This packet contains updates to the 2008 Edition of Essential Buddhist Prayers, Vol. 1. These updates were made by Lama Zopa Rinpoche during the 100 Million Mani Retreat in May of 2009, and the Lamp of the Path Retreat in September of 2009.

A list of corrections is included below, followed by the actual pages from the corrected prayer book. You may either make the corrections with a pen, or cut the pages from this document and tape them in over the existing pages in your prayer book.

PAGE 15
Lama Zopa Rinpoche has added a mantra to increase the merit of recitations (second mantra on page is the new one).

PAGE 19
Lama Zopa Rinpoche has changed the phonetics and pronunciation of the first mantra on the page.

PAGE 26
In the Invocation, Lama Zopa Rinpoche has changed the word Protector to Savior.

PAGE 27
The second verse of the mandala offering is not an Inner Mandala and according to Rinpoche’s wishes, we have removed the heading.

PAGE 28
In the second full line of the Prayer to Take the Precepts, we have added in a missing part of the translation – Master, please pay attention to me. It and the corresponding Tibetan are in brackets. When you take the precepts from a lama, you recite this line. When you take them on your own, you do not recite it.

PAGE 28-29
There are a few phonetics corrections and also the English has been rearranged to better fit the Tibetan.
Lama Zopa Rinpoche mentioned that the Commitment Prayer to Keep the Precepts wasn’t translated properly. Geshe Gelek of Kadampa Center in North Carolina provided us with this accurate translation.

The verses for His Holiness the Dalai Lama and Lama Zopa Rinpoche have changed.

Lama Zopa Rinpoche has changed “please look after me” to “please guide me” in each verse.

Rinpoche has also changed the word “families” to “types” when referring to the Buddha families at the bottom of p. 127.

Rinpoche has added instructions at the bottom of the page.

Rinpoche has added a mantra to the Multiplying Mantras.

ALL CHANGES are included below as actual pages from the corrected prayer book.
Morning Activities

The increasing effect mantra¹

OM SAMBHARA SAMBHARA BIMANA SARA MAHA JAVA HUM
OM SMARA SMARA BIMANA SKARA MAHA JAVA HUM  (7x)

This mantra increases the merit of the day 100,000 times

Mantra to increase the merit of recitation

TADYATHA DHARE DHARE BENDHARE SVAHA  (7x)

This mantra increases the merit of the Dharma texts and sadhanas you recite. For mantras, it is like having recited the mantra many millions of times. So much merit.

The mala blessing mantra²

OM RUCHIRA MANI PRAVARTAYA HUM  (7x)

Recite seven times then blow on the mala. This increases the power of the mantras you recite over one million times.

Mantra for blessing the feet³

OM KHREC HA RAGHANA HUM HRI SVAHA  (7x)

Recite seven times then blow on the sole of each foot, or shoe, whatever directly touches insects as you walk (one may also recite this mantra then blow on the tires of your car or bicycle.)
Zung of the Exalted Completely Pure Stainless Light

NAMA NAWA NAWA TEENEN TATHAAGATA GANGA NAM DIVA LUKAA NEN / KOTINI YUTA SHATA SAHA SRAA NEN / OM VOVORI / TSARI NI* TSARI / MORI GOLI TSALA WAARI SVAHA (a few times)

[*indicates a high tone.]

Mantra Taught by Buddha Droden Gyälwa Chhö

OM HRI YA DHE SARVA TATHAAGATA HRIDAYA GARBE / ZOLA DHARMA DHATU GARBE / SANGHA HARANA AYU SANGSHODHAYA / PAPAM SARVA TATHAAGATA SAMENDRA AUSHNI KHA VIMALE BISHUDHE SVAHA (a few times)

Then recite:

OM MANI PÄDME HUM

For commentary on these mantras, see p. 56.
And the sphere of phenomena being pure and inconceivable;

May these piles of clouds of offerings arising through transformation by the bodhisattvas Arya Samantabhadra, Manjushri, and so forth – unimaginable and inexhaustible, equaling the sky – arise and, in the eyes of the buddhas and bodhisattvas of the ten directions, be received.

Invocation

Savior of all beings without exception;

Perfect knower of all things;

Divine destroyer of the intractable legions of Mara;

Bhagavan and retinue, please come here.

Mantra and Praise with Prostrations

OM NAMO MANJUSHRIYE / NAMAH SUSHRUYE / NAMA UTTAMA SHRIYE SVABA (3x with prostrations)

To the Guru, founder, bhagavan, tathagata, arhat, perfectly completed buddha, glorious conqueror Shakyamuni Buddha, I prostrate, make offerings, and go for refuge. Please grant me your blessings. (3x with prostrations)
Then sit down to do the following prayers:

**Seven-Limb Prayer**

GO SUM GÜ PÄI GO NÄ CHHAG TSHÄL LO  
Reverently, I prostrate with my body, speech, and mind;

NGÖ SHAM YI TRÚL CHHÖ TRIN MA LÜ BÜL  
I present clouds of every type of offering, actual and imagined;

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG  
I declare all my negative actions accumulated since beginningless time

KYE PHAG GE WA NAM LA JÉ YI RANG  
And rejoice in the merit of all holy and ordinary beings.

KHOR WA MA TONG BAR DU LEG ZHUG NÄ  
Please, remain until the end of cyclic existence

DRO LA CHHÖ KYHOR LO KOR WA DANG  
And turn the wheel of Dharma for living beings.

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO  
I dedicate my own merits and those of all others to the great enlightenment.

**Short Mandala Offering**

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
This ground, anointed with perfume, strewn with flowers,

RÎ 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!

DAG GI CHHAG DANG MONG SUM KYE WÄI YÜL  
The objects of my attachment, aversion and ignorance –

DRA NYEN BAR SUM LÜ DANG LÖNG CHÖ CHÄ  
Friends, enemies, strangers – and my body, wealth, and enjoyments;
PHANG PA ME PAR BŪL GYI LEG ZHE NĀ
Without any sense of loss I offer this collection.
DUG SUM RANG SAR DRÖL WAR JIN GYI LÖB
Please accept it with pleasure and bless me with freedom from
the three poisons.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

**Prayer for Taking the Precepts**

Now stand up and make three prostrations. Then, kneel on your
right knee with your hands together in prostration and your head
bowed. Visualize Guru Avalokiteshvara before you, generate the
profound bodhichitta motivation for taking the precepts, and re-
peat three times:

CHHOG CHU NA ZHUG PĀI SANG GYÄ DANG JANG CHHUB SEM PA
THAM CHĀ DĀG LA GONG SU SÕL
All buddhas and bodhisattvas dwelling in the ten directions,
please pay attention to me.

[LOB PÔN GONG SU SÕL] / JI TAR NGÖN GYI DE ZHIN SHEG PA DRA
[Master, please pay attention to me.] Just as the previous
tathagatas,

CHOM PA YANG DAG PAR ĐÖG PĀI SANG GYÄ TA CHANG SHE
foe destroyers, perfectly completed buddhas who, like the di-
vine wise horse and the great elephant,
TA WU LANG PO CHHEN PO JA WA JÄ SHING JE PA JÄ PA KHUR BOR WA
did what had to be done, performed actions, laid down the bur-
dden, subsequently attained their own welfare,

RANG GI ĐÔN JE SU THOB PA / SI PAR KÜN TU JOR WA YONG SU ZÄ PA
completely exhausted the fetters to existence, and had perfect
speech,

YANG DAG PĀI KA / LEG PAR NAM PAR DRÖL WĀI THUG / LEG PAR NAM
PAR DRÖL WĀI SHE RAB CHÄN /
well-liberated minds, and well-liberated wisdom,
DE DAG GI / SEM CHÄN THAM CHÄ KI DÖN GYI CHHIR DANG /
for the welfare of all sentient beings, in order to benefit,
PHÄN PAR JA WÄI CHHIR DANG / DRÖL WAR JA WÄI CHHIR DANG /  
in order to liberate, in order to eliminate famine,  
MU GE ME PAR JA WÄI CHHIR DANG / NÄ ME PAR JA WÄI CHHIR DANG  
in order to eliminate war, in order to stop the harm of the four  
elements, in order to eliminate sickness,  
JANG CHHUB KYI CHHÖG KYI CHHÖ NAM YONG SU DŽÖG PAR JA WÄI  
CHHIR DANG /  
in order to fully complete the thirty-seven practices harmonious  
with enlightenment,  
LA NA ME PA YANG DAG PAR DŽÖG PÄI JANG CHHUB NGÉ PAR TOG PAR  
JÅ WÄI CHHIR DANG SO JONG YANG DAG PAR DZÄ PA  
and in order to definitely actualize the unsurpassed result of  
perfect, complete enlightenment perfectly performed the re-  
storing and purifying ordination;  
DE ZHIN DU DAG [MING] DI ZHE GYI WÄ KYANG DÜ DI NÄ ZUNG TE JI SI  
SANG NYI MA MA SHAR GYI BAR DU /  
similarly, also I, who am called [say your name], from this time  
until sunrise tomorrow,  
SEM CHÄN THAM CHÄ KYI DÖN GYI CHHIR DANG PHÄN PAR JA WÄI CHHIR  
DANG DRÖL WAR JA WÄI CHHIR DANG  
for the welfare of all sentient beings, in order to benefit, in or-  
der to liberate, in order to eliminate famine,  
MU GE ME PAR JA WÄI CHHIR DANG NÄ ME PAR JA WÄI CHHIR DANG  
in order to eliminate war, in order to stop the harm of the four  
elements, in order to eliminate sickness,  
JANG CHHUB KYI CHHÖG KYI CHHÖ NAM YONG SU DŽÖG PAR JA WÄI  
CHHIR DANG  
in order to fully complete the thirty-seven practices harmoni-  
ous with enlightenment,  
LA NA ME PA YANG DAG PAR DŽÖG PÄI JANG CHHUB NGÉ PAR TOG PAR  
JÅ WÄI CHHIR SO JONG YANG DAG PAR LANG WAR GYI O. (3x)  
and in order to definitely actualize the unsurpassed result of  
perfect, complete enlightenment, shall perfectly undertake the  
restoring and purifying ordination. (3x)
Then the Guru will say, “This is the method,” (Tab yin-no) upon which you say, “Excellent.” (Leg-so)

Upon completing the third recitation, think that you have received the vows in your continuum and rejoice. Then regenerate the thought of bodhichitta, the altruistic aspiration to attain enlightenment for the sake of all sentient beings, by thinking:

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**The Commitment Prayer to Keep the Precepts**

**DENG NÄ SÖG CHÖ MI JA ZHING**

From now on I shall not kill.

**ZHÄN GYI NOR YANG LANG MI JA**

I shall not steal others’ possessions.

**THRIG PÄI CHHÖ KYANG MI CHÖ CHING**

I shall not engage in sexual activity.

**DZÜN GYI TSHIG KYANG MI MA O**

I shall not speak false words.

**KYÖN NI MANG PO NYER TEN PÄI**

Because many mistakes arise [from intoxicants],

**CHHANG NI YONG SU PANG WAR JA**

I shall avoid intoxicants.

**THRI TÄN CHHE THO MI JA ZHING**

I shall not sit on large, high, or expensive beds.

**DE ZHIN DÜ MA YIN PÄI ZÄ**

I shall not eat food at the wrong times.

**DRI DANG THRENG WA GYÄN DANG NI**

I shall not use perfumes, garlands, or ornaments.

**GAR DANG LU SÖG PANG WAR JA**

I shall avoid singing, dancing, and playing music,

**JI TAR DRA CHOM TAG TU NI**

Just as the arhats

**SÖG CHÖ LA SÖG MI JE TAR**

Have avoided wrong actions, such as taking the lives of others,

**DE ZHIN SÖG CHÖ LA SÖG PANG**

So shall I avoid wrong actions such as taking the lives of others.
LA ME JANG CHHUB NYUR THOB SHOG  
May I quickly attain enlightenment,
DUG NGÄL MANG THRUG JIG TEN DI  
And may living beings who are experiencing the various sufferings
SI PÄI TSHO LÄ DRÖL WAR SHOG  
Be released from the ocean of cyclic existence.

The Mantra of Pure Morality

OM AMOGHA SHILA SAMBHARA / BHARA BHARA / MAHA SHUDDHA SATTPA PADMA VIBHUSHITA BHUJA / DHARA DHARA SAMANTTA / AVALOKITE HUM PHAT SVAHA (21x)

Prayer to Keep Pure Morality

THRIM KYI TSHÜL THRIM KYÖN ME CHING  
May I maintain faultless morality of the rules
TSHÜL THRIM NAM PAR DAG DANG DÄN  
And immaculate morality.
LOM SEM ME PÄI TSHÜL THRIM KYI  
May the perfection of moral conduct be completed
TSHÜL THRIM PHA RÖL CHHIN DZÖG SHOG  
By keeping morality purely and untainted by pride.

Make three prostrations. Then think:

This is my contribution to the peace and happiness of all sentient beings and, in particular, to the peace and happiness of all the sentient beings of this world.
At your feet, most precious Guru, I now make this request:

Send forth to me waves of inspiring strength.

H. H. Serkong Rinpoche

Jeweled treasure of the close lineage to the unified state.

By attaining the unified state in this very life, you liberate the fortunate.

You who show the path to that unified state, Ngawang Gendün-la,

I request you please, bestow the simultaneous transcendental wisdom.

H. H. Song Rinpoche

With great admiration for your perseverance

In generating within your mind the entire method of the Conqueror Losang’s sutra and tantra teachings;

Venerable kind and skillful holder of the banner of Buddha’s teachings:

I make requests at the holy feet of the glorious and magnificent Guru.

H. H. the Dalai Lama

Noble heart with all the wisdom of the Conqueror,
Principal embodiment of all the stainless teachings of the conquerors -
Protector emanated from an ocean of infinite mandalas,
To you, kind Guru Ngawang Losang (Tenzin Gyatso), I make requests.

With your strong shoulders of learning and practice
You patiently establish in all directions the stainless banner of
The Muni’s teachings, especially the teachings of Lama Tsongkhapa.
I make requests to you, Thubten Zopa.

Eyes to view all the vast teachings,
Supreme gateway to liberation for the fortunate,
Using skillful means to lovingly subdue:
To the illuminating spiritual friends, I make requests.

May I not arise heresy even for a second
About the actions of the glorious Guru.
Calling the Guru from Afar

A Tormented Wail, Quickly Drawing Forth the Blessing of the Lama, the Inseparable Three Kayas

Lama, think of me.

Lama, think of me.

Lama, think of me.

The wisdom of great bliss of all buddhas, one taste with the dharmakaya,

Is itself the ultimate nature of all kind lamas.

I beseech you, Lama, dharmakaya,

Please guide me always without separation, in this life, future lives, and the bardo.
Ye She Gyü Mäi Rang Nang Gyäl Wa Yän Lag Dün Dän

Wisdom’s own illusory appearance, the conqueror with seven branches,

De Nyi Drin Chän La Ma Kün Gyü Trül Zhar Thug
Is itself the ultimate basis of emanation of all kind lamas.

La Ma Long Chö Dzög Kur Nying Na Söl Wa Deb So
I beseech you, Lama, sambhogakaya,

Di Chhi Bar Do Kün Tu Dräl Me Je Su Zung Shig
Please guide me always without separation, in this life, future lives, and the bardo.

Ji Nye Dül Jäi Kham Zhin Na Tshog Trül Päi Röl Gar
The play of various emanations, suiting the dispositions of the many to be subdued,

De Nyi Drin Chän La Ma Long Chö Dzög Küi Nam Gyur
Is itself the behavior of the sambhogakaya of the kind lamas.

La Ma Trül Päi Ku La Nyin Na Söl Wa Deb So
I beseech you, Lama, nirmanakaya,

Di Chhi Bar Do Kün Tu Dräl Me Je Su Zung Shig
Please guide me always without separation, in this life, future lives, and the bardo.

Ku Sum Yer Me Röl Pa La Mäi Zug Su Shar Wa
The play of the inseparable three kayas, appearing in the form of the lama,

De Nyi Drin Chän La Ma Kün Gyü Ngo Wo Chig Nyi
Is itself one with the very essence of all kind lamas.

Ku Sum Yer Me La Mar Nyin Na Söl Wa Deb So
I beseech you, Lama, the inseparable three kayas,

Di Chhi Bar Do Kün Tu Dräl Me Je Su Zung Shig
Please guide me always without separation, in this life, future lives, and the bardo.

Yi Dam Zhi Thro Rab Jam Kün Kyang La Mäi Rang Zhin
All the infinite peaceful and wrathful yidams are also the lama’s nature,
And since no yidam exists apart from the kind lama himself,
I beseech you, Lama, who comprises all yidams,
Please guide me always without separation, in this life, future lives, and the bardo.

The ordinary form of all buddhas arises in the aspect of the lama,
Therefore no buddhas are observed apart from the kind lama himself.
I beseech you, Lama, who comprises all buddhas,
Please guide me always without separation, in this life, future lives, and the bardo.

The very form of all conquerors’ wisdom, compassion, and power arises as the lama;
Therefore, the supreme arya lords of the three types are also the kind lama himself.
I beseech you, Lama, who combines three families in one,
Please guide me always without separation, in this life, future lives, and the bardo.

The hundred, five, and three types, however many elaborated, are the lama.
DE KÜN GANG DU DU WĀI KYAB DAG NYI KYANG LA MA
The pervasive master himself in whom they are all included is also the lama.

LA MA RIG KÜN DAG POR NYING NĀ SŌL WA DEB SO
I beseech you, Lama, as master of all the families,

DI CHHI BAR DO KÜN TU DRĀL ME JÉ SU ŽUNG SHIG
Please guide me always without separation, in this life, future lives, and the bardo.

SANG GYĀ CHHÖ DANG GE DŪN KÜN GYI JÉ PO LA MA
The creator of all buddhas, Dharma, and Sangha is the lama.

CHIG CHHÖG KYAB SJÜM KÜN DŪ DRIN CHĀN LA MA NYI YIN
The one who combines all three refuges is the kind lama himself.

KYAB KÜN DŪ ZHĀL LA MAR NYING NĀ SŌL WA DEB SO
I beseech you, Lama, whose presence combines all refuges,

DI CHHI BAR DO KÜN TU DRĀL ME JÉ SU ŽUNG SHIG
Please guide me always without separation, in this life, future lives, and the bardo.

SANG GYĀ KÜN GYI RANG ŽUG LA MĀI NAM PAR SHAR NĀ
Thinking of how the actual form of all buddhas arises in the aspect of the lama

TSE WĀ JÉ SU DZIN TŠUL ŽAM KYIN LA MA DRĀN NO
And mercifully guides me – reminds me of you, Lama.

SANG GYĀ KÜN GYI PÅI KĀL CHHĀ NYAM THAG DAG LA
Thinking of how you show the excellent unmistaken path to me,

MA NOR LAM ZANG TĀN TŠUL ŽAM KYIN LA MA DRĀN NO
An unfortunate wretched being, abandoned by all the bud- dhas – reminds me of you, Lama.

NYE KA ĐŪN CHHEI TEN ZANG KHE NYEN KYI DUG ĐAM GA
Thinking of this excellent body, highly meaningful and difficult to obtain,
Please bless me to meet the ultimate lama – the bare face of my innate mind.

With the covering of perception (of true existence) and perceiving (it as true) removed.

Please bless me to be one with your three secrets, Lama, in the vast dharmakaya of great bliss,

Which has exhausted the elaborations of the two obscurations.

In short, please abide inseparably in the center of my heart until the great enlightenment,

And mercifully bless me, the child, to follow after you, the father.

Lama, think of me.

Lama, think of me.

Lama, think of me.

Then turn to p. 135 and recite and meditate on the two verses there.
Multiplying Mantras

To increase by 100,000 times the merit created, recite these special mantras at the end of the session:

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DŻÖG PÄI SANG GYÄ NAM PAR NANG DZÄ Õ KYI GYÄL PO LA CHHAG TSHÄL LO (1x)

JANG CHHUB SEM PA SEM PA CHHEN PO KÜN TU ZANG PO LA CHHAG TSHÄL LO (1x)

TADYATHA PÄNCHA GRIYA AVA BODHANI SVAHA
OM DHURU DHURU JAYA MUKHE SVAHA (7x)

To actualize all our prayers as well as to multiply the benefits by 100,000:

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DŻÖG PÄI SANG GYÄ MÄN GYI LHA BAIDURYA Ö KYI GYÄL PO LA CHHAG TSHÄL LO (1x)

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DŻÖG PÄI SANG GYÄ NGO WA DANG MÖN LAM [THAM CHÄ RAB TUJ DRUB PÄ GYÄL PO LA CHHAG TSHÄL LO (1x)

Due to the power of the blessings of the eminent buddhas and bodhisattvas, the power of infallible dependent arising, and the power of my pure special attitude, may all my pure prayers succeed immediately.