

ஓ|| ଶାନ୍ତିକାଳର ପରିମାଣରେ ||

The Guru Practice, Rain of Blessings

上师修持法 - 加持雨降



ଓ়। ཇ·স·ନ୍ଦେଶ·କୁଶ·ମଞ୍ଜନ·ପୈନ୍ଦୀ·ଶୁଣାର୍ଥି·ପାଦିଷା॥

Prayer to Japa Sangye Tenzin

甲巴桑杰丹增祈请文

ଓ়। ନମୋ ଗୁରୁ॥

Namo Guru

**Namo Guru**

南无咕噜

ହେଣମାମେନାମାରିନିର୍ମଳେ॥

je nyam-me la-ma rin-po che

**Incomparable Master, precious Guru, Who frees disciples from the places of suffering**

杰娘美喇嘛仁波切

ସନ୍ଦେଶ·କୁଶ·ମଞ୍ଜନ·ପୈନ୍ଦୀ·ଶୁଣାର୍ଥି·ପାଦିଷା॥

bang du-kay ne-le tar-dze ching

尊无等上师大珍宝

邦都开内雷踏则近

徒令从痛苦处解脱

ସନ୍ଦେଶ·କୁଶ·ମଞ୍ଜନ·ପୈନ୍ଦୀ·ଶୁଣାର୍ଥି·ପାଦିଷା॥

tar-pay kam-sar jog-dze pa

ହେଣମାମେନାମାରିନିର୍ମଳେ॥

je sang-gye ten-zin shab-la du

**And sets them onto the shore of Liberation, Master, Sangye Tenzin Rinpoche, I bow at your feet.**

踏贝刚萨久则巴

杰桑杰殿津暇拉堵

将我置于解脱岸

尊顶礼桑杰丹增足

କୁଶ·ମାମେନାମାରିନିର୍ମଳେ॥

mö-gu gyal-tsen yo-way tser

କୁଶ·ମାମେନାମାରିନିର୍ମଳେ॥

shen-log nor-bu rin-po che

**Atop the waving victory banner of conviction and devotion, The precious jewel of revulsion for cyclic existence**

摩古甲千由为贼

贤洛诺布仁波切

恭敬胜幢飘扬顶

厌离轮回摩尼宝

ନ୍ୟାମାରିନାମାରିନାମାରିନାମାରିନା॥

nyam-tog gö-dö ö-du bar

ହେଯିଶିନ·ନର୍ବୁ·ରିନ୍ପୋଚେ॥

je yi-shin nor-bu khye-la du

**Blazes with the light of realization, fulfilling all needs, Wishfulfilling jewel of a Master, I prostrate to You.**

娘豆果朵哦堵拔

杰宜行诺布切拉堵

点燃欲求觉证光

顶礼至尊如意宝您

ଦୁର୍ଦ୍ଦଶୀଲେ ପାତାଳକାନ୍ଦିଲା  
kor-way gya-tso chen-po na  
**For those tormented by disease**  
**of samsara,**  
扣为甲湊千波拿  
沉沦轮回大海中

နိုံမြောင်ရာ အန္တရှိသုဒ္ဓရာ လာ  
nyön-mong ne-kyi dung-wa la  
**usion In the vast ocean**  
纽蒙内计东哇拉  
受尽烦恼病害苦

ଶ୍ରୀ ପାତ୍ର କୁଣ୍ଡଳ ରିନ୍ ପୋ  
men-pay gyal-po rin-po che  
**You are a precious King of D  
Master, homage to You.**  
门贝甲波仁波切  
疗病药王大珍宝

ହେଁ ନୂମା ଲୁଣ୍ଠିଷ୍ଠା ସୁମାରା ତକପା ଶର୍ଷଦା ||  
je dug-nga sel-la chag-tsel tö  
**ho dispels the five poisons,**  
杰堵钢赛拉恰擦豆  
顶礼赞叹除五毒尊

ଦ୍ରୋଦୁଗ ଶେମ୍ଚେନ ତାମ୍ଚେଲା  
**For all sentient beings of the**  
**of compassion,**  
卓竹森间汤介拉  
六道一切诸众生

ସୁଶାଷ୍ଟିକର୍ତ୍ତରକର୍ମବେଦ୍ରୁଷା॥  
tug-jey char-gyun che-me kyi  
s, With an unceasing rain  
  
兔杰恰均切美计  
大悲水流不间断

শ୍ରୀ ଦ୍ୱାରା ମନ୍ତ୍ରିତ ପାଠ ହେଉଥିଲା  
chen-re si-kyi dze-pa tön  
**You show the deeds of A  
Spiritual Guide of Beings!**  
见惹息计则巴顿  
示现观世音事业

ହେ ଦ୍ରୋ ଦ୍ରେନା ଲା ଚାଗ୍-ତ୍ସେଲ ତୋ  
je dro-wa dren-la chag-tsöl tö  
, Homage and praise to You,

ଶ୍ରେଦ୍ଧାଦିଷ୍ଟିକୁରୁନ୍ତା  
kye-la de-pay kye-wo kun  
**For all living beings who  
and realization dawns,**  
切拉迭贝介窝棍  
对你具信诸众生

ଶ୍ରୀପାଦବିଦ୍ଵତ୍ତମା  
dig-pa rab-ze tog-pa char  
**you, Evil is eliminated**  
迪巴曷撒豆巴恰  
恶业尽消觉悟现

ਸୁଷଣ୍ଡେନ୍ ଶୁଙ୍ଗମଶାକ୍ରାନ୍ତାଶାକ୍ରାନ୍ତା  
tug-je jin-lab shug-ne kyang

**And the blessings of compassion enter into them, Master, may I never be parted from you!**

免杰谨拉修内江  
虽得大悲之加持

ହୈ ପ୍ରେଦ୍ଯଦ୍ୱାରା ସମେଦ୍ୟଶର୍ମୀ  
je kye-dang drel-wa me-par shog

**For your presence in all places and times!**

杰切当哲瓦美巴秀  
愿得与尊者您不离

ହୈ କୋଣ୍ଡା ପ୍ରେଦ୍ଯଦ୍ୱାରା ଶୁଙ୍ଗମଶାକ୍ରାନ୍ତା  
je chö-kyi ying-su sheg-na yang

**Master, though you have passed to the sphere of reality, Without thinking that I lack a Guru,**

杰却计英素谢拿扬  
尊者虽已融入法界

ଶୁଙ୍ଗମଶାକ୍ରାନ୍ତା ମିଶେମଶାପନ୍ତା  
la-ma me-nyam mi-sem par

**As the Guru's mandala and so be Liberated.**

喇嘛昧娘米森巴  
不当思已无上师

ଫୁଂ ଶ୍ଵିଦ୍ଧା ପଦି ଦ୍ୱାରା ପର୍ବତ୍ତା  
nang-si la-may kyil-kor du

**May I realize the whole of existence As the Guru's mandala and so be Liberated.**

囊似喇美计扣堵  
显有皆是师坛城

ଶ୍ଵିଦ୍ଧା ପଦି ଦ୍ୱାରା ପର୍ବତ୍ତା ତେଜ୍ଜୁଦ୍  
go-shing tog-ne dröl-gyur chig

**果行豆内卓久计了悟此义将解脱**

ହୈ ଶଦ୍ଧା କୁଣ୍ଡା ଗୁଣ୍ଡା ଦର୍ଶନ୍ ପାନ୍ଥମ୍  
je sang-gye kun-dang gong-pa nyam

**Master, You equal all Buddhas in realization, Yet, for this disciple, you surpass them all.**

杰桑杰棍当恭巴娘  
尊者密意等同诸佛

ଦର୍ଶନ୍ ପଦମାଯା ଶଦ୍ଧା କୁଣ୍ଡା ଗୁଣ୍ଡା ଲିଙ୍ଗ  
bang dag-la sang-gye kun-be lhag

**邦达拉桑杰棍威拉对弟子我更胜诸佛**

ଆପଣନ୍ ପଦମାଯା ଶଦ୍ଧା କୁଣ୍ଡା ଗୁଣ୍ଡା ଲିଙ୍ଗ  
pa dren-da me-pay la-ma de

**Father, unrivaled Guru, may all be auspicious For your presence in all places and times!**

帕真达美贝喇嘛迭  
父尊无与伦比上师

ଶୁଙ୍ଗମଶାକ୍ରାନ୍ତା ଗୁଣ୍ଡା ପାନ୍ଥମ୍ ପଦମାଯା ଶଦ୍ଧା  
chog du-kun ta-shi de-leg shog

秋堵棍扎西迭雷秀  
十方三世乐善吉祥

*Requested by Khenpo Karma Tensung and others to compose this prayer of request in the form of a doha to Japa Sangye Tenzin who was one of the holiest Masters of our current times, I, the Karmapa named Ogyen Trinle wrote this on June 26, 2004 spontaneously without break.*

甲巴桑杰丹增上师可算是近代极神圣的大士，因受到堪布噶玛甸宋等人请求务必写一篇对其祈请之歌颂。噶玛巴乌金成列写于 2004 年 6 月 26 日，善哉！

ଓତ୍ତିମା ପ୍ରକାଶ ନାମାଚାର୍ଯ୍ୟ ପରମାପଦାର୍ଥକାରୀ  
The Guru Practice, Rain of Blessings  
上師修持法加持雨降

କୁର୍ମଶୂନ୍ୟୁ ଦିନକେ ପୁଣ୍ୟତିଥାଯାପାଦନାଧାର୍ମାଦ୍ଵାରା ହରାଯାଇଥିବା ପରିଚାରକ କୁର୍ମଶୂନ୍ୟୁ ଦିନକେ ପୁଣ୍ୟତିଥାଯାପାଦନାଧାର୍ମାଦ୍ଵାରା ହରାଯାଇଥିବା ପରିଚାରକ

*Namo Guruya*

*Anyone who wishes to attain complete perfect buddhahood in this life must rely upon the profound path of Guru Yoga. A practitioner with faith and pure samaya, with stable faith renouncing samsaric existence, should first generate refuge and bodhicitta:*

南无怙汝亚 若欲即身获得正等正觉佛果，需依止上师瑜伽甚深道，具净信之瑜伽士先生起对轮回出离心，再以坚定信心，初修皈依发心。

南無  
Namo

ଶୁଣନ୍ତି ଗୁରୁକୁ ଦୁଃଖାତିଥିଲା ମାତା  
na-mo kyab-kun du-shel la-ma la

**I go for refuge until enlightenment To the Guru who embodies all Refuges.**

架棍堵暇喇嘛拉  
皈处总集上师前

ঝুঁ-কু-বা-ড়ু-শু-ষা-শু-ঝি  
jang-chub bar-du kyab-su chi

蒋秋拔堵架速企  
直至菩提诚皈依

**I shall set all beings who wander in samsara Into the state of the Guru.**

久挨扣羌卓瓦南  
五道轮回诸众生

ଲା'ମଦି'ଶ୍ର'ଦ୍ସଦଶ'ପା'ଦଶ୍ର'ତ'ତୁ  
la-may go-pang la-gö ja

喇美果胖拉果甲  
安置于上师果位

ਕੰਸਾ ਕੰਦ ਸਾ ਸਾ ਵਾ ਸਹਸਰਾ ਸਾ ਕੀ  
Visualizing the Field of Accumulation  
观想资糧田

ਪਾਦਸਾ ਛੂਦ ਸਾ ਕੇਨ ਮੌ ਪਾ  
ka-dag tong-pa chen-po le

**From the vast emptiness of primordial purity Manifests energy of ceaseless spontaneity.**

嘎达动巴千波雷  
本净大空法界中

ਲੁਣ ਦਸੂਸਾ ਵਸਾ ਸਾ ਮੈਦ ਸਤੀ ਕੁਆ  
lhun-drub gag-pa me-pay tsel

伦珠嘎巴美贝杂  
任运无碍之力用

ਜੁਂਗ ਜੁਂਗ ਛੂਦ ਵੈ ਕੇਨ ਘੋਦੀ ਸਾਦਸਾ  
zung-jug nying-je chen-pö dang

**The union of these two's compassion radiating Is the Supreme Refuge, Lord of the Mandala,**

頃久宁杰千波当  
双运大悲容光现

ਯਾਬ ਚੋਗ ਕੋਲੋ ਗੋਨ ਪੋ ਚੇ  
kyab-chog kor-lö gön-po che

架秋扣洛滚波切  
皈依胜轮大怙主

ਸਾਂਗ੍-ਗੇ ਤੱਨ-ਜਿੰ-ਗਾਤ੍ਸੋ ਨੀ  
sang-gye ten-zin gya-tso ni

**Sangye Tenzin Gyatso, 'Holder of the Ocean of Buddha's Teachings'. His expression is that of an elder with smiling eyes,**

桑杰丹增嘉措尼  
桑杰丹增嘉措尊

ਡ੍ਰੇ-ਨਿਯਮ ਸ਼ੇਲ-ਲਾ ਡੁਮ-ਪੇ ਚੇਨ  
dre-nyam shel-la dzum-pay chen

哲娘暇拉尊贝间  
老态面容微笑眼

ਚਾਗ-ਨੀ ਟੋਂਗ-ਨੀ ਚਾਗ-ਗਯ-ਟੇਂਗ  
chag-nyi tong-nyi chag-gyay teng

**His hands, in the mudra of emptiness, Hold a wishfulfilling gem that dispels poverty.**

恰尼动尼恰甲登  
二手空性手印上

ਉ-ਸੇਲ ਗੋ-ਦੋ ਨੋਰ-ਬੁ ਤਜ਼ੈਨ  
ul-sel gö-dö nor-bu tsen

勿赛果朵诺布千  
除贪满愿宝庄严

।ବ୍ସନ୍ତାଶନ୍ତିଷ୍ଠିତ୍ଵାଦ୍ଵୀପିକ୍ଷୀପାଦଗୁର୍ବ୍ସବ୍ରାତା  
shab-nyi dor-je kyil-trung shug

**He sits with legs crossed in vajra posture. Meditation hat on his head, just seeing him brings liberation.**

暇尼多傑计中修  
双足金刚跏趺坐

।ହୃଦୟଶବ୍ଦମୁଦ୍ରାଶବ୍ଦମୁଦ୍ରାଶବ୍ଦମୁଦ୍ରା  
u-la gom-sha tong-dröl dze

补拉恭夏通卓贼  
头上修帽见解脱

।ଜେଦାଙ୍କଦେବଦ୍ସୁରାଶ୍ଵିଷାଧେନ୍ତିଷ୍ଠିତ୍ଵା  
ja-dang ö-pung tig-le long

**With a nature embodying every Refuge He sits in an orb of clustered rainbows and light.**

甲当哦彭替雷隆  
彩虹光团明点界

।କ୍ୟାବନେକୁନ୍ଦନ୍ଗୋପ୍ରଗ୍ରହଗ୍ୟୁର  
kyab-ne kun-du ngo-wor gyur

架内棍堵噢哦久  
一切皈依总集体

ଘର୍ବନ୍ଧନାସତ୍ତ୍ଵାଧାରୀ  
Seven Limbed Prayer  
獻七支供

ଆହୋ  
AH HO  
阿吽

।କରଦେକୁନ୍ଦନ୍ଗୋପ୍ରଗ୍ରହନ୍ତିଷ୍ଠିତ୍ଵା  
kor-de kun-kyab nyug-may long

**In the natural state that pervades all samsara and nirvana, Seeing that it is my own nature, I fold my hands in faithful homage.**

扣迭棍恰纽美隆  
遍及轮涅本然界

।ରଙ୍ଗଶେଲ୍ଜେଲ୍‌ବେଚ୍‌ଦେଚାଗ୍ ତେଗ୍  
rang-shel jel-way de-chag tseg

壤暇甲为迭恰贼  
亲见本貌信礼敬

।ତେଲନଂଗଲେଶାରନ୍ଦନ୍ଗନାମ  
tsel-nang le-shar nang-wa nam

**Appearances arising from the creative energy of being I offer within the expanse of timeless awareness.**

杂囊雷下囊哇南  
力用所现诸显相

।ନ୍ୟିମେଯେଶେଲ୍‌ଦୁଚୋଚୋ  
nyi-me ye-she long-du chö

尼美耶谢隆堵卻  
不二本智界供养

ପାଦଙ୍ଗ ସୋକ୍ୟେ ଗେକୁନ ଲା  
pag-dang so-kye ge-kun la

**Without attachment I rejoice in all virtue Of exalted Arya beings  
and ordinary people.**

帕当索介给棍拉  
圣者凡夫诸善行

।ବେଳେଦିନଙ୍କୁ ହେଲାଯିବା ।  
shen-me ngang-du je-yi rang

shen-me ngang-du je-yi rang

贤美昂堵杰宣壤  
无有贪执中随喜

ଚେଦଙ୍ଗ କାନା ମାତୋ ଵେ

## All transgressions and expanse of the unborn.

**All transgressions and naturally harmful deeds I confess in vast expanse of the unborn.**

## 介当卡拿玛透为 制罪以及自性罪

ଦିଗ୍-କୁନ୍ କ୍ୟେ-ମେ ଲୋଙ୍-ଦୁ ତୋଳ

dig-kun kye-me long-du töl

透堵隆美介棍迪悉于无界忏悔

ཡේ-තංග-පො-චෙン ද්‍රේල-වැය සං-ග්‍රෑම-ං।  
ye-tong po-chen drel-way long

In primordial emptiness, not manifesting rainbow body. Not

**passing into nirvana, please remain with us always!**

耶动破千哲为隆  
本空无迁大界中

ନ୍ୟାନ୍‌କ୍‌ମୀଦାତାଙ୍‌ଗୁଣାଶ୍‌ମାର୍ଶ୍‌ବ୍ୟା  
nya-ngen mi-da taq-shug söl

sting rainbow body, Not

娘恩采达天修索  
不入涅槃常住世

।।  
।।

**I urge you to unceasingly turn the wheel Of the holy Dharma which is beyond words.**

达企雷迭担贝却  
超越言词聖妙法

ଶ୍ରୀକନ୍ଦ୍ମେଦ୍ସର୍ ସଙ୍ଗେ ସଙ୍ଗେ ପାଞ୍ଚମୀ  
gyun-che me-par kor-war kul

## **heel Of the holy Dharma wh**

君切美巴够瓦固  
无有间断转法轮

ଜେବେ ଶାର୍ଦ୍ଦିନାମର୍ତ୍ତି ଶାକୁନା  
ge-wa gang-de dro-wa kun

**I dedicate all virtues to all beings  
existence of the three spheres.**

给哇刚迭卓哇棍  
一切善业为诸众

କୋରସୁମ ମିଗତା ଦ୍ରେଲ୍ ଓର ନ୍ଗୋ |

without observing true

扣頌米踏扎哇噢  
三輪无所緣回向

# ଶର୍ଷପାଦମଣ୍ଡଳୀ The Prayer Request 祈请

ରବ୍-ଜମ ଗେଲ୍-ଵେ କୁ-ସଂ ତୁଗ ଦୋର୍-ଜେ ।  
rab-jam gyel-way ku-sung tug dor-je

ଶିତ୍ତା ଦୁ-ଚୁଗ ଦ୍ରିନ୍-ଚେନ ଲା-ମା ଲା ।  
chig-tu du-zug drin-chen la-ma la

**Embodying vajra body, speech, and mind Of infinite buddhas,  
kind Guru,**

偈將甲為固頌兔多杰  
無量諸佛身語意金剛

计度堵俗珍间喇嘛拉  
总集一身大恩上师前

ନ୍ୟିଙ୍-କ୍ଷା-ମି-ଶ୍ରେଦ୍ଧ-ଶୁଣ-ଏତ୍-ମାର୍ଗେ-ବ୍-ପାଦନ୍-ଦେବତା

ପ୍ରମାଣିତ କାହାର ଦେଖିଲୁଛା ଏହାର ପାଇଁ କିମ୍ବା  
chaq-qya chen-pö choq-qi nqö-drub tsöl

**I beseech you from my heart with indestructible devotion: Please grant attainment of supreme Mahamudra.**

宁内米切古贝索哇迭  
衷心不离恭敬而祈请

恰夹千波秋给喫竹奏  
賜予大手印之胜成就

# ଶକ୍ତିଶାଶ୍ଵରୀ The Name Mantra 名号咒

## ጀጀ፡ ସୁନ୍ଦରୀଶ୍ଵର

# OM AH GURU BUDDHA SHASA DHARA HUNG 唵阿呾汝布达夏薩达晶吽

తెలుగు ద్వారా  
Recite as many as you can.  
尽力念诵

## ମସଦ୍-ହସଦ୍-ସର୍ବି-ସିନ୍-ସର୍ବି

## In Conclusion, Taking the Four Empowerments 最后摄取四灌

।ଲ୍ୟାର୍-ଯାଂ-ମୁ-ଦୁଂ-ରୁଣ୍-ପୋ-ଯି  
lar-yang mu-dung drag-po yi  
**By again making supplication With intense, strong conviction,**  
拉扬莫东札波以  
再以猛烈虔敬心

।ଶୋଲ-ଓ-ତାବ-ପେ-ମୁ-ନ୍ୟି-ଲା  
söl-wa tab-pay mu-nyi la  
索哇大贝莫尼拉  
而对上师祈请后

।ଚୁଙ୍ଗ-ମେ-ଦୁ-ଶ୍ଵା-ମୁ-ରି-ଞ୍ଚେ  
tsung-me la-ma rin-po che  
**The incomparable precious Guru Instantly, happily dissolves**  
冲美喇嘛仁波切  
无等上师大珍宝

।ଗ୍ୟେ-ଶିନ-ରଙ୍ଗ-ଲା-ତିମ-ପା-ଯି  
gye-shin rang-la tim-pa yi  
杰行壤拉听巴宜  
欢喜融入自身中

।ରଙ୍ଗ-ଗି-ଲୁ-ନ୍ଗ-ୟି-ଦୁ-ମା  
rang-gi lu-ngag yi-sum dang  
**By this, my body, speech, and mind become inseparable** From the  
mysteries of the Guru's body, speech, and mind  
壤给路钢宜颂当  
自己身语意三门

।ପେ-ଦେ-ନ୍ତା-ମେ-ଶାନ୍ତ-ମା  
pel-den la-may sang-wa sum  
巴滇喇美桑哇颂  
以及具德师三密

।ଯେ-ରୁ-ଶ୍ଵା-କୁ-ଥା-କୁ-ଶବ୍ଦ-ଶିନ  
yer-me chu-la chu-shag shin  
**Like water poured into water. I am naturally liberated in great**  
perfection! AH!  
页美去拉去暇行  
无别如水倒入水

।ରଙ୍ଗ-ଦ୍ରୋ-ଲୁ-ଶା-ପା-କେ-ନ୍ତା-ଶ୍ଵୁ-ଃ  
rang-dröl dzog-pa chen-po ah  
壤卓走巴千波阿  
自解于大圆满阿

ਦੇਵ ਸ਼੍ਰੀ ਨਾਨਾ ਕੌਰ  
Dedication of Virtue  
回向善根

ਪੇਲਦੇਂ ਲਾਮਾ ਦ੍ਰੁਬਪਾ ਲੇ  
pel-den la-ma drub-pa le  
**Whatever virtue arises From the practice of the glorious Guru,**  
巴滇喇嘛竹巴雷  
观修具德上师后

ਜੁੰਗ ਵੈਵਾ ਗੱਂਘੀ ਚਿ  
jung-way ge-wa gang-chi de  
炯为给哇刚企迭  
所出生之诸善根

ਕੁਨਗੀ ਰੰਗਯੁਰਯੇਸ਼ੇਚੋ  
kun-gyi rang-jung ye-she che  
**May it become the cause for all living beings To swiftly realize  
innate transcendent wisdom.**  
棍计壤炯耶谢切  
普愿得成速了悟

ਨ੍ਯੁਰਦੁ ਤੋਗਪਾ ਗਯੁਰਗਯੁਰਚਿਗ  
nyur-du tog-pay gyur-gyur chig  
纽堵豆贝久久计  
自生大本智之因

ਪ੍ਰਸਾਦੁ ਦੇਵ  
Expressing Auspiciousness  
吉祥颂

ਤਾਸ਼ਿ ਗੱਂਧਿ ਚੋਗਸ਼ਿਗ ਚੁਸਮਾਣੀ  
ta-shi gang-shig chog-sum gyi  
**All being auspicious, may there always pour down Upon this  
endless world of samsara**  
扎西刚息秋頌计  
所有吉祥愿三宝

ਡੇਲੇ ਪੇਮਾ ਕਾਰਪੋ ਚਾਰ  
de-leg pe-ma kar-pö char  
迭雷贝玛噶波恰  
乐善白莲花妙雨

ਤਾਮੇ ਕੋਰਵੈ ਜਿਗਤੈ ਲਾ  
ta-me kor-way jig-ten la  
**An unceasing rain of white lotuses Of happiness and goodness of  
the Three Jewels!**  
踏美扣为及殿拉  
无边轮回世间中

ਗਯੁਨਚੇ ਮੇਪੈ ਟਾਗਬਾਬ ਸ਼ੋਹ  
gyun-che me-pay tag-bab shog  
均切美贝大巴秀  
恒不间断常降临

A Guru practice such as this for the glorious holy Guru, Kyabje Drubwang Sangye Tenzin Rinpoche, a fully enlightened buddha coming in the form of a human being, a Master of Refuge, Lord of Yogis, was requested by my holy brother from childhood, one endowed with the qualities of a holy being, Lama Dudul, and some others of my monastic college. Therefore, this one who lives only by the compassion of the Lord Guru, this incorrigible practitioner, this monk in rags, Karma Legshe Tharchin, otherwise known as Khenpo Karten, composed this at Jamyang Chökor Ling, my own room near the Boudhanath Stupa in Nepal, on March 11, 2003. May it become a cause for all beings to manifest the state of the Guru.

具德聖上師正覺佛以人身降世，此至尊怙主大成就者桑杰丹增仁波切之修持法是因受老友、具备殊勝功德的敦都喇嘛之請求，其謂本寺一些僧眾需此儀軌故，仰賴怙主上師大悲相濟，佛教油子噶瑪磊謝它青，又名堪布噶甸，在尼泊爾波達大塔附近文殊法輪洲自己寮房中，寫於2003年11月3日，願此善能成為一切眾生現證上師果之因。

༄༅|| ຖාර්යාදිසාපුඩ්ංස්කී  
 The Essence Request  
 祈请心要

ලාමා රින්පො තේලා මාර්යා පාද්ධතිසා||  
 la-ma rin-po che-la söl-wa deb

**I pray to the precious Guru:**  
 喇嘛仁波切拉索瓦迭  
 至诚祈请上师大珍宝

සදා දැඩික් ස්ව්‍ය්‍යිජා එර්දා පද පුළු පුළු ජ්‍යෙෂ්ඨා||  
 dag-tzin lo-yi tong-war jin-gyi lob

**Grant your blessing so that my mind may give up ego-clinging.  
 Grant your blessing so that contentment may arise in my being.**

达真洛以东瓦秦即罗  
 由心断除我执祈加持

ද්‍ර්ශා මැද කුද පා සුළු පද පුළු පුළු ජ්‍යෙෂ්ඨා||  
 gö-me gyu-la kye-war jin-gyi lob

**果没局拉介瓦秦即罗  
 心续生起知足祈加持**

කෝ මින දුම කෝ මා පා පද පුළු පුළු ජ්‍යෙෂ්ඨා||  
 chö-min nam-tog gag-par jin-gyi lob

**Grant your blessing so that non-Dharmic thoughts may cease.**

**Grant your blessing so that my own mind may be realized as unborn.**

卻明南豆噶巴秦即罗  
 灭除非法妄念祈加持

සද පෙම පා සුළු මැද කෝ පද පුළු පුළු ජ්‍යෙෂ්ඨා||  
 rang-sem kye-me tog-par jin-gyi lob

**壤森介没豆巴秦即罗**

**了悟自心无生祈加持**

ඩුලු පා පද පද එල් පද පුළු පුළු ජ්‍යෙෂ්ඨා||  
 trul-pa rang-sar shi-war jin-gyi lob

**Grant your blessing so that illusion may be pacified in itself.**

**Grant your blessing so that phenomena may be realized as Dhar makaya.**

出巴壤萨息瓦秦即罗  
 迷乱自然平息祈加持

ශුද සිද කෝ පා සුළු පද පුළු පුළු ජ්‍යෙෂ්ඨා||  
 nang-si chö-kur tog-par jin-gyi lob

**囊西卻固豆巴秦即罗**

**显有了悟法身祈加持**

# શ્રી પદમાનાભ The Prayer 发愿

စာတမ်းပါန်ရှိခဲ့သူ၏အဆုံးအကျင့်မြန်မာရွှေ့ကြံ့ချို့။  
söl-wa deb-so la-ma rin-po che

**I beseech you, oh precious Guru.**

**I call you with longing, kind master of Dharma.**

索瓦送索喇嘛仁波切  
至诚祈请上师大珍宝

ଶୁଦ୍ଧାଶାବ୍ଦିକ୍ରିକ୍ ତଥା କ୍ଷାଣ୍ଟ୍ରୀଣ୍ଟ୍||  
dung-we bö-do drin-chen chö-kyi je

冬威波朵成间卻即杰  
殷切呼喚大恩法至尊

ଶ୍ରୀପାତ୍ରମେଦ୍-ବନ୍ଦମା-ପାତ୍ର-ରେ-ଶା-ପ୍ରେଦ୍-ବନ୍ଦମା-ପ୍ରେଦ୍||  
kel-me dag-la re-sa kye-le me

**This poor person has no source of hope but you.  
Bless my mind to mix inseparably with yours.**

噶没达拉惹萨切雷没  
无福我除您外无所求

ସୁମାରୀ ପିଦ୍ବରେ କୁଣ୍ଡଳ ପାତାରେ ଲାଗିଥାଏନ୍ତିରେ  
tug-yi yer-me dre-par jin-gyi lob

吐宣叶没则巴秦即罗  
师心无别相融祈加持

ଦ୍ୱାରା ଲାମ୍ ନାମ ପରି ତରିପାଳା  
pel-den la-may nam-par tar-pa la

**May I never develop for even an instant  
Wrong view of the glorious Guru's deeds.**

巴滇拉美南巴它巴拉  
具德上师之解脱行径

କେ-ଚିଗ ତ୍ସା-ଯାଙ୍ଗ ଲୋଗ-ତା ମି-କ୍ୟେ ଶିଙ୍ଗ

給即占羊羅大米介形  
即使剎那亦不生邪見

କି·ମେଦ·ଘେଷାଶ·ଘସ·ପର୍ବତ·ଶତି·ମୁଖ·ଶୁଣ·ଗୁଣ||  
chi-dze leq-par tong-way mö-qu kyi

**With faith and devotion seeing all he does as good  
May the blessings of the Guru enter my mind.**

即則雷巴通威末古即  
所行皆视为善恭敬心

ଲା'ମ୍ବଦୀ'ଜ୍ଞିନ'ଲା'ଶେଷା'ପା'ରହୁଣା'ପରିଷେଷା।  
la-may jin-lab sem-la jug-par shog

拉美秦拉森拉就巴秀  
上师加持愿能入我心

ਕ੍ਰੀਵਾ ਕੁਨਤੁ ਧਾਂਦਾ ਲਾਮਾ  
kye-wa kun-tu yang-dag la-ma dang  
**In all lives may I never be parted**  
介瓦滚杜羊大喇嘛倘  
生生世世不离圣上师

ਦ੍ਰੇਲਮੇਚੋਕੈਸਾਲ੍ਲੀਦਾ ਦ੍ਰੇਲਮੇਚੋਕੈਸਾਲ੍ਲੀਦਾ  
drel-me chö-kyi pel-la long-chö ching  
**From perfect Gurus, enjoy the glory of Dharma,**  
扎没卻即贝拉龙觉竟  
恒常受用妙法之吉祥

ਸਾਦਾਬਮਸ੍ਤੀਯੋਨਾਨਾਵਾਸਾਕਸਾ॥  
sa-dang lam-gyi yön-ten rab-dzog ne  
**Completing all qualities of the paths and stages,**  
萨倘郎即元滇饶卓内  
地与道之功德悉圆满

ਦੋਰਜੇਚਾਂਗਿਗੋਪਾਂਗਨੂਰਤੋਬਸ਼ੋਗ  
dor-je chang-gi go-pang nyur-tob shog  
**May I swiftly attain the state of Vajradhara.**  
多杰羌即果胖牛透秀  
愿得速证金刚持果位

Translation by Jampa Tharchin, January 29, 2017

**中文翻译贝玛索南**

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California

## **Manjushri Dharma Center**

724 Forest Ave, Pacific Grove, CA 93950

Phone: (831) 901 3156

Facebook : Manjushri Dharma Centre

<http://manjushridharmacenter.org/>

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