

*Prayer to Chenrezig,
Compassionate-Eye-Looking One*

By Dharma King Songtsen Gampo

Translated by Lama Zopa Rinpoche

FPMT



Lama Zopa Rinpoche
Practice Series

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Prayer to Chenrezig, Compassionate-Eye-Looking One

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❖¹ If you keep Compassion Buddha, who is enriched with supreme power, in your mind, you will be protected from all dangers.

First, request Chenrezig for the following things to happen to you. Then, think that you cause them to happen to all other sentient beings. This is an extremely effective way to generate bodhichitta and the good heart cherishing others.

NAMO GURU LOKEŚHVARAYA

THUG JE ZIG SHIG JIG TEN WANG CHHUG ZHAB

Please look at me with compassion, universal being enriched with power.

GÖN KYAB DZÖ CHIG JE TSÜN THUG JEI TER

Please be my guide and save me, perfect, pure treasure of compassion.

SÖL WA DEB SO PHAG CHHOG CHÄN RÄ ZIG

I request you, Supreme Arya Compassionate-Eye-Looking One:

THA ME KHOR WÄI GYA TSHO CHHEN PO LÄ

Please be my captain liberating me from the great ocean

DRÖL WÄI DE PÖN DZÖ CHIG CHÄN RÄ ZIG

Of beginningless samsara, Compassionate-Eye-Looking One.

MI SHE TI MUG MÜN PÄ THIB TSA NA

When I am obscured by the darkness of ignorance,

SÄL WÄI DRÖN ME DZÖ CHIG CHÄN RÄ ZIG

Please be my illuminating light, Compassionate-Eye-Looking One.

DRA LA ZHE DANG ME TAR BAR TSA NA

When I have a blazing fire of anger toward my enemies,

ZHI WÄI CHHU GYÜN DZÖ CHIG CHÄN RÄ ZIG

Please be the waterfall that extinguishes it, Compassionate-Eye-Looking One.

NYEN LA DÖ CHHAG CHHU TAR THRUG TSA NA

When I have violent waves of attachment toward my friends,

NÄ LUG TOG PAR DZÖ CHIG CHÄN RÄ ZIG

Please help me realize the ultimate nature, Compassionate-Eye-Looking One.

NOR LA SER NÄI DÜ PÄ DAM TSA NA

When I am bound to my possessions by the knot of miserliness,

TONG WÄI NYER PA DZÖ CHIG CHÄN RÄ ZIG

Please be my manager of giving, Compassionate-Eye-Looking One.

NYÖN MONG DUG NGÄI NÄ KYI ZIR TSA NA

When I am intoxicated by the five poisonous delusions,

MÄN PÄI GYÄL PO DZÖ CHIG CHÄN RÄ ZIG

Please be my king of medicine, Compassionate-Eye-Looking One.

CHHI KHAR TSHER ZHING JIG PÄ TRAG TSA NA

When I am disturbed and frightened at the time of death,

ZHÄL TÖN RANG NGO TRÖ CHIG CHÄN RÄ ZIG

**Please show me your face and introduce self-nature,
Compassionate-Eye-Looking One.²**

SHIN JEI PHO NYÄ LÄ KYI KOR WA NA

**When I am surrounded by the karmic messengers of Yama,
KYAB DANG KYEL MA DZÖ CHIG CHÄN RÄ ZIG
Please be my refuge and guide, Compassionate-Eye-Looking
One.**

GYÜ ME BAR DÖI THRANG LA DRIM TSA NA

**When I am traveling the unknown, dangerous path of the
intermediate state,**

DZA WÄI NYÄN SHE DZÖ CHIG CHÄN RÄ ZIG

Please be my close relative, Compassionate-Eye-Looking One.

MA NGE KYE NÄ TSHÖL ZHING KHYAM PA NA

When I am wandering, seeking an uncertain birthplace,

DAG PÄI ZHING DU KYÖL ZHIG CHÄN RÄ ZIG

**Please take me to your pure land, Compassionate-Eye-
Looking One.**

NGÄL GOR LÄ KYI DUG NGÄL NYONG TSA NA

When I am experiencing the suffering of karma in the womb,

Ö KYI GUR KHANG PHUB CHIG CHÄN RÄ ZIG

**Please cover me with a tent of light, Compassionate-Eye-
Looking One.**

MI SHE JI PÄI LÜ SU GYUR TSA NA

When I have taken the body of an unknowing baby,

DROG CHHOG SHE NYEN DZÖ CHIG CHÄN RÄ ZIG

**Please be my supreme virtuous friend, Compassionate-Eye-
Looking One.**

TAG TU CHI WOR GOM ZHING CHHÖ TÖ NA

**When I always visualize you on my crown, make offerings,
and praise you,**

TSA WÄI LA MA DZÖ CHIG CHÄN RÄ ZIG

Please be my root guru, Compassionate-Eye-Looking One.

NYING GI PÄ MO GOM ZHING ZHING CHHÖ TÖ NA

**When I visualize you on my heart lotus, make offerings, and
praise you,**

YI DAM LHA TSHOG DZÖ CHIG CHÄN RÄ ZIG

**Please be my mind-seal deity and the host of deities,
Compassionate-Eye-Looking One.**

CHHI NANG KYEN NGÄN BAR CHHÄ JUNG TSA NA

**When I experience the obstacles of bad outer and inner
conditions,**

ZHI WÄI CHHÖ KYONG DZÖ CHIG CHÄN RÄ ZIG

**Please be my Dharma protector and pacify them,
Compassionate-Eye-Looking One.**

TRE KOM ÜL WÄI NOR GYI SEM DUNG NA

When my mind is tormented by hunger, thirst, and poverty,

CHI DÖ NGÖ DRUB TSÖL CHIG CHÄN RÄ ZIG

**Please grant whatever attainments I wish, Compassionate-
Eye-Looking One.**

LHANG LHANG YI GE DRUG MÄI SÖL DEB NA

**When I make requests with the continual sound of the six
syllables,**

GYÜN DU THUG JEI ZIG SHIG CHÄN RÄ ZIG

**Please always look at me with compassion, Compassionate-
Eye-Looking One.**

Publisher's Colophon:

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Notes

- 1 This symbol indicates the comments are from Lama Zopa Rinpoche.
- 2 This and the previous verse are found in the version of this prayer used by Kopan Monastery, Nepal. The rest of the verses are from a Tibetan text provided by Ven. Losang Sherab, Lama Zopa Rinpoche's digital assistant from Kopan Monastery, Nepal.



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