

2014 Retreat Prayer Book Updates

What's Going On Here?

Welcome to the 2014 updates to the FPMT Retreat Prayer Book. We've made several updates to the Retreat Prayer Book, on the advice of Lama Zopa Rinpoche.

If you have not yet purchased this prayer book, you may purchase the new, completely updated version of the Retreat Prayer Book PDF [from The Foundation Store](#).

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- You may keep your old PDF version, but download your complimentary updated pdf of the new version by emailing education@fpmt.org and requesting the promo code, or...
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The Changes

Impermanence at work! Here we go....

Table of Contents

Several sections of the prayer book have been expanded or even replaced on the advice of Lama Zopa Rinpoche. We've also added a fourth appendix containing Extensive Dedications that Rinpoche wanted to include. We've done all we can to keep the page numbers the same, but since Rinpoche inevitably adds material rather than subtracting it, and because space can be tight, page numbers have changed a little from the previous versions.

Preliminary Prayers

Lama Zopa Rinpoche has replaced the Morning Activities section with a new and expanded Daily Meditation section. The Daily Meditation includes most of the material from the old version, but also includes some new prayers to help place our minds in bodhichitta and implements changes the order of the prayers. This new material also comes with a bunch of new footnotes. The entire new version of Preliminary Prayers is available on the [FPMT Prayer Books Update](#) page (or in your complimentary pdf download).

Mantra of Pure Morality, p. 21 (in the old version of the book. All page numbers refer to the old version of the book)

We've added an interesting footnote about the word SAMBHARA in this mantra: "In the Gelug texts for Mahayana Precepts and other pujas, SAMBHARA is said just once, but the 7th Dalai Lama, the 2nd Karmapa and other lamas say SAMBHARA SAMBHARA twice. While there is no fault in reciting SAMBHARA only once, Lama Zopa Rinpoche is now saying the mantra with two SAMBHARAs."

Dissolving into Emptiness, p. 22

At the bottom of the page, after the verse LC6 and before the instructions "Dissolve and absorb the refuge merit field", insert the mantra OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM.

Mantra Recitation, p. 121

At the bottom of the page, we've added a note about these mantras from Lama Zopa Rinpoche: "With the exception of the Vajrayogini mantra, the tradition to recite these mantras comes from Geshe Sengye as a way to integrate the three deities. Geshe Sengye was a previous abbot of Sera Je, Lhasa."

P. 148

After Verse 94, add the following to the instructions:

Lama Zopa Rinpoche replaces the last two lines of LC 94 with the following:

Hence I seek your blessings to make my heart practice
The yoga of exchanging myself with others.

P. 163

At the end of the last verse of the prayer ("The embodiment of all objects of refuge..."), put in (2x).

P. 169

We've added two additional dedication verses after JANG CHHUB SEM CHHOG. They are:

TONG NYI TA WA RIN PO CHHE

May the precious view of emptiness
MA KYE PA NAM KYE GYUR CHIG
That has not arisen, arise and grow;
KYE PA NYAM PA ME PA YI
And may that which has arisen not diminish
GONG NÄ GONG DU PHEL WAR SHOG
But increase more and more.

RIM NYI TOG PA RIN PO CHHE
May the supreme realization of the two stages
MA KYE PA NAM KYE GYUR CHIG
That has not arisen, arise and grow;
KYE PA NYAM PA ME PA YI
And may that which has arisen not diminish
GONG NÄ GONG DU PHEL WAR SHOG
But increase more and more.

Lama Chöpa Dedication Verse, p. 170.

Oops! We accidentally left off the final dedication verse in this version of Lama Chöpa. Life can be crazy. Here it is...

Due to the merits of the three times created by myself and others and by the buddhas and bodhisattvas, may I, my family members, all the students and benefactors of the organization, and all sentient beings be able to meet perfectly qualified Mahayana virtuous friends in all our future lives. From our side, may we always see him as enlightened and always perform only actions most pleasing to their holy minds. May we always fulfill their holy wishes instantly."

Lunchtime Prayers, p. 182

The "Sangha Prayers for Lunchtime" heading may be deleted. These prayers are now performed by everyone, not only ordained Sangha.

Instructions, p. 199

Note that you may also do the short version of the lineage lamas prayer on p.333.

Inner Offering, p. 231

We have added the English for this prayer.

TONG PA NYI DU GYUR

Everything becomes emptiness only.

TONG PÄI NGANG LÄ YAM LÄ LUNG / RAM LÄ ME

**From the state of emptiness, from YAM comes wind,
from RAM fire,**

AH LÄ MI GÖI GYE PU SUM GYI TENG DU

From AHS a grate of three human heads,

AH LÄ JUNG WÄI THÖ PA KAR PO

Above which, from an AH, comes a white skullcup.

DEI NANG DU SHA NGA / DÜ TSI NGA

Inside are the five meats and five nectars,

DE DAG GI TENG DU OM AH HUM

And above these are OM AH HUM.

RANG GI THUG KÄI HUM LÄ Ö ZER THRÖ / LUNG YÖ ME BAR

**From the HUM at my heart light rays emanate, wind moves,
fire blazes,**

THÖ PAI NANG GI DZÄ NAM ZHU ZHING KHÖL

The substances inside the skullcup melt and boil.

YI GE SUM LÄ Ö ZER THRÖ PÄ DOR JE SUM KUG NÄ THIM PA THÖ PAR LHUNG TE ZHU WÄ HUM
GI KHA DOG DRI NÜ KYI KYÖN JANG

**From the three syllables light rays emanate, hooking back the three vajras, which dissolve
into them. They fall into the skullcup and melt. HUM purifies all faults of color, smell and
potentiality;**

ÄH DÜ TSIR TOG PAR JÄ

AH transforms it into nectar;

OM GYI MANG POR BAR ZHING PEL WAR GYUR

OM multiplies and increases it.

OM AH HUM (3x)

Phonetic Change, p. 231

In the first line of the third verse, change TSEI to TSE YI.

Dedication Prayers Section

The revisions to this section are included below. This section is also available as a download.

Titles for Dedication Prayers, p. 279 and on through the section

First verse – To Become a Guru Buddha

Second verse – To Actualize Bodhichitta

Third verse – To Realize Emptiness

Fourth verse (p. 280) – To Realize the Two Stages

Fifth and Sixth Verse – Dedicating in the Same Way As All the Buddhas and Bodhisattvas

Seventh verse – Dedication from Lama Tsongkhapa Guru Yoga

Eighth verse – To Not Arise Heresy Toward the Guru

Ninth verse – For Lama Tsongkhapa To Be the Direct Mahayana Guru

Tenth verse - To Meet, Practice, and Actualize the Teachings of Lama Tsongkhapa

Additional Dedication Prayers, p. 284

At the bottom of the page, Lama Zopa Rinpoche has added two additional verses:

*For the World: For Peace and Happiness to Prevail Due to
Bodhichitta Having Arisen*

19. KHYE LA TÖ CHING SÖL A TAB PÄI THÜ

By the force of the praises and requests made to you,

DAG SOG GANG DU NÄ PÄI SA CHHOG DER

**May all diseases, evil spirits, poverty, and quarrels
be calmed,**

NÄ DÖN ÜL PHONG THAB TSÖ ZHI WA DANG

And may the Dharma and good fortune increase

CHHÖ DANG TRA SHI PHEL WAR DZÄ DU SÖL

In the regions in which I and others dwell.

*For All the FPMT Projects to be Successful and Bring the
Greatest Benefit to All Sentient Beings and the Teachings
of the Buddha*

20. BÄ DANG TSOL WA MA GÖ PÄI

Without need of effort or energy

YI ZHIN NOR BU PAG SAM SHING

Like the wish-granting jewel and wish-fulfilling tree,

SEM CHÄN RE WA KONG DZÄ PÄI

**That fulfill the wishes of sentient beings,
SAM PA DRUB PÄI TRA SHI SHOG
May there be the auspiciousness of fulfilling all intentions.**

Special FPMT Dedication Prayers, p. 286

In the first line, change Kyabje to Lama.

The third paragraph now reads: May all the obstacles to the quick success of the building of the Maitreya statues be instantly destroyed. May these great statues of Maitreya be accomplished exactly according to the wishes of Lama Yeshe and Lama Zopa Rinpoche.

The fourth paragraph now reads: May all FPMT centers, services, and projects be free of obstacles to spread the holy Dharma of Buddha Shakyamuni, in particular the teachings of Lama Tsongkhapa.

The opening of the sixth paragraph now reads: May all the students, benefactors, and friends, as well as their families, who work so hard in the service of the Dharma...

Dedication Prayers for Special Occasions, p. 288

Fifth paragraph now refers to two Maitreya statues, rather than just one: May we quickly receive all the funding needed for the two Maitreya Buddha statues. May the statues be completed as quickly as possible, so that Maitreya Buddha will descend into the world. May the statues be most beneficial to sentient beings; may they cause all sentient beings to generate loving-kindness, compassion, and bodhichitta in their hearts as quickly as possible. May the Maitreya statues cause perfect peace and happiness in the world and bring all sentient beings to enlightenment as quickly as possible by causing them to achieve enlightenment as quickly as possible.

The last two paragraphs in this section also have been altered to refer to two Maitreya statues:

May all those who are building the Maitreya statues – people in companies, laborers, cooks, and those who give contributions of money, time, or life for the project – as well as those who circumambulate the statues, make offerings to the statues, prostrate to the statues, see the statues, and those who hear about the statues, who think about the statues, who remember the statues, who praise the statues, who criticize them; from that time on, may they never be reborn in the lower realms. May they immediately purify their negative karma and never get reborn in the lower realms. May they meet Maitreya Buddha's teachings, generate faith in refuge and karma, actualize bodhichitta, complete the path, and achieve enlightenment as quickly as possible.

May there be immediate success in getting all the funding for the Maitreya Project. May the statues be completed quickly and be most beneficial for sentient beings to purify their minds and collect extensive merit. May the statues give rise to faith in Buddha, Dharma, and Sangha, and generate compassion, loving-

kindness and bodhichitta in the hearts of all living beings, particularly in this world – particularly in the hearts of all the leaders of this world and all the terrorists, those who cause so much violence to others in this world; may it become the cause for their perfect enjoyment, peace, inner prosperity, and generation of the complete path to enlightenment as quickly as possible.

Long Life Prayers for His Holiness the Dalai Lama, p. 323

Several prayers have been added to this section, and some titles have been changed. The entire Long Life Prayers section is available for download. Changes are too extensive to note here.

Lama Tsongkhapa Verse, p. 334

We added Tibetan phonetics to this verse, to be consistent with the rest of the prayer.

Lama Tsongkhapa, His Two Disciples, and the Lamas of the New Kadampa Tradition

GANG CHÄN SHING TÄ SÖL JE TSONG KHA PA

Tsongkhapa, trailblazer of spiritual doctrine in the land of snows,

NGÖ TON RIG PÄ WANG CHHUG GYÄL TSHAB JE

Gyaltsab Je, the lord of reasoning on emptiness,

DO NGAG TEN BÄ DAG PO KHÄ DRUB JE

Khedrup Je, the keeper of the teachings on sutra and tantra,

YAB SÄ GYÜ PAR CHÄ LA SOL WA DEB

To the lineage of father and sons, I make requests.

Extensive Dedication Prayers Appendix, after p. 355

We added three extensive dedication prayers to the book on the advice of Lama Zopa Rinpoche. This section is available for download. The three prayers are:

1. Prayer to be Reborn in the Land of Bliss, by Lama Tsongkhapa
2. A Prayer for the Beginning, Middle, and End by Lama Tsongkhapa
3. The Dedication Chapter from Shantideva's Bodhicharyvatara (Alan and Vesna Wallace trans.)