

THE PRELIMINARY PRACTICE OF LONGCHEN NYINGTIK

LINEAGE PRAYER

KUN ZANG DO SEM GA RAB SHI RI SENG

I pray to Samantabhadra and Vajrasattva, to Prahevajra and Shri Singha,

PAD MA KA RA JE BANT NYI SHU NGA

To Padmakara and his twenty-five disciples: the King and subjects,

SO ZUR NU BYAG TER TON GYA TSA SOG

To So, Zur, Nub, Nyak, the one hundred Dharma treasure revealers,

KA TER LA MA NAM LA SOL WA DEB

And to all the Gurus of the lineage of canonical and treasure teachings, I pray.

FOUR THOUGHTS WHICH TURN THE MIND

DAL JOR NYED KA TOP PA DA RAY TSAM

Precious human birth, with freedom and endowments, is gained but once and rare to find.

MI TAG CHI WA NAM ONG CHA MA CHI

Life is impermanent; it is uncertain when death will arrive.

KHOR WA GANG DU KYEE KYANG DHUK NGAL GYU

All birth within samsara causes suffering,

GE DHIG LEE DRAY DE DHUG LHU WA MAY

Happiness and suffering are the certain fruit of virtuous and non-virtuous karma.

TAR LAM TOP PA LA MAY TUG JEE ZUNG

Held in the guru's grace, may I find the path of liberation.

TAKING REFUGE

KON CHOK SUM NGO DE SHEG TSA WA SUM

In the Three Jewels and their essence: the Sugata; and in the Three Roots;

TSA LUNG TIK LAY RANG ZHIN JANG CHUB SEM

In the channels, prana, bindu, and their nature, Bodhicitta;

NGO WO RANG ZHIN TUK JAY KYIL KHOR LA

And in the mandala of essence, nature and compassion;

JANG CHUB NYING PO WAR TU KYAB SU CHI

I take refuge until I reach the heart of Enlightenment.

DEVELOPING BODHICITTA

HO! NHA TSOK NHANG WA CHU DHEE DZUN RAY KYEE

Ho! Deceived by myriad appearances, like reflections of the moon in water,

KHOR WA LU GU GYUD DU CHAM PAY DRO

Beings wander in the endless cycle of samsara;

RANG RIG OD SAL YING SU NGAL SO CHIR

To let them rest in the space of luminous awareness,

SAY MAY ZHI YI NGANG NAY SEM CHE DO

With the Four Immeasurables, I give rise to Bodhicitta.

MEDITATION AND RECITATION OF VAJRASATTVA

AH! DAK NYID TA MAL SHI WO RU

Ah! Above my head,

PAY KAR DHA WAY DAN GYI WU

In the center of a white lotus and moon seat,

HUM LAY LA MA DOR JE SEM

The letter HUM becomes Guru Vajrasattva,

KAR SAL LONG JO DZOK PAY KU

The brilliant white sambhogakaya,

DOR JE DRIL DZIN NAY MA TRIL

Holding a vajra and bell, embracing Vajratopa.

KYHOD LA KYAB SO DHIG PA JONG

I take refuge in you, please purify my vices.

GYOD SEM DRAK PO TOL LO SHAG

With great regret I confess them all.

JIN CHAY SOK LA BAP KYANG DOM

Even if I might lose my life, from now on I will abstain.

KHYOD TUK DHA WA JAY PAY THENG

Upon the full moon disc in your heart,

HUM YIG TA MAR NGAH KYEE KHOR

The mantra garland circles the syllable HUM;

DAY PA NGAG KYEE GYUD KUL PAY
Invoking with mantra your enlightened mind,

YAB YUM DE ROL JOR TSAM NAY
From the point of blissful union of the consorts,

DUD TSI JANG CHUB SEM KYI TRIN
A cloud of bodhicitta nectar

GA WUR DUL THAR DZAK PA YI
Flows down like camphor powder.

DAK DANG KHAM SUM SEM CHEN GYI
Please purify karma, kleshas, causes of suffering,

LAY DANG NYON MONG DHUK NGAL GYU
Illnesses, hindrances, vices, defilement and broken vows,

NAY DON DHIK DRIB NYEE THUNG DRIB
Of all beings in all worlds,

MA LOO JANG WAR DZAY DU SOL
Until not a single impurity remains.

THE ONE-HUNDRED SYLLABLE MANTRA OF VAJRASATTVA

OM BEN ZA SATT VA SA MA YA
The most excellent exclamation of praise—Vajrasattva's samaya

MAN U PA LA YA BEN ZA SATTVA
O Vajrasattva protect the samaya

TEN O PA TISH THA DRI DHO ME BHA WA
May you remain firm in me

SU TO KAH YO ME BHA WA
Grant me complete satisfaction

SU PO KHA YO ME BHA WA
Grow and increase the positive within me

AN A RAK TO ME BHA WA
Be loving toward me

SAR WA SID DHI ME PRA YA CHA
Grant me all the siddhis

SAR WA KAR MA SU TSA ME
Show me all the karmas/activities

TSIT TAM SHRE E YANG KU RU
Make my mind good, virtuous and auspicious!

HUNG
The heart essence, seed syllable of Vajrasattva

HA HA HA HA HO
Symbolizes: the Four Immeasurables, the Four Empowerments, the Four Joys, and the Four Kayas, with the exclamation of joy at this accomplishment

BHAG A WAN SAR WA TATH A GA TA
O Blessed One, who embodies all the Vajra Tathagatas

BEN ZA MA ME MUN CA
Do not abandon me

BEN ZA BHA WA
Grant me the realization of the Vajra Nature

MA HA SA MA YA SATT VA
O great Samaya sattva

AH
Make me one with you.

GON PO DAK NI MI SHAY MONG PA YEE
O Lord, in ignorance and delusion,

DAM TSIK LAY NI GAL ZHING NYAM
I have gone against and broken my samaya.

LA MA GON PO KYAB DZOD DRIK
Lord Guru, please protect me.

TSO WO DOR JE DZIN PA TAY
O supreme Vajradhara,

TUK JE CHEN PO DAK NYID CHEN
Embodiment of great compassion,

DRO WAY TSO LA DAK KYAB CHI
Lord of beings, I take refuge in you.

KU SUNG TUK TSA WA DANG YAN LAK KI DAM TSIK NYAM PA TAM CHAY TOL LO SHAK SO
I confess all broken root and branch samayas of the enlightened body, speech and mind.

DHIK PA DANG DRIB PA NYEE THUNG DRI MAY TSOK TAM JAY JANG ZHING DAK PAR ZAY DU
SOL
Please cleanse and purify all vices, obscurations, and downfalls.

DOR JE SEM PA GYEE ZHIN DZUM PA DANG SHAY PAY RIK KYI BU KHYOD KYI DHIG
Smiling with love, Vajrasattva says,
“Noble one, all your vices

DRIB NYEE TUNG TAM CHAY DAK PA YIN NO ZHEE NANG WA JIN ZHING OD DU ZHU NAY RANG
LA
Obscurations and downfalls are purified.”
So, giving pardon, he melts into light

TIM PAY KYEN LAY RANG NYID KYANG DOR JE SEM PA NHANG TONG ME LONG NANG GI ZUK
NYAN TA WUR
And dissolves into me. I become Vajrasattva, apparent yet empty, like a reflection in a mirror.

GYUR PAY TUK SO HUM GI TA MAR YI GE DRU ZHGI WO SAL WA LAY OD ZER TRO
The heart syllable HUM, and the four syllables encircling it, radiate light rays

KHAM SUM NHOD JUD DANG JAY PA DOR SEM RIK NGEE
To all beings and realms of the three worlds, transforming into the nature

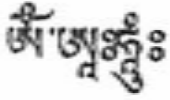
TEN DANG TEN PAY RAND ZHIN DU SANG JAY PAR GYUR
Of the Buddhas and pure lands of the five Vajrasattvas.

OM VAJRASATTVA HUM

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OFFERING THE MANDALA

OM AH HUM



NIRMANAKAYA MANDALA OFFERING

THONG SUM JIG TEN SHE WA TRAK GYEE ZHING

I offer the three thousand-fold universe of one billion worlds,

RIN CHEN NA DUN LHA MAY JOR PAY TAM

Filled with all the wealth of gods and humans, such as the seven precious gems,

DAK LU LONG JÔ JE PA YONG BUL GYEE

As well as my body and all my possessions.

CHO KYI KHOR LO GYUR WEE SID TOB SHOK

May I become the dharma chakravartin.

SAMBHOGAKAYA MANDALA OFFERING

OG MIN DE CHEN THUK PO KOD PAY ZHING

The highest heaven of great bliss: the realm of Tukpo Kodpa,

NGEE PA NGA DHAN RIK NGAY TSOM BU JAN

Endowed with the five certainties, the mandala of the five Buddha families,

DOD YON CHOD PAY TRIN PUNG SAM YAY PA

And inconceivably vast offerings of sensual pleasures,

PUL WAY LONG KUI ZHING LA SHOD PAR SHOK

May I enjoy the Sambhogakaya realm with this offering.

DHARMAKAYA MANDALA OFFERING

NHANG SID NAM DAK ZHON NU BUM PAY KU

Where all appearance and existence are intrinsically sacred: the youthful vase body,

TUK JE MA GAK CHO NYID ROL PAY JEN

Adorned by the play of Dharmata—unceasing compassion,

KU DANG TIK LEE DZIN PA NAM DAK ZHING

The realm where all the grasping to kayas and bindu is utterly transcended,

PUL WAY CHO KUI ZHING LA SHOD PAR SHOK

May I enjoy the Dharmakaya realm with this offering.

SHORT OFFERING

SA ZHI PHO CHO CHUK SHING ME TOK DRAM

By offering the earth visualized as a Buddha paradise,

RI RAB LING ZHI NYI DAY GYE WA DI

Anointed with perfumed water and strewn with flowers,

SANG GYEE ZHING DU MIK TE PUL WA YI

Bejeweled with Mount Meru and the four continents, the sun and moon,

DRO KUN NAM TAK ZHING LA SHOD PAR SHOK

May all sentient beings enjoy the pure land.

I DAM RATNA MANDALA KAM NIR YA TA YA MI

GURU YOGA

HUM! O GYEN YUL GYI NUB SHANG TSAM

Hum! In the northwest of the land of Oddiyana

PAD MA GE SAR DHONG PO LA

In the heart of a lotus flower,

YA TSAN CHOK GI NGO DRUB NYEE

Endowed with the most marvelous attainments,

PAD MA JUNG NAY ZHAY SU DRAK

You are renowned as the Lotus Born,

KHOR DU KHA DRO MANG PO KOR

Surrounded by a host of many dakinis,

KHYED KYI JAY SU DAK DRUB KYI

I follow in your footsteps.

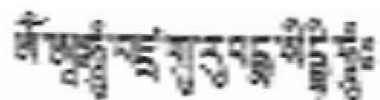
SHIN GYEE LA SHIR SHEK SU SOL

Please come and bestow your blessings!

GURU PADMA SIDDHI HUM

MANTRA RECITATION

OM AH HUM VAJRA GU RU PAD MA SIDDHI HUM



PAL DAN TSA WAY LA MA RIN PO CHE
Glorious and precious root guru,

DAK GI NYING GAR PAD MAY DEN ZHUK LA
Please remain on the lotus throne in my heart,

KA DRIN CHEN PO GO NAY JAY ZUNG THE
Embracing me with your great kindness,

KU SUNG TUK KYI NGO TRUB TSAL DU SOL
Bestow on me all the siddhis of body, speech and mind.

DEDICATION OF MERIT

NAM KAY TAR TUK TA YAY SEM CHEN NAM
May beings, infinite as the sky is vast,

MA BAY ZHIN DU KU SUM NGON KYUR DAY
Effortlessly attain the three kayas,

PA MA DRO DRUK SEM CHEN MA LOO PA
And together may all motherly and fatherly beings of the six realms,

JAM JIK DO MAY SA LA SHIN BAR SHOK
Reach primordial Buddhahood.