

Prayers for Online Participants (e.g. *Discovering Buddhism*)

Shakyamuni Buddha Mantra (pg. 34)

TAYATHA OM MUNE MUNE MAHA MUNEYE SOHA

Medicine Buddha stanza and mantra (pg. 34)

Bhagawan with equal compassion for all
Whose name, when merely heard, dispels the suffering of the lower realms
Dispeller of disease and the three poisons,
I prostrate to Medicine Buddha Lapis Light.

TAYATHA OM BEKANZE BEKANZE MAHA BEKANZE BEKANZE RADZA SAMUDGATE SOHA

Taking Refuge and Generating Bodhicitta (pg. 34)

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Supreme Assembly.
By my practice of giving and other perfections,
May I become a Buddha to benefit all sentient beings. (3x)

The Four Immeasurables (pg. 34-35)

May all sentient beings have happiness and the causes of happiness.
May all sentient beings be free from suffering and the causes of suffering.
May all sentient beings be inseparable from the happiness that is free from suffering. May all
sentient beings abide in equanimity, free from attachment for friends or hatred for enemies.

Seven-Limb Prayer (pg. 35)

Reverently, I prostrate with my body, speech, and mind;
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time;
And rejoice in the merit of all holy and ordinary beings.
Please remain until the end of cyclic existence
And turn the wheel of Dharma for living beings.
I dedicate my own merits and those of all others to the great enlightenment.

Short Mandala Offering (pg. 35)

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon,
I imagine this as a Buddha field and offer it.
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALKAM NIRYATAYAMI

Chenrezig Verse of Praise and Mantra (pg. 37)

Not veiled by any fault, white in color,
Whose head a perfect Buddha crowns in light
Gazing compassionately at all beings,
To you, Chenrezig, all-seeing one, I prostrate.

OM MANI PADME HUM

Green Tara Verse of Praise and Mantra (pg. 37)

TARE liberates from cyclic existence,
TUTTARE liberates from the eight fears,
TURE liberates from all sickness:
I prostrate to the Liberator, Mother Tara.

OM TARE TUTTARE TURE SOHA

Dedication Verses from Master Shantideva's Bodhicharyavatara (pg. 246-247)

May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.

May no living creature suffer,
Commit evil or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.

May the blind see forms
And the deaf hear sounds.
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing,
The hungry find food;
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy;

May the forlorn find hope,
Constant happiness and prosperity.

May there be timely rains
And bountiful harvests;
May all medicines be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May these never occur again.

May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefiting each other.

For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world.

Long Life Prayer for His Holiness the Dalai Lama (pg. 244)

In the land encircled by snow mountains,
You are the source of all happiness and good.
All powerful Chenrezig, Tenzin Gyatso,
Please remain until samsara ends.

Long Life Prayer for Khensur Rinpoche Jetsun Lobsang Delek (pg. 245)

The one who mastered his speech at a very young age,
The one with great patience, who received the name Awatare,
The one with great precision, who spread the teachings of Lama Tsongkhapa on bliss and void,
Lama, ornament of the yellow hat tradition, please remain until samsara ends.

A Prayer for the Swift Return of Lama Zopa Rinpoche (inside back cover)

Peerless Teacher and assembly of the children of the victorious ones, śrāvakas, and pratyekabuddhas;
Victorious Lozang, father and sons, along with the lineage masters;
All the objects of refuge of the infinite lands —
Please bestow the virtue and goodness of accomplishing this prayer here and now.

Holding and spreading the Muni's precious and complete teachings
Through explanation and practice,
You wore the armor of patience that is never discouraged —
Incomparable venerable guru, to you I make requests.

While striving single-pointedly for the sake of the Victorious One's teachings,
The sole gateway through which all benefit and happiness emerge,
And for mother living beings,
You suddenly departed to peace — what a great loss!

Nevertheless, through the undeceiving truth
Of the blessings of the ocean of the Three Jewels
And the great waves of bodhicitta of the children of the victorious ones,
May the smile of a reincarnation swiftly beam in glory for fortunate disciples!

Prayer for the Long Life of Geshe Gelek Chodha (inside front cover)

Supreme guide, you lead us on the many paths of virtue.
A shining sun, you give us the best of excellent explanations.
Supreme virtuous friend, you are a constant Dharma companion.
Lama who has renounced fame, may you ever remain.

Prayer for the Long Life of Geshe Palden Sangpo (inside front cover)

You who have steadfast imprints of virtuous qualities,
And keep the instructions of the glorious guru in your heart;
You who pass day and night with noble activities,
Great virtuous friend, may you have a very long life.

Green Tara Mantra (pg. 36)

(for the long, happy, healthy lives of our teachers and for the benefit of all beings)

OM TARE TUTTARE TURE SOHA