The **Lama Zopa Rinpoche Practice Series** is a special collection of practice materials that serves to present and preserve Rinpoche’s lineage of practice, oral instructions, and translations.
Prayer to Chenrezig, Compassionate-Eye-Looking One
By Dharma King Songtsen Gampo

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 bodhicitta 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 DŻÖ CHIG JE TSÜN THUG JEI TER
Please be my guide and save me, perfect, pure treasure of compassion.
SÖL WA DEB SO PHAG CHHOG CHÂN 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 DŻÖ CHIG CHÂN RÄ ZIG
Of beginningless samsara, Compassionate-Eye-Looking One.
When I am obscured by the darkness of ignorance, 
Please be my illuminating light, Compassionate-Eye-Looking One.

When I have a blazing fire of anger toward my enemies, 
Please be the waterfall that extinguishes it, Compassionate-Eye-Looking One.

When I have violent waves of attachment toward my friends, 
Please help me realize the ultimate nature, Compassionate-Eye-Looking One.

When I am bound to my possessions by the knot of miserliness, 
Please be my manager of giving, Compassionate-Eye-Looking One.

When I am intoxicated by the five poisonous delusions, 
Please be my king of medicine, Compassionate-Eye-Looking One.

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 ZHING 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:


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.
Foundation for the Preservation of the Mahayana Tradition