LA SOL WA DEP
Guru Wish-fulfilling Jewel, to you I pray.

故如以新諾布拉搜哇碟

如意寶尊上師前祈請。
YÖN TEN ZIL NÖN CHE CHOK HÉ RU KA
Overpowering qualities, Chemchok Heruka.

TRIN LÉ DAK NYI DOR JE ZHÖN NÚ KU
Epitome of enlightened activity, Vajrakumara.

元典西嫩切秋黒如嚼
功德威震殊勝赫嚕嘎

欽雷達尼多傑旋努故
羯摩主體金剛孺童身，

Leader of mamos and dakinis, Truly Perfected King, Great and glorious Pema Totrengtsal, to you I pray.

包千特成造拉搜哇碟
大力蓮師聖尊前祈請。

In the expanse of your body, the magical net
The melody of your speech, the twelve sections;

松給當給言拉句尼典
語音微妙具足十二支，

You predicted your heirs and concealed your speech as terma.
Directing your mind to disciples with karma,

突吉功巴雷堅布拉碟
授予來記及示隱法庫，

康卓沃傑拉搜哇碟
空行之主勝尊前祈請。

You left the final testament of your Kind nirmanakaya, to you I pray.

最位小千博旁永拉夏
珍堅住貝故拉搜哇碟

KA DRIN DREN NO GU RU RIN PO CHE
Recollecting your kindness, Guru Rinpoche,

噶珍千諾故如仁波切
忆念大恩无上师尊宝，

TU TSAL NÚ PÉ DÜ NGEN YO TRUK DOK
With your power and strength, reverse the deceit and agitation of these bad times.

突造努贝度又出豆
愿以大力迥遮恶世争，

NYAM DANG TOK PÉ TSAL SHUK GYE PA DANG TEN DROR PEN PÉ TU TSAL RAP DEN CHING
Enhance the power of experience and realization, and enable us to benefit the teachings and beings.

娘当豆贝造许给巴当
恒增觉受证德之能力，

TSÉ CHIK SANG GYE DRUB PAR DZÉ DU SOL
I pray that buddha be made manifest in a single life!

翠吉桑傑住巴最度搜
即身而证圆满佛陀位。

Recollecting your kindness, Guru Rinpoche,

In consideration of your previous vows and promises, accept us!

突当小些风贝松度搜
祈如誓愿护念而摄受，

Look upon us with compassion, nirmanakaya of Uddiyana!

突桀西西郧坚住贝故
仰祈邬金化身悲眼视，

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突桀西西郧坚住贝故
仰祈邬金化身悲眼视，
Having paid homage to the mother, Tara, whose intention and activity are more excellent even than those of the guides of the three times and their children, I will explain the practice in accordance with the kriya and charya tantras. As these Profound Drop practices are the condensed essence, much elaboration is unnecessary. However, there are both extensive and abbreviated formats, the one slightly elaborate and the other for daily use. The first: In front of a painting or statue of Jetsunma Tara, or whatever image of the three jewels you can acquire, on a clean surface, set out the two waters with the usual offerings: a round white torma, an offering mandala, grain for tossing, and so forth. If you can, abide in the conduct of ablation and purification. If not, at least perform the practice at a time of day at which you have not consumed meat or alcohol, such as in the morning. With stable renunciation for existence, and the bodhicitta attitude, go for refuge and generate the mind of awakening as follows:

Having paid homage to the mother, Tara, whose intention and activity are more excellent even than those of the guides of the three times and their children, I will explain the practice in accordance with the kriya and charya tantras. As these Profound Drop practices are the condensed essence, much elaboration is unnecessary. However, there are both extensive and abbreviated formats, the one slightly elaborate and the other for daily use. The first: In front of a painting or statue of Jetsunma Tara, or whatever image of the three jewels you can acquire, on a clean surface, set out the two waters with the usual offerings: a round white torma, an offering mandala, grain for tossing, and so forth. If you can, abide in the conduct of ablation and purification. If not, at least perform the practice at a time of day at which you have not consumed meat or alcohol, such as in the morning. With stable renunciation for existence, and the bodhicitta attitude, go for refuge and generate the mind of awakening as follows:

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DÜN GYI NAM KHAR JE TSÜN MA NGÖN SUM DU ZHUK PAR GYUR
In front of me, in the sky, the noble Tara is directly perceived.

敦吉南卡傑尊瑪恩松度許巴居
觀想對空尊救度母現前住

NAMO KÖN CHOK KÜN NGÖ JE TSÜN MAR
I pay homage to the real embodiment

拿摩根秋滚呢傑尊瑪
禮敬三寶總現度母尊，

JANG CHUP MÖN PÉ SEM KYÉ NÉ
Having developed the bodhicitta of aspiration,

強秋門貝森皆內
生起願菩提心已，

GYAL WA SÉ CHÉ TAM CHÉ LA
In the ten directions and the three times,

教哇雖界湯界拉
所有諸佛及菩薩，

DAK SOK DRO KÜN KYAP SU CHI
Of the Triple Gem, Tara.

達搜卓棍佳速契
我等眾生悉皈依，

ZAB MÖ LAM LA JUK PAR GYI
薩默浪拉九巴吉 (三次)
趣入甚深菩提道。

CHOK CHU DÜ SUM ZHU KPA YI
And to the buddhas and bodhisattvas

秋居度松許巴宜
十方三世所安住，

KÜN NÉ DANG WÉ CHAK GYI’O
I bow to you with complete faith.

棍內倘威治吉歐
一切淨信而頂禮。
I make offerings both actual and imagined

Of such things as flowers, incense, lamps,

Food, music, and much else.

I beseech the holy assemblage to accept these offerings.

I repent all the ten unvirtuous acts, the five actions of immediate consequence,

I have committed when influenced by mental affliction.

I rejoice in the merit of whatever virtue

Sravakas, pratyekabuddhas, bodhisattvas,

And ordinary people

Have gathered throughout the three times.

的一切功德我随喜。
I pray that the wheel of the Dharma

Be turned in the form of

For as many different aptitudes as are present in the

motivations of all sentient beings.

But until samsara is completely emptied,

Please do not enter nirvana,

who flounder in this ocean of frustration and sorrow.

To look with great compassion on all sentient beings.

Who flounder in this ocean of frustration and sorrow.

To become a seed for the enlightenment of all beings.

May whatever merit I have accumulated

Become a seed for the enlightenment of all beings.

I beseech the buddhas not to pass into nirvana,

But until samsara is completely emptied,

Please do not enter nirvana,
On reaching enlightenment myself, may I develop, without delay, the qualities of a savior of beings.

The qualities of a savior of beings.

The environment becomes the realm of Lotus Design

The offering substances, created by samadi, become inconceivable and divine.

I offer drinking water, washing water, flowers, incense, lamps, scented water, food, and music.

敬獻飲水、浴水、妙花、薰香、明燈、塗香、妙食、伎樂。
OM BENZA SAPARA NA KHAM
嗡邊雜 薩帕惹那 康

Then, homage and offerings first to the three jewels in general:
復次，首先頂禮供養所有三寶：

CHOK CHU DÜ ZHI LAMA GYAL WA SÉ DANG CHE PA TAM CHÉ DÜN GYI NAM KAR BEN ZA SA MA DZA
All the gurus, victors, and their children of the ten directions and four times form a vajra assembly in the sky in front.
秋居度息 喇嘛 交哇 雖倘皆巴 坦界 敦吉南卡 邊雜薩瑪雜

MA LÜ SEM CHEN KÜN GYI GÖN GYUR CHING
You who are the leader of all sentient beings,
瑪呂森見棍吉根居京

MA LÜ SEM CHEN KÜN GYI GÖN GYUR CHING
You who are the leader of all sentient beings,
無余有情為依估，

NGÖ NAM MA LÜ JI ZHIN KHYEN GYUR PÉ
All things are understood by you.
呢南瑪陸其欣千居京

PÉMA KAMALAYA SATAM
貝瑪嘎瑪拉雅薩當

The seven branches:

The seven branches:
With body, speech, and mind, I pay homage to all those lions of humanity.

As many as there are, without exception, who arise in the worlds of the ten directions and the three times.

I imagine as many as there are buddhas surrounded by bodhisattvas.

On each particle I imagine as many buddhas surrounded by bodhisattvas.

In that way, I imagine the dharmadhatu totally filled with victors.

Surrounded by bodhisattvas.

Totally filled with victors.
With all the sounds of inexhaustible oceans
Of songs, I fully express

I praise all sugatas.

I offer those victors sacred flowers, holy garlands, cymbals,
Sangha flowers and perfumes, incense, the best of parasols,

And particularly excellent realms.

Heaps of medicinal powders equal in size to Mt. Meru,
I also imagine presenting to those victors whatever offerings are unexcelled and vast.

I pay homage and present offerings to all victors.

I confess individually all harmful actions I have done with body, speech, and mind.

I rejoice in all the merit of all the victors of the ten directions, of the bodhisattvas,缘觉有学及无学, and pratyekabuddhas, of those training and beyond training, and of all beings.
GANG NAM CHOK CHŪ JIK TEN DRŌN MA DAK
I exhort all the lamps of the ten directions

GÖN PO DE DAK DAK GI TAM CHÉ LA
Through the stages of awakening,

NYA NGEN DA TÔN GANG ZHÉ DE DAK LA
With palms fully joined, I request those wishing

KAL PA ZHING GI DUL NYÉ ZHUk PAR YANG
To abide for as many kalpas as there are particles in all realms,

CHAK TSAL WA DANG CHÖ CHING SHAK PA DANG
I dedicate all virtue, however slight,

GÉ WA CHUNG ZÉ DAK GI CHI SAK PA
Confession, rejoicing, exhortation, and requesting,

JANG CHUP RIM PAR SANG GYE MA CHAK NYÉ
Who have attained passionless buddhahood

KHOR LO LA NA MÉ PAR KOR WAR KUL
All those protectors, to turn the unsurpassable wheel of the Dharma.

DRO WA KÜN LA PEN ZHING DE WÉ CHIR
To demonstrate passing into nirvana

DAK GI TAL MO RAP JAR SOL WAR GYI
For the benefit and happiness of all beings.

JÉ SU YI RANG KUL ZHING SOLWA YI
I have accumulated through homage, offering,

TAM CHÉ DAK GI JANG CHUP CHIR NGO’O
To awakening.

達給桃默惹佳叟哇吉
我悉合掌而祈請。

達給桃默惹佳叟哇吉
我悉合掌而祈請。

為證菩提普迥向。
OM AH HUNG  DAK DANG TA YÉ SEM CHEN GYI  LÜ DANG LONG CHÖ GÉ TSOK KÜN
I continually and respectfully offer to the three jewels, the three roots, the ocean
嗡阿吽達倘塔耶森間吉
我與無邊之有情，

LING ZHI RI RAP NYI DAR CHÉ
All the bodies, possessions, and virtues
令息力惹尼達界
須彌、四洲、日月嚴，

KÜN ZANG CHÖ PÉ TRIN PUNG CHÉ
Together with the four continents,
棍桑卻貝進朋切
普賢廣大供養雲，

KÖN CHOK RIN CHEN TSA WA SUM
And the inconceivable wealth of gods and humans,
根秋仁千雜哇松
殊勝珍寶三根本，（指三寶）

GÜ PÉ TAK TU BUL WAR GYI
As vast clouds of Samantabhadra offerings.
庫貝大都布哇吉
恆常恭敬為供養，

YÉ SHÉ NANG WA GYÉ PAR SHOK
And the radiance of wisdom expand fully.
耶協囊哇傑巴修
祈能增長智慧相。

LÜ DANG LONG CHÖ GÉ TSOK KÜN
Of Dharma protectors and gods of wealth,
呂倘隆決給湊棍
身及受用善資糧，

LHA MI LONG CHÖ SAM MI KHYAB
Of myself and limitless sentient beings,
拉米隆決桑米治
天、人受用難思議，

GYÜN MI CHÉ PAR TRUL JÉ TÉ
The supreme mountain, the sun and moon,
君米切巴竹切喋
恆續不斷所化現，

CHÖ SUNG NOR LHA GYA TSO LA
And the inconceivable wealth of gods and humans, Continually emanated
卻松諾拉佳湊拉
護法、財神海會眾，

SÖ NAM TSOK CHEN RAP DZOK NÉ
May the great accumulation of merit be completed
色南湊千惹奏內
福德資糧廣圓已，
With that, offer a mandala.

With that, offer a mandala.

Buddhas, Dharma, sangha, Gurus, yidams, dakinis, 上師、本尊、空行等，

You display the nature of unimpeded diversity

Dharma protectors, gods of wealth, lords of terma: You display the nature of unimpeded diversity

自性無礙如如現，

You are the embodiment of wisdom and kindness.

You are the embodiment of wisdom and kindness.

You are refuges and protectors of all beings.

You are refuges and protectors of all beings.

I offer you my body and my possessions.

I offer you my body and my possessions.
I pray that you will continually protect me
達倘塔耶森間南
我及無邊諸有情，

Grant your blessing that sickness and harm
內倘呢巴息哇倘
平息疾病與障難，

And that all of our wishes without exception
桑貝登南瑪呂棍
凡諸心願悉無餘，

Complete in an instant of recollection,
讓尼給吉真奏速
自身剎那所觀現，

In my heart, above a moon, is a green TAM.
突嘎達典當江庫
心月輪上「當」綠色，

With that, request the fulfillment of your wishes. Then, presenting offerings three times to Jetsunma in particular, and the recitation of the Tantra of Praise:
以上祈願。復次，分別向度母獻供三次，並唸誦讚續。
PAK MA NAM TRUL NYER CHIK DANG
The twenty-one emanations of Arya Tara
帕瑪南出涅吉倘
化為聖母二十一，

KÖN CHOK GYA TSÖ TRIN TRO WA
And the ocean of the three jewels, billowing like clouds,
棍秋佳翠進綽哇
復放勝寶之雲海，

DÜN GYI NAM KHAR CHEN DRANG GYUR
Assemble in the sky, in front.
敦吉南卡間昌秋
前面虛空作迎請。

TAM KYÉ MÉ Ö SAL CHÖ KÚ YING
The unborn luminous expanse of the dharmakaya
當 皆美峨艘卻固映
無生明光法身界，

GAK MÉ PAK MÉ YÉ SHÉ KUR
Dawns as the unceasing wisdom body of Arya Tara,
嘎美帕美耶協固
無礙聖母智慧身，

GANG DUL GYU TRUL DRA WAR SHAR
The net of magical illusion that tames everyone.
康度居出札哇夏
升起調伏幻化網，

TSUR SHEK AR YA TA RÉ DZA
Come here, Arya Tara.
促協阿雅大瑞雜
祈請降臨度母尊。

DAK DANG DRO LA TUK TSÉ CHIR
Out of your kindness to me and to all beings,
達倘卓拉突最契
悲憫我與眾生故，

NYI KYI DZU TRUL TU YI NI
And through your miraculous power,
尼吉祖出突宜尼
以尊神通變化力，

JI SI CHÔ PA DAK GYI PA
I request, conqueror, that you remain here
其夕卻巴達吉巴
何時吾乃作供養，

Dé SI CHOM DEN ZHUK SU SOL
For as long as I present offerings to you,
帖夕炯典許速叟
爾時祈請佛安住，
Green Tara Sadhana 綠度母儀軌

PEMA KAMALAYA SATAM

I fill the dharmadhatu

With clouds of Samantabhadra’s offerings,

Actually present, and arising from the mind.

I offer these to Arya Tara and her retinue.

With that, invite them and make general offerings.

I offer to the embodiments of compassion of the three realms,

My body, my possessions, and all virtues.

I pray that you will accept these and grant your blessing.
To that, offer a mandala in particular.
Then recite the Tantra of the King of Praises, the twenty-one homages, twice

以上獻曼達已，唸誦讚頌王密續二十一度母禮讚文二遍。
Green Tara Sadhana 綠度母儀軌

Whose eyes flash in an instant like lightning,
看见尼给吉洛倘札玛
目如刹那雷光照，

The lotus-face of the lord of three worlds.
给薩切哇雷尼瓊瑪
花蕊綻放現端嚴。

One hundred full autumn moons
康哇佳尼最貝曉瑪
普遍圆满疊輝面，

Like that of thousands of stars.
惹都切威峨惹巴瑪
燦然閃爍更明耀。

By golden blue lotuses, and who enacts
貝美洽尼南巴間瑪
妙手持蓮相莊嚴。

Tranquility, patience, and meditative stability.
則巴桑典決玉尼瑪
忍辱、禪定所行境，

Generosity, exertion, austerity,
金巴怎竹嘎突息哇
布施精進息苦行，
TA YÉ NAM PAR GYAL WAR CHÖ MA
Who revels in boundless complete victory,
塔耶南巴焦哇决玛
無邊尊勝行持母，

GYAL WÉ SÉ KYI SHIN TU TEN MA
Who have attained the perfections without exception.
交威雖吉欣都典玛
佛子盡悉極親炙。

DÔ DANG CHOK DANG NAM KHA GANG MA
Fulfills wishes and fills all directions and all space, Who tramples the seven worlds underfoot
德倘秋倘南卡康玛
蓮足遍履七世界，

LÚ PA ME PAR GUK PAR NÚ MA
And is able to summon all without exception.
呂巴美巴固巴奴玛
悉能鉤攝盡無餘。

LUNG LHA NA TSOK WANG CHUK CHÖ MA
Vayudeva, Vishvakarman, and Isvara present offerings;
隆拉那凑旺曲卻瑪
供諸釋火、梵風神，(帝釋、梵天梵風之神)

CHAK TSAL TUT TA RA HUNG YI GÉ
Homage to her who, with the syllables TUTTARA HUNG,
治擦都大惹吽宜給
禮敬「都大惹吽」字，

CHAK TSAL GYA JIN MÉ LHA TSANG PA
Homage to her to whom Indra, Agni, Brahma,
治擦佳欽美拉倉巴
禮敬自在供養母，

CHAK TSAL GYA JIN MÉ LHA TSANG PA
Homage to her to whom Indra, Agni, Brahma,
治擦佳欽美拉倉巴
禮敬自在供養母，

JUNG PO RO LANG DRI ZA NAM DANG
Who is praised by elementals, vampires,吸波若朗知薩南倘
部多、起屍、尋香等，
Scent-eaters, and yakshas.

The machinations of others with TRE and P’HE,

Who totally conquers the fiercest maras,

Who, with a frowning lotus-face,

Kills all enemies, without exception.

With the mudra indicating the three jewels,
RANG GI Ö KYI TSOK NAM TRUK MA
Adorns all directions.
讓給峨吉湊南出瑪
自身光聚極熾盛。

U GYEN Ö KYI TRENG WA PEL MA
By garlands of light, resplendent with great joy,
邬閪峨吉趨瓦貝瑪
頂嚴光鬘更迭飾，

DÜ DANG JIK TEN WANG DU DZÉ MA
laughter of TUTTARA.
度倘古典旺突最瑪
世間魔類悉攝伏。

TAM CHÉ GUK PAR NÜ PA NYI MA
All guardians of places,
湯界固巴奴巴尼瑪
悉能鈐召諸地祇，

PONG PA TAM CHÉ NAM PAR DROL MA
With the syllable HUNG of her grimace.
朋巴湯界南巴卓瑪
一切貧困悉渡脫。

GYEN PA TAM CHÉ SHIN TU BAR MA
Crowned with a sliver of the moon,
間巴湯界欣都巴瑪
諸飾勝妙嚴光燦，

CHAK TSAL Rab Tu Ga Wa Ji Pé
Homage to her who is crowned
治擦惹都嘎瓦吉貝
禮敬懽悅威德母，

ZHÉ PA RAP ZhÉ TUT TA RA Yi
Who overpowers maras and the world
協巴惹協都大惹宜
喜笑大笑都大惹，

TRO NYÉR Yo WÉ Yi GÉ HUNG Gi
Who fully liberates from all poverty
絳涅右威宜給吽給
箺眉撼動字母吽，

CHAK TSAL SA ZHI KYONG WÉ TSOK NAM
With her Homage to her who can summon
治擦薩息炯威湊南
禮敬守護大地母，

CHAK TSAL DA WÉ DUM BÜ U GYEN
Homage to her who blazes with all adornments,
治擦達威敦普邬間
禮敬頂嚴碎月母，

RAL PÉ TRÖ NÉ Ö PAK MÉ LÉ
From whose topknot Amitabha
惹貝車內峨巴美雷
阿彌陀佛髻中現，
TAK PAR SHIN TU Ŭ RAP DZÉ MA
Continually illuminates.
大巴欣都峨惹最瑪
常放眾妙寶光明。

BAR WÉ TRENG WÉ Ù NA NÉ MA
Garlands of flame like the fire at the end of a kalpa,
巴威趁威玉那內瑪
安住熾盛火鬘中，

DRA YI PUNG NI NAM PAR JOM MA
Totally conquers hoards of enemies of those who delight in the turning of the Dharma wheel.
札宜崩尼南巴炯瑪
善能摧毀怨敵軍。

TIL GYI NÜN CHING ZHAP KYI DUNG MA
With the palm of her hand and stamps with her feet, Who overthrows the seven levels
替吉嫩涇小吉東瑪
以足踐蹋作鎮壓，

RIM PA DÜN PO NAM NI GEM MA
With the syllable HUNG as she grimaces.
仁巴敦波南尼給瑪
七重地府咸摧伏。

NYA NGEN DÉ ZHI CHÓ YUL NYI MA
Enjoying the peace of nirvana,
娘年喋息決玉尼瑪
涅槃寂滅所行境，

CHAK TSAL KAL PA TA MÉ MÉ TAR
Homage to her who abides in the midst of 治擦高巴塔美美大
禮敬如盡劫火母，

YÉ KYANG YÖN KUM KÜN NÉ KOR GÉ
Who with her right leg outstretched and her left contracted.
耶江元固棍內郭給
展右踡左普歡愉，

CHAK TSAL SA ZHI NGÖ LA CHAK GI
Homage to her who pierces the ground
治擦薩息峨拉治給
禮敬手按大地母，

TRO NYÉR CHEN DZÉ YIGÉ HUNG GI
Who overthrows the seven levels
綽涅間最宜給吽給
現颦眉相以吽字，

CHAK TSAL DÉ MA GÉ MA ZHI MA
Homage to her who is bliss, virtue, and tranquility,
治擦喋給瑪息瑪
禮敬樂善寂靜母，

SO HA OM DANG YANG DAK DEN Pé
Who conquers great wrongs
梭哈嗡倘揚大典貝
梭哈嗡等極清淨，

Green Tara Sadhana 綠度母儀軌 35
With the perfect possession of SOHA and OM.  

Homage to her who overthrows the enemies of 

the three worlds.  

Homage to her, who holds in her hand 

Who dispels all poisons without exception 

"大惹"誦二以「呸」字,
Green Tara Sadhana 綠度母儀軌 37

**Duk Nam Ma Lü Par Ni Sel Ma**
With the dual repetition of TARA and PE.

**Lha Dang Mi Am Chi Yi Ten Ma**
The gods, and the miamchi rely,

**Tsö Dang Mi Lam Ngen Pa Sel Ma**
With the armor of her delightful majesty.

**Chen Nyi Po La Ö Rap Sal Ma**
Are like the sun and full moon,

**Shin Tu Dراك Pö Rim Né Sel Ma**
With the dual recitation of HARA and TUTTARA.

**Zhi Wé Tu Dang Yang Dak Den Ma**
 pacify through the establishment of threefold thatness,
JOM PA TU RÉ RAP CHOK NYI MA
Döns, vampires, and yakshas.
炯巴都惹瑞秋尼瑪
「都瑞」最勝悉滅除。

CHAK TSAL WA NI NYI SHU TSA CHIK
And the twenty-one homages.
洽擦哇尼尼許雜吉
禮敬文共二十一。

The Twenty-one Praises and Homages was said by the great Vairochana in the Tantra.
此二十一度母禮贊文，乃毗盧遮那佛所宣說，出自密續。
I fill the dharmadhatu

実設意緣所由生，

卻映傑巴岡切喋

供養聖度母眷眾。

The glory and richness of the environment and its contents,

達呂隆決給湊棍

自身、受用、善資糧,

三界情器富樂等，

供養大悲自性眾，

I offer to the embodiments of compassion of

達內祈請賜加持。

My body, my possessions, and all virtues.

I pray that you will accept these and grant your blessing.

I fill the dharmadhatu

普賢供雲為供養，
With that, offer a mandala.

以上獻曼達已，

CHAK YÉ CHOK JIN CHAK GYA NYI
Her right hand in the mudra of supreme generosity

CHAK GYA NYI
Becomes the mudra of giving protection.

CHAK GYA GYUR PE OK
右手勝施之手印，

KYAP JIN CHAK GYA GYUR PE OK
轉成施護手印下，

KYAP JIN CHAK GYA GYUR PE OK

JIK PA KÜN LÉ UK YUNG GYUR
And assured protection from all dangers.

I and all to be protected are placed under this

BECOMES THE MUDRA OF GIVING PROTECTION.

I and all to be protected are placed under this

And assured protection from all dangers.

Imagine that, recite the Twenty-one Homages three times.

Imagining that, recite the Twenty-one Homages three times.

呪誦二十一度母禮讚文三遍。
Om je tsun ma pak ma drol ma la chak tsal lo
I pay homage to Jetsunma Arya Tara.

Homage to Tare, the quick and heroic,

Chak tsal ta re nyur ma pa mo
Homage to Ture, the liberator that grants all wishes with Ture.

Chak tsal drol ma nyur ma pa mo
Homage to Tara, the quick and heroic,

Chak tsal ton ke da wa kun tu
Homage to her whose face is like

Sar je wa le ni jung ma
The lotus-face of the lord of three worlds.

Chak tsal tsun ke zhi kyey zhal gyi
Chak tsal ton ke da wa kun tu
Homage to her whose face is like

Green Tara Sadhana 綠度母儀軌
GANG WA GYA NI TSEK PÉ ZHAL MA
One hundred full autumn moons
康哇佳尼最貝曉瑪
普遍圓滿疊輝面，

RAB TU CHE WÉ Ö RAP BAR MA
Like that of thousands of stars.
惹都切威惹巴瑪
燦然閃爍更明耀。

PÉ MÉ CHAK NI NAM PAR GYEN MA
By golden blue lotuses, and who enacts
貝美洽尼南巴間瑪
妙手持蓮相莊嚴。

ZÖ PA SAM TEN CHÓ YUL NYI MA
Tranquility, patience, and meditative stability.
則巴桑典決玉尼瑪
忍辱, 禪定所行境，

TA YÉ NAM PAR GYAL WAR CHÓ MA
Who revels in boundless complete victory,
塔耶南巴焦哇決瑪
無邊尊勝行持母，

GYAL WÉ SÉ KYI SHIN TU TEN MA
Who have attained the perfections
無餘彼岸悉已達，

KAR MA TONG TRAK TSOK PA NAM KYI
And who blazes with light
嘎瑪東查湊巴南吉
如千星宿俱聚集，

CHAK TSAL SER NGO CHU NÉ KYÉ KYI
Homage to her whose hands are adorned
惹都切威湊巴南吉
禮敬水生青蓮母，

JIN PA TSÖN DRÜ KA TUP ZHI WA
Generosity, exertion, austerity,
金巴怎竹嘎突息哇
布施精進息苦行，

CHAK TSAL DÉ ZHIN SHEK PÉ TSUK TOR
Homage to her whose crown is the tathagata,
洽擦帖欣協貝足多
禮敬如來頂髻母，

MA LÚ PA ROL CHIN PA TOP PÉ
And who is thoroughly relied upon by bodhisattvas
瑪呂帕若欽巴投
無餘彼岸悉已達，

CHAK TSAL TUT TA RA HUNG YI GÉ
Homage to her who, with the syllables
TUTTARA HUNG，
洽擦都大惹吽宜給
禮敬「都大惹吽」字，
DÖ DANG CHOK DANG NAM KHA GANG MA
Fulfills wishes and fills all directions and all space, Who tramples the seven worlds underfoot.

LÜ PA ME PAR GUK PAR NÜ MA
And is able to summon all without exception.

LUNG LHA NA TSOK WANG CHUK CHÖ MA
Vayudeva, Vishvakarman, and Isvara present offerings;

NÖ JIN TSOK KYI DÜN NÉ TÖ MA
Scent-eaters, and yakshas.

PA ROL TRUL KHIR RAB TU JOM MA
The machinations of others with TRE and P’HE,

MÉ BAR TRUK PA SHIN TU BAR MA
And is totally blazing with swirling flame.

JIK TEN DÜN PO ZHAP KYI NEN TÉ
Who tramples the seven worlds underfoot.

CHAK TSAL GYA JIN MÉ LHA TSANG PA
Homage to her to whom Indra, Agni, Brahma,

JUNG PO RO LANG DRI ZA NAM DANG
Who is praised by elementals, vampires,

YÉ KUM YÖN KYANG ZHAP KYI NEN TÉ
Who tramples with right leg contracted and left outstretched,

CHAK TSAL TRÉ CHE JA DANG PÉ KYI
Homage to her who thoroughly conquers

CHAK TSAL TU RÉ JIK PA CHEN MO
Homage to TURE, the terrifying one

Green Tara Sadhana 綠度母儀軌
DÜ KYI PA WO NAM PAR JOM MA
Who totally conquers the fiercest maras,
度吉巴喔南巴炯瑪
凶猛魔父咸摧毁，

CHU KYÉ ZHAL NI TRO NYER DEN DZÉ
Who, with a frowning lotus-face,
秋界小尼綽涅典最
妙蓮華面蹙颦眉，

DRA WO TAM CHÉ MA LÜ SÖ MA
Kills all enemies, without exception.
札喔湯界瑪呂色瑪
一切怨敵無餘摧。

CHAK TSAL KÓN CHOK SUM TSÖN CHAK GYÉ
Homage to her whose fingers adorn her heart
洽擦更秋松曾洽界
禮敬三寶誌母，

SOR MÖ TUK KAR NAM PAR GYEN MA
With the mudra indicating the three jewels,
叟摸突嘎南巴間瑪
手指當心相端嚴，

MA LÜ CHOK KYI KHOR LÖ GYEN PÉ
Whose radiant swirling halo
瑪呂秋吉擴洛間貝
無餘方輪為嚴飾，

RANG GI Ö KYI TSOK NAM TRUK MA
Adorns all directions.
讓給峨吉湊南出瑪
自身光聚極熾盛。

CHAK TSAL RAB TU GA WA JI PÉ
Homage to her who is crowned
洽擦惹都嘎瓦吉貝
禮敬懽悅威德母，

U GYEN Ö KYI TRENG WA PEL MA
By garlands of light, resplendent with great joy,
邬間峨吉趁瓦貝瑪
頂嚴光鬘更迭飾，

ZHÉ PA RAP ZHÉ TUT TA RA YI
Who overpowers maras and the world
協巴惹協都大惹宜
喜笑大笑都大惹，

DÜ DANG JIK TEN WANG DU DZÉ MA
laughter of TUTTARA.
度倡吉突克最瑪
世間魔類悉攝伏。

CHAK TSAL SA ZHI KYONG WÉ TSOK NAM
With her Homage to her who can summon
洽擦薩息炯威湊南
禮敬守護大地母，
TAM CHÉ GUK PAR NÚ PA NYI MA
All guardians of places,
湯界固巴奴巴尼瑪
悉能覲召諸地祗，

PONG PA TAM CHÉ NAM PAR DROL MA
With the syllable HUNG of her grimace.
朋巴湯界南巴卓瑪
一切貧困悉渡脫。

GYEN PA TAM CHÉ SHIN TU BAR MA
Crowned with a sliver of the moon,
朋巴湯界欣都巴瑪
諸飾勝妙嚴光燦，

TAK PAR SHIN TU Ö RAP DZÉ MA
Continually illuminates.
大巴欣都峨惹最瑪
常放眾妙寶光明。

BAR WÉ TRENG WÉ Ü NA NÉ MA
Garlands of flame like the fire at the end
巴威趁威玉那內瑪
安住熾盛火鬘中，

DRA YI PUNG NI NAM PAR JOM MA
Totally conquers hoards of enemies of those
札宜崩尼南巴炯瑪
善能摧毀怨敵軍。
With the palm of her hand and stamps with her feet, Who overthrows the seven levels
替吉嫩涇⼩吉東瑪
以足踐踏作鎮壓，

CHAK TSAL DÉ MA GÉ MA ZHI MA
Homage to her who is bliss, virtue, and tranquility,
治擦碉瑪給瑪息瑪
禮敬樂善寂靜母，

NYA NGEN DÉ ZHI CHÖ YUL NYI MA
Enjoying the peace of nirvana,
娘年喋息決玉尼瑪
涅槃寂滅所行境，

SO HA OM DANG YANG DAK DEN Pé
Who conquers great wrongs
梭哈嗡倘揚大典貝
梭哈嗡等極清淨，

DIK PA CHEN PO JOM PA NYI MA
With the perfect possession of SOHA and OM.
迪巴千波炯巴尼瑪
善能摧毀大罪惡。

CHAK TSAL KÜN NÉ KOR RAP GA WÉ
Homage to her who overthrows the enemies of
治擦棍內郭惹嘎威
禮敬普出極喜母，

DRA YI LÜ NI RAP TU GEM MA
Those who delight in the turning of the
Dharma wheel
札宜呂尼惹都給瑪
善能擊碎怨敵身，

YI GÉ CHU PÉ NGAK NI KÖ PÉ
And liberates with the awareness mantra,
HUNG，
宜給居貝阿尼各貝
十字咒句妙嚴布，

RIG PA HUNG LÉ DROL MA NYI MA
Surrounded by the ten syllables.
日巴吽雷卓瑪尼瑪
明咒吽化度母身。

CHAK TSAL TU RÉ ZHAP NI DAP Pé
Homage to TURE, who stamps with her feet,
治擦都瑞夏尼達貝
禮敬「都瑞」足躡母，
**Green Tara Sadhana**

HUNG GI NAM PÉ SA BÖN NYI MA
Whose seed is HUNG,
吽給南貝薩奔尼瑪
吽之相勢為種字，

JIK TEN SUM NAM YO WA NYI MA
And the three worlds.
吉典松南右哇尼瑪
三世間悉能搖撼。

RI DAK TAK CHEN CHAK NA NAM MA
That which bears the sign of a hare in the
form of a divine lake,
日達大間洽那南瑪
手中執持神獸誌，

DUK NAM MA LÙ PAR NI SEL MA
With the dual repetition of TARA and PÉ.
度南瑪呂巴尼旛瑪
諸毒無餘悉淨除。

LHA DANG MI AM CHI YI TEN MA
The gods, and the miamchi rely,
拉倘米昂吉宜典瑪
天、人非人咸依止，

TSÖ DANG MI LAM NGEN PA SEL MA
With the armor of her delightful majesty.
則倘米浪年巴旛瑪
消弭爭鬥與惡夢。

RI RAP MEN DA RA DANG BIK JÉ
Who shakes Sumeru, Mandara, Bikjay,
日惹面達惹倘比切
須彌、曼陀及賓陀，（瞻洲三大山之名）

CHAK TSAL LHA YI TSO YI NAM PÉ
Homage to her, who holds in her hand
治擦拉宜湊宜南貝
禮敬天海相勢母，（月之別名，亦指月中玉兔）

CHAK TSAL LHA YI TSOK NAM GYAL PO
Homage to her on whom the kings of the gods,
治擦拉宜湊南交波
禮敬諸天眾王母，

KÜN NÉ GO CHA GA WÉ JI KYI
Who dispels disputation and bad dreams
棍內果洽嘎威吉吉
普出歡悅威德鎧，

CHAK TSAL NYI MA DA WA GYE PÉ
Homage to her whose radiant two eyes
治擦尼瑪達哇給貝
禮敬日月廣圓母，
CHEN NYI PO LA Ö RAP SAL MA
Are like the sun and full moon,
睞尼波拉峨惹艘瑪
雙目炯然極明澈，

SHIN TU DRAK PÖ RIM NÉ SEL MA
With the dual recitation of HARA and TUTTARA.
欣都茶波仁內雖瑪
善除凶猛瘟疫病。

ZHI WÉ TU DANG YANG DAK DEN MA
pacify through the establishment
息威突倘揚塔典瑪
如實具足息災力，

JOM PA TU RÉ RAP CHOK NYI MA
Dôns, vampires, and yakshas.
炯巴都惹瑞秋尼瑪
「都瑞」最勝悉滅除。

CHAK TSAL WA NI NYI SHU TSA CHIK
And the twenty-one homages.
治擦哇尼尼許雜吉
禮敬文共二十一。
I fill the dharmadhatu

With clouds of Samantabhadra’s offerings,

I offer these to Arya Tara and her retinue.

I offer to the embodiments of compassion of the three realms,

My body, my possessions, and all virtues.

OM ARYA TARÉ SAPARIWARA BENZA ARGHAM PUDYA DHUPÉ ALOKÉ GENDHÉ NEWIDYÉ SHABDA TRA TI TSA SOHA

嗡 阿雅大瑞 薩巴日哇惹 邊雛 阿岡 巴典 布貝

都貝 阿洛給 根喋 涅威喋 夏大 札滴擦 梭哈

OM AH HUNG KHAM SUM NÖ CHÜ PAL JOR DANG

I offer to the embodiments of compassion of the three realms,

達呂隆決給湊棍

自身、受用、善資糧，

OM TUK JÉ DAK NYI NAM LA BUL

My body, my possessions, and all virtues.

協內欽吉拉都叟

受已祈請賜加持。

OM SARWA TATHAGATA RATNA MENDALA PUDZA HO

嗡 薩哇 大塔嘎大 惹那 曼札拉 布雜后
With that, offer a mandala.

From her body a stream of ambrosia descends,

It fills our whole bodies,

Imagining that, recite the twenty-one homages seven times, and its benefits.
Green Tara Sadhana

Twenty-one Praises and Homages

I pay homage to Jetsunma Arya Tara. Homage to Tare, the quick and heroic, TUTTARA diespels fear, SVAHA I bow to you, the letters SVABA. CHAK TSAL DROL MA NYUR MA PA MO Homage to Tara, the quick and heroic, CHAK TSAL TÖN KÉ DA WA KÜN TU Homage to her whose face is like

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Green Tara Sadhana

GANG WA GYA NI TSEK PÉ ZHAL MA
One hundred full autumn moons
康哇佳尼最貝曉瑪
普遍圓滿煇輝面，

RAB TU CHE WÉ Ŭ RAP BAR MA
Like that of thousands of stars.
惹都切威峨惹巴瑪
燦然閃耀更明耀。

PÉ MÉ CHAK NI NAM PAR GYEN MA
By golden blue lotuses, and who enacts
貝美洽尼南巴間瑪
妙手持蓮相莊嚴。

ZÕ PA SAM TEN CHÔ YUL NYI MA
Tranquility, patience, and meditative stability.
則巴桑典決玉尼瑪
忍辱、禪定所行境，

TA YÉ NAM PAR GYAL WAR CHÔ MA
Who revels in boundless complete victory.
塔耶南巴焦哇決瑪
無邊尊勝行持母，

GYAL WÉ SÉ KYI SHIN TU TEN MA
Who have attained the perfections
交威雖吉欣都典瑪
佛子盡悉極親炙。

KAR MA TONG TRAK TSOK PA NAM KYI
And who blazes with light
嘎瑪東查湊巴南吉
如千星宿俱聚集，

CHAK TSAL SER NGO CHU NÉ KYÉ KYI
Homage to her whose hands are adorned
惹都切威峨惹巴瑪
禮敬水生青蓮母，

JIN PA TSÖN DRÜ KA TUP ZHI WA
Generosity, exertion, austerity,
金巴怎竹嘎突息哇
布施精進息苦行，

CHAK TSAL DÉ ZHIN SHEK PÉ TSUK TOR
Homage to her whose crown is the tathagata,
洽擦帖欣協貝足多
禮敬如來頂髻母，

MA LÚ PA ROL CHIN PA TOP PÉ
And who is thoroughly relied upon by bodhisattvas
瑪呂帕若欽巴投
無餘彼岸悉已達，

CHAK TSAL TUT TA RA HUNG YI GÉ
Homage to her who, with the syllables
洽擦都大惹吽宜給
禮敬「都大惹吽」字，
DÖ DANG CHOK DANG NAM KHA GANG MA  
Fulfills wishes and fills all directions and all space, Who tramples the seven worlds underfoot  
德倘秋倘南卡康玛  
徳典敦波夏吉念喋

LÜ PA ME PAR GUK PAR NÜ MA  
And is able to summon all without exception.  
呂巴美巴固巴奴玛  
炯波若朗知

LUNG LHA NA TSOK WANG CHUK CHÖ MA  
Vayudeva, Vishvakarman, and Isvara present offerings;  
隆拉那湊旺曲卻瑪  
供諸釋火、梵風神，（帝釋、火神與梵天、風神）

NÖ JIN TSOK KYI DÜN NÉ TÖ MA  
Scent-eaters, and yakshas.  
呂金湊吉敦內德瑪  
諸藥叉眾所面讚。

PA ROL TRUL KHOR RAB TU JOM MA  
The machinations of others with TRE and P’HE,  
帕若出擴惹都炯瑪  
於彼施惡摧壞，

MÉ BAR TRUK PA SHIN TU BAR MA  
And is totally blazing with swirling flame.  
美巴出巴欣都巴瑪  
焰熾盛極明耀，

JIK TEN DÜN PO ZHAP KYI NEN TÉ  
Who tramples the seven worlds underfoot  
吉典敦波夏吉念喋  
蓮足遍履七世界，

CHAK TSAL GYA JIN MÉ LHA TSANG PA  
Homage to her to whom Indra, Agni, Brahma,  
洽擦佳欽美拉倉巴  
禮敬自在供養母，

JUNG PO RO LANG DRI ZA NAM DANG  
Who is praised by elementals, vampires,  
炯波若朗知薩南倘  
部多、起屍、尋香等，

CHAK TSAL TRÉ CHE JA DANG PÉ KYI  
Homage to her who thoroughly conquers  
洽擦追界洽倘唵吉  
禮敬名「遮」作「呸」母，

YÉ KUM YÖN KYANG ZHAP KYI NEN TÉ  
Who tramples with right leg contracted and left outstretched,  
耶棍元江夏吉念喋  
展左踡右作足蹋，

CHAK TSAL TU RÉ JIK PA CHEN MO  
Homage to TURE, the terrifying one  
洽擦都瑞吉巴千默  
禮敬「都瑞」大怖母，

Green Tara Sadhana 綠度母儀軌  53
DÜ KYI PA WO NAM PAR JOM MA
Who totally conquers the fiercest maras,
度吉巴喔南巴炯瑪
凶猛魔父咸摧毀，

DRA WO TAM CHÉ MA LÜ SÖ MA
Kills all enemies, without exception.
札喔湯界瑪呂色瑪
一切怨敵無餘摧。

SOR MÖ TUK KAR NAM PAR GYEN MA
With the mudra indicating the three jewels,
叟摸突嘎南巴間瑪
手指當心相端嚴，

RANG GI Ö KYI TSOK NAM TRUK MA
Adorns all directions.
讓給峨吉湊南出瑪
自身光聚極熾盛。

U GYEN Ö KYI TRENG WA PEL MA
By garlands of light, resplendent with great joy,
邬間峨吉趁瓦貝瑪
頂嚴光鬘更迭飾，

DÜ DANG JIK TEN WANG DU DZÉ MA
laughter of TUTTARA.
度倘吉突旺突最瑪
世间魔類悉攝伏。
All guardians of places,  
who fully liberates from all poverty  
and pervades with all adornments,  
and pierces the ground who delights in the turning of the Dharma wheel.
TIL GYI NÜN CHING ZHAP KYI DUNG MA
With the palm of her hand and stamps with her feet, Who overthrows the seven levels
替吉嫩涇小吉東瑪
以足踐蹋作鎮壓，
緋涅間最宜給吽給
現額眉相以吽字，

RIM PA DÜN PO NAM NI GEM MA
With the syllable HUNG as she grimaces.
仁巴敦波南尼給瑪
七重地府咸摧伏。

NYA NGEN Dé ZHI CHÖ YUL NYI MA
Enjoying the peace of nirvana,
娘年喋息決玉尼瑪
涅槃寂滅所行境，

DIK PA CHEN PO JOM PA NYI MA
With the perfect possession of SOHA and OM.
迪巴千波炯巴尼瑪
善能摧毁大罪惡。

DRA YI LÜ NI RAP TU GEM MA
Those who delight in the turning of the Dharma wheel
札宜呂尼惹都給瑪
善能擊碎怨敵身，

RIG PA HUNG LÉ DROL MA NYI MA
Surrounded by the ten syllables.
日巴吽雷卓瑪尼瑪
明咒吽化度母身。

CHAK TSAL Dé MA GÉ MA ZHI MA
Homage to her who is bliss, virtue, and tranquility,
治擦喋瑪給瑪息
禮敬樂善寂靜母，

SO HA OM DANG YANG DAK DEN Pé
Who conquers great wrongs
梭哈嗡倘揚大典貝
梭哈嗡等極清淨，

CHAK TSAL KÜN NÉ KOR RAP GA WÉ
Homage to her who overthrows the enemies of
治擦棍內郭惹嘎威
禮敬普出極喜母，

YI GÉ CHU PÉ NGAK NI KÖ Pé
And liberates with the awareness mantra, HUNG，
宜給居貝阿尼各貝
十字咒句妙嚴布，

CHAK TSAL TU Ré ZHAP NI DAP Pé
Homage to TURE, who stamps with her feet,
治擦都瑞夏尼達貝
禮敬「都瑞」足蹐母，

Green Tara Sadhana 緑度母儀軌
RI RAP MEN DA RA DANG BIK JÉ
Who shakes Sumeru, Mandara, Bikjay,
日惹面達惹倘比切
須弥、曼陀及賓陀，（瞻洲三大山之名）

CHAK TSAL LHA YI TSO YI NAM PÉ
Homage to her, who holds in her hand
治擦拉宜湊宜南貝
禮敬天海相勢母，（月之別名，亦指月中玉兔）

TA RA NYI JÔ PÉ KYI YI GÉ
Who dispels all poisons without exception

大惹尼決呸吉宜給
「大惹」誦二以「呸」字，

CHAK TSAL LHA YI TSOK NAM GYAL PO
Homage to her on whom the kings of the gods,
治擦拉宜湊南交波
禮敬諸天眾王母，

KÜN NÉ GO CHA GA WÉ JI KYI
Who dispels disputation and bad dreams
棍內果治嘎威吉吉
普出歡悦威德鎧，

CHAK TSAL NYI MA DA WA GYE PÉ
Homage to her whose radiant two eyes
治擦尼瑪達哇給貝
禮敬日月廣圓母，
Green Tara Sadhana  青度母仪轨

CHEN NYI PO LA Ö RAP SAL MA
Are like the sun and full moon,
間尼波拉峨惹艘瑪
雙目炯然極明澈，

SHIN TU DRAK PÖ RIM NÉ SEL MA
With the dual recitation of HARA and TUTTARA. Homage to her who genuinely possesses the
欣都茶波仁內雖瑪
善除凶猛瘟疫病。

ZHI WÉ TU DANG YANG DAK DEN MA
pacify through the establishment
息威突倘揚塔典瑪
如實具足息災力，

JOM PA TU RÉ RAP CHOK NYI MA
Döns, vampires, and yakshas.
炯巴都惹瑞秋尼瑪
「都瑞」最勝悉滅除。

CHAK TSAL WA NI NYI SHU TSA CHIK
And the twenty-one homages.
治擦哇尼尼許雜吉
禮敬文共二十一。
Benefit and qualities:
功德利益：

LHA MO LA GÜ YANG DAK DEN Pé
Anyone who has genuine respect for the Goddess
拉默拉庫揚塔典
於尊淨信禮敬者,

SÖ DANG TO RANG LANG PAR JÉ NÉ
Recollecting it at dawn upon awakening and
色倘投讓朗巴切內
晨起禮贊夕複誦，

DIK PA TAM CHÉ RAB TU ZHI WA
All their harmful actions will be fully pacified.
迪巴坦界惹都息哇
所有罪業悉滅除，

GYAL WA JÉ WA TRAK DÜN NAM KYI
They will quickly attain empowerment
焦哇切哇茶敦南吉
七倣胝中一切佛，

DI LÉ CHÉ WA NYI NI TOP CHING
Greater than this will be obtained,
迪雷切哇尼尼透淨
自今而後益增勝，

LO DEN GANG GI RAP DANG JÔ Pé
And recites this clearly,
樓典康給惹倘決貝
任誰至心而讚頌，

DREN Pé MI JIK TAM CHÉ RAP TÉR
Will receive protection from all dangers.
陳貝米吉坦界惹喋
憶念諸勝施無畏，

NGEN DRO TAM CHÉ JOM PA NYI DO
All their bad migrations will be conquered.
年卓坦界炯巴尼斗
凡諸惡趣盡摧毀。

NYUR DU WANG NI KUR WAR GYUR LA
By seventy million victors.
紐突旺尼固哇居拉
迅速給予諸灌頂，

SANG GYE GO PANG TAR TUK DER DRO
And finally, buddhahood.
桑傑果旁塔突帖卓
究竟趨於正覺果。
Virulent poison,
帖宜度母茶波千波
彼或中毒極嚴重，

Whether abiding in the firmament or within beings,
典拉內邦賢揚卓哇
無論痼疾或他因，

Whether eaten or drunk,
會或中毒極嚴重,
彼或中毒極嚴重，

Whether eaten or drunk, contagion,
或遭邪魔、疫癘擾,
或遭邪魔、疫癘擾，

If it is recited twice, three times, and seven times,
若誦此讚二、三、七，
若誦此讚二、三、七，

Those wishing children will obtain children,
普德貝尼普投居星
欲乞兒女得兒女，

Those wishing wealth will obtain wealth.
諾德貝尼諾南尼投
欲求財寶財豐饒，

All wishes will be fulfilled, and all impediments destroyed.
一切所欲悉滿願，
魔障盡除一一滅。
Torma:  
食子：

OM BENZA AMRITA KUNDALI HANA HANA HUNG PÉ  
嗡 邊雜 阿米大 棍札利 哈那哈那 吻呸

Cleans with it.  
以此灑淨。

OM SOBHAWA SHUDDHAH SARWA DHARMA SOBHAWA SHUDDHO HAM  
嗡 梭巴哇 許達 薩哇 達瑪 梭巴哇 許多 杭

Purify with it.  
以此淨化。

TONG PÉ NGANG LÉ OM YIK LÉ  
From emptiness, from a syllable OM,  
東⾙昂雷嗡宜雷  
自空性中「嗡」字現，

DRU SUM LÉ JUNG TOR MA NI  
Inside its vastness, from the three syllables,  
⽗速雷瓊多瑪尼  
三種子字化食子，

OM AH HUNG  
嗡阿吽  
Three times.
Green Tara Sadhana

OM ARYA TARÉ SAPARIWARA IDAM BALINGTA KHAKHA KHAHI KHAHI (3x)
嗡 阿雅大瑞 薩巴日哇惹 宜當 巴林大 卡卡 卡嘻卡嘻 （三次）

Three times as an offering to the main deity.
誦三次供養主尊。

OM AKARO MUKHAM SARWA DHARMANAM ADYÉ NUTPANNATOTA OM AH HUNG PÉ SOHA (3x)
嗡 阿嘎 若木康 薩哇達瑪南 啊喋 努本那埲大 嗡阿吽 梭哈 （三次）

Three times as an offering to the guests
誦三次供養客尊。

Consider this sacred torma of offering
供施勝妙此食子，

And generosity with great wisdom
以大智慧隨怙念，

And accept it with great pleasure.
I pray that you will bestow all siddhis without exception.
呪注瑪呾早突叟
祈賜無餘之成就。

With that, request fulfillment of wishes.
如是祈願。

OM ARYA TARÉ SAPARIWARA BENZA ARGHAM PADYAM PUPÉ DHUPÉ ALOKÉ GENDHÉ NEWIDYÉ SHABDA TRA TI TSA SOHA
惹 阿雅大瑞 薩巴日哇惹 邊雜 阿岡 巴典 布貝
都貝 阿洛給 根喋 涅威喋 夏大札滴擦 梭哈
OM NANG WA TA YÉ PÉ MÉ RIK
I pay homage to and praise you,
嗡 囊哇塔耶贝美日
無量光佛蓮花部，

JIK TEN WANG CHUK ZHAL LÉ JUNG
Arya Tara of Amitabha’s Padma family,
古典旺秋小雷瓊
世間自在慈顏生， (觀音菩薩)

PAK MA DROL MAR CHAK TSAL TÖ
You who embody the activity of all buddhas.
帕瑪卓瑪洽擦德
聖救度母我禮讚。

ZHING DUL KÜN GYI DRANG NYÉ KYI
And praise all who are worthy of praise
星度根吉昌涅吉
我現所有剎塵身，

CHOK TU Dé PÉ CHAK TSAL TÖ
As there are particles in all realms.
秋都帖貝治擦德
勝妙淨信恭禮讚。

MÉ TUK Je TSER GONG LA
Consider me kindly with nonreferential compassion.
米美突傑最公拉
無緣大悲祈怙念，

Joining palms together:
合掌：

JE TSÜN PAK MA KHOR DANG CHÉ
Jetsunma Arya Tara and your retinue,
傑尊帕瑪擴倘界
尊者聖母眷眾俱，

Green Tara Sadhana 綠度母儀軌 63
Grant your blessing that what I request  
達給其大叟威登  
以我如是祈請意，

May the doctrine of the Buddha prosper  
桑傑典巴塔星給  
佛陀教法得廣佈，

May all harmful obstacles be pacified.  
涅翠巴切棍息星  
諸災障難悉平息，

May sickness, famine, agitation, and strife be pacified.  
內木出則息哇倘  
消弭饑疫與戰亂，

May the authority of Dharma kings increase.  
卻炯佳波阿湯傑  
護法王權得增長，

Protect us from all present and ultimate dangers  
吉巴居出度民契  
十六怖畏非時死，
And the sufferings of samsara

And bad states of existence.

May life, merit, influence, experience, and realization flourish.

May unvirtuous thoughts not arise.

May the two bodhicittas be born effortlessly.

May the fulfillment of our wishes be in accord with the Dharma.

I pray that from now until reaching the essence of awakening,

Dral me tuk je chen gyi zik

And that you will always look upon me with compassionate eyes,

With that, by requesting especially the fulfillment of your wishes, and appealing to her commitment:
The frontal visualization melts into light
and dissolves into me.

In that way, fix your mind on the clear appearance and pride of yourself as the Arya.

Recite the ten syllables as much as you can. Then:

Then:

Above become Arya Tara, appearance with no nature.

Above self as Arya Tara, appearance with no nature.

Recite the ten syllables as much as you can. Then:

Above become Arya Tara, appearance with no nature.
TSITTAM SHRE YAH KURU HUNG HAHA HAHAKHO BHAGWEN SARWA TATHAGATA
積當希瑞雅 咕如吽 哈哈哈哈后 巴嘎問 薩哇達塔嘎達

BENZA MAMÉ MUNTSA BENZI BHAWA MAHA SAMAYA SATO AH
邊紮 瑪美木紮 邊資巴哇 瑪哈薩瑪雅 薩埵阿

Hundred syllable mantra
百字明咒

I request that you forgive whatever defects there are,
康揚奴巴瑪契巴
皆因不堪故，

Whatever has been incomplete, imperfect,
帖棍卻吉色最日
祈尊悉寬諒。

You accomplish the benefit of all sentient beings
傑速吞貝呢出奏
祈賜等同之成就。

(The next three lines are not chanted. 以下三行不唸。)
SANG GYE YUL DU SHEK NÉ KYANG
I pray that you depart for the buddha realms,
桑傑玉突協內江
回返佛陀淨土已，

BENZA MUH
邊雜木

OM  DIR NI TEN DANG LHEN CHIK TU
For the duration of samsara,
嗡 迪尼典遙連吉都
偕同所依之此世，

OM SUTRA TIK TRA BENZA YÉ SOHA
嗡 蘇紮 滴叉 邊雜耶 梭哈
(請本尊常住於此)

LHA DANG RANG SEM YER MÉ PA
The deity and my mind are undifferentiated.
拉倘讓森耶美巴
尊與自心無分別，

LAR YANG JÓN PAR DZÉ DU SOL
But that you will return.
拉揚涓巴最突叟
日後還復祈降臨，

KHOR WA SI DU ZHUK NÉ KYANG
Please abide together with this support.
擴哇夕突許內江
安住三有輪迴中，

CHOK NAM LEK PAR TSAL DU SOL
And all that is excellent and supreme.
秋南雷巴早突叟
諸殊勝善祈賜予。

CHÔ YING NYUK MÈ NGANG DU ZHAK
I rest in the natural state, the dharmadhatu.
卻映紐美昂突夏
住於法界自性中。
In that way, foster the view of the nature.
以上護守自性之見地。

通过此善根，愿我速以此善，

May there be the fulfillment of all wishes,
May I quickly accomplish Arya Tara

通过此善根，愿诸所願無礙悉賜予，
像如如意寶，帕瑪卓瑪竹居內

与这，发愿回向。

In that state.

在彼等之勝位。

如是發願迴向。

Like a wish-fulfilling gem or an excellent vase.

如是善寶瓶，皆吉

米召突傑炯威札希修

大悲不離護佑祈吉祥。

Of Jetsunma Tara, the victors, and their children.

儂尊卓瑪焦哇雖皆吉

綠度母說導師已修

尊救度母諸佛菩薩眾，

傑尊卓瑪焦哇

Green Tara Sadhana 綠度母儀軌 69
Proclaim the auspiciousness with such verses, and toss flowers. Second, when you do this daily, while it is best to have an image of the Arya, if you do not, the meditation of her is sufficient. Set out the mandala and offerings. Recite the DÜN GYI NAM KHAR and so forth, the refuge, bodhicitta, and so on, including the consecration of the offerings as was given above. As the offerings to the three jewels in general are unnecessary, proceed to RANG NYI KE CHIK DREN DZOK SU, JE TSÜN P’HAK MAY KUR SAL WAY and so forth. Repeat the offerings, mandala, and praises three times. The last time, recite the twenty-one homages seven times, and the benefits. After that, if you wish to and can, recite JE TSÜN P’HAK MA KHIR DANG CHE and so forth, the request for the fulfillment of wishes. It is all right not to recite it. DÜN KYE Ö ZHU and so forth, the mantra repetition, and the admission of failings are done as before. The request to depart is unnecessary. It is completed with LHA DANG RANG SEM and so forth, the dedication of virtue, and the expression of auspiciousness.

Compassionate Jetsunma Bhagavati:
May my two-fold obscurations and those of all limitless sentient beings be purified.

Dakhang Té Sum Chen Tam Ché Kyi
May we obtain the excellent happiness of gods and humans.
Please quickly pacify and eliminate all obstacles to the accomplishment of omniscience—

TAM CHÉ KHYEN PA DRUB PAR JÉ PA LA

巴切登給仁倘內拉叟
魔障、瘟疫、疾病等障難，

DÚ MIN CHI WA GYUR PA NA TSOK DANG

All döns, all impediments, all contagion, sickness, and so forth;

度民契哇秋巴那湊
米浪年倘簇年巴倘
形成種種非時之死亡，

JIK PA GYÉ SOK NYÉ WAR TSE WA NAM

The eight dangers, and so forth—
吉巴界叟涅哇雀哇南
八怖畏等周邊諸傷害，

JIK TEN JIK TEN LÉ NI DEPA YI

Please cause the spontaneous effortless
典典典雷尼喋巴宜
所有世間及出世間中，

PEL ZHING GYE PÉ DÖN NAM MA LÙ PA

Excellence, auspiciousness, happiness,
佩星傑貝登南瑪呂巴
增而廣之諸利盡無餘，

DRUP LA TSÖN ZHING DAM CHÖ PEL WA DANG

May we be diligent in practice. May the sacred Dharma flourish.
竹拉增星唐卻佩哇倘
精進修持弘揚正法教，

BAR CHÉ DÖN GEK RIM DANG NÉ LA SOK

To the accomplishment of omniscience—
巴切登給仁倘內拉叟
魔障、瘟疫、疾病等障難，

MI LAM NGEN DANG TSEN MA NGEN PA DANG

All varieties of untimely death, bad dreams, bad omens,
米浪年倘簇年巴倘
以及惡夢、不祥之徵兆、

NYUR DU ZHI ZHING MÉ PAR DZÉ DU SOL

All that is harmful.
紐突息星美巴最突叟
祈令遠得平息化烏有。

TRA SHI DÉ LEK PÜN SUM TSOK PA NAM

Flourishing and increase of all mundane and supramundane
札希喋雷貫松湊巴南
吉祥善樂富饒圓滿等，

BÉ MÉ LHÜN GYI DRUB PAR DZÉ DU SOL

And abundance, without exception.
貝美倫吉竹巴最突叟
祈令無為任運自成就。

TAK TU KHYÖ DRUP ZHAL CHOK TONG WA DANG

May we do your practice continually and see your face.
大都卻竹小秋通哇倘
恆修尊法親晤尊聖顏，

Green Tara Sadhana 綠度母儀軌
May we realize the meaning of emptiness.

東尼登多強森仁波切
了悟空義至寶菩提心，
了悟空義至寶菩提心，

TONG NYI DÖN TOK CHANG SEM RIN PO CHE
YAR NGÖ DA TAR PEL ZHING GYE PAR DZÖ
May the precious bodhicitta flourish and
increase like the waxing moon.

雅諾達大佩星給巴則
如上弦月增長亦增勝。

GYAL WÉ KYIL KHIR ZHING GAWA DÉR
LUNG TEN PA YANG DAK GI DÉR TOP SHOK
In the excellent and joyous mandala of the victors, May I be born from a beautiful pure lotus.

隆典巴揚達給帖投修
祈吾於彼亦能得授記。

NANG WA TA YÉ GYAL WÉ NGÖN SUM DU
LUNG TEN PA YANG DAK GI DÉR TOP SHOK
May I also receive a direct prophecy there
From the Victor Amitabha.

隆典巴揚達給帖投修
祈吾於彼亦能得授記。

DAK GI TSÉ RAP KÜN TU DRUB PÉ LHA
DÜ SUM SANG GYE KÜN GYI TRIN LÉ MA
May there be auspiciousness of the deity
Who is the activity of all buddhas of the
I practice in all lives,
三世一切諸佛事業母，

達給翠惹棍都竹貝拉
達給翠惹棍都竹貝拉
生生世世吾所修本尊，

NGO JANG ZHAL CHIK CHAK NYI NYUR ZHING PAL
YUM GYUR UT PAL NAM PÉ TA SHI SHOK
Who is quick and heroic, green,
永秋吾包南貝札希修
佛母持青蓮者祈吉祥。

GYAL YUM DROL MA KYÉ KU CHIN DRA DANG
KHOR DANG KÛ TSÉ TSÉ DANG ZHING KHAM DANG
The mother who holds an upala.
擴倘固翠倘星康倘
佛母度母尊身何所似，

佛母度母尊身何所似，
May we attain a body like yours and also retinues, longevity, realms, and the best of excellent names, all of these, just like yours.

May sickness, poverty, strife, you, and warfare in all regions be pacified.

I pray that you will cause the flourishing of Dharma and auspiciousness.
Mountain Cleansing Offering
From the Accomplishment of the Life Essence of the Vidyadhara

山淨煙供
出自持明者性命之成就

OM SWASTI In order to put a mountain cleansing offering into practice according to the instructions that came through tertön Lhatsun Namkha Jigme, from the accomplishment of the life essence of the Vidyadhara, in a clean container or on a hearth, place good wood and the various sang substances including incense, medicines, the three whites, the three sweets, flour with butter and so forth — whatever you can assemble. Burn these in the auspicious fire and anoint them with water.

First, the refuge:

首先是依:

嗡阿吽

The very essence of all sources of refuge throughout space in existence and tranquility,

The powerful and wrathful Vidyadhara, Pema Tötrengtsal,

康娘⻄希佳昆寧波句
王查仁僅貝瑪特成早
遍空輪涅依怙之凝聚
勇武精猛持明蓮師尊，
In your body the mandalas of the victors and appearance and existence are complete.

切故囊希交為淨擴左
尊身圓具顯有佛壇城，

Three times.
誦三次。

Generation of bodhicitta:
發菩提心：

SANG CHOK YÉ SHÉ Œ SAL TIK LÉ ZHIR
Having freed all beings from the three obscurations,
桑秋依希峨掃提雷希
勝密智慧光明明點基，

Three times.
誦三次。

Seven Branch Prayer:
七支偈頌：

TUK KYI TIK LER LHÜN DRUP NANG ZHI NGANG
The state of the spontaneous presence of the drops of body, speech, and mind, the state of the four appearances.
突吉提雷倫住囊希昂
明點任運現成四相中，

Three times.
誦三次。

Seven Branch Prayer:
七支偈頌：

Smoke Offering  山淨燻供
I pay homage to the natural, unfabricated awareness.

I offer boundless clear light.

I make confession in the expanse of the sameness of samsara and nirvana.

I rejoice in the great exhaustion of dharmas that transcends conceptual mind.

I request that you turn the dharmachakra of the spontaneously present great perfection.

I pray that you stir samsara from the depths.

I dedicate this merit in the state beyond the extremes of conceptualization of the three spheres.

Are all of the things that are delightful and pleasant in the world — the samaya substances.

Inside a precious vessel that is completely pure and made of a variety of precious materials
By consecrating them into wisdom ambrosia
with the three syllables,
三字加持成為智慧露，

They become desirable offerings to all that
appears and exists.
轉為顯有滿欲諸妙供。

All of the mandalas of the victors in the ten
directions,
喇嘛依但乍給秋松當
以及十方諸佛之壇城，

Local deities of Jambudvipa, sentient beings
of the six realms, creditors —
藏令希大日初連恰真
尤其奪我性命盜精氣，

Those who bring inauspicious signs in dreams
Döns who bring sickness, spirits who bring
obstacles,
內登巴切宗⾙炯波當
夢中惡兆與諸般惡象，

Those who bring inauspicious signs and generally
inauspicious signs,
內登巴切宗⾙炯波當
尤其奪我性命盜精氣，

Those to whom I owe debts of food, place and
wealth,
誰當內當諾吉連恰堅
飲食居所財寶諸債主，
Smoke Offering

Contaminators, madness spirits, male and female ghosts,
之大紐追坡心默心當
染污鬼瘋鬼與男女鬼，

May my debts to them be burnt and repaid
A rain of desirable things, whatever is wished
for by each individual

Abides as long as space exists.
供施直與虛空壽等齊，

May the wrongdoing and obscuration I have
And the careless use of the offerings to the
accumulated in the three times,

大佳杜松薩貝地之當
吾等三世所積惡業障，

Be purified by the fire offering.
祈以煙火供養得清淨。

Knife, terangs, and rakshasi demonesses of
the town —
之坡丟攘充心追默南
刀鬼破戒鬼與羅剎女，

A rain of desirable things, whatever is wished
for by each individual

I dedicate these things as an inexhaustible abundance of
desirable qualities.

Abides as long as space exists.
供施直與虛空壽等齊，

And the careless use of the offerings to the
Three Jewels that were made out of faith for the benefit
of the dead

May the tongues of flame fill all appearance and all
existence,

May the tongues of flame fill all appearance and all
existence,
Smoke Offering

KUN ZANG CHÖ PÉ TRIN PUNG MI ZÉ PA
Each particle of fire becoming an inexhaustible cloud of offerings like those of the Bodhisattva Samantabhadra,

KHAM YONG LA KHYAP GYUR CHIK
And pervading all of the pure realms of all the buddhas.

Each particle of fire becoming an inexhaustible
And pervading all of the pure realms of all the

cloud of offerings like those of the Bodhisattva
buddhas.

Samantabhadra,

May the tongues of flame become
And pervade sentient beings of the six
realms five-colored offering light-rays that embody
the five wisdoms,

May all beings attain the essence of
enlightenment.

By means of this, may sentient beings of
the three realms be liberated from samsara
and obtain the body of rainbow light.

The inanimate universe has been purified
into the nature of the trikaya and becomes
a precious palace.

Sentient beings are the embodiment of the
dharmakaya, nirmanakaya, and sambhogakaya.
The aggregate of form throughout the entire universe.

OM AH HUNG
After repeating the three syllables a hundred or a thousand times, or whatever:

KU SUM DAK PA NÖ KYI ZHALYÉ SU
The inanimate universe has been purified
into the nature of the trikaya and becomes
a precious palace.

CHÖ LONG TRUL SUM NANG SI ZUK PUNG NAM
Sentient beings are the embodiment of the
dharmakaya, nirmanakaya, and sambhogakaya.
The aggregate of form throughout the entire universe.

KUN ZANG CHÖ PÉ TRIN PUNG MI ZÉ PA
Each particle of fire becoming an inexhaustible cloud of offerings like those of the Bodhisattva Samantabhadra,

KHAM YONG LA KHYAP GYUR CHIK
And pervading all of the pure realms of all the buddhas.

Each particle of fire becoming an inexhaustible
And pervading all of the pure realms of all the

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Each particle of fire becoming an inexhaustible cloud of offerings like those of the Bodhisattva Samantabhadra,

KHAM YONG LA KHYAP GYUR CHIK
And pervading all of the pure realms of all the buddhas.

Each particle of fire becoming an inexhaustible
And pervading all of the pure realms of all the

cloud of offerings like those of the Bodhisattva
buddhas.

Samantabhadra,
DÜ TSIR ZHU WÉ JA Ō BAR NANG GANG
Has melted into amrita, and the entire sky is filled with rainbow light.

TOK MÉ DÜ NÉ DA TA YEN CHÉ DU
I dedicate it to all that appear and exist, to the recipients of offering,

SA LAM DRE BÜ YŌN TEN TAR CHIN ZHING
May I perfect the qualities of the paths, stages, and fruition.

MÉ JUNG KÜN ZANG TUK KYI KHA YING SU
In the excellent expanse of the mind of Samantabhadra,

KJOR WÉ GYA TSO CHEN PO TONG Pé TAR
May buddhahood be attained in Akanishta, the lotus net.

KHOR WA NYANG DÉ ZAK MÉ DÜ TSI CHÚ
All things within samsara and nirvana become undefiled ambrosia.

NANG SI DRÓN DU GYUR PA YONG LA NGO
Who have been there from beginningless time until now.

OK MIN PÉ MA DRA WAR SANG GYE SHOK
After the emptying of this great ocean of samsara.

Has melted into amrita, and the entire sky is filled with rainbow light.

I dedicate it to all that appear and exist, to the recipients of offering,

May I perfect the qualities of the paths, stages, and fruition.

In the excellent expanse of the mind of Samantabhadra,

May buddhahood be attained in Akanishta, the lotus net.

All things within samsara and nirvana become undefiled ambrosia.

Who have been there from beginningless time until now.

After the emptying of this great ocean of samsara.
Smoke Offering

PUNG KHAM SEK DZÉ TRAK DANG ZIJI BAR
The burnt offering substances of the aggregates and elements blaze with luster and majesty.

卡爾瑪強森雖然東巴
紅白菩提品樂空燃，

TONG NYI NYING JÉ SEK DZÉ CHÓ YING GANG
The burnt offering substances of emptiness and compassion fill the dharmadhatu.

東尼寧傑雖然秋英康
空性慈悲供品充法界，

LHÜN DRUP DZOK SANG GYE PÉ SEK DZÉ BUL
I offer the burnt offering substances of spontaneously present Buddhahood.

倫住桑傑貝雖最布
任運現成佛果為火供，

DA TA GYÜ LA MI NÉ TOL LO SHAK
In order that wrongdoing and obscuration not abide within me now, I confess them.

塔大句拉米內投樓夏
祈今遮障不住心故懺，

SO TAR CHANG SEM RIG PA Dzin PA YI
I admit and confess both conscious and unconscious violations of
叟塔強森日巴金巴依
各別解脫菩薩持明者，
And the samaya of secret mantra.

May sickness, döns, contamination, and impurity be purified.

May the age of sickness, famine, and warfare be pacified.

May all inauspicious signs for the country and lamas to their realms be averted.

May the obstacle of dakinis inviting practitioners and lamas to their realms be averted.

May the stealing of vitality and breath by planets, nagas, and kings be averted.

May any inauspiciousness be averted wherever we reside.

May the magical power of the samaya broken spirits be averted.
Samaya. In that way, with various woods, burn the one hundred and eight varieties of sang substances as is found in the fire puja. This mountain cleansing offering will ransom death, purify obscurations from consuming the wealth of the sangha, and dispel all types of obstacles. It is therefore like a diamond in its worth. It was bestowed by the dakinis as a tool for opening the door to Sikkim, which was a hidden land. In accordance with this, it was written down without mistake or confusion. May all be auspicious.

三昧耶。 如此，以各種木材，依火供儀軌燃燒一百零八種烴供品。此山淨煙供能贖回死，清淨盗用僧物惡業及各種障礙，故如鑽石之可貴。此儀軌乃空行母所授，以開啟故隱藏之地錫金之門。依此無誤而撰。願皆吉祥。

SANG GYÉ TEN SUNG KÖN CHOK U PANG TÖ
Protect the Buddha’s teaching and praise the rank of the Three Jewels.

GEN DÜN Dé KYÖNG NAL JOR TSÉ PAL PEL
Protect the communities of the sangha and increase the longevity and prosperity of yogins.

NYEN PÉ DAR CHOR DRAK PÉ DUNG BÜ LA
Unfurl the banner of fame and blow the conch of renown.

KHOR DANG LONG CHÖ GYE PA NYI DU DZÖ
Cause our retinue and our prosperity to expand.

年貝塔秋乍貝東布拉
展盛名旗吹響名聲螺，

擴當隆久傑巴尼杜則
眷屬繁衍財富得增長。

GÉ MÉ LANG TSO DEN PÉ LÜ TOP GYÉ
Without aging, may the vigor of our bodies expand and may we be youthful.

MIK LA YA TSEN TÉ MO GA WA DANG
May my eyes see wonderful, joyous spectacles.

給美朗湊典貝陸豆給
青春不老壯盛體力增，

米拉雅曾碟默嘎瓦當
眼中常見美妙悦意事，

NA WAR TAK TU NYEN PÉ TAM TÖ SHING
May my ears continually hear pleasant conversation.

DRI ZHIM NGE PA NA DANG MI DRAL WAR
May my nose never be separate from delicious smells.

納瓦大杜年貝但特星 
耳中常聽妙語如珠談，

持信內巴納當米招瓦
鼻中不離絕好妙香味，
May my sense of taste be satisfied through the acquisition of food.

May my body only experience pleasant tactile sensations.

May my mind possess lustrous prajna.

If I travel, free me from the dangers of perilous passages and of crossing rivers.

If I go to dangerous places, protect me from the harm of enemies, bandits, and thieves.

If I pray to you, rely upon you, make offerings, to you and urge you,

If I go to dangerous places, protect me from the harm of enemies, bandits, and thieves.

Don’t be weak; be loving.

Please cause the accomplishment of whatever I wish.

Please cause the accomplishment of whatever I wish.

Total prayer for all wishes to be fulfilled.
DAK DANG TA YÉ SEM CHEN TAM CHÉ KYI
For myself and for all beings

大當塔也森堅坦傑吉
我與無邊一切有情眾，

GAL KYEN BAR CHÉ MA LÜ ZHI WA DANG
Pacify all adverse conditions and impediments,

高堅巴切瑪陸希瓦當
祈令逆緣障礙悉消除，

SI ZHI PAL JOR MA LÜ JUNG WÉ ZHI
The ground for the arising of all goodness,
both in existence and tranquility,

希西寶久瑪陸炯維西
一切凡聖資財之根源，

DÉ DZIN JÉ PÉ KYE BU DAM PA NAM
May all of the holy individuals who uphold
these teachings

碟僅傑貝傑布坦巴南
弘持佛法賢德師尊眾，

DAK CHAK YÖN CHÖ KHOR DANG CHÉ PA LA
For myself and my patrons,

大佳元卻擴當傑巴拉
吾等善信施主眷屬眾，

LA MÉ DZOK PÉ CHANG CHUP DRUB PA LA
Who are on the path to the accomplishment of
unsurpassable perfect buddhahood,

拉美奏貝強曲住巴拉
修持無上圓滿菩提時，

TÜN KYEN SAM DÖN LHÜN GYI DRUB PAR DZÖ
And cause all conducive conditions to be
spontaneously fulfilled.

屯堅三登倫吉住巴則
順緣如願任運得成就。
DÔN NAM TAM CHÉ YI ZHIN DRUB PA DANG
May we be effective in being able to benefit other beings.
登南坦傑依心住巴當
所願一切皆得如意成，

KYIL KHIR ZHAL YÉ DIR YANG TA SHI SHING
In this palace of the mandala may there be auspiciousness.
京擴小也地央扎西星
願此壇城宮殿皆吉祥，

GANG ZHIK YI LA DREN PA TSAM GYI KYANG
Those who, merely by being thought of,
康西以拉真巴贊吉將
僅僅心中憶念諸聖眾，

CHÔ SUNG YI ZHIN NOR BU KHYÉ NAM KYI
You dharma protectors who are like wish-fulfilling jewels —
卻松以心諾布切南吉
護法如意寶珠諸聖眾，

DRO WÉ DÔN LA TU DANG DEN PAR DZÖ
May all of our wishes be accomplished exactly as we intend them to be.
卓維登拉突當典巴則
祈令吾等具備利生力。

NYIN YANG TA SHI PAL BAR TA LA LA
May the glory of auspiciousness blaze during the day.
您陽扎西包巴大辣辣
白日吉祥耀燃大辣辣，

NYIN TSEN TAK TU TA SHI DÉ LEK SHOK
May there be auspiciousness, happiness and excellence continually, day and night.
您曾大杜扎西碟雷修
日夜恆常吉祥善妙樂。

DÔ PÉ NGO DRUP MA LÜ TSOL WA DANG
Bestow, without exception, the siddhis that are wished for —
德貝呢住瑪陸走瓦當
即賜所欲一切之成就，

DAK SOK SAM DÔN DRUB PÉ DROK DZÖ CHIK
Please assist in the accomplishment of the aims of myself and others.
大叟三登住貝卓則吉
祈助吾等所願皆得遂。
LA MA DAM PÉ JIN GYI LAB PA DANG
May the holy gurus grant their blessings.
喇嘛坦貝欽吉拉巴當
祈願具德上師賜加持，

CHÖKYONG SUNG MÉ BAR CHÉ ZHI WA DANG
May the dharmapalas pacify impediments.
卻炯松美巴切西瓦當
護法怙者去除諸障礙，

JIK TEN DÉ ZHING LO LEK DANG
May this world be happy, may crops be excellent,
吉典碟星樓雷當
世間安樂收成豐，

DÉ LEK PÜN SUM TSOK PA DANG
May there be abundant happiness and excellence,
碟雷盆松湊巴當
安和悅樂妙善圓，

YI DAM LHA YI NGÖ DRUP TSOL DZÉ CHING
May the yidams bestow siddhi.
以但拉以呢住奏最京
本尊聖眾賜予大成就，

TEN PA DAR ZHING TA SHI CHÖ PEL SHOK
May the auspiciousness of the flourishing of the teachings and the spreading of the Dharma be present.
典巴塔星扎西卻佩修
佛運昌隆廣宏增吉祥。

DRU NAM PEL ZHING CHÖ PEL WA
May grains and other crops spread, and may Dharma spread.
住南佩星卻佩瓦
五穀豐收法廣弘，

YI LA DÖ PA KÜN DRUP DZÖ
And may all of our wishes be accomplished.
以拉德巴棍住則
祈賜所願皆成就。
Long Life Prayer of the 17th Karmapa

長壽祈請文

 пу н м ун н ун нм м ун м м м у м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м m

GYAL KÜN NYING JÉ RANG ZUK KARMAPA
Embodyment of the compassion of all buddhas, Karmapa;
交 滾 寧 傑 掳 蘇 噶 瑪 巴
諸 佛 慈 悲 自 體 噶 瑪 巴，

 пу н м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м м m

GYAL KÜN TRIN LÉ CHIK DÜ KARMAPA
The activity of all buddhas in one, Karmapa;
交 滾 欽 雷 筧 噶 瑪 巴
諸 佛 事業 總 報 噶 瑪 巴，

 pu н м м m

GYAL KÜN DUNG TSOB WANG KUR KARMAPA
Empowered as the successor by all buddhas, Karmapa --
交 滾 東 湊 王 古 噶 瑪 巴
諸 佛 灌 頂 法 子 噶 瑪 巴，

 pu н m

OR GYEN DRO DÜL TRIN LÉ ZHAP TEN SOL
Orgyen Drodul Trinley, may your life be long.
交 滾 甦 玖 言 嘉 噶 瑪 巴
邬 堅 卓 督 玲 靈 夏 典 叟
邬 金 卓 督 玲 列 祈 長 壽。

Long Life Prayer of Karmapa

噶 剃 上 師 長 壽 祈 請 文

 pu н m m m

DE CHEN TSOK KYI KHOR LOR TAK ROL WA
You who continuously enjoy the mandala
碟 千 湊 吉 擴 樓 大 柔 咱
恆 時 享 用 大 樂 蓋 供 灌，

 pu н m m m

DÜ SUM GYAL WÉ TER CHEN KARMAPA
Karmapa, great treasury of all buddha activity,
度 松 交 為 碟 千 噶 瑪 巴
三 世 諸 佛 寶 藏 嘎 瑪 巴，

 pu н m m m

YAB SÉ GYÜ PAR CHÉ PA SI TSO DIR
With your heart sons and lineage
雅 偶 巨 巴 皆 巴 西 湊 地
傳 承 法 嗣 父 子 於 有 海，

 pu н m m m

KAL PA KAL PÉ BAR DU ZHAB TEN SOL
May you remain in this ocean of existence for kalpas and kalpas.
高 巴 高 貝 巴 度 夏 典 叟
祈 請 多 生 多 劫 常 住 世。
General Long Life Prayers for Lamas

I pray that the gurus’ health be excellent.
喇嘛故康桑哇
祈請上師尊體安康泰，

I pray that their activity flourish and spread.
欽雷塔行給拉叟哇碟
祈請事業宏達而廣大，

I pray that their life be supremely long.
秋度故翠玲拉叟哇碟
祈請尊身萬壽聖無疆，

Grant blessings that I not be separate from the gurus.
喇嘛當昭哇美巴欽吉樓
永不離於上師祈加持。

Whoever engages in the essential activity
於彼深密祕密之言教，

May their practice and study increase
所有捨取解行之眾會，

Like the surging rivers of summer.
願如夏日江潮益增勝。
May the glorious lamas live long.

包典拉美夏典巴當
祈願聖德上師足蓮固，

May happiness and well-being arise in all sentient beings, equal in extent to the sky.

卡娘永拉碟吉炯哇當
喜悅妙樂遍滿虛空界，

May I and all beings without exception, by gathering the two accumulations, purify the two veils,

大現瑪陸湊薩之將內
自他無餘積資淨障已，

And thus be swiftly established in the state of buddhahood.

紐度桑傑薩拉各巴修
迅速證得佛陀之果位。
Dedication Prayers

迦南多洛古素恒哲切哲之功德

SANG GYE KU SUM NYE PE JIN LAB DANG
Through the inspiration of the attainment of buddhas’ trikaya,
桑傑固松涅贝欽拉当
佛陀証得三身之加持,

迴向文

CHONYI MIN GYUR DEN PE JIN LAB DANG
Of the unchanging truth of suchness, and
確尼米巨典贝欽拉当
法性真實不變之加持,

GEN DÜN MI CHÉ DÜN PE JIN LAB KYI
Of the undivided intent of the sangha,
給敦米切敦贝欽拉吉
僧伽堅固和合之加持,

JI TAR NGO WA MÖN LAM DRUB GYUR CHIK
May these aspirations be fulfilled as they were made.
其大諾哇門朗竹巨吉
如是發願迴向祈圓成。

JAM PAL PA WÖ JI TAR KHYEN PA DANG
I fully dedicate all this virtue,
江包巴我其大千巴當
若彼文殊勇士如是知，

KÜN TU ZANG PO DÉ YANG DÉ ZHIN TÉ
Following, in my training,
棍度桑波帖揚帖欣喋
普賢菩薩亦復如是然，

DÉ DAK KÜN GYI JÉ SU DAK LOB CHING
The knowledge of the warrior Manjushri, and
帖大棍吉傑速達樓京
我願隨諸彼等而學習，

GÉ WA DI DAK TAM CHÉ RAB TU NGO
In the same way that of Samantabhadra and all the others.
給哇迪大坦界惹度諾
眾善悉皆迴向諸有情。

DÜ ZHI LÉ GYAL GYAL WÉ TRÍN LÉ PA
Karmapa, you who are the activity of all buddhas, victorious over the four maras,
度西雷交交為欽雷巴
戰勝四魔行佛事業者，

KAR MA PA TEN TEN PE NYING PO DI
May your teachings, the essence of Dharma,
噶瑪巴典典贝寧博第
噶瑪巴教法佛法心要，
CHOK TAR KÜN KHYAB KHYAB CHING GYÜN MI CHÉ TAK PAR RAB PEL PEL WÉ TRA SHI SHOK
Continuously spread to the limits in all directions, greatly increase, and always flourish auspiciously.
秋塔滚恰恰京均米切
願其傳遍諸方無中斷，

By placing this 26-syllable mantra in the text, even if one steps over it, there is no fault. This was taught in the Manjushri Root Tantra.
《文疏根本密續》云，置此 26 字咒於經書中，可滅誤跨之罪。

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