OM SAMBHARA SAMBHARA BHI MA NA SA RA MAHA DZAMBHA BA
HUNG PHET SO HA  (Recite three times.)
嗡 桑巴日阿 桑巴日阿 不瑪納 薩日阿 马哈 藏巴怕 弘帕的索哈 （三遍）

吽！邬金尤记努将倉 〔邬金淨土西北域〕
HUNG! OR GYEN YUL GYI NUB CHANG TSAM
Hung! In the northwest country of Orgyen

贝玛给萨东波拉 〔莲花花茎莲胚上〕
PED MA GE SAR DONG PO LA
born in the pollen heart of the lotus,

雅称丘给吴祝涅，〔稀有殊勝妙成就〕
YA TSEN CHOG GI NGO DRUB NYEI
possessing astonishingly supreme spiritual attainments,

贝玛窘涅些殊札，〔得大名稱蓮花生〕
PED MA JUNG NEI SHEI SU DRAG
you are well known as Pedma Jungney (the Lotus Born),

扣都康卓忙波夠，〔空行圍繞於周圍〕
KHOR DU KHA DRO MANG PO KHOR
surrounded by a retinue of many dakinis,

切記皆絲達祝吉，〔我如本尊勤修持〕
KHYED KYI JEI SU DAG DRUB KYI
following you, I practice.

欽吉拉契沙殊梭，〔祈請降臨賜加持〕
CHIN GYI LAB CHIR SHEG SU SOL
Please come forth to bestow blessings.
GURU PEDMA SIDDHI HUNG
Oh Guru Padma, bestow siddhis upon me!

CHANG CHUB SEM PA SEM PA CHEN PO SA YI NYING PO LA CHAG
TSAL LO CHOD DO KYAB SU CHI-O
I pay homage, make offerings and take refuge in the Bodhisattva Mahasattva Sayi Nyingpo.

曾波曾波．增曾波．阿噶卡曾波．巴噶日曾波．阿瑪巴日曾波．巴日曾波．巴字日曾波．阿若噶曾波．達瑪曾波．薩爹巴曾波．薩爹泥哈拉曾波．補巴若噶夏巴曾波．哦巴夏瑪曾波．那亞那曾波．站假薩瑪莫涅染那曾波．假那曾波．補刻瑪巴日亞曾波．夏絲達拉瑪巴曾波．補阿扎所大瑪嘿列．大瑪別．亞瑪別．雜扎色．雜扎巴絲列．及列菩列．噶日巴．巴日巴熱爹．哈色熱扎日別．巴熱雜染巴那達涅．阿日達涅．怕那日．雜雜雜雜．湖列木列．阿卡達塔格別．塔噶可羅．塔哈熱塔哈熱．麪列瑪爹．南爹個列麼列．昂個字達別．阿熱接熱．巴日接熱．各達夏瑪列．吨接吨接．吨古列．護日護日．各落朵麼列．滅日朵．滅日爹．伴那達大．哈日卡瑪熱瑪．護日護日．

TSIM BHO．TSIM BHO．TSIM TSIM BHO．A KA KA TSIM BHO．BA KA RA TSIM BHO．A MA BA RA TSIM BHO．BA TSIM BHO．A RO GA TSIM BHO．DHARMA TSIM BHO．SA TE
迴向文：  Dedication of Merit

所囊得以它見色巴泥 [此福已得一切智]
SOD NAM DI YI THAM CHED ZIG PA NYID
By this merit, through the nature of complete omniscience,

脱涅泥比扎囊旁切將 [摧伏一切過患敵]
THOB NEI NYE PAY DRA NAM PHAM CHEI SHING
and the total defeat of all negative forces,

接噶拿起巴龍出巴以 [生老病死猶波濤]
KYE GA NA CHI BA LAB THRUG PA YI
from the turbulent waves of birth, old age, sickness, death,

色比錯里捉瓦着瓦修 [願度有海諸有情]
SID PAY TSO LEI DRO WA DROL WAR SHOG
this ocean of existence, may all beings be set free!

將巴把卧急達親巴當 [文殊師利勇猛智]
JAM PAL PA WÖ JI TAR KHYEN PA DANG
Dedicate following the Bodhisattvas
As glorious Manjushri knows, as does Samantabhadra,
I dedicate all my own merit
So that I may train myself by following them.
Dedicate following the Buddhas) As dedication
Is praised as supreme by the Buddhas of the three times,
I dedicate all these roots of virtue
To perfecting the Deeds of the Excellent.