From the Dharma Lord, the Wish-Fulfilling Jewel,
His Holiness Jigmed Phuntsok Rinpoche
嗡 桑巴日啊 桑巴日啊 布瑪納 薩日啊 瑪哈 藏巴帕 吱帕索哈（三遍）

OM SAMBHA RA. SAMBHA RA. BHI MA NA. SA RA. MA HA. DZAM BHA BA. HUNG PHAT SO HA, (Three times)

蓮師金剛七句祈請文 The Seven Line Prayer

吽！烏金 尤記 努將倉〔烏金淨土西北隅〕
HUNG! OR GYEN YUL GYI NUB CHANG TSAM
Hung! In the northwest country of Orgyen

貝瑪 給薩 東波拉〔蓮花花莖蓮胚上〕
PED MA GE SAR DONG PO LA
born in the pollen heart of the lotus,

雅稱 丘给 吳祝涅〔稀有殊勝妙成就〕
YA TSEN CHOG GI NGO DRUB NYEI
possessing astonishingly supreme spiritual attainments,

貝瑪 炯涅 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),
Khor Du Kha Dro Mang Po Khor
surrounded by a retinue of many dakinis,

Khyed Kyi Jei Su Dag Drub Kyi
following you, I practice.

Chin Gyi Lab Chir Sheg Su Sol
Please come forth to bestow blessings.

Guru Pedma Siddhi Hung (Recite three times)

Nam Khai Ne Su Nam Kha Gang Wa Yi
Of those within space all the hosts of

Lama Yidam Khandrö Tsok Nam Dang
gurus, deities, and dakinis who fill space,
SANGYE CHÖ DANG PAK PAI GENDUN LA
And the Buddha, dharma, and noble sangha

I and all beings take refuge with devotion.

I and all limitless beings

are primordially awakened,

but to know this nature

I give rise to the mind of supreme awakening.
喇嘛欽,喇嘛欽,喇嘛欽

〔上師垂念我 上師垂念我 上師垂念我〕
LAMA KHYEN, LAMA KHYEN, LAMA KHYEN,
Precious teacher, please watch over me! Precious teacher, please watch over me! Precious teacher, please watch over me!

藏文: 三世諸佛本性之上師如意寶,請垂念我。我誠摯地祈求您
的加持,成熟我的相續並使我解脫。祈求賜予加持令我相續
中生起聖深妙道之証悟。祈求賜予加持令我今生成就光明大
圓滿聖道。

DU SUM SANG GYE, THAM TAM CHE, NGO WO, 
LAMA, YI ZHIN NOR BU KHYEN. DAD DI GYUE, MIN 
KYANG, DROL WAR, JIN GYI, LOB BAR, DZE DU 
SOL. ZAB LAM CHE, TOG PA, KHYAD BAR CHAN, 
GYUE LA, KYE WAR, JIN GYI, LOB BAR, DZE DU SOL. 
TSE DU, NID LA, OD SAL, DZOG BA CHEN PO, LAM
CHOK, THAR JIN BAR, JIN GYI, LOB BAR, DZE DU SOL.

Embodyment of all Buddhas throughout the three times, most precious Guru, the wish-fulfilling jewel, please watch over me!

I wholeheartedly beseech your blessings to ripen and liberate my mind.

Please grant your blessings for exceptional realization of the profound path to develop in my mind stream.

Please grant your blessings to perfect the supreme path of the Clear Light Great Perfection in this very lifetime.

༅༅། །མའི་ལ་འར་ིན་བས་རོལ་བགས་སོ།

Guru Yoga  Swift Bestowal of Blessings

AH KHOR DAY CHHÖ KUN KA DAG RIG PAI NGANG

From a state of intrinsic awareness, the primordial purity of all phenomena of samsara and nirvana,

RANG DANG MA GAG YE SHE ÖD NGAI LONG

the self-arising dynamic play is an unceasing expanse of the five wisdom lights,

NGO WO PAL DEN JAM PAI DOR JE LA

amidst which is the nature of Manjushri Vajra
南巴 嘉吉 義新 諾布霓（形象唯一怙主如意寶）
NAM PA KYAB CHIG YID ZHIN NOR BU NYID
appearing in the form of the single refuge, the Wish-fulfilling Jewel himself.

嘎薩 則增 班智 達移切（白明美顏班智達之飾）
KAR SAL DZAY DZUM PAN DI TA YI CHHAY
He is luminous white, with a radiant smile, attired as a Pandita.

秋切 恰嘉 日知 拉旺南（說法手印執持寶劍函）
CHHO CHHED CHHAG GYA RAL DRI LEG WAM NAM
With the mudra of expounding the dharma, his two hands hold a sword and a Sanskrit text.

暇霓 吉中 務色 莫美措（二足跏跌照射無量光）
ZHAB NYI KYIL TRUNG ÖD ZER MU MED TRO
His two legs are crossed and all around, boundless light rays emanate out.

穰囊 達貝 見地 拉美薩（一切自現觀為淨明然）
RANG NANG DAG PAI GYEN DU LA MER SAL
All is vividly clear as an ornament of the pure self-appearance.
祈請 Supplication

內千 日沃 則阿 禧康素〔自大聖地淨土五台山〕
NAY CHHEN RI WO TSE NGAI ZHING KHAM SU
In the great spot, the pure land of the five-peaked mountain,

將巴 圖吉 進拉 意拉明〔文殊意之加持入心間〕
JAM PAL THUG KYI JIN LAP YID LA MIN
may the blessings of the mind of Manjushri ripen in my mind.

晉美 朋措 暇拉 索瓦迭〔晉美朋措足前敬祈禱〕
JIG MED PHUN TSOG ZHAB LA SOL WA DEB
Jigmed Phuntsog, at your feet I pray.

拱局 豆巴 破瓦 進及洛〔證悟密意傳承求加持〕
GONG GYUD TOG PA PHO WAR JIN GYI LOB
Grant blessings that the realization of your awakened mind stream be transmitted onto me!

塔霓 喃嘛 務阿 圖列久〔後師化為五光之明點〕
THAR NI LA MA OD NGAI THIG LER GYUR
Finally, the lama dissolves into light and becomes a bindu,
RANG GI CHI WO NAY ZHUG NYING U THIM
that enters into the crown of one’s head and dissolves into the center of one’s heart.

GYAL KUN YE SHE CHIG DU LA MA DANG
Feel that you obtain the blessings of becoming one with, equal to,

KAL WA NYAM PAI JIN LAP THOB PAR SAM
the lama who is the single embodiment of the wisdom of all Victorious Ones,

With that, rest your mind naturally in a state of dharmakaya, beyond conceptual mind.
When you reemerge from that absorption, viewing all phenomenal appearances as being the nature of the lama, go about your usual activities.

GE WA DI YI NYUR DU DAG
By this merit, may I swiftly
巴登喇嘛竹究內【速證具德上師位】
PAL DEN LAMA DRUB GYUR NAY accomplish the Glorious Lama,

卓瓦極將瑪路巴【一切眾生而無餘】
DRO WA CHIG KYANG MA LU PA and may I establish all beings in that state

德義薩拉柯巴修【咸令登臻其剎土】
DE YI SA LA GOD PAR SHOG without excluding a single one.

皆瓦根度樣達喇嘛當【生生世世不離清淨師】
KYE WA KUN TU YANG DAG LAMA DANG In all my lifetimes, may I never be separate from the lama,

札美秋極巴拉龍覺江【恆時享用殊勝妙法樂】
DRAL MED CHHO KYI PAL LA LONG CHOD CHING and partaking in the glory of the dharma,

薩當浪記雲燈日左涅【圓滿地道甚深之功德】
SA DANG LAM GYI YON TEN RAB DZOG NAY may I totally perfect the qualities of the bhumis and paths,
巴旦 喇嘛 果彭 密陀修〔聖德上師果位速證得〕
PA DEN LA MAI GO PHANG NYUR THOB SHOG
and quickly attain the state of the glorious lama!

迴向文： Dedication of Merit

所囊 德以 塔見 色巴霓〔此福已得一切智〕
SONAM DI YI THAM CHED ZIG PA NYID
By this merit, through the nature of complete omniscience,

陀涅 霓比 扎囊 旁切將〔摧伏一切過患敵〕
THOB NEI NYEI PAI 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 LUNG TRIG PA YI
from the turbulent waves of birth, old age, sickness, death,

色比 措里 卓瓦 着瓦修〔願度有海諸有情〕
SID PAI TSO LEI DRO WA DROL WAR SHOG
from this ocean of existence, may all beings be set free!

将巴 巴渥 吉達 欽巴当〔文殊師利勇猛智〕
Just as the Bodhisattva Manjushri attained his realization,

And likewise Samantabhadra,

In order to train myself to follow after them,

I dedicate these merits (for the enlightenment of all sentient beings).

As dedication

is praised as supreme by the buddhas of the three times,
DAG GI GE WA'I TSA WA DI KUN KYANG
All these, my roots of virtue,

ZANG PO CHÖD CHIR RAB TU NGO WAR GYI
I dedicate entirely to Deeds of Excellence.

Prayer to the Guru to be Taken Care of Throughout All Lifetimes

The victorious ones of the three times who have gone to bliss
appear to me in the form of a sublime teacher

holding the treasure of ocean-like qualities, your kindness is unequalled.
I pray to you, the precious wish-fulfilling gem!

Whatever varied skillful methods and activities

you employ to tame beings,

wrong views do not arise for even an instant.

Please bless me to perceive your every action as perfect!

Whatever wonderful instructions you have given me,
西藏取叫功巴密些将（坚固告诫恒永不违犯）
TSHIG ZUR TSAM YANG GONG PAR ME JE CHING
I will not violate even a single word of advice;

本巴 剛修 楚極 新拉艮（犹将瓶物灌置入他瓶）
BUM PA GANG JOI TSUL GYI JIN LAB KUN
may all your blessings be transferred to me

玛理 達給 極拉 破瓦修（祈愿一切加持赐予我）
MA LU DAD DI GYUE LA PHO WAR SHOG
as the entire contents of one vase are poured into another.

哀確 達當 瑪達 尚那思（展现幻化妙显怙主您）
GON KHYOE DAG DANG MA DAG ZHING NAM SU
When you, the protector, display your magical manifestations

那措 諸比 若噶 文悲材（化生净与不净诸刹土）
NA TSOG TRUL PAI ROL GAR NGOM PAI TSE
In the pure and non-pure realms of existence,

達將 卻極 莎中 確吉涅（愿我生为您最胜随从）
DAG KYANG KHYOE KYI ZHAB DRING CHOG GYUR NE
may I be born as your supreme servant and
將邱 覺拉 念度 究巴曉 [追隨引導恪守菩薩行]
JANG CHUB CHOE LA NYAM DU JUG PAR SHOG
follow you in the Bodhisattva conduct!

南壽 穎囊 達貝 穎邱度 [當您示現證入佛果時]
NAM ZHIG RANG NANG DAG PAI ZHING CHOG TU
When you will display the activity of achieving enlightenment

達將 帝巴 當波 札闊迭 [行列首壇弟子我願生]
DAG KYANG DUE PA DANG POI DRAL KHOE DE
may I be born as the first among your disciples

陳列 別薇 謝波 秋度門 [廣增德行至高事業者]
TRIN LE PEL WAI JE PO CHOG TU MON
and become the supreme one who increases your virtuous activities!

朵納 達涅 結瓦 塔見度 [總言從今而後永生世]
DOR NA DA NE KYE WA THAM CHE DU
In short, may I never be separated from you, supreme and only object of refuge.
嘉極 丹巴 切當 密札禳（唯一殊勝依處永不離）
KYAB CHIG DAM PA KHYE DANG MI DRAL ZHING
In all my future lifetimes,

將秋 陀江 如極 達波日（雖證菩提願為吾部主）
JANG CHUB THOB KYANG RIG KYI DAG PO RU
even should I achieve enlightenment, may you become my root teacher

極涅 卓康 東涅 諸巴孝（拔除輪迴解救諸眾生）
GYUR NE DRO KHAM DONG NE TRUG PAR SHOG
and liberate all beings from the pit of samsara.

雖然日卓，一位終生追隨我的弟子，請求我這個行將就木的老人為他
寫下這篇名為“生生世世攝受弟子”之祈請文，做為他終生的主要修
法。而我身軀雖然沈重，要寫下詞藻華麗的長篇大論本應輕而易舉，
然而身在異鄉卻因飲食不適造成腹痛，手指也因衣著不敷保暖而凍得
Although Rigdrol, the noble son who had followed me throughout my life, requested me an old man whose time is coming to an end to write this supplication “To Be Cared for Throughout All Lifetimes” as his main focus of practice, out of all my teachings, for his entire life. Stout and heavy as I am, I could go on with lengthy and elaborate composition. However, my stomach had been hurting due to improper diet, my fingers went numb due to insufficient clothing to keep warm, plus the nostalgia from being alone and away from family and friends. Therefore there is no need to go on any further with meaningless words.

Tormented by extreme cold, with my fingers frozen and rigid, I, Ngawang Lodroe Tsungme, wrote this at Wu Tai Shan.
Translated by Lopon Sonam Tsewan and Judith Amtzis at Ngayab Ling, Yangleshod, Nepal, for the Palri Translation Group.