

The Four Dharmas of Gampopa

Grant your blessings so my mind may be one with the dharma.

Grant your blessings so that dharma may progress along the path.

Grant your blessings so that the path may clarify confusion.

Grant your blessings so that confusion may dawn as wisdom.

(three times)

The Four Immeasurables

May all mother sentient beings, boundless as the sky,

Have happiness and the causes of happiness.

May they be liberated from suffering and the causes of suffering.

May they never be separated from the happiness which is free from sorrow.

May they rest in equanimity, free from attachment and aversion.

(three times)

Bodhisattva Vow

Until I attain the heart of enlightenment, I take refuge in all the Buddhas.

I take refuge in the Dharma, and likewise in the assembly of the Bodhisattvas.

As the previous Buddhas embraced the enlightened mind and progressed on the Bodhisattva's path,

I, too, for the benefit of all sentient beings, give birth to Bodhichitta

and apply myself to accomplish the stages of the path.

(three times)



100-Syllable Purification Mantra of Vajrasattva

OM

BAZRA SATTWA SAMAYA/ MANU PALAYA/ BAZRA SATTVA TENOPA/ TISHTA DRIDO ME BHAWA/

SUTO KHYOME BHAWA/ SUPO KHYOME BHAWA/ ANU RAKTO ME BHAWA/

SARWA SIDDHIM-ME PRA-YATSHA/ SARWA KARMA SUTSA-ME/ TSIT-TAN SHRIYA KURU HUNG

HA HA HA HA HO/ BHAGAWAN

SARWA TATHAGATA/ BAZRA-MAME MUN TSA/ BAZRI BHAWA

MAHA SAMAYA SATTWA

AH



Mandala Offering

The ground is sprinkled with scented water and strewn with flowers,

It is adorned with Mount Meru, the supreme mountain,

The four continents, and the sun and moon.

As a Buddha field I offer it.

May all sentient beings attain the happiness of the Buddhafields.