

## *Dedication Verses*

*For Lama Zopa Rinpoche's Teachings on Thought Transformation  
during the Time of COVID-19*

### *To Actualize Bodhichitta*

JANG CHHUB SEM CHHOG RIN PO CHHE

MA KYE PA NAM KYE GYUR CHIG

KYE PA NYAM PA ME PA YI

GONG NÄ GONG DU PHEL WAR SHOG

**May the precious supreme bodhichitta**

**Not yet born arise.**

**May that arisen not decline,**

**But increase more and more.**

### *To Realize Emptiness*

KHOR DÄ RANG ZHIN DÜL TSAM ME PA DANG

GYU DRÄ TEN DREL LU WA ME PA NYI

PHÄN TSHÜN GÄL ME DROG SU CHHAR WA YI

LU DRUB GONG DÖN TOG PAR JIN GYI LOB

**Samsara and nirvana lack even an atom of inherent  
existence**

**And cause and effect and dependent arising are unbetraying.**

**I seek your blessings to discern the meaning of Nagarjuna's  
thought—**

**That these two are mutually complementary and not  
contradictory.**

*For the Sick*

SEM CHÄN NÄ PA JI NYE PA  
 NYUR DU NÄ LÄ THAR GYUR CHIG  
 DRO WÄI NÄ NI MA LÜ PA  
 TAG TU JUNG WA ME PAR SHOG

**However many sick sentient beings there are,  
 May they quickly be freed from all sicknesses.  
 May all the sicknesses without exception  
 Of transmigratory beings never occur again.**

*To Meet a Perfect Guru in All Lifetimes*

KYE WA KÜN TU YANG DAG LA MA DANG  
 DRÄL ME CHHÖ KYI PÄL LA LONG CHÖ CHING  
 SA DANG LAM GYI YÖN TÄN RAB DZOG NÄ  
 DOR JE CHHANG GI GO PHANG NYUR THOB SHOG

**In all my lives, never separated from perfect gurus,  
 May I enjoy the magnificent Dharma.  
 And, by completing the qualities of the grounds and paths,  
 May I quickly attain the state of Vajradhara.**

*For Lama Tsongkhapa to Be Our Direct Mahayana Guru  
 in All Our Future Lives*

TSHE RAB KÜN TU GYÄL WA TSONG KHA PÄ  
 THEG CHHOG SHE NYEN NGÖ SU DZÄ PÄI THÜ  
 GYÄL WÄ NGAG PÄI LAM ZANG DE NYI LÄ  
 KÄ CHIG TSAM YANG DOG PAR MA GYUR CHIG

**By the force of the Victorious One, Tsongkhapa,  
 Acting as my direct Mahayana virtuous friend in all my lives,  
 May I never turn away for even a second  
 From the pure path highly admired by the victorious ones.**

*To Be Able to Meet, Practice, and Actualize the Teachings of  
Lama Tsongkhapa*

MÄ JUNG NAM THAR TSANG MÄI THRIM DANG DÄN  
LAB CHHEN GYÄL SÄ CHÖ PÄI NYING TOB CHÄN  
DE TONG CHHOG GI RIM NYI NÄL JOR CHÖ  
LO ZANG GYÄL WÄI TÄN DANG JÄL WAR SHOG

**May I and all sentient beings meet the teachings of  
the Victorious One, Lozang Dragpa,  
Who lived an eminent life endowed with pure morality,  
A brave heart in doing the bodhisattva's extensive deeds,  
And the yoga of the two stages, the supreme transcendental  
wisdom of nondual bliss and emptiness.**

*The next three verses are from Nagarjuna's Jewel Garland, v. 483–485*

*To Always Be Used by Sentient Beings*

SA DANG CHHU DANG ME DANG LUNG  
MÄN DANG GÖN PÄI SHING ZHIN DU  
TAG TU SEM CHÄN THAM CHÄ KYI  
RANG GAR GAG ME CHÄ JAR SHOG

**Like the earth, water, fire, and wind,  
Medicines and wood in the forest,  
May I always be enjoyed by all sentient beings  
As they like and without resistance.**

*To Hold Sentient Beings as Precious*

SEM CHÄN NAM LA SOG ZHIN PHANG  
DAG LA DE DAG CHHE PHANG SHOG  
DAG LA DE DAG DIG MIN CHING  
DAG GE MA LÜ DER MIN SHOG

**May I hold sentient beings as dear as my life.  
May sentient beings hold me most dear.  
May all their negative karma ripen on me  
And may all my virtue ripen on them.**

*To Abide in Samsara for Sentient Beings*

JI SI SEM CHAN GA ZHIG KYANG  
 GANG DU MA DRÖL DE SI DU  
 DE CHHIR LA NA ME PA YI  
 JANG CHHUB THOB KYANG NÄ GYUR CHIG

**As long as any sentient being  
 Has not been liberated [from samsara],  
 May I abide [in samsara] to help them,  
 Even though I achieve highest enlightenment.**

*Dedication to Be Wish-Fulfilling for Others*

DAG NI YI ZHIN NOR TAR DRO WA YI  
 DÖ PÄI NGÖ PO THA DAG DRUB PA DANG  
 YI LA RE WA YONG DZOG GYI PA YI  
 PAG SAM GYI NI SHING DANG DRA WAR SHOG

**May I become like a wish-granting jewel  
 Fulfilling all the wishes,  
 And like a wish-granting tree  
 Fulfilling all the hopes of transmigratory beings.**

*Dedication for Any Sentient Beings Who Sees Me Etc. to Be Free from Suffering and Experience Every Happiness*

THONG NGAM THÖ SAM JE SU DRÄN KYANG RUNG  
 REG GAM TAM DU JÖ PA TSAM GYI YANG  
 DE YI MÖ LA DUNG WA KÜN ZHI NÄ  
 NAM PA KÜN TU DE DANG DÄN GYUR CHIG

**By merely seeing, hearing, thinking about, or remembering  
 me,  
 As well as by touching me or talking to me,  
 May all suffering instantly be pacified,  
 And may there be happiness forever.**

## *To Seal the Merits with Emptiness*

Due to all the past, present, and future merits collected by me, the numberless buddhas, and the numberless sentient beings, which are completely empty of existing from their own side, may I, who am completely empty of existing from my own side, achieve the state of full enlightenment, which is completely empty of existing from its own side, and lead all sentient beings, who are completely empty of existing from their own side, to that state, which is completely empty of existing from its own side, by myself alone, who am completely empty of existing from my own side.

## *To Dedicate in the Same Way as All the Past Buddhas and Bodhisattvas*

JAM PÄL PA WÖ JI TAR KHYEN PA DANG  
KÜN TU ZANG PO DE YANG DE ZHIN TE  
DE DAG KÜN GYI JE SU DAG LOB CHHIR  
GE WA DI DAG THAM CHÄ RAB TU NGO

**I fully dedicate all these virtues  
To be able to train just like  
The hero Manjushri, who knows reality,  
And just like Samantabhadra as well.**

DÜ SUM SHEG PÄI GYÄL WA THAM CHÄ KYI  
NGO WA GANG LA CHHOG TU NGAG PA DE  
DAG GI GE WÄI TSA WA DI KÜN KYANG  
ZANG PO CHÖ CHHIR RAB TU NGO WAR GYI

**I fully dedicate all my roots of virtue  
With the dedication praised as the best  
By all the gone-beyond victorious ones of the three times,  
In order to have good conduct.**

*For Lama Tsongkhapa's Teachings to Spread in the Hearts of  
All Sentient Beings*

CHHÖ KYI GYÄL PO TSONG KHA PÄI  
CHHÖ TSHÜL NAM PAR PHEL WA LA  
GEG KYI TSHÄN MA ZHI WA DANG  
THÜN KYEN MA LÜ TSHANG WAR SHOG

**For the Dharma king Tsongkhapa's  
Way of Dharma to flourish,  
May all signs of obstacles be pacified  
And all conducive conditions be complete.**

DAG DANG ZHÄN GYI DÜ SUM DANG  
DREL WÄI TSHOG NYI LA TEN NÄ  
GYÄL WA LO ZANG DRAG PA YI  
TÄN PA YÜN RING BAR GYUR CHIG

**Due to the two types of merits  
Of the three times of myself and others,  
May the teachings of the victorious one, Lozang Dragpa,  
Shine resplendent forever.**

*For the Long Life of His Holiness the Dalai Lama*

JIG TEN KHAM DIR PHÄN DE MA LÜ PA  
GANG LÄ JUNG WÄI SAM PHEL YI ZHIN NOR  
KA DRIN TSHUNG ME TÄN DZIN GYA TSHO CHHOG  
KU TSHE TÄN CHING THUG ZHE LHÜN DRUB SHOG

**Incomparably kind and supreme Tenzin Gyatso,  
The wish-granting Wish-Fulfilling Jewel—  
Source of every single benefit and happiness in this world—  
May you have a long life and all your holy wishes be  
spontaneously fulfilled.**

*For the Long Life of Lama Zopa Rinpoche*

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN

DZIN KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ

CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA

DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG

**You who uphold the Subduer's moral way, who serve as  
the bountiful bearer-of-all,**

**Sustaining, preserving, and spreading Manjunath's  
victorious doctrine;**

**Who masterfully accomplish magnificent prayers honoring  
the Three Sublime Ones:**

**Savior of myself and others, your disciples, please, please  
live long.**