

Сутра Сердца

Pakpa chomdendema sherab kyi paroltu chinpey ningpo

Dike daki tupey du chik na:

Chomdende, gyalpo kab na jago pungpo ri la gelong gi gendun chenpo dang, jangchub sempey gendun, chenpo dang, tab chiktu shuk te.

Dey tse, chomdende, sabmo nangwa shejawey, chu kyi namdrang kyi, ting nge dzin la nyompar shukso.

Yang dey tse, jangchub sempa sempa chenpo pakpa chenresik Wangchuk, sherab kyi paroltu chinpa sabmo chopar nampar ta shing.

Pungpo ngapo de dak la, yang ngowonyi kyi tongpar nampar tao.

Dene, sangye kyi tu, tsedang denpa sharadwati bu, jangchub sempa sempa chenpo pakpa chenresik wangchuk la dike cheme so:

Rik kyi buam, rik kyi bumo, kang la la

sherab kyi paroltu chinpa sabmoy chopar chepar dopa te, jitar lappar ja.

Deke, cheme pa dang, jangchub sempa sempa chenpo pakpa chenresik wangchuk kyi tsedang denpa sharibu la dike cheme so:

Sharibu, rik kyi buam, rik kyi bumo, kang la la sherab kyi paroltu chinpa sabmoy chopar chepar dopa te, ditar nampar tawar ja te.

Pungpo ngapo de dak kyang, ngowonyi kyi tongpar nampar jesu tao.

Suk tongpao, tongpanyi suk so, suk le tongpanyi shen mayin,

tongpanyi le suk shen mayin no.

deshin du, tsorwa dang, dushe dang, duje nam dang,

nampar shepa nam tongpao.

Sharibu, detawey na,

chö tamche tongpanyi te

tsennyi mepa, ma kyepa, ma gakpa,

drima mepa, drima dang drelwa mepa,

triwa mepa, gangwa mepao.

Sharibu, detaway na tongpanyi la,

suk me, tsorwa me, dushe me, duje nam me, nampar shepa me,

mik me, nawa me, na me, che me, lu me, yi me,

suk me, dra me, tri me, ro me,
rekja me, chö me do.
mik ki kam me ching, mik ki nampar shepey kam mepa ne
yi kyi kam me ching, yi kyi nampar shepey kam kyi bardu yang me do..
marikpa me ching, marikpa sepa mepa ne,
ga shi me ching, ga shi sepey bardu yang me do.
dunyelwa dang, kunjungwa dang, gokpa dang,
lam me, yeshe me, tobpa me, matobpa yang me do.
Sharibu, detawey na,
jangchub sempa nam, tobpa mepey chir,
sherab kyi paroltu chinpa
la tenne, ne te, sem la drippa mepey, jigpa me te,
chinchilok le shintu de ne, nya ngen le depey tharchin to.
du sum du, nampar shukpey sangye tamche kyang,
sherab kyi paroltu chinpa la ten te,
la na mepa yangdakpar dzokpey
jangchub ngönpar dzokpar sangye so
Detaway na, sherab kyi parolto chinpa ngak, rikpa chenpoy ngak,
La na mepey ngak, minyampa dang nyampey ngak,
Dunyel tamche rabtu shiwar jepey ngak,
Mi dzunpey na, denpar shepar ja te,
Sherab kyi paroltu chinpey ngak me pa:

Tadyata, gate gate paragate parasamgate bodhi swaha

Sharibu, jungchub sempa sempa chenpo sherab kyi paroltu chinpa sabmo la, detar lappar jao.
Dene chomdende, ting nge dzin de le sheng te, jangchub sempa sempa chenpo
pakpa chenresig Wangchuk, la lekso, shejawa jin ne lekso, lekso.
Rik kyi bu, de deshin no, de deshin te,
Jitar kyo kyi tenpa deshintu
Sherab kyi paroltu chinpa sabmo la chepar ja te,
Deshin shekpa nam kyang, jesu yirang ngo.

Chomdende kyi, de ke che ka tselne,
Tsedang denpa sharibu dang,
Jangchub sempa pakpa chenresik kyi Wangchuk dang,
Tamche dang denpey kor te dak,
hla dang, Mi dang, hla mayin dang,
trisar chepay Jikten yirang te,
chomden de kyi sungpa la ngonpar to do.
Chomdendema sherab kyi paroltu chinpey nyingpo shejawa
Tekpa chenpoy do, dzok so.