

Evening Session: Opening Prayers

In Praise of the Three Jewels

Namo Buddha,
Self-awakened, who is peace beginningless,
Without middle, without end,
Having awoken, wakening the unawakened,
Revealing the eternal fearless path.
Holder of the Vajra Sword,
The Wisdom and Compassion that breaks the wall of doubt
Concealed in the dark confusion of wrong views.
You are the only one who cuts the shoots of suffering at their source.

Namo Dharma,
Sun, which is not non-existent nor exists,
It is not both, nor is it other than these two,
Impossible to analyse, escaping all description
And realized by the self alone;
It is peace.
Namo to this light of stainless wisdom whose rays banish darkness,
The fault arising from attachment to the various sense desires.

Namo Sangha,
Because their mind is by nature Clarity,
They have seen the kleshas are essenceless,
And thus they have correctly penetrated the phenomenal world
As non-self, which is peace.
Their all-pervading intelligence is unveiled,
And sees Buddha everywhere,
With eyes of wisdom beholding the infinity of pure being.

The Homage

NAMO GURUBHYAH	(Homage to the Guru)	
NAMO BUDDHAYA	(Homage to the Buddha)	
NAMO DHARMAYA	(Homage to the Dharma)	
NAMO SAMGHAYA	(Homage to the Sangha)	x 3

Going for Refuge

LAMA LA CHAPSU CHE O	(I take Refuge in the Guru)	
SANJAY LA CHAPSU CHE O	(I take Refuge in the Buddha)	
CHO LA CHAPSU CHE O	(I take Refuge in the Dharma)	
GENDUN LA CHAPSU CHE O	(I take Refuge in the Sangha)	x 3

Rousing Bodichitta

(The English translation is recited once, then the Tibetan is chanted three times)

May the heart's awareness
Awaken in the unawakened.
Where it has begun to stir, may it never fade
And may it awaken fully. x 1

CHANG CHUP SEMNI RINPOCHE
MA CHE PANAM CHE JUR CHIG
CHEPA NYAMPA MAYPA TANG
GONGNAY GONGDHU PELWA SHO x 3

Refuge

We go for Refuge to all the Buddhas
So that all sentient beings may realize Buddhahood. x 3

Seven Line Prayer

HUM

In the north west of the land of Urgyen,
In the heart of a lotus flower,
Bearer of the most wonderful supreme Siddhi,
Thus are you known as Lotus Born.
Many Dakinis surround you,
I follow your way,
Please come now and grant your presence.
GURU PADMA SIDDHI HUM x 3

Translation of Seven Line Prayer by Lama Rigdzin Shikpo 1982.

Original Tibetan text

Urgyen yul kyi nub jang tsam
Pema gesar dong bu la
Ya tsen chok ki ngo drub nye
Pema jungnay she su drag
Kor tu khandro mangpo khor
Khye kyi je su dag drub chir
Chin kye lob chir shek su sol
Guru pema siddhi hum

Guru Rinpoche Union of All the Buddhas

Guru Rinpoche,
Union of all the Buddhas of the three times,
The gathering of all siddhis,
And embodiment of great bliss,
The fierceness of your skill subdues Mara and clears away all obstacles.
We beg you for your adhishtana
To calm all outer, inner and secret obstacles
And spontaneously fulfil all our wishes.

x 3

English translation by Lama Shenpen Hookham 2002.

Original Tibetan text

Du sum sangjay Guru Rinpoche
Ngo drup khun dak dewa chenpo shab
Barche kun sel du dul drag pay tsal
Sol wa deb so chin chi lob tu sol
Chi nang sangwa barche shi wa dang
Sampa lhun chi drub pa chin chi lob.

Guru Rinpoche, You Are The Living Truth

Guru Rinpoche, you are the Living Truth,
The vast open expanse of Awareness beyond time,
Simply and naturally, all that is and will be,
Ungrasped infinity, all is complete in you,
Nothing at all to do, responding naturally,
Not thinking anything, a mandala of joy.
Your all-pervading love, like space the same for all.
Guru Rinpoche please hear, I open my heart and call to you.
Guru Dharmakaya hear, I open my heart and call to you.

Guru Rinpoche, from within that space,
Manifests your being, body speech and mind,
Qualities and action, a mandala of bliss,
The bliss of the Unborn, your presence is alive,
In the solidness of earth, in the fluidness of water,
In the motion of the wind, in the burning heat of fire,
In unobstructed space, as Awareness outside time,
This five-aspected display, an eternal play of youth,
Showing compassion for all beings, in countless skilful ways.
Guru Rinpoche please hear, I open my heart and call to you.
Guru Sambhogakaya hear, I open my heart and call to you.

Guru Rinpoche, to you this world is pure.
For us suffering in this world, you come in deepest love,
Appearing in what forms are going to tame us beings,
Past future and right now in whatever form we need.
Guru Rinpoche please hear, I open my heart and call to you.
Guru Nirmanakaya hear, I open my heart and call to you.

OM AH HUM VAJRA GURU PADMA SIDDHI HUM

Adapted by Lama Shenpen Hookham at Pen Y Bwlch in 2000 based on a terma revealed by Orgyen Chok-gyur Dechen Lingpa (see 'Guru Rinpoche – his life and times' by Ngawang Zangpo p219).

Evening Session: Closing Prayers

Meditator's Verse

(The omze recites this alone fifteen minutes before the end of the session.)

Here there is nothing to remove and nothing to add.
The one who sees the Truth of Being as it is,
By seeing the Truth, is liberated.

Prayer for the Teachers of the Lineage

(Ten minutes before the end of the session)

May those teachers of the lineage who have passed away
Look on us with compassion and not disappear from this world.
May those who are still with us live long
And their activity for the benefit of beings flourish.

May our connection with the teachers of the lineage remain strong,
And we meet again and again,
So that their Heart Wish and ours always be in unison,
And our actions for the benefit of beings be effective.

Written by Lama Shenpen Hookham 2000.

Prayer for Khenpo Rinpoche

Khenpo Rinpoche, Tsultrim Gyamtso, to you we pray.
Please come again into this world where you're so needed!
It's our connection with the guru that gives our practice special power
So come again to bless us and teach Awakened Heart—True Being.

Ha Ha! Dechen Rangdrol's conduct that's attachment free,
A Ho! It's time to fly in the expanse of sky, spacious Mother.

Verse by Lama Shenpen Hookham. Last two lines from 'Sky Dragon's Profound Roar'-a song written by Khenpo Tsultrim Gyamtso Rinpoche.

Prayer for Lama Rigdzin Shikpo

Guru Rigdzin Shikpo, Precious Teacher
Who expresses the Vastness and Depth of Mahayana Maha-Ati,
The inseparability of Guru Padmakara and Buddha Shakyamuni,
Please quickly return to bless and teach us.
May our hearts remain as one,
Your intention realised;
May the vision of Lord Longchenpa be fulfilled.

*Composed by Kunzang Jigme (David Hutchens) at the conclusion of a retreat on
Lojong at Sutton Courtenay in August 1994.*

Long Life Prayer for Lama Shenpen Hookham

Issuing from the groundless space of light
To spread the magnificent Dharma of Shentong
For the benefit of all sentient beings throughout the Dhatu,
May your life extend to the end of the kalpa and beyond!

Composed by Lama Rigdzin Shikpo, December 2007.

Dedication of Punya

We dedicate this punya to the Enlightenment of all sentient beings, and especially
for...

(Pause while omzay reads the dedication list)

May they and all sentient beings realize complete and perfect Awakening.

Rousing Bodichitta

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CHEPA NYAMPA MAYPA TANG
GONGNAY GONGDHU PELWA SHO

x 3

Pranidhana

All you wondrous beings, we have a good or bad connection with,
As soon as you have left this world that we are sharing,
May your connection with the Sangha of Awakening
Link you eternally to the power of the Truth.

Composed by Khenpo Tsultrim Gyamtso Rinpoche 1999 and adapted by Lama Shenpen Hookham.

Milarepa's Pranidhana

May we live long and be free of illness,
Enjoy freedom, great resources, and happiness.
Next life, may we meet in the pure realms -
May we always practise Dharma and benefit beings.

Guru Yoga

All appearances are appearance-emptiness, the enlightened form of the guru.
All sounds resound as sound and emptiness, the supreme speech of the guru.
All thoughts and memories are clarity-emptiness, the guru's supreme enlightened mind.
You are from stopping and creating free - guru, please think of me.
Guru of equality, please think of me.

Spoken by Dechen Rangdrol, San Diego, California, December 22, 2003. Translated by Ari Goldfield.

It is customary to sing a final song from Section E at the end of the session.