



# The Buddha Project



## Prayerbook

All prayers are extracted from the FPMT Essential Prayer Book, except the prayers for Swift Return of Lama Zopa Rinpoche and Long Life of Ven. Losang Gendun.

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## Prayers for the Beginning of Teachings

### Praise to Śākyamuni Buddha

[Guru], Teacher, Bhagavān, Tathāgata, Arhat, Perfectly Complete Buddha, Perfect in Knowledge and Good Conduct, Sugata, Knower of the World, Supreme Guide of Beings to Be Subdued, Teacher of Gods and Humans; to you, Buddha Bhagavān, Glorious Conqueror Śākyamuni, we prostrate, make offerings, and go for refuge. (3x)

When, supreme among humans, you were born on this earth,  
 You paced out seven strides,  
 Then said, “I am supreme in this world.”  
 To you, who were wise then, we prostrate.

With pure bodies, form supremely pure;  
 Wisdom ocean, like a golden mountain;  
 Fame that blazes in the three worlds,  
 Winner of the best—Savior, to you we prostrate.

With the supreme signs, face like a spotless moon,  
 Color like gold—to you, we prostrate.  
 Dust-free like you, the three worlds are not.  
 Incomparably wise one—to you, we prostrate.

The savior having great compassion,  
 The teacher having all understanding,  
 The field of merit with qualities like a vast ocean  
 To you, the One Gone to Thusness, we prostrate.

The purity that frees one from attachment,  
 The virtue that frees one from the lower realms,  
 The one path, the sublime pure reality  
 To the Dharma that pacifies, we prostrate.



Those who are liberated and who also show the path to liberation,  
 The holy field qualified with realizations,  
 Who are devoted to the moral precepts  
 To you, the Sublime Community Intending Virtue, we prostrate.

Do not commit any unwholesome actions.  
 Engage in perfect, wholesome actions.  
 Subdue one's own mind.  
 This is the teaching of the Buddha.

A star, a defective view, a butter lamp flame,  
 An illusion, a dew drop, a water bubble,  
 A dream, lightning, a cloud:  
 See all causative phenomena like this.

By these merits, may transmigratory beings  
 Attain the state of all-seeing, subdue the enemy of faults,  
 And be freed from the ocean of saṃsāra  
 Disturbed by the waves of aging, sickness, and death.

In dependent origination,  
 There is no ceasing, no arising,  
 No annihilation, no permanence,  
 No coming, no going,  
 No separateness and no sameness.

We prostrate to the consummate Buddha,  
 The supreme among all teachers,  
 The one who taught (this) peace,  
 Which is freed of elaborations.



## Request to the Lineage Gurus

### To the Root Guru

Magnificent and precious root guru,  
Please abide on the lotus and moon on our crowns,  
Guide us with your great kindness,  
And grant us the realizations of your holy body, speech, and mind.

### To Guru Śākyamuni Buddha

Holy body created by ten million excellent virtues,  
Holy speech fulfilling the hopes of infinite transmigratory beings,  
Holy mind seeing all objects of knowledge just as they are:  
To the principal of the Śākyas, we make requests.

### To Maitreya and Mañjuśrī

Supreme heirs of the unequaled Teacher,  
Having assumed the burden of all the conquerors' deeds,  
Emanating in innumerable buddha lands:  
To Maitreya and Mañjuḡṣa, we make requests.

### To His Holiness the Dalai Lama

You who have control over Hero Mañjuśrī's speech,  
With a fine mind and transcendental wisdom upholding  
the Victorious One's teachings,  
Deep as the ocean, savior conquering the three levels of existence:  
To you, incomparable one, Jampal Ngawang Lozang Yeshe Tenzin  
Gyatso, we make requests.

### To Kyabje Thubten Zopa Rinpoche

With your strong shoulders of learning and practice,  
You patiently establish in all directions the stainless banner of the  
Muni's teachings  
And especially the teachings of Lama Tsongkhapa.  
To the extremely steadfast Thubten Zopa, we make requests.



## To All Spiritual Friends

Eyes viewing all the infinite scriptures,  
 Supreme gateway for the fortunate traveling to liberation,  
 Engaging with skillful means moved by love:  
 To the illuminating spiritual friends, we make requests.

## Seven-Limb Prayer

We prostrate reverently with our body, speech, and mind.  
 We present clouds of every type of offering, both actually arranged  
 and mentally emanated.  
 We confess all our negative actions and downfalls collected from  
 beginningless time.  
 We rejoice in the virtues of ordinary beings and āryas.  
 Please remain until the end of cyclic existence  
 And turn the wheel of Dharma for transmigratory beings.  
 We dedicate our own and others' virtues to great enlightenment.

## Short Maṇḍala Offering

This ground, anointed with perfume, strewn with flowers,  
 Adorned with Mount Meru, the four continents, the sun, and the  
 moon,  
 We imagine as a buddha land and offer it.  
 May all transmigratory beings enjoy this pure land.

Perfect, pure, holy gurus, from the billowing clouds  
 Of wisdom and compassion in the sky of the dharmakāya,  
 Please let fall a rain of profound and extensive Dharma  
 Upon the earth of those to be subdued, exactly as they need.

IDAṂ GURU RATNA MAṆḌALAKAṂ NIRYĀTAYĀMI



## Four Immeasurables

### Immeasurable Equanimity

How wonderful it would be if all sentient beings were to abide in equanimity, free from the closeness of attachment and the distance of hatred.

May they abide in equanimity.

We ourselves will cause them to abide in equanimity.

Please, Guru-Deity, bless us to be able to do this.

### Immeasurable Loving Kindness

How wonderful it would be if all sentient beings were to achieve buddhahood.

May they achieve buddhahood.

We ourselves will cause them to achieve buddhahood.

Please, Guru-Deity, bless us to be able to do this.

### Immeasurable Compassion

How wonderful it would be if all sentient beings were free from suffering and the causes of suffering.

May they be free from suffering and its causes.

We ourselves will cause them to be free from suffering and its causes.

Please, Guru-Deity, bless us to be able to do this.

### Immeasurable Joyfulness

How wonderful it would be if all sentient beings were never separated from the happiness of higher rebirth and liberation.

May they never be separated from these.

We ourselves will cause them never to be separated from these.

Please, Guru-Deity, bless us to be able to do this.



## Taking Refuge and Generating Bodhicitta

May we be the medicine and the physician for the sick. May we be their nurse until their illness never recurs.

With showers of food and drink may we overcome the afflictions of hunger and thirst. May we become food and drink during times of famine.

May we be an inexhaustible treasury for the destitute. With various forms of assistance may we remain in their presence.

May we be a protector for those who are without protectors, a guide for travelers, and a boat, a bridge, and a ship for those who wish to cross over.

May we be a lamp for those who seek light, a bed for those who seek rest, and may we be a servant for all beings who desire a servant

To all sentient beings may we be a wish-fulfilling gem, a vase of good fortune, an efficacious mantra, a great medication, a wish-fulfilling tree, and a wish-granting cow.

Just as earth and other elements are useful in various ways to innumerable sentient beings dwelling throughout infinite space

So may we be in various ways a source of life for the sentient beings present throughout space until they are all liberated.

Just as the Sugatas of old adopted the Spirit of Awakening, and just as they properly conformed to the practice of the Bodhisattvas,

So we ourselves shall generate the Spirit of Awakening for the sake of the world; and so we ourselves shall properly engage in those practices.



Upon gladly adopting the Spirit of Awakening in this way, intelligent people should thus nurture the Spirit in order to fulfill their wish:

We take refuge until we are enlightened  
In the Buddha, the Dharma, and the Supreme Assembly.  
By our merits of listening to the Dharma,  
May we become buddhas to benefit all transmigratory beings. (3x)

Now our lives are fruitful. Human existence is well obtained.  
Today we have been born into the family of the Buddhas.  
Now we are Children of the Buddha.



## Prayers for the Conclusion of Teachings

### Dedicating the Merits of Listening

May whatever virtue we have collected  
Benefit the teachings and all transmigratory beings  
And may it especially cause the essence of  
Perfect, pure Lozang Dragpa's teachings to shine forever.

### To Actualize Bodhicitta

May all sentient beings be graced with the Bodhisattva way of life by  
the virtue we have obtained while practicing the Bodhisattva's Path.

Through our merit, may all those in all directions who are afflicted by  
bodily and mental sufferings obtain oceans of joy and contentment.

As long as the cycle of existence lasts, may their happiness never  
decline. May the world attain the constant joy of the Bodhisattvas.

Through this merit of ours, may all beings without exception abstain  
from every vice and always engage in virtue.

Not lacking the Spirit of Awakening, devoted to the Bodhisattva way  
of life, embraced by the Buddhas, and free of the deeds of Maras,

May monasteries be well established, full of chanting and study. May  
there always be harmony among the Sangha and may the purpose of  
the Sangha be accomplished.

May the Bodhisattvas' wishes for the welfare of the world be fulfilled;  
and whatever the Protectors intend for sentient beings, may that be  
accomplished.



May the Pratyekabuddhas and Śravakas be happy, always worshiped by the lofty gods, asuras, and humans.

May we live endowed with strength in whatever posture we are. In all our lives may we find plentiful places of solitude.

When we wish to see or ask something, may we see the Protector Manjunatha himself, without any impediment.

May our way of life be like that of Manjuśri, who lives to accomplish the benefit of all sentient beings throughout the ten directions.

For as long as space remains, for as long as sentient beings remain, until then, may we too remain and dispel the miseries of the world.

### Short Maṇḍala Offering

This ground, anointed with perfume, strewn with flowers,  
Adorned with Mount Meru, the four continents, the sun, and the moon,  
We imagine as a buddha land and offer it.  
May all transmigratory beings enjoy this pure land.

May our perfect, pure guru's life be long  
And his or her white actions flourish in the ten directions.  
May the torch of the teachings of Lozang Dragpa always remain,  
Dispelling the darkness of the transmigratory beings of the three levels.

IDAM GURU RATNA MAṆḌALAKAṆ NIRYĀTAYĀMI

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

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.

Savior of the Land of Snow's teachings and transmigratory beings,  
Who extensively clarifies the path that unifies emptiness and  
compassion,  
To the Lotus Holder, Tenzin Gyatso, we beseech.  
May all your holy wishes be spontaneously fulfilled.

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

## For the Swift Return of Lama Zopa Rinpoche

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 infinite lands—  
Please bestow the virtue and goodness of accomplishing this prayer  
here and now.

Holding and spreading the Muni's (thub) precious and complete  
teachings (ten)  
Through explanation and practice,  
You wore the armor of patience (zopa) that is never discouraged—  
Incomparable venerable guru, to you we make request.

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!

### For the Long Life of Ven. Losang Gendun

You who show all precious vehicles, working  
 tirelessly for all those lost in samsara.  
 Teachings pouring straight from heart's experience:  
 May we walk the Paths together 'till what needs to be done is done.

### To Seal the Merits with Emptiness

Due to this virtue, may we quickly  
 Become guru-buddhas  
 And lead all transmigratory beings,  
 Without exception, to that state.

May the precious view of emptiness  
 Not yet born arise.  
 May that arisen not decline,  
 But increase more and more.

Due to all the past, present, and future merits collected by us, the  
 numberless buddhas, and the numberless sentient beings, which are  
 completely empty of existing from their own side, may we, who are  
 completely empty of existing from our 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 ourselves alone, who are completely  
 empty of existing from our own side.



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

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

We fully dedicate all our 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 the Dharma king Tsongkhapa's  
Way of Dharma to flourish,  
May all signs of obstacles be pacified  
And all conducive conditions be complete.

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



## King of Prayers

*The Extraordinary Aspiration of the Practice of Samantabhadra*

I bow down to the youthful Arya Manjushri.

"You lions among humans,  
Gone to freedom in the present, past and future  
In the worlds of ten directions,  
To all of you, with body, speech, and sincere mind, I bow down. "

"With the energy of aspiration for the bodhisattva way,  
With a sense of deep respect,  
And with as many bodies as atoms of the world,  
To all you buddhas visualized as real, I bow down. "

"On every atom are buddhas numberless as atoms,  
Each amidst a host of bodhisattvas,  
And I am confident the sphere of all phenomena  
Is entirely filled with buddhas in this way. "

"With infinite oceans of praise for you,  
And oceans of sound from the aspects of my voice,  
I sing the breathtaking excellence of buddhas,  
And celebrate all of you gone to bliss. "

"Beautiful flowers and regal garlands,  
Sweet music, scented oils, and parasols,  
Sparkling lights and sublime incense,  
I offer to you victorious ones. "

"Fine dress and fragrant perfumes,  
Sandalwood powder heaped high as Mount Meru,  
All wondrous offerings in spectacular array,  
I offer to you victorious ones. "



"With transcendent offerings peerless and vast,  
 With profound admiration for all the buddhas,  
 With strength of conviction in the bodhisattva way,  
 I offer and bow down to all victorious ones. "

"Every harmful action I have done  
 With my body, speech, and mind  
 Overwhelmed by attachment, anger, and confusion,  
 All these I openly lay bare before you. "

"I lift up my heart and rejoice in all positive potential  
 Of the buddhas and bodhisattvas in ten directions,  
 Of solitary realisers, hearers still training, and those beyond,  
 And of all ordinary beings. "

"You who are the bright lights of worlds in ten directions,  
 Who have attained a buddha's omniscience through the stages of  
 awakening,  
 All you who are my guides,  
 Please turn the supreme wheel of Dharma. "

"With palms together, I earnestly request:  
 You who may actualise parinirvana,  
 Please stay with us for eons numberless as atoms of the world,  
 For the happiness and well-being of all wanderers in samsara. "

"Whatever slight positive potential I may have created,  
 By paying homage, offering, and acknowledging my faults,  
 Rejoicing, and requesting that the buddhas stay and teach,  
 I now dedicate all this for full awakening. "

"May you buddhas now living in the worlds of ten directions,  
 And all you gone to freedom in the past, accept my offerings.  
 May those not yet arisen quickly perfect their minds,  
 Awakening as fully enlightened ones."



"May all worlds in ten directions,  
 Be entirely pure and vast.  
 May they be filled with bodhisattvas  
 Surrounding buddhas gathered beneath a bodhi tree. "

"May as many beings as exist in ten directions  
 Be always well and happy.  
 May all samsaric beings live in accord with the Dharma,  
 And may their every Dharma wish be fulfilled. "

"Remembering my past lives in all varieties of existence,  
 May I practice the bodhisattva way,  
 And thus, in each cycle of death, migration, and birth,  
 May I always abandon the householder's life."

"Then, following in the footsteps of all the buddhas,  
 And perfecting the practice of a bodhisattva,  
 May I always act without error or compromise,  
 With ethical discipline faultless and pure. "

"May I teach the Dharma in the language of gods,  
 In every language of spirits and nagas,  
 Of humans and of demons,  
 And in the voice of every form of being. "

"May I be gentle-minded, cultivating the six paramitas,  
 And never forget bodhicitta.  
 May I completely cleanse without omission  
 Every negativity and all that obscures this awakening mind. "

"May I traverse all my lives in the world,  
 Free of karma, afflictions, and interfering forces,  
 Just as the lotus blossom is undisturbed by the water's wave,  
 Just as the sun and moon move unhindered through the sky. "



"May I ease the suffering in the lower realms  
 And in the many directions and dimensions of the universe.  
 May I guide all wanderers in samsara to the pure bliss of awakening  
 And be of worldly benefit to them as well. "

"May I practice constantly for eons to come,  
 Perfecting the activities of awakening,  
 Acting in harmony with the various dispositions of beings,  
 Showing the ways of a bodhisattva. "

"May I always have the friendship  
 Of those whose path is like mine,  
 And with body, words, and also mind,  
 May we practice together the same aspirations and activities. "

"May I always meet a spiritual mentor  
 And never displease that excellent friend,  
 Who deeply wishes to help me  
 And expertly teaches the bodhisattva way. "

"May I always directly see the buddhas,  
 Masters encircled by bodhisattvas,  
 And without pause or discouragement for eons to come,  
 May I make extensive offerings to them. "

"May I hold within me the Buddha's genuine Dharma,  
 Illuminate everywhere the teachings that awaken,  
 Embody the realisations of a bodhisattva,  
 And practice ardently in all future eons."

"While circling through all states of existence,  
 May I become an endless treasure of good qualities –  
 Skilful means, wisdom, samadhi, and liberating stabilisations –  
 Gathering limitless pristine wisdom and positive potential. "



"On one atom I shall see  
 Buddha fields numberless as atoms,  
 Inconceivable buddhas among bodhisattvas in every field,  
 Practicing the activities of awakening. "

"Perceiving this in all directions,  
 I dive into an ocean of buddha-fields,  
 Each an ocean of three times' buddhas in the space of a wisp of hair.  
 So I, too, will practice for an ocean of eons. "

"Thus, I am continually immersed in the speech of the buddhas,  
 Expression that reveals an ocean of qualities in one word,  
 The completely pure eloquence of all the buddhas,  
 Communication suited to the varied tendencies of beings. "

"With strength of understanding I plunge  
 Into the infinite enlightened speech of the Dharma  
 Of all buddhas in three times gone to freedom,  
 Who continually turn the wheel of Dharma methods."

"I shall experience in one moment  
 Such vast activity of all future eons,  
 And I will enter into all eons of the three times,  
 In but a fraction of a second. "

"In one instant I shall see all those awakened beings,  
 Past, present, and future lions among humans,  
 And with the power of the illusion-like stabilisation  
 I will constantly engage in their inconceivable activity. "

"I shall manifest upon one single atom  
 The array of pure lands present, past, and future.  
 Likewise, I shall enter the array of pure buddha-fields  
 In every direction without exception. "



"I shall enter the very presence of all my guides,  
 Those lights of this world who are yet to appear,  
 Those sequentially turning the wheels of complete awakening,  
 Those who reveal nirvana – final, perfect peace. "

"May I achieve the power of swift, magical emanation,  
 The power to lead to the great vehicle through every approach,  
 The power of always beneficial activity,  
 The power of love pervading all realms, "

"The power of all surpassing positive potential,  
 The power of supreme knowledge unobstructed by discrimination,  
 And through the powers of wisdom, skilful means, and samadhi,  
 May I achieve the perfect power of awakening. "

"Purifying the power of all contaminated actions,  
 Crushing the power of disturbing emotions at their root,  
 Defusing the power of interfering forces,  
 I shall perfect the power of the bodhisattva practice. "

"May I purify an ocean of worlds,  
 May I free an ocean of beings,  
 May I clearly see an ocean of Dharma,  
 May I realise an ocean of pristine wisdom. "

"May I purify an ocean of activities,  
 May I fulfil an ocean of aspirations,  
 May I make offerings to an ocean of buddhas,  
 May I practice without discouragement for an ocean of eons. "

"To awaken fully through this bodhisattva way,  
 I shall fulfil without exception  
 All the diverse aspirations of the awakening practice  
 Of all buddhas gone to freedom in the three times everywhere. "



"In order to practice exactly as the wise one  
 Called Samantabhadra, 'All-Embracing Good,'  
 The elder brother of the sons and daughters of the buddhas,  
 I completely dedicate all this goodness. "

"Likewise may I dedicate  
 Just as the skilful Samantabhadra,  
 With pure body, speech, and mind,  
 Pure actions and pure buddha-fields."

"I shall give rise to the aspirations of Manjushri  
 For this bodhisattva practice of all-embracing good,  
 To perfect these practices  
 Without discouragement or pause in all future eons. "

"May my pure activities be endless,  
 My good qualities boundless,  
 And through abiding in immeasurable activity,  
 May I actualise infinite emanations. "

"Limitless is the end of space,  
 Likewise, limitless are living beings,  
 Thus, limitless are karma and afflictions.  
 May my aspiration's reach be limitless as well. "

"One may offer to the buddhas  
 All wealth and adornments of infinite worlds in ten directions,  
 And one may offer during eons numberless as atoms of the world  
 Even the greatest happiness of gods and humans; "

"But whoever hears this extraordinary aspiration  
 And, longing for highest awakening  
 Gives rise to faith just once,  
 Creates far more precious positive potential. "



"Those who make this heartfelt aspiration for the bodhisattva way  
 Will be free of all lower rebirths,  
 Free of harmful companions,  
 And will quickly see Amitabha, Infinite Light. "

"And even in this very human life,  
 They will be nourished by happiness and have all conducive  
 circumstances.  
 Without waiting long, they will become like Samantabhadra himself. "

"Those who give voice to this extraordinary aspiration  
 Will quickly and completely purify  
 The five boundless harmful actions  
 Created under the power of ignorance. "

"Blessed with supreme knowledge,  
 Excellent body, family, attributes, and appearance,  
 They will be invincible to vast interfering forces and misleading  
 teachers,  
 And all the three worlds will make offerings. "

"Going quickly to the noble bodhi tree,  
 And sitting there to benefit sentient beings,  
 Subduing all interfering forces,  
 They will fully awaken and turn the great wheel of Dharma "

"Have no doubt that complete awakening  
 Is the fully ripened result – comprehended only by a buddha –  
 Of holding in mind by teaching, reading, or reciting  
 This aspiration of the bodhisattva practice. "

"In order to train just like  
 The hero Manjushri who knows reality as it is  
 And just like Samantabhadra as well,  
 I completely dedicate all this goodness, just as they did. "



"With that dedication which is praised as greatest  
 By all the buddhas gone to freedom in the three times,  
 I, too, dedicate all my roots of goodness  
 For the attainments of the bodhisattva practice. "

"When the moment of my death arrives,  
 By eliminating all obscurations  
 And directly perceiving Amitabha,  
 May I go immediately to Sukhavati, Pure Land of Great Joy. "

"Having gone to Sukhavati,  
 May I actualise the meaning of these aspirations,  
 Fulfilling them all without exception,  
 For the benefit of beings for as long as this world endures. "

"Born from an extremely beautiful, superlative lotus  
 In this joyful land, the Buddha's magnificent mandala,  
 May I receive a prediction of my awakening  
 Directly from the Buddha Amitabha. "

"Having received a prediction there,  
 May I create vast benefit  
 For beings throughout the ten directions,  
 With a billion emanations by the power of wisdom. "

"Through even the small virtue I have accumulated  
 By offering this prayer of the bodhisattva practice,  
 May all the positive aspirations of beings  
 Be fulfilled in an instant. "

"Through creating limitless positive potential  
 By dedicating this prayer of Samantabhadra's deeds,  
 May all beings drowning in this torrent of suffering,  
 Enter the presence of Amitabha."

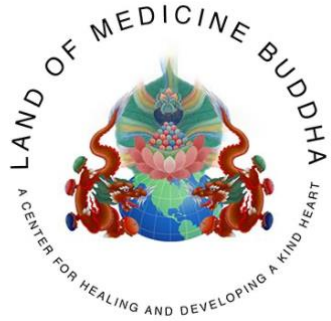


"Through this king of aspirations, which is the greatest of the sublime,  
Helping infinite wanderers in samsara,  
Through the accomplishment of this scripture dazzling with  
Samantabhadra's practice,  
May suffering realms be utterly emptied of all beings."





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