

Prayers for Online Streaming ~ beginning of class

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 {*alt: By the merits I create through listening to the Dharma*}
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 and 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

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

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 Prayers for Online Streaming ~ end of class

Dedication Verses from Master Shantideva's Bodhicharavatara (pg. 32-33)

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 benefitting
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. 36)

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

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.

Long Life Prayer for Lama Zopa Rinpoche (pg. 36-37)

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 Jewels:
Savior of myself and others, your disciples, please, please live long!

Chenrezig's Mantra (bottom of pg. 37)

OM MANI PADME HUM

Green Tara Mantra (for the long, happy, healthy lives of our teachers) (bottom of pg. 37)

OM TARE TUTTARE TURE SOHA