

Mantra of Buddha Shakyamuni

Enthused by great compassion, To dispel the perverted views,

You taught the immaculate Dharma, To you the Buddha Gautama, I make prostration.

OM MUNI MUNI MAHA MUNI YE SVAHA

By the accumulation of this merit, May I quickly attain the state of king of Shakya.

And all sentient beings without exception, May I lead to that stage.

Mantra of White Tara

The deity that I have accomplished from previous lives, Activity-mother of Buddhas of all three times, Absolute whiteness with one face, two hands and seven eyes, My homage to mothers of all holding Utpala flower.

OM TARE TUTTARE TURE MAMA AYUR PUNYE JÑANA PUSHTIM KURU YE SVAHA

By the accumulation of this merit, May I quickly attain the wish-granting wheel.

And all sentient beings without exception, May I lead to that stage.

Yearning Song of Prayer

To Invoke the Wisdom Mind of the Compassionate Teacher Padmasambhava

by His Holiness the Dalai Lama

The absolute, which is beyond all limits and extremes is the fundamental nature of clear light,

The perfect sambhogakaya is resplendent with the spontaneously present major and minor marks,

And the nirmanakaya manifests in various forms to suit the different characters of beings—

You who are the mighty Lord of Sages, guard us at all times with your infinite compassion!

As the miraculous display of the wisdom, love and power of all the victorious buddhas,

Glorious and resplendent, for all living beings in the land of Tibet, you appeared,

Supremely accomplished and gracious master, Lake-born Vajra (Tsokyé Dorje)—

Now we cry out to you with this, our heartfelt plea: hold us in your compassion!
Embodiments of the five kayas, those who have reached perfect realization and
abandonment,
View all with equanimity, and are entirely beyond all forms of partiality;
Even so, as a result of interdependent factors, such as the temperaments of beings,
You came to be the lord and protector over all who live within the Land of Snows.
In particular, when King Trisong Detsen and his son, the prince,
Urged you to care for the land of Tibet with your compassion,
You gave them your word, your unfailing pledge, that you would always work for our
benefit,
And so now we call upon you: care for us with your compassion!
Destitute, forced into meaningless and worthless labours and reduced to misery,
The people live in constant fear of accusation, violence and other threats to life,
And the land itself has become like the terrible realm of Yama, Lord of Death—
O Dharma practitioners of the Land of Snows, where did we go wrong?
As a result of the impure actions we have committed in the past,
For decades now, we have endured so many sufferings, hard to even think about,
And we are worn down by all our experiences—such is our plight, our desperate situation.
Now we call out to you: look upon us with your special care, you who are a treasury of
love and compassion!
Alas! The force of negative actions is powerful indeed!
Yet do not faith, positive intentions, concern for others and the force of blessings
Also have their power? So help us now to create the right circumstances,
In which our virtues will swiftly bear their fruit and bring us the fulfilment of our wishes!
Through the power and blessings of the Guru, the Three Jewels and all the oath-bound
guardians of Tibet,
Together with the force of the devotion and commitment of the people of this Land of
Snows,
And the strength of the infallible truths of cause and effect, appearance and emptiness,
May all our deepest wishes and aspirations swiftly be fulfilled!

Making Requests and Offerings to the Landlord and Goddesses of the Four Elements

The King of the Landlord, golden in color, and the Earth Goddess Temna,

Wood towards the eastern side,

Fire towards the southern side,

Iron towards the western side,

Water towards the northern side,

Earth Goddesses of the four corners, please hear this request in your ear.

Please take this golden drink and these things of offering and so forth.

Please don't have hatred and jealousy toward this temple and earth.

Please bless all to be auspicious; don't get annoyed and be happy.

Please don't harm or be against and have love.

Please be patient toward the things that have hurt you.

Please pacify the harms of the four elements, such as earthquakes and so forth, that which are disharmonious.

Please may all be auspicious. May there be happiness and goodness.

May the operation of evil thoughts and deeds of the negative forces of humans and non-humans, who harbor malice through their perverted prayers against the teaching of the Victorious One,

Be totally vanquished through the power of truth of the Three Jewels.