

# *Jamyang London Summer Retreat, August 2021*

## *Prayers for Individual Meditation Sessions*

*Generate your motivation*

### **Visualizing Sakyamuni Buddha**

In space at eye level before me is a throne, both lofty and glorious made of all precious gems. Above and below, it is protected by lions, two at each corner to watch high and low. On top of this throne is a mandala seat of lotus in full bloom, the moon and the sun. Seated upon it is my holy root Guru, you who are always so gracious and kind. In outward appearance you are Buddha Shakyamuni; your body is the hue of refined polished gold, with crowning ushnisha, one head and two arms, your right hand outstretched towards the earth underneath, and your left in your lap calmly holding a begging bowl filled with nectar. Adorned with all hundred and twelve marks of a Buddha, you are wearing a monk's robes that are saffron in color. Your legs are both crossed in the vajra position, you sit in a bright cloud of clear rays of light.

Seated around you are all my own Gurus, and those of the lineage as well as my yidams. You Buddhas, Bodhisattvas, Dakas, Dakinis, and Dharma Protectors are seated here also. Your volumes of teaching are set here before you on most precious cushions--they glow with clear light. All of you members of this mighty assembly are smiling and pleased as I sit doing puja. Recalling your kindness and qualifications, I am placed in a firm state of very strong faith.

I and all motherly sentient beings from beginningless rebirths until this present time, have experienced in full the various sufferings of samsara in general, and specifically those of the three lower states. Yet it still is not easy to fathom completely the depth and the scope of the suffering we bear. But now I have taken a sound human body fully endowed with the eight forms of leisure and the ten circumstances conducive for Dharma. Such a sound body--not easily gained--when once obtained can be put to good use, for with it I can work for a much higher rebirth, nirvana, or even the state of a Buddha. And I have had the good fortune to have met with the Dharma, the Dharma whose presence is so rare to find. Having attained these most favored conditions, if I do not work to achieve full Enlightenment, surpassing Nirvana and free from all pain--and if I do not try to attain this right now, then again, I shall have to experience the sufferings of Samsara in general and specifically those of the three lower states. Therefore, as the power to protect me from all of these sufferings lies only with you, in your hands, O my Guru, and the Three Jewels of Refuge envisioned before me, I promise to strive for Buddhahood now so that I may be able to benefit fully all motherly sentient beings. And so, for this purpose, I now go for refuge to you, holy Guru, and the Three Precious Jewels.

### **Refuge Generating Bodhicitta**

SANG GYÄ CHÖ DANG SOG KYI CHOG NAM LA

**I go for refuge until I am enlightened**

JANG CHUB BAR DU DAG NI KYAB SU CHI

**To the Buddha, the Dharma, and the Supreme Assembly.**

DAG GI CHÖ NYEN GYI PE SÖ NAM GYI

**By the merits I create through listening to the Dharma,**  
DRO LA PEN CHIR SANG GYE DRUB PAR SHOG (3x)

**May I become a buddha in order to benefit all sentient beings. (3x)**

### **Prayer of the Four Immeasurables**

How wonderful it would be if all sentient beings could remain impartial, completely unbiased, with neither attraction nor angered repulsion, not close to some, not distant from others. May they always remain in this way, may I cause them to remain in this way. Bestow on me please your inspiring strength O divine holy Gurus to bring this about in this way.

How wonderful it would be if all sentient beings were endowed with happiness and the causes for joy. May they always be endowed in this way, may I cause them to be endowed in this way. Bestow on me please your inspiring strength O divine holy Gurus to bring this about in this way.

How wonderful it would be if all sentient beings were released from suffering and the causes for pain. May they always be released in this way, may I cause them to be released in this way. Bestow on me please your inspiring strength O divine holy Gurus to bring this about in this way.

How wonderful it would be if all sentient beings were never removed from higher rebirths or complete liberation. May they never be removed in this way, may I cause them never to be removed in this way. Bestow on me please your inspiring strength O divine holy Gurus to bring this about in this way.

### **Seven-Limb Prayer**

Reverently, I prostrate with my body, speech, and mind.  
I present clouds of every type of offering, actual and imagined.  
I declare all my negative actions accumulated since beginningless time  
And rejoice in the merit of all holy and ordinary beings.  
Please, remain until the end of cyclic existence  
And turn the wheel of Dharma for living beings.  
I dedicate my own merits and those of all others to the great  
enlightenment.

### **Short Mandala Offering**

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

**This ground, anointed with perfume, strewn with flowers,**  
RI RAB LING ZHI NYI DÄ GYÄN PA DI

**Adorned with Mount Meru, four continents, the sun and the moon:**  
SANG GYÄ ZHING DU MIG TE ÜL WA YI

**I imagine this as a buddha-field and offer it.**  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

**May all living beings enjoy this pure land!**  
IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

### **The Foundation of All Good Qualities**

The foundation of all good qualities is the kind and perfect, pure Guru.  
Correct devotion to the Guru is the root of the path.  
By clearly seeing this and applying great effort,  
Please bless me to rely upon the Guru with great respect.

Understanding that the precious freedom of this rebirth is found only once,  
Is greatly meaningful, and is difficult to find again,  
Please bless me to generate the mind that unceasingly,  
Day and night, takes its essence.

This life is as impermanent as a water bubble,  
Remember how quickly it decays and death comes.  
After death, just like a shadow follows the body,  
The results of black and white karma follow.

Finding firm and definite conviction in this,  
Please bless me always to be careful  
To abandon even the slightest negativities  
And accomplish all virtuous deeds.

Seeking samsaric pleasures is the door to all suffering:  
They are uncertain and cannot be relied upon.  
Recognizing these shortcomings,  
Please bless me to generate the strong wish for the bliss of liberation.

Led by this pure thought,  
Mindfulness, alertness, and great caution arise.  
The root of the teachings is keeping the pratimoksha vows:  
Please bless me to accomplish this essential practice.

Just as I have fallen into the sea of samsara,  
So have all mother migratory beings.  
Please bless me to see this, train in supreme bodhichitta,  
And bear the responsibility of freeing migratory beings.

Even if I develop only bodhichitta, but I don't practice the three types of morality,  
I will not achieve enlightenment.  
With my clear recognition of this,  
Please bless me to practice the bodhisatva vows with great energy.

Once I have pacified distractions to wrong objects,  
And correctly analysed the meaning of reality,  
Please bless me to generate quickly within my mindstream  
The unified path of calm abiding and special insight.

Having become a pure vessel by training in the general path,  
Please bless me to enter  
The holy gateway of the fortunate ones:  
The supreme vajra vehicle.

At that time, the basis of accomplishing the two attainments  
Is keeping pure vows and samaya.  
As I have become firmly convinced of this,  
Please bless me to protect these vows and pledges like my life.

Then, having realized the importance of the two stages,  
The essence of the Vajrayana,  
By practicing with great energy, never giving up the four sessions,  
Please bless me to realize the teachings of the holy Guru.

Like that, may the gurus who show the noble path  
And the spiritual friends who practice it have long lives.  
Please bless me to pacify completely  
All outer and inner hindrances.

In all my lives, never separated from perfect gurus,  
May I enjoy the magnificent Dharma.  
By completing the qualities of the stages and paths,  
May I quickly attain the state of Vajradhara.

*Visualize white light rays coming from the heart of the Buddha in front to the crown of oneself and all sentient beings, filling one's body. This purifies all negative karma and obstacles get pacified. Next visualize yellow golden light rays coming from the heart of the Buddha in front to the crown of oneself and all sentient beings, filling one's body. This bestows blessings to generate all the realisations of the path.*

*Meditate on the Lam Rim at this point.*

*Sakyamuni Buddha, who was visualized in front dissolve into oneself*

## **Dedications**

### **Spreading of the Teachings**

DAG GI JI NYE SAG PÄI GE WA DI

May whatever virtue I have collected

TÄN DANG DRO WA KÜN LA GANG PHÄN DANG

Benefit the teachings and all migratory beings,

KHYÄ PAR JE TSÜN LO ZANG DRAG PA YI

And, in particular, may it cause the essence of

TÄN PÄI NYING PO RING DU SÄL JE SHOG

Perfect, pure Losang Dragpa's teachings to shine forever.

### **Long Life Prayer for His Holiness the Dalai Lama**

GANG RII RA WÄ KOR WÄI ZHING KHAM SOK

In the land encircled by snow mountains [and so forth]

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ

You are the source of all happiness and good.

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

All-powerful Chenrezig, Tenzin Gyatso,

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

Please remain until samsara ends.

### **Long Life Prayer for Lama Zopa Rinpoche**

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN

You who uphold the Subduer's moral way, who serve as the bountiful bearer-of-all,  
DZIN KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ

Sustaining, preserving, and spreading Manjunath's victorious doctrine;

CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA

Who masterfully accomplish magnificent prayers honouring the Three Sublime Ones:

DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG

Saviour of myself and others, your disciples, please, please live long!

### **To Actualize Bodhicitta**

JANG CHHUB SEM CHHOG RIN PO CHHE

May the precious supreme bodhicitta

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.

### **To Realize Emptiness**

TONG NYI TA WA RIN PO CHHE

May the precious view of emptiness

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.

### **From Shantideva's A Guide to the Bodhisattva's Way of Life**

As long as space remains,

As long as migrators remain,

Until then may I too remain

To dispel the suffering of migrators.

### **Removing Obstacles for Dharma Practice**

May the king of Dharma, Tsongkhapa's  
Way of Dharma practice flourish.  
May the omens of obstacles be pacified  
And all the conducive circumstances be complete.

**That all Beings Quickly Attain Enlightenment**

May the glorious gurus' lives be long and stable.  
May all beings equaling the extent of space have happiness.  
May I and others without exception accumulate merit and purify negativities  
And may we be blessed to quickly attain Buddhahood.

**Never be Separated from the Guru**

KYE WA KÜN TU YANG DAG LA MA DANG

In all my lives, never separated from perfect gurus,

DRÄL ME CHHÖ KYI PÄL LA LONG CHÖ CHING

May I enjoy the magnificent Dharma.

SA DANG LAM GYI YÖN TÄN RAB DZOG NÄ

By completing the qualities of the stages and paths,

DOR JE CHHANG GI GO PHANG NYUR THOB SHOG

May I quickly attain the state of Vajradhara.