

Making Requests to the Guru



Mandala Offerings and Requests

ZHING KAM ÜL WAR GYI WO ...

OM VAJRA BHUMI AH HUM / WANG CHHEN SER GYI SA ZHI
OM VAJRA REKHE AH HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI
Ü SU

RII GYÄL PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING / NUP
BA LANG CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG / NGA
YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA
MI NYÄN DANG DRA MI NYÄN GYI DA / RIN PO CHHEI RI WO / PAG
SAM GYI SHING / DÖ JÖI BA / MA MÖ PÄI LO TOG

KHOR LO RIN PO CHHE / NOR BU RIN PO CHHE / TSÜN MO RIN PO
CHHE / LÖN PO RIN PO CHHE / LANG PO RIN PO CHHE / TA CHHOG
RIN PO CHHE / MAG PÖN RIN PO CHHE / TER CHHEN PÖI 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 CHHEI DUG / CHHOG 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 WONG WA DI DAG DRIN CHÄN TSA
WA DANG GYÜ PAR / CHÄ PÄI PÄL DÄN LA MA DAM PA NAM DANG
KYÄ PAR DU YANG

LA MA LO SANG TUB WANG DOR JE CHANG / CHEN PÖI LHA TSHOG
KHOR DANG CHÄ PA NAM LA ZHING KAM ÜL WAR GYI WO / THUG
JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NÄ [KYANG] DAG SOG DRO
WA MA GYUR NAM KHÄI THA DANG NYAM PÄI SEM CHÄN THAM CHÄ
LA / THUG TSE WA CHHEN PÖ GO NÄ JIN GYI LAB TU SÖL



Special request for the three great purposes

LA MA DANG KÖN CHHOG RIN PO CHHE
NAM PA SUM LA KYAB SU CHHI WO
KYE NAM KYI DAG GI GYÜ JIN GYI LAB TU SÖL
DAG DANG MA SEM CHÄN THAM CHÄ SHE NYEN LA MA GÜ PA NÄ
ZUNG TE DAG NYI SU TSHÄN MAR DZIN PÄI
BAR GYI CHHIN CHI LOG GI LO NA THA DAG GAG PA DANG
SHE NYEN LA GÜ PA SOG CHHIN CHI MA LOG PÄI LO NA THA DAG DE
LAG TU KYE WA DANG
KYEN CHHI NANG GI BAR CHÖ THAM CHÄ
NYE WAR ZHI WAR JIN GYI LAB TU SÖL (3x)

I prostrate and go for refuge to the Guru and the Three Precious Gems: Please bless my mind.

I am requesting you to immediately pacify all the wrong conceptions, from incorrect devotion to the Guru up to the subtle dual view of the white, red, and dark visions, that exist in my mind and in the minds of all mother sentient beings.

I am requesting you to immediately generate all the right realizations from guru devotion up to enlightenment in my mind and in the minds of all mother sentient beings.

I am requesting you to pacify all outer and inner obstacles to actualizing the entire graduated path to enlightenment in my mind and in the minds of all mother sentient beings. (3x)

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Continue with the **Special Requests to One's Individual Gurus** on the next page, and to do the Mandala Offering and nine-line or five-line Migtsema practice. For *LC43*, go to p. 116.

Special Requests to One's Individual Gurus

Repeat the below three verses (refuge, short mandala, and the nine-line migtsema prayer), a number of times, substituting “la ma sang gyä la” / “Guru-Buddha” in line 6 of the nine-line prayer with: (1) “Tenzin Gyatso-la” for His Holiness the Dalai Lama; (2) the name of your root Guru, for example, “Lama Zopa-la”; (3) the names of your other gurus – one per repetition – and/or, (4) “la ma sang gyä la” for all remaining gurus. If you have limited time, you can recite this verse one time only using “la ma sang gyä la.”

Refuge

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA
I go for refuge until I am enlightened
 JANG CHHUB BAR DU DAG NI KYAB SU CHHI
To the Buddha, the Dharma, and the Supreme Assembly.
 DAG GI JIN SOG GYI PA SÖ NAM KYI
By my practice of giving and other perfections,
 DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (1x)
May I become a buddha to benefit all sentient beings. (1x)

Brief mandala of the seven heaps

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!



Nine-line prayer to Lama Tsongkhapa

NGÖ DRUB KÜN JUNG THUB WANG DOR JE CHHANG
Vajradhara, lord of sages, source of all realizations;
 MIG ME TSE WÄI TER CHHEN CHÄN RÄ ZIG
Avalokiteshvara, great treasure of non-objectifying compassion;
 DRI ME KHYEN PÄI WANG PO JAM PÄI YANG
Manjushri, master of stainless wisdom;
 DÜ PUNG MA LÜ JOM DZÄ SANG WÄI DAG
Vajrapani, destroyer of the entire host of maras;
 GANG CHÄN KHÄ PÄI TSUG GYÄN LO ZANG DRAG
Losang Dragpa, crown jewel of sages of the land of snow:
 KYAB SUM KÜN DÜ LA MA SANG GYÄ LA
To you, Guru-Buddha (Tenzin Gyatso-la, Thubten Zopa-la, names of other gurus), embodying the three refuges,
 GO SUM GÜ PÄI GO NÄ SÖL WA DEB
I make requests showing respect with my three doors.
 RANG ZHÄN MIN CHING DRÖL WAR JIN GYI LOB
Please grant your blessings to liberate myself and others.
 CHHOG DANG THÜN MONG NGÖ DRUB TSÄL DU SÖL
Please bestow the supreme and common realizations.
 [NYUR DU KYE RANG TA BUR JIN GYI LOB]
[Please bless me to become quickly like you.]

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Short Migtsema Recitation

Recite the four or five line Migtsema prayer. You can do the very secret visualization of migtsema related to the Lama Tsongkhapa guru yoga, which involves meditation on the four initiations, or you can do the common visualizations of purifying negative karma collected with gurus, purifying obscurations, or the visualization for accumulating the seven types of wisdom.

Five-Line Prayer to Lama Tsongkhapa (Migtsema)

MIG ME TSE WÄI TER CHHEN CHÄN RÄ ZIG
Avalokiteshvara, great treasure of non-objectifying compassion;

DRI ME KHYEN PÄI WANG PO JAM PÄI YANG
Manjushri, master of stainless wisdom;

DÜ PUNG MA LÜ JOM DZÄ SANG WÄI DAG
Vajrapani, destroyer of the entire host of maras;

GANG CHÄN KHÄ PÄ TSUG GYÄN TSONG KHA PA
Tsongkhapa, crown jewel of the sages of the land of snow:

LO ZANG DRAG PÄ ZHAB LA SÖL WA DEB
To Losang Dragpa, at your feet I make requests. (at least 9x)

Requests for Wisdom

ZHUNG DÖN JE LA TUG PA ME PA YI
Please grant me blessings to achieve extensive great wisdom

ZAB MÖ SHE RAB THOB PAR JIN GYI LOB
That is able to understand and explain the meanings of the extensive scriptures without resistance.

THÖ SAM GOM PÄ SHE RAB PHEL DU SÖL
I request that the wisdoms of hearing, understanding, and meditation may increase.

CHHÄ TSÖ TSOM PÄI LO DRÖ GYÄ DU SÖL
I request that the wisdoms of expounding, debating, and writing may be developed.

CHHOG DANG THÜN MONG NGÖ DRUB TSÄL DU SÖL
I request that the general and sublime realizations may be granted.

NYUR DU KHYE RANG TA BUR JIN GYI LOB
Please grant me blessings to be quickly like you.

DE CHHEN LHÄN KYE YE SHE CHHAR TU SÖL
I request that the transcendental wisdom of the simultaneously born great bliss may arise.

NGÖ DZIN THRÜL WÄI DRI MA SEL DU SÖL
I request that the stains of truly believing illusory thought may be purified.

SEM NYI THE TSHOM DRA WA CHÄ DU SÖL
I request that the net of doubts that are only in the mind may be cut off.

NYUR DU KHYE RANG TA BUR JIN GYI LOB (3x)
Please grant me blessings to be quickly like you. (3x)



Requesting the Guru

I request the precious Guru,
 Who encompasses all objects of refuge of the past, present,
 and future:
 Please bless my mental continuum.

Visualization


Five-colored nectar beams flow forth from the Guru's holy body, entering my body and mind and those of all sentient beings. These purify all diseases, spirit harms, negative karmas, and obscurations, especially all the collections of obscurations, negative karmas, and degenerated samayas created in relationship to the virtuous friend, such as giving harm to the holy body, breaking advice, disturbing the holy mind, generating non-devotional thoughts, criticizing, giving up the Guru, and so forth.

From all my doors, sense organs, and pores these are dispelled in the form of liquid smoke or black soot. They are completely purified. My body becomes the nature of light, calm and clear. My life, fortune (merit), and all my qualities of understanding and realizations are developed fully.

The blessings of the Guru's holy body, holy speech, and holy mind enter my body, speech, and mind and those of all sentient

beings. I and all sentient beings are now under the protection of the virtuous friend.

Continue with the *Requesting Prayer to the Lam-Rim Lineage Gurus* below. For a short version of this requesting prayer, see p. 333. For *LC 43*, turn to p. 116.

 *Requesting Prayer to the Lam-Rim Lineage Gurus*
(from Jorchö)

The last line of each verse is recited two times.

PÄL DÄN TSA WÄI LA MA RIN PO CHE
Magnificent and precious root Guru,
DAG GI CHI WOR PA MÖI TENG ZHUG LA
Please abide on the lotus seat at my crown.
KA DRIN CHEN PÖI GO NÄ JE ZUNG TE
Guide me with your great kindness,
KU SUNG TUG KYI NGÖ DRUB TSÄL DU SÖL
**And grant me the realizations of your holy body, speech,
and mind.**

Request to the Method Lineage

DREN PA NYAM me tön pa chom dän dä
The Founder, the bhagavan, the incomparable guide,
GYÄL TSHAB DAM PA JE TSÜN MI PHAM GÖN
Invincible Lord Maitreya, the Conqueror's regent,
GYÄL WÄ LUNG TÄN PHAG PA THOG ME ZHAB
**Arya Asanga, whose coming was prophesied by the Con-
queror,**
SANG GYÄ JANG SEM SUM LA SÖL WA DEB
To you three buddhas and bodhisattvas, I make requests.

DZAM LING KÄ PÄI TSUG GYÄN YIG GI NYEN
Vasubandhu, crown ornament of this world's learned ones,
U MÄI LAM NYE PHAG PA NAM DRÖL DE
Arya Vimuktisena, who found the middle path,
DÄ PÄI SAR NÄ TSÜN PA NAM DRÖL DE
Vimuktisenagomin, noble foundation of abiding faith,
JIG TEN MIG JE SUM LA SÖL WA DEB
**To you three who opened the eyes of the world, I make
requests.**

MÄ JUNG NGO TSHAR NÄ GYUR CHHOG GI DE
**Paramasena, who has exalted and marvelous
accomplishments,**
ZAB MÖI LAM GYI GYÜ JANG DÜL WÄI DE
Vinitasena, who trained his mind in the profound path,
LAB CHHEN CHÖ PÄI TER GYUR NAM NANG DZÄ
Vairochana, a treasury of great waves of conduct,
DRO WÄI TSA LAG SUM LA SÖL WA DEB
To you three friends of migratory beings, I make requests.

LAM CHHOG SHER CHHIN GYÄ DZÄ SENG ZANG ZHAB
**Haribhadra, who composed vast treatises on the supreme
path of the Prajnaparamita,**
GYÄL WÄI MÄN NGAG KÜN DZIN KU SA LI
Kusali, holder of all the Conqueror's instructions,
DRO KÜN TSE WÄ JE DZIN GE WA CHÄN
Ratnasena, who lovingly cared for all beings,
DRO WÄI DE PÖN SUM LA SÖL WA DEB
**To you three helmsmen of sentient beings, I make
requests.**

JANG CHHUB THUG LA NGA NYE SER LING PA
Suvarnavipa, who realized bodhichitta in his holy mind,
SHING TA CHHEN PÖI SÖL DZIN MAR ME DZÄ
Atisha, who upheld the tradition of the great vehicle,