



新加坡大乘禅寺
THEKCHEN CHOLING
(SINGAPORE)

Connecting All With Divine Hearts
心系慈爱心

Nine Preliminaries (1) 九加行之(一)



Refuge 皈依





Nine Preliminaries (1) Refuge 九加行之(一)皈依

Om Ah Hung 唵啊吽 (x 3)

The Mala Blessing Mantra 加持念珠 (x 7)

Om Rucira Mani Pravartaya Hung
唵 卢吉拉 玛尼 巴瓦他亚 吽

The Increasing Effect Mantra 增福密咒 (x 7)

Om Sambhara Sambhara Vimana-Sara-Maha Java-Hung
Om Smara-Smara Vimana-Skara-Maha-Java Hung
唵 萨叭啦 萨叭啦 唯嘛哪-萨啦-嘛哈-迦哇-吽
唵 思嘛啦-思嘛啦 唯嘛哪-萨啦-嘛哈-迦哇-吽

Refuge 趋皈依 (x 3)

Guru is Buddha, Guru is Dharma

La-Ma Sang-Gye La-Ma Cho

上师即佛亦即法

Guru is Sangha also

Day-Zhin La-Ma Gay-Dun Te

上师亦为贤圣僧

Guru is the source of all (goodness and happiness)

Kun-Gyi Je-Po La-Ma Te

上师造作一切善

To all Gurus I go for refuge

La-Ma Nam-La Kyab-Su Chi

我趋皈依诸上师



Refuge 趋皈依 (x 3)

I take refuge in the Gurus (**Namo Gurubhya**)

La-Ma-La Kyab-Su-Chi Wo

皈依上师

I take refuge in the Buddhas (**Namo Buddhaya**)

Sang-Gye-La Kyab-Su-Chi Wo

皈依佛

I take refuge in the Dharma (**Namo Dharmaya**)

Cho-La Kyab-Su-Chi Wo

皈依法

I take refuge in the Sangha (**Namo Sanghaya**)

Gay-Dun-La Kyab Su-Chi Wo

皈依僧

Taking Refuge And Generating Bodhicitta 皈依及发菩提心愿文 (x 3)

To the Buddha, Dharma and the Sangha

Sang-Gye Cho-Dang Tsog-Kyi Chog-Nam-La

诸佛正法圣贤僧

I go for refuge until I am enlightened

Jang-Chub Bar-Du Dag-Ni Kyab-Su-Chi

直至菩提我皈依

By my merit from giving and other perfections

Dag-Gi Jin-Sog Gyi-Pe So-Nam-Kyi

依我施等诸功德

May I reach Buddhahood, so as to benefit all beings!

Dro-La Pan-Chir Sang-Gye Drub-Par-Shog

为渡众生愿成佛



Active Bodhicitta And Bodhisattva Vows 发心菩提与菩萨戒 (x 3)

Gurus, Conquerors and your children

La-Ma Gyal-Wa Say-Char-Nam

上师诸佛众佛子

Pay attention to me, please!

Dak-La Gong-Par Dza-Du Sol

敬请留心听我言

Just as Sugatas of the past

Ji-Tar Ngon-Gyi De Shek Kyi

犹如过去诸如来

Generated Bodhicitta

Jang-Chup Tuk-Ni Kye-Pa Dang

生起无上菩提心

And abode in proper order

Jang-Chup Sem-Pai Lap-Pa-La

立誓定修佛子行

In the Bodhisattva trainings

De-Dak Rim-Zhin Na-Pa-Tar

遵从次第之律仪

I too generate Bodhicitta

Dak-Kyang Dro-La Pan-Don-Du

我也如尊发菩提

So as to benefit migrators

Jang-Chup Sem-Ni Kye-Gyi Zhing

为渡十方诸有情

And shall train in proper order

Jang-Chup Sem-Pai Lap-Pa-La

修持佛子之次第

In the Bodhisattva trainings

Rim-Pa Zhin-Du Lap-Par-Gyi

无上菩提之法门



Rejoicing And Remembering The Benefit's Of Bodhicitta
常怀随喜菩提之益

This day is my life fruitful

Deng-Du Dak-Tse Dra-Bu Yo

此今此世具意义

Well was human existence won

Mi-Yi Si-Pa Lek-Par Top

难能可贵得人身

I am born today in the Buddha's line

De-Ring Sang-Gya Rik-Su Kye

今日出世于佛族

Now I have become a Buddha's son

Sang-Gya Sa-Su Da Gyur-To

今已此刻成佛子

Now I must by all means start

Da-Ni Dak-Gi Chi-Na-Kyang

始于今日与今时

Actions befitting this lineage

Rik-Dang Tun-Pai La-Tsam-Te

行为依据此传承

Acting so that this noble line

Kyon-Me Tsun-Pai Rik Di-La

跟随诸佛子之行

Without a fault will not be sullied

Nyok-Par Mi-Gyur De-Tar Ja

不污上师之家族



Removing Obstacles 去除障碍 (狮面空行母)

I prostrate to the gathering of dakinis of the three places

Kha-La Jod-Pa`i Na Chog-Dam Pa-Na

敬礼三界空行主

Coming from the supreme holy site of “Space enjoying”

Ngon-She Zul-Drul Nga-Wa’i Thu-Tob-Chan

安处最胜空行刹

Who have the powers of clairvoyance and magical emanation

Drub-Pa Po-La-Ma Yel-Bu Shin-Zig

具足神通神变力

And regard practitioners as their offspring

Na-Sum Kha-Dro’i Tsog-La Chag-Tsal-Lo

恒视行者如己子

A Ka Sama Ratsa Sada Rasa Maraya Phet

阿 喀 萨玛 啦扎 沙答 啦萨 玛啦雅 佩

Tayatha Gate Gate Paragate Parasamgate Bodhi Soha

怛也他 嘎爹 嘎爹 巴啦嘎爹 巴啦桑嘎爹 波提 梭哈

Through the power of the great truth of the words of the Exalted Three Jewels

Phag-Pa Kon-Chog Sum-Gyi Ka-Yi Den-Pa Chen-Po’l

以神圣三宝言教真谛之力故

May all adverse conditions be overcome (clap)

Tob-Kyi Mi-Thun Pa’i-Chog Tham-Chad Chir Dog-Par Gyur-Chig

愿令遮止 (击掌)

May they become non-existent (clap)

Me-Par Gyur-Chig

愿令化无 (击掌)



May they be pacified (clap)

Shi-War Gyur-Chig

愿令平息 (击掌)

May all the evils, such as enemies, obstacles and hindrances and adverse conditions be pacified

Dra-Geg Par Cha-Mi Thun-Pa'i Chog-Rig Ngan-Pa Tham-Chad

愿令一切魔怨障碍异类毕竟消灭

Shantim Kuruye Soha

善定 沽鲁耶 梭哈

May the eighty thousand types of obstacles be pacified

Geg-Rig Tong-Drag Gya-Chu Shi-Wa Dang

八万魔类皆息除

May we be separated from adverse harmful conditions

Mi-Thun Nod-Pa'i Kyen Dang Dral-Wa Dang

逆害之缘咸远离

May everything conducive be obtained and by the auspiciousness of everything good

Thun-Pa Drub-Ching Phan-Sum Tsog-Gyur-Pa'i

成就顺缘得圆满

May there be excellent happiness here and now

Ta-Shi De-Kyang Deng-Dir De-Leg Shog

今时此地吉祥临

The Four Immeasurable Thoughts 四无量心

May all sentient beings have happiness and its causes!

Sem-Chen Tam-Che Day-Wa-Dang Day-Way Gyu-Dang

Dan-Par Gyur-Chig

愿一切有情具足乐及乐因



May all sentient beings be free of suffering and its causes!

Sem-Chen Tam-Che Duk-Ngel-Dang Duk-Ngel Gyi

Gyu-Dang Drel-War Gyur-Chig

愿一切有情远离苦及苦因

May all sentient beings be inseparable from sorrowless bliss!

Sem-Chen Tam-Che Duk-Ngel May-Pay De-Wa-Dang

Mi-Dral-War Gyur-Chig

愿一切有情不离无苦之乐

May all sentient beings abide in equanimity, free of bias,
whether greed or hatred!

Sem-Chen Tam-Che Nye-Ring Chak-Dang Nyi-Dang

Drel-Way Tang-Nyom-La Nay-Par Gyur-Chig

愿一切有情远离亲疏贪嗔住等舍

Purifying The Place 将场地化为净土

Om Ah Hung 嗡啊吽 (x 3)

Everywhere may the ground be pure

Tam-Chay-Du-Ni Sa-Zhi Dag

愿此地基遍清静

Free of the roughness of pebbles and so forth

Seg-Ma La-Sog May-Pa-Dang

无有砂砾等杂物

May it be the nature of lapis lazuli

Lag-Til Tar-Nyam Bay-Dur-Ye

性同琉璃却柔软

And as smooth as the palm of one's hand

Rang-Zhin Jam-Por Nay-Gyur-Chig

面均平坦如掌心



Invocation 迎请 (x 3) (Please kneel down 请合掌并跪下)

Protector of all beings without exception

Ma-Lu Sem-Chen Kun-Gyi Gon-Gyur Chig

祈请无余等护诸众生

Divine subduer of innumerable negative forces

Du-Te Pung-Chay Mi-Zay Jom-Dzay Lha

且摧凶猛魔王魔军尊

Deity, perfect knower of all things

Ngo-Nam Ma-Lu Yang-Dag Kyen-Gyur Pay

於诸事物无余善知者

Bhagavan and attendants, please come here!

Chom-Den Kor-Chay Nay-Dir Sheg-Su Sol!

世尊眷属驾临於此地!

The Seven Limbs Prayer 修七支供养

Reverently I prostrate with my body, speech and mind

Go-Sum Gu-Pay Go-Nay Chag-Tsal Lo

我以三门诚心恭礼敬

And present clouds of every type of offering, actually offered
and mentally transformed

Ngo-Sham Yi-Trul Cho-Trin Ma-Lu Bul

尽奉实陈意现供养云

I confess all negative actions accumulated since
beginningless time

Tok-May Nay-Sak Dik-Tung Tam-Chay Shak

忏悔无始累积诸罪堕

And rejoice in the virtues of all ordinary and holy beings

Kye-Pak Ge-Wa Nam-La Je-Yi Rang

随喜凡夫圣者各善业



Please remain until samsara is empty

Kor-Wa Ma-Tong Bar-Du Leg-Zhuk Nay

生死未盡恭請常安住

And turn the wheel of Dharma for sentient beings!

Dro-La Cho-Kyi Kor-Lo Kor-Wa Dang

并祈為諸眾生轉法輪

I dedicate all the virtues of others and myself to the great
Enlightenment

Dag-Zhen Gay-Nam Jang-Chub Chen-Por Ngo

回向自他功德於菩提



Offering Prayer 供养文

May offering substances human and divine

Lha-Dang Mi-Yi Cho-Pay Dzay

天上人间供养品

Those actually offered and mentally visualized

Ngo-Su Sham-Dang Yi-Kyi Trul

或由实设或意变

Finest Samantabhadra clouds of offerings

Kun-Zang Cho-Trin La-Na-May

无上普贤供养云

Fill the entire expanse of space!

Nam-Kay Kam-Kun Kyab-Gyur Chig

愿遍一切虚空界

Blessing And Purification Of The Offerings 加持与净化供养品

Om Ah Hung 嗡啊吽 (x 3)

Actual Offering Dharani 供养陀罗尼 (x 3)

(Imagine while reciting, from the sky comes a rain of flowers, diamonds, jewels and precious stones, showering upon all Buddhas and Bodhisattvas and all holy objects of the ten directions and three times. 在念诵时，观想从天空中降下花朵，钻石，奇珍异宝等，遍洒在十方三界诸佛与菩萨及所有圣物。)

Om Namō Bhagawate Bendzay-Sarwa-Parmar-Dana

Tathagataya Arhate Samyak-Sam Buddhaya

Tayatha Om Bendzay Bendzay

Maha Bendzay

Maha-Tadzaya-Bendzay

Maha-Bidya-Bendzay

Maha-Bodhicitta-Bendzay

Maha-Bodhi-Mando Pasam Kramana-Bendzay

Sarva-Karma Avarana-Bisho Dana-Bendzay Soha



Power Of The Truth 谛力加持

Hung! By the power of truth of the Three Jewels

Kon-Chog Sum-Gyi Den-Pa-Dang

吽！愿以三宝谛实力

By the inspiration of all Buddhas and Bodhisattvas

Sang-Gye-Dang Jang-Chup Sem-Pa Tam-Che-Kyi Jin-Gyi

Lap-Dang

诸佛菩萨加持力

By the power of the great might of the completed two collections

Tsok-Nyi Yong-Su Dzok-Pay Nga-Tang Chen-Po-Dang

福慧圆满威德力

And of the completely pure and inconceivable sphere of reality

Cho-Kyi Ying Nam-Par Dag-Ching Sam-Gyi Mi Kyab-Pay

Top-Kyi

法界清净不可思议力

May these offerings become suchness!

De-Zhin Nyi-Du Gyur-Chik!

化成如是！



The Heart Sutra

Thus have I heard. Once the Blessed One was dwelling in Rajagriha at Vulture Peak mountain, together with a great gathering of the sangha of monks and a great gathering of the sangha of bodhisattvas. At that time the Blessed One entered the samadhi that expresses the dharma called "profound illumination," and at the same time noble Avalokiteshvara, the bodhisattva mahasattva, while practicing the profound prajnaparamita, saw in this way: he saw the five skandhas to be empty of nature.

Then, through the power of the Buddha, venerable Shariputra said to noble Avalokiteshvara, the bodhisattva mahasattva, "How should a son or daughter of noble family train, who wishes to practice the profound prajnaparamita?"

Addressed in this way, noble Avalokiteshvara, the bodhisattva mahasattva, said to venerable Shariputra, "O Shariputra, a son or daughter of noble family who wishes to practice the profound prajnaparamita should see in this way: seeing the five skandhas to be empty of nature. Form is emptiness; emptiness also is form. Emptiness is no other than form; form is no other than emptiness. In the same way, feeling, perception, formation, and consciousness are emptiness. Thus, Shariputra, all dharmas are emptiness. There are no characteristics. There is no birth and no cessation. There is no impurity and no purity. There is no decrease and no increase.

Therefore, Shariputra, in emptiness, there is no form, no feeling, no perception, no formation, no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no appearance, no sound, no smell, no taste, no touch, no dharmas, no eye dhatu up to no mind dhatu, no dhatu of dharmas, no mind consciousness dhatu; no ignorance, no end of ignorance up to no old age and death, no end of old age and death; no suffering, no origin of suffering, no cessation of suffering, no path, no wisdom, no attainment, and no non-



attainment. Therefore, Shariputra, since the bodhisattvas have no attainment, they abide by means of prajnaparamita.

Since there is no obscuration of mind, there is no fear. They transcend falsity and attain complete nirvana. All the Buddhas of the three times, by means of prajnaparamita, fully awaken to unsurpassable, true, complete enlightenment. Therefore, the great mantra of prajnaparamita, the mantra of great insight, the unsurpassed mantra, the unequaled mantra, the mantra that calms all suffering, should be known as truth, since there is no deception. The prajnaparamita mantra is said in this way:

Tayatha (Om) Gate Gate Paragate Parasamgate Bodhi Soha

Thus, Shariputra, the bodhisattva mahasattva should train in the profound prajnaparamita.

Then the Blessed One arose from that samadhi and praised noble Avalokiteshvara, the bodhisattva mahasattva, saying, "Good, good, O son of noble family; thus it is, O son of noble family, thus it is. One should practice the profound prajnaparamita just as you have taught and all the tathagatas will rejoice."

When the Blessed One had said this, venerable Shariputra and noble Avalokiteshvara, the bodhisattva mahasattva, that whole assembly and the world with its gods, humans, asuras, and gandharvas rejoiced and praised the words of the Blessed One.



般若波罗蜜多心经 唐三藏法师玄奘译

般若波罗蜜多心经。观自在菩萨。行深般若波罗蜜多时。照见五蕴皆空。度一切苦厄。舍利子。色不异空。空不异色。色即是空。空即是色。受想行识。亦复如是。舍利子。是诸法空相。不生不灭。不垢不净。不增不减。是故空中无色。无受想行识。无眼耳鼻舌身意。无色声香味触法。无眼界。乃至无意识界。无无明。亦无无明尽。乃至无老死。亦无老死尽。无苦集灭道。无智亦无得。以无所得故。菩提萨埵。依般若波罗蜜多故。心无挂碍。无挂碍故。无有恐怖。远离颠倒梦想。究竟涅槃。三世诸佛。依般若波罗蜜多故。得阿耨多罗三藐三菩提。故知般若波罗蜜多。是大神咒。是大明咒。是无上咒。是无等等咒。能除一切苦。真实不虚。故说般若波罗蜜多咒。即说咒曰。揭谛揭谛。波罗揭谛。波罗僧揭谛。菩提娑婆诃。



Long Mandala Offering 供曼达拉

Om Ah Hung 嗡啊吽 (x 3)

Om Vajraground Ah Hung

Om Bendza Bhu-Mi Ah-Hung

嗡 金刚地基 啊吽

Here Is The Mighty And Powerful Base Of Gold

Wang-Chen Ser-Gyi Sa-Zhi

奇妙黄金宝地

Om Vajraline Ah Hung

Om Benza Re-Ke Ah-Hung

嗡 金刚围篱 啊吽

The Outer Ring Is Encircled With This Iron Fence

Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

铁围山绕四周

First Ring 第一圈

1 In the centre, the king of mountains, Mount Meru

Ri-Gyal Po-Ri Rab

居中山王须弥山，

2 In the east, the continent Purvavideha

Shar Lu-Pag-Po

东胜神洲处东方，

3 In the south, Jambudvipa

Lho Dzam-Bu-Ling

南瞻部洲南方住，

4 In the west, Aparagodaniya

Nub Ba-Lang-Cho

西牛贺洲置西边，



5 In the north, Uttarakuru

Jang Dra-Mi-Nyan

北俱盧洲在北边。

6 Around the east, the sub-continent Deha and Videha

7 Lu-Dang Lu-Pag

东方身洲及胜洲，

8 Around the south, Camara and Aparacamara

9 Nga-Yab-Dang Nga-Yab-Zhan

南方拂洲、别拂洲，

10 Around the west, Satha and Uttaramantrin

11 Yo-Dan-Dang Lam-Chog-Dro

小行洲、胜道行洲，两小洲位处西方，

12 Around the north, the sub-continent Kurava and Kaurava

13 Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da

北方有声不美洲，及彼身不美洲，

14 In the east is the treasure mountain

Rin-Po-Che Ri-Wo

宝山，

15 In the south is the wish-granting tree

Pag Sam-Gyi-Shing

如意树，

16 In the west is the wish-granting cow

Do Jo-I Ba

随欲宝牛，

17 In the north is the harvest that needs no cultivation

Ma-Mo Pa-I Lo-Tog

自长粮谷。



Second Ring 第二圈

18 Here is the precious wheel

Kor-Lo Rin-Po Che

宝轮，

19 Here is the precious jewel

Nor-Bu Rin-Po Che

如意宝珠，

20 Here is the precious queen

Tsun-Mo Rin-Po Che

王后宝，

21 Here is the precious minister

Lon-Po Rin-Po Che

大臣宝，

22 Here is the precious elephant

Lang-Po Rin-Po Che

象宝，

23 Here is the precious and best of horses

Ta-Chog Rin-Po Che

马宝，

24 Here is the precious general

Mag-Pon Rin-Po Che

将军宝，

25 Here is the great treasure vase

Ter-Chen Po-i Pum-Ba

大藏瓶宝。

Third Ring 第三圈

26 Here is the goddess of beauty

Geg-Ma

姿天女，



27 Here is the goddess of garlands

Treng-Wa-Ma

鬘天女，

28 Here is the goddess of song

Lu-Ma

歌天女，

29 Here is the goddess of dance

Gar-Ma

舞天女，

30 Here is the goddess of flowers

Me-Tog-Ma

花天女，

31 Here is the goddess of incense

Dug-Po-Ma

香天女，

32 Here is the goddess of light

Nang-Sel-Ma

灯天女，

33 Here is the goddess of perfume

Dri-Chab-Ma

涂天女。

Top Ring 顶圈

34 Here is the sun; Here is the moon

35 Nyi-Ma Da-Wa

日，月，

36 Here is the umbrella of all that is precious

Rin-Po-Che Dug

珍异宝伞，



37 Here is the banner of victory in all directions
Chog-Lay Nam-Par Gyal-Way Gyal-Tsan
制伏一切十方幢，

In the centre are all the possessions precious to
gods and men

**U-Su Lha-Dang Mi-I Pal-Jor Pun-Sum Tsog-Pa Ma-
Tsang Wa-Me-Pa**

无余清净悦意供，天人最胜圆满供，

This magnificent collection, lacking in nothing

Tsang-Zhing Yi-Du Wong-Wa Di-Dag

悉皆云集于中央。

I offer to you, my kind and holy root Lama

Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay

献予大慈跟本师，

Together with you, Venerable Lineage Lamas

Pal-Den La-Ma Dam-Pa Nam-Dang Kye-Par Du-Yang 一

切真传承上师，

And to you Lama, compassionate La-Ma Lo-Zang

Tup-Wang Dor-je-Chang

***La-Ma Lo-Zang Tup-Wang Dor-je-Chang**

圣者宗喀巴祖师

Together with the assembly of Gods

Lha-Tsog Kor-Dang Chay-Pa

所有本尊一切众，

I offer this pure and beautiful collection to you

Nam-La Zhing-Kam Ul-War Gyi-Wo

献此佛刹无量供，



In your compassion accept what I offer for the sake
of all beings

Tug-Je Dro-Way Don-Du Zhe-Su-Sol

受此供已请加持，

Having accepted these, to myself and to all beings

Zhe-Nay Dag-Sog Sem-Chen Tam-Chay-La

众生与我皆得受，

Please grant your blessings through your great
compassion.

Tug-Tse-Wa Chen-Poi Go-Na Jin-Gyi Lab-Tu Sol

以大慈悲普加持。

1 The Short Mandala Of Seven Heaps 供外曼达拉

This ground, anointed with perfume, strewn with
flowers,

Sa-Zhi Po-Kyi Jug-Shing Me-Tog Tram

须弥四洲日月所庄严，

Adorned with Mount Meru, four continents, Sun and
Moon,

Ri-Rab Ling-Zhi Nyi-Day Gyen-Pa Di

妙香遍涂华散之大地，

I offer in visualization as Field of Buddhas.

Sang-Gay Zhing-Du Mig-Te Ul-War Gyi

观如佛土我乐敬供养，

May all sentient beings thus enjoy this Pure Land!

Dro-Kun Nam-Dag Zhing-La Cho-Par Shog!

愿诸有情共享此净土！

2 Inner Mandala 供内曼达拉

The objects of my attachment, anger and ignorance,

Dag-Gi Chag-Dang Mong-Sum Kye-Pay Yul

令我生起贪嗔无明境，



My body, my wealth and enjoyments,
Dra-Nyen Bar-Sum Lu-Dang Long-Cho Che

怨亲中庸色身用具等，

Without any sense of loss I offer this collection,

Pang-Pa Me-Par Bul-Gyi Leg-Zhe Nay

我均无吝奉上愿享受，

Please accept it with pleasure and bless me with
freedom from the three poisons.

Dug-Sum Rang-Sar Drol-War Jin-Gyi Lob

加持我他当下渡三毒。

I send forth this jewelled mandala to you, oh my precious
Gurus

Om Idam Guru Ratna Mandalakam Nirya Tayami

嗡 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜



Homage To The Buddha 释迦佛赞 (x 3, 7, 21 or more)

(Visualise golden light from the heart of Shakyamuni Buddha flowing into you and inspiring oneself as you recite this mantra 在念诵时，观想金色的光从释迦牟尼佛心中流向您，激励您)

**Guru, Master, Bhagavan
La-Ma Ton-Pa Chom-Dan Day**

上师，如来，薄伽梵，

**Tathagata
Day-Zhin Sheg-Pa**

应供

**Arhant
Dra-Chom Pa**

正等觉

**Complete and Perfect Buddha
Yang-Dag-Pa Dzog-Pay Sang-Gye**

吉祥胜者

**Glorious Conqueror Sakyamuni
Pal-Gyal-Wa-Shakya Tup-Pa-La**

释迦牟尼佛前

**To you I prostrate, go for refuge
Chag-Tsal-Ching Kyap-Su Chi-Wo**

顶礼、供养、归依，

**And make offering, please grant your inspiration
Cho-Do Jin-Gyi Lap-Tu Sol**

伏请加持！



Mantra And Visualisation 念诵心咒与观想

Tayatha Om Muni Muni Maha Muni Ye Soha

达雅他 唵 牟尼 牟尼 玛哈 牟尼耶 梭哈 (x 21 or 108 times)

(Visualise the golden lights from Shakyamuni Buddha enter into oneself and all other sentient beings and oneself and countless sentient beings in all realms feel a sense of great happiness, relief and liberation as negativity, obscurations, bad karma and spirit harms are purified. 观想释迦牟尼佛发出金光进入我身与一切众生，一切众生与我在六道中，皆感到无比的欢喜和解脱如：消极，障碍，恶业及邪灵骚扰都一一净除)

(First, recite 1 set of refuge, then recite on **Namo Gurubhya** for 111,111 times. Once completed 111,111 times, then, you may recite **Namo Buddhaya.....as**):

(先念诵一套皈依文，后才念诵 **Namo Gurubhya** 111,111 次。念诵好 **Namo Gurubhya** 111,111 次后，才接着念诵 **Namo Buddhaya...如以下**):

Namo Gurubhya (x 111,111)

Namo Buddhaya (x 111,111)

Namo Dharmaya (x 111,111)

Namo Sanghaya (x 111,111)



Vajra Sattva Hundred Syllabus Long Mantra 长百字明咒 (x 7)

**Om Bendza Satto Samaya / Manu Palaya / Bendza Satto
Teno Patita / Dridho Me Bhawa / Sutto Kayo Me Bhawa
/ Supo Kayo Me Bhawa / Anurakto Me Bhawa Sarwa
Siddhi Me Prayatza / Sarwa Karma Sutza Me / Tzitam
Shriyam Kuru Hung / Ha Ha Ha Ha Ho Bhagawan / Sarwa
Tathagata Bendza Ma Me Muntsa / Bendza Bhawa /
Maha Samaya Satto Ah Hung Phet**

喻 本杂萨埵 萨麻雅 麻努巴拉雅 本杂萨埵 嚩
那巴帝他 帝多美帕哇 苏多卡唷 美帕哇 苏波
卡唷 美帕哇 阿努啦多 美帕哇 萨哇 悉提美
巴雅杂 萨哇 噶麻 苏杂美 吉当师利养 沽噜
吽 哈哈哈哈哈 帕噶万 萨哇 答他噶答 本杂
麻美 木杂 本杂 帕哇 麻哈 萨麻呀 萨埵
阿 吽 佩

Vajra Sattva Short Mantra 短百字明咒 (x 21)

Om Bendza Satto Hung

喻 本杂 萨埵 吽



Dedication 回向

Long Life Prayer Of His Holiness Dalai Lama

法王达赖喇嘛尊者长寿祈请文

Saviour of the snow land teaching and transmigratory beings

Tong-Nyi Nying-Jhe Sung-Du Jug-Pay-Lam

雪岭圣教众生救护主

Who makes extremely clear the path that is unification of emptiness and compassion

Che-Cher Sal-Tza Gang-Chen Ten-Droi-Gon

广开悲空双运菩提道

To the lotus holder, Tenzin Gyatso, I beseech

Chag-Na Ped-Mo Ten-Zin Gya-Tso-La

莲花手主滇津嘉措尊

May all your holy wishes be spontaneously fulfilled

Sol-Wa Deb-So Shen-Don Lhun-Drub-Shog

祈愿尊者圣愿皆圆满

In the land encircled by snowy mountains

Gang-Rii Ra-Wa Kor-Wai Zhig-Kam Dir

於此雪岭所绕国土中

You are the source of all happiness and good

Pen-Dang De-Wa Ma-Lu Jung-Way Nay

一切利益安乐之生处

All powerful Chenrezig, Tenzin Gyatso

Chen-Re-Zig-Wang Ten-Dzin Gya-Tso-Yi

滇津嘉措观自在菩萨

Please remain until samsara ends!

Zhap-Pa Si-Tai Bar-Du Tan-Gyur-Chik

愿其常住直至生死尽



Long Life Prayer Of Singha Thekchen Namdrol Rinpoche
上师鑫和大乘南都仁波切长住祈请文

Om Svasti! Like the countless light rays that radiate from the ruby mountain;

Om Svasti! Pay-Rab Lhun-Po Wo-Dzer Bum-Tro-Tar

嗡 师瓦诗帝！红宝山上耀光芒，

Exquisite Amitayus, Lord of Everlasting Life, Who captivates and one does not tire of seeing;

Rab-Tze Ta-Way Mi-Ngom Tse-Pak-May

无厌观见无量寿，

Whose essence is of infinite life, the nectar of immortality;

Chi-Maid Du-Tsi Bum-Gyi Tsi-Chuk-Pa

长生不老之甘露，

Please instantly grant our Guru, the Siddhi of Stable and Everlasting Life.

Tak-Ten Dro-Way Gon-Po Deng-Dir-Sol

赐予尊师得永生。

You are intelligent and skilful in upholding the traditions Of Buddha;

Gang-Lo Thub-Pay Ring-Luk Tzin-Khe-Pa

智巧善解皆俱足，

Spreading the Holy Dharma through explanations and practices;

Shad-Dang Drub-Pay Ten-Pa Pel-Wa-Dang

护持世尊正传承，

In order to lead disciples onto the path to liberation;

Dul-Ja Nam-Drol Lam-Du Go-Pa-La

渡脱弟子证菩提，

You are the one who is an Unequaled Guide,

Please live a long and stable life.

Dren-Pay Da-Dral Chok-Gi Shab-Ten-Shok



唯愿尊师寿无疆

I request respectfully, my Precious and Holy Guru, to
enjoy excellent health;

La-Ma Ku-Kham Dzang-La Sol-Wa-Deb

祈请上师庄严身，

I request respectfully, my Precious and Holy Guru, to
live a long life;

Chok-Tu Ku-Tse Ring-La Sol-Wa-Deb

万寿无疆恒永住，

I request respectfully, my Precious and Holy Guru, that
your Dharma activities spread and flourish far and wide;

Trin-Lay Dar-Shing Gye-La Sol-Wa-Deb

妙法普照十方界，

I request respectfully, my Precious and Holy Guru,
to bless me to be never separated from you.

La-Ma Dang-Dral Wa-Maid-Par Jin-Gyi Lab-Tu-Sol

尊师与我不舍离。

In all my future rebirths, May I never be separated from
my perfect Guru;

Kye-Wa Kun-Tu Yang-Dak La-Ma-Dang

愿永不离善知识，

May I enjoy the magnificent Dharma;

Dral-Maid Cho-Kyi Pal-La Long-Cho-Ching

妙法殊胜恒受用，

And by completing the qualities of the stages and path;

Sa-Dang Lam-Gyi Yon-Ten Rab-Tzok-Nay

圆满道地诸功德，

May I quickly attain the state of Vajradhara.

Dor-Je Chang-Gi Go-Phang Nyur-Thob-Shok

速证金刚总持位。



Singha Rinpoche's Heart Mantra 上师鑫和仁波切心咒 (x 3, 7 or 21)

Om Guru Vajra Muni Sasana Vimukti Soha

嗡 沽鲁 瓦加 牟尼 萨萨那 唯穆帝 梭哈

Long Life Prayer Of Khandro Namdrol Lhamo

Homage to the assembly of deities who are the source
of a hundred varieties of preciousness.

By your knowledge, compassion and power that
liberates from mere seeing and hearing.

From the blessing and power of truth of the assembly
of deities.

May the lotus of long life, good health, happiness and
prosperity blossom.

Nam-Trang Gya-Tsay Rin-Chung Lha-Yi-Tsog

Khen-Tse Nu-Pey Thong-Tho Thren-Dol-Wa

Lha-Tsog Nam-Ki Dhen-Pey Jin-Thu-Yi

Tse-Ring Ne-Mey Dhe-Jor Pe-Mo-Gye



Dedication 回向文

May the precious Bodhi mind
Jang-Chub Sem-Chog Rin-Po-Che

唯愿殊胜菩提心

Not yet born arise and grow

Ma-Kye Pa-Nam Kye-Gyur-Chig

未生起者令生起

May that born have no decline

Kye-Pa Nyam-Pa May-Pa-Yang

已生起者无退转

But increase forever more

Gong-Nay Gong-Du Pel-War Shog

恒时增长无间断

Just as the brave Manjushri and Samantabhadra

Jam-Pal Pa-Wo Ji-Tar Khyen-Pa-Dang

文殊师利勇猛智

Realised things as they are

Kun-Tu Zang-Po De-Yang De-Zhin-Te

普贤慧行亦复然

I, too, dedicate all these merits in the best way

De-Dag Kun-Gyi Je-Su Dag-Lob-Chir

我今回向诸善根

That I may follow their perfect example

Ge-Wa Di-Dag Tham-Che Rab-Tu-Ngo

随彼一切成修学

I dedicate all these roots of virtue

Du-Sum Sheg-Pay Gyal-Wa Tham-Che-Kyi

三世诸佛所称叹



With the dedication praised as the best

Ngo-Wa Gang-La Chog-Tu Ngag-Pa-De

如是最胜诸大愿

By the victorious ones thus gone of the three times

Dag-Gi Ge-Way Tsa-Wa Di-Kun-Kyang

我今回向诸善根

So I might perform good works

Zang-Po Cho-Chir Rab-Tu Ngo-War-Gyi

为得普贤殊胜行

May the King of Dharma, Tsongkhapa's

Cho-Kyi Gyal-Po Tsong-Kha-Pay

愿于弘扬宗喀巴

Way of the Dharma practice flourish

Cho-Tsul Nam-Par Phel-Wa-La

法王正法理则际

May the omens of obstacles be pacified

Geg-Kyi Tsen-Ma Shi-Wa-Dang

止息障碍之徵兆

And all the conducive circumstance be complete

Thun-Kyen Me-Lu Tsan-War-Shog

一切顺缘悉圆满

By relying on the two accumulations

Dag-Dang Shen-Gyi Dhu-Sum-Dang

我及他人之三世

Of myself and others in the three times

Drel-Way Tsog-Nyi La-Ten-Ney

依止相属二资已

May the teaching of conqueror, Losang Dragpa

Gyal-Wa Lo-Sang Drag-Pa-Yi

祈愿善慧名称佛



Blazes for a long time
Ten-Pa Yun-Ring Bar-Gyur-Chig
教法永驻盛增长

Special Requesting Prayer 特别祈请文

Through the power of my Guru and effort of practice, may all sentient beings and my own wishes, both Dharma and worldly be fulfilled immediately. May all be auspicious!
通过上师的加持与精进修持，愿一切众生与我的祈愿，即佛法与世间法皆能立即如愿。愿一切吉祥如意！

Migstema Prayer 无缘悲心 (x 3)

Avalokiteshvara, great treasure of non-objectifying compassion;

Mig-May Tser-Way Ter-Chen Chen-Re Zig

无缘悲心大藏观世音

Manjushri, powerful and stainless wisdom;

Dri-May Kyen-Pay Wang-Po Jam-Pel Yang

无垢智慧天尊妙吉祥

Tsong Khapa, crown ornament of the learned ones in the snowland;

Gang-Chen Kay-Pay Tsug-Kyen Tsong-Kha Pa

雪乡学者顶饰宗喀巴

Losang Dragpa, I make request at your feet.

Lo-Zang Drag-Pay Zhab-La Sol-Wa Deb

罗桑札巴足下我祈请

May All Be Auspicious!



Nine Preliminaries 九加行：

- (1) Refuge (皈依)
- (2) Thirty Five Buddhas Prostration (三十五佛大礼拜)
- (3) Water Bowl Offering (水供)
- (4) Mandala Offering (供曼达拉)
- (5) Vajra Sattva Hundred Syllabus Long Mantra
(金刚萨百字明咒)
- (6) Dorje Khadro (Vajra Daka) Fire Offering (火供)
- (7) Samaya Vajra (Damtsig Dorje) Mantra Purification
(三昧耶金刚法)
- (8) Torma Offering To Spirits (供食子)
- (9) Tza-tza Making (佛牌制作)

* You must complete this preliminaries practice in the following order 要圆满修成九加行，请跟随下列指示：

- (1) Preliminaries 九加行 (1)
- (2) Preliminaries 九加行 (2) to 至 (5). (Not necessarily to be in order 不分先后)
- (3) Preliminaries 九加行 (6) to 至 (9). (Not necessarily to be in order 不分先后)



About Thekchen Choling

Thekchen Choling (Singapore) is a temple which operates 24 by 7 daily. Our services include blessing for newborn babies, marriage blessings, pujas for quick recovery from illness and career success, Chinese and Tibetan funeral services and so on.

Please contact us for more details.

Thekchen Choling (Singapore)

Address: 2 Beatty Lane Singapore 209945

Tel: +65 6466 3720 Fax: +65 6465 6736

Email: contactus@thekchencholing.org

Website: www.thekchencholing.org

FB: facebook.com/ThekchenCholing and facebook.com/SinghaRinpoche

Thekchen Choling Branches:

Thekchen Choling (Malaysia)

Address: Lot 691 Tai Hong Village,
Kota Tinggi 81900 Johor, Malaysia

Tel: +607 8822391 Hp: +601 1111493691

FB: facebook.com/ThekchenCholingMalaysia

Thekchen Choling (Melaka)

Address: 40, Jalan Pandan Indah 1, Taman Pandan Indah,
75250 Melaka Malaysia

Tel: +606 2406986

Email: Contact_Melaka@thekchencholing.org

FB: facebook.com/ThekchenCholingMelaka

Thekchen Choling USA (Syracuse)

Address: 109 East Ave, Minoa, New York 13116 USA

Tel: +1 315 682 0702

www.thek.us

FB: facebook.com/ThekchenCholingSyracuse