

WONDERWELL MOUNTAIN RETREAT

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PRAYER BOOK



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## **Prayer of Refuge and Universal Love**

SANG JE CHÖ DANG TSOG CHI CHOK NAM LA  
JANG CHUB BAR DU DAK NYI CHAB SU CHI  
DAK GI JIN SOK JI PE SÖNAM CHI  
DRO LA PEN CHIR SANG JE DRUB PAR SHOK

In Buddha, Dharma and Sangha,  
We go for refuge until enlightened.  
By the power of generosity and the other perfections,  
May we realize Buddhahood for the benefit of all.

## **Pure Perception and Bodhicitta**

I and all beings are primordially Buddha.  
Knowing this to be true, I am aligned with  
supreme enlightened mind.

## **The Four Immeasurable Aspirations**

SEMCHEN TAMCHE DEWA DANG DEWE GYUDANG DENPAR GYURCHIK  
DUK NGAL DANG DUK NGAL JIGYU DANG DRELWAR JURCHIK  
DUK NGAL MEPE DEWA DAMPA DANGMIN DRELWAR JURCHIK  
NYERING CHAKDANG DANG DRELWE TANG NYOM TSEME PALA NEPAR  
JURCHIK

May all beings possess happiness and the inner causes of happiness,  
May all beings be free from sorrow and the inner causes of sorrow,  
May all beings remain undivided from the sacred joy which is free from sorrow,  
May all beings come to rest in the great equanimity beyond attachment or  
aversion to “friends,” “enemies” or “strangers.”

## **Jigme Lingpa’s Bodhicitta Prayer**

*(from the Longchen Nyingthig ngondro)*

Ho: Mesmerised by the sheer variety of perceptions,  
which are like illusory reflections of the moon in water,  
beings wander endlessly astray in samsara’s vicious cycle.  
In order that all may find comfort and ease  
in the luminosity and all-pervading space of the true nature of their minds,  
I unleash the immeasurable love, compassion, joy and equanimity  
of awakened mind, the heart of bodhicitta.

## **Prayer to Remain in the Natural State by the Third Karmapa**

*(from the Mahamudra Prayer by Rangjung Dorje, the 3rd Karmapa)*

LOJE TSOL WE GOM JI MA LE CHING  
TAMA DUDZI LUNG GI MA CHYÖ PAR  
MA CHÖ NYUK MA RANG BAP JOG SHE PE  
SEM DON NYAM LEN KE SHING CHONG WAR SHOK.

Not mixing meditation with effortful thinking,  
Unstirred by the winds of ordinary preoccupations,  
Rest in the self-settled, uncontrived natural state.  
May we remain skillful in this practice of the mind's essence.

## **In Praise of Prajnaparamita**

*(from the Chöd practice, arranged by Machik Labdron)*

NRA SAM JÖ ME SHERAB PAROL JIN  
MA CHE MI GAG NAM KAY NGO WO NYI  
SO SO RANG RIG YESHE CHÖYUL WA  
DU SUM GYAL WE YUM LA CHAK TSAL LO

Indescribable, inconceivable and inexpressible is Prajnaparamita,  
Unborn, unceasing, the essence of space,  
Experienced by reflexively aware wisdom—  
Homage to the mother of all Buddhas.

OM GATE GATE PARA GATE PARA SAM GATE BODHI SWAHA



## **Seven-Line Prayer to Padmasambhava**

HUNG ORGYEN YUL JI NUP JANG TSAM  
PEMA GEYSAR DONG PO LA  
YATSEN CHOK GI NGÖ DRUP NYE  
PEMA JUNGNE ZHE SU DRAK  
KORDU KHANDRO MANG PÖ KOR  
CHE CHI JESU DAK DRUP JI  
JIN JI LAPCHIR SHEK SU SÖL  
GURU PEMA SIDHI HUNG

HUNG At the Northwest border of Uddiyana,  
Upon a lotus flower's pistil,  
You have attained marvelous, supreme realization.  
You are renowned as the "Lotus Born",  
Encompassed by vast retinues of Dakinis.  
By emulating you we too shall awaken.  
Please be present to us, in blessing and inspiration:  
GURU PEMA SIDHI HUNG

## **Padmasambhava mantra**

OM AH HUNG BENZAR GURU PEMA SIDHI HUNG

## **Shakyamuni Buddha mantra**

TAYATA OM MUNI MUNI MAHA MUNAYE SO HA

## **Chenrezig mantra**

OM MANI PEME HUNG

## **Tara mantra**

OM TARE TU TARE TURE SO HA

## **Yeshe Tsogyal's Retreat Song**

NANGSI JAWA SEMCHI CHÖTRUL TSAM  
NAMKHE LONGLA JIKPA NGEMA TONG  
DENA DIKUN SELWE RANGDANG LE  
ZHENMIN CHICHIR JAWA GANGYANG ME  
JAWA TAMCHE KO MÖ JENDU LAK  
DENA MAME NYAMPAR ZHAKNA LEK

Every appearance and every event  
Are the mind's miraculous display.  
In the spacious expanse,  
I see nothing to fear.  
It is just reflexive radiance  
Of mind's clear light, and nothing else.  
Hence there's no reason to react;  
All activity is my adornment.  
Therefore, better to rest silently  
In meditative absorption.

## **Machik's Prayer of Offering the Three Gestures**

TONG SOM RAB JAM JIG TEN TAMCHE DU  
ZUK SU NANGWA TAMCHE KUN  
KUNCHOK SA JE CHÖPA BUL  
KU JURWA MEPE NGO DRUP TSOL

TONG SUM RAB JAM JIG TEN TAMCHE DU  
DRA RU DRAKPA TAMCHE KUN  
SUNG CHOK SA JE CHÖPA BUL  
SUNG GAKPA MEPE NGO DRUP TSOL

TONG SUM RAB JAM JIG TEN TAMCHE DU  
YICHI DREN TOK TAMCHE KUN  
TUK CHOK SA JE CHÖPA BUL  
TUK TRULPA MEPE NGO DRUP TSOL

TONG SUM RAB JAM JIG TEN TAMCHE DU  
DE TANG DUK NGAL TAMCHE KUN  
TRASHI CHAK JAY CHÖPA BUL  
DAY NA DEWA TSOK SU NGO

DEWA CHENPO NAMKA CHAB PAR SHOK  
DUK NA DUK NGAL DAG DI KUR  
KORWA DUK NGAL JYI JYATSO KEMPAR SHOK  
KORWA DUK NGAL JYI JYATSO KEMPAR SHOK

Every single form that appears  
In all the worlds of the universe  
I offer as the gesture of sacred Body.  
Grant us the power of eternal Form.

Every single sound that is heard  
In all the worlds of the universe  
I offer as the gesture of sacred Speech.  
Grant us the power of infinite Speech.

Every single thought in the minds  
In all the worlds of the universe  
I offer as the gesture of sacred Mind.  
Grant us the power of wisdom Mind.

All of the pain and happiness  
In all the worlds of the universe  
I offer as the eight auspicious signs.  
If there's joy, I'll give it all away.

May joy spread throughout the entire world.  
If there's pain, I'll gladly take the load.  
May the world's well of pain run dry.  
May the world's well of pain run dry.

## **Gyalwa Gotsangpa's Seven Delights**

*Namo Ratna Guru*

When thoughts that there is something perceived and a perceiver  
Lure my mind away and distract,  
I don't close my senses' gateways to meditate without them  
But plunge straight into their essential point.  
They're like clouds in the sky, there's this shimmer where they fly;  
Thoughts that rise, for me sheer delight!

When kleshas get me going and their heat has got me burning,  
I try no antidote to set them right;  
Like an alchemistic potion turning metal into gold,  
What lies in kleshas' power to bestow  
Is bliss without contagion, completely undefiled;  
Kleshas coming up, sheer delight!

When I'm plagued by god-like forces or demonic interference,  
I do not drive them out with rites and spells;  
The thing to chase away is the egoistic thinking  
Built up on the idea of a self.  
This will turn those ranks of maras into your own special forces;  
When obstacles arise, sheer delight!

When samsara with its anguish has me writhing in its torments,  
Instead of wallowing in misery,  
I take the greater burden down the greater path to travel  
And let compassion set me up  
To take upon myself the sufferings of others;  
When karmic consequences bloom, delight!

When my body has succumbed to attacks of painful illness,  
I do not count on medical relief  
But take that very illness as a path and by its power  
Remove the obscurations blocking me,  
And use it to encourage the qualities worthwhile;  
When illness rears its head, sheer delight!

When it's time to leave this body, this illusionary tangle,  
Don't cause yourself anxiety and grief;  
The thing that you should train in and clear up for yourself—  
There's no such thing as dying to be done.  
It's just clear light, the mother, and child clear light uniting;  
When mind forsakes the body, sheer delight!

When the whole thing's just not working, everything's lined up against you  
Don't try to find some way to change it all;  
Here the point to make your practice is reverse the way you see it,  
Don't try to make it stop or to improve.  
Adverse conditions happen, when they do it's so delightful—  
They make a little song of sheer delight.

*Translated and arranged by Jim Scott and Anne Burchardi*

## Yeshe Tsogyal's Song to the Demons

Emaho!

The intention of Great Mother Dharmakaya,  
The heart of the ten perfections  
Is enjoyment of profound wisdom.  
By genuinely ending up here,  
There's no one to see appearances.  
All arising is dharmakaya's play.  
Illusions are the Lama's compassion.  
So go ahead and stir things up!

Emaho!

The intention of Lama Kunzang,  
The heart of the deity-yoga's result  
Is non-fabricating in whatever arises.  
By genuinely ending up here,  
There's no one to be afraid of thought.  
Whatever happens is mental projection.  
Thoughts are the Lama's compassion.  
So go ahead and stir things up!



Emaho!

The intention of Lama Pema,  
The heart of all-embracing Ati  
Is enjoyment of your stainless mind.  
By genuinely ending up here,  
There is no one to perceive impurity.  
Stains are all dharmata's play.  
All ways of seeing are the Lama's compassion.  
So go ahead and stir things up!

Emaho!

The practice of the woman Tsogyal,  
The heart of secret mantra,  
Is the single taste of joy and sorrow.  
Since genuinely ending up here,  
No one to parse what's good and what's bad.  
They both just enhance experience.  
Whatever appears is the Lama's compassion.  
So go ahead and stir things up!

Emaho!

## Tsoga Rinpoche's Heart Advice

MA YENG, MA YENG, DRENPE JANGSO TSUK  
YENGWE LAM JI DU JI JAKPA YÖ  
CHAG DANG ZHEN PE SEM JI DU YIN PE  
NYIDZIN KUNDRAL JUMAY NGO WOR TÖ  
KA DAK MA CHÖ RANG SEM NGON JUR NE  
SANGJE SHEN LA ME DO RANG SHEL TÖ  
SHEN NE TSOR JU ME DO RANG SAR SHOK  
MA GOM LHUN DRUP YIN PE JAL SA ZIN.

Be not distracted, be not distracted.  
Plant the watchman of mindfulness.  
On the path of distraction,  
the thief of Mara lies in wait.  
Because the mind of attachment and aversion is Mara,  
regard it as illusion, free from all duality.  
Once your own mind is known to be primordial purity,  
free from contrivance,  
there is no other Buddha.  
Look at your own face.  
There is nothing else to realize,  
So rest at ease.  
This is spontaneous non-meditation—  
take the Buddha's seat!

## **Bodhicitta Dedication Prayer**

JANG CHUB SEM CHOG RIN PO CHE  
MA CHE PA NAM CHE JUR CHIG  
CHE PA NYAM PAR MAY PA YANG  
GONG NE GONG DU PEL BAR SHOG

May the pure brilliant sun of bodhicitta  
Dawn in each and every heart and mind  
Dispelling the darkness of suffering and confusion  
Unstoppably, until all are fully illumined and awakened.

## **Dedication of the Merit**

GE WA DI YI NYUR TU DAK  
DZOG PA CHENPO DRUB GYUR NE  
DRO WA CHIG CHANG MA LU PA  
DE YI SA LA GÖ PAR SHOK

By this ethical activity, may we swiftly realize  
The Great Perfection,  
And thereby uplift each and every being  
To that same state.