

**Sixteen Arhats Prayer**  
në ten chak cho shuk so

**Invocation**

ch'ok d'u kun.nä kyab sum ka dö chä /  
nyon.mong dro.la ky'en.tse rab.gong.na /  
pak.me zhing.nä t'ok.me dzu.tr'ul gyi /  
dir shek ch'ö trin gya.ts'öi ül zhuk sö! /

lak.t'il tar.nyam rin.ch'en gyen.gyi trä /  
jön.shing ch'u ts'ö gyän.pai sa zhii ü /  
rin.ch'en le drub.drü zhi.go zhi.pa /  
padma nyi de gyen päi den teng du /

t'uk.jä tsö.päi du.ki dul.ja.nam /  
nam.dröl lam.la gong.dze dro.wäi.gön /  
t'ub.pa ch'ok dang ne.ten ch'en.po.nam /  
k'or dang che p'a ne dir shek.su.sol /

ch'ok chui gyal.wa se che t'am.che dang /  
she.rab mä bar nyon.mong t'so kem.zhing /  
nam.dröl sö.nam zhing.du ka tö päi /  
ch'ok chui nyen.t'ö gen.dün zhuk.sö.ts'el /

yon.jor ch'o.päi nä su chen dren na /  
drö.wäi dön.ch'ir ch'o.kyi shek.su.söl /  
drö.wäi gön.po shakya sen ge yi /  
sang.gye ten.pa gang.gi ch'ak tu zhak /

sung rab rin.ch'en drom.gyi k'a.je.pa /  
ch'o.kyong dra.chom ch'en.po zhuk.sö.ts'el /  
dam.ch'ö pel.wäi le.du chen.dren.na /  
drö.wäi dön.ch'ir ch'o.kyi shek.su.söl /

t'ub.pä ka.go ten.päi gyal.ts'en dzin /  
yän.lak jung dang ma.pam nak.na.ne /  
du den dor.je.möi bu zang.po dang /  
ser biü bha ra d'a dza ser chen ch'ok /

p'ak.pa ba ku la dang dra chen dzin /

lam tren ba ra d'a dza so nyom len /  
lam ten lui de be je mi ch'e pa /  
k'or dang che.pa ne dir shek.su.söl /

pang dang ye.she p'un.ts'og sang.gye kyang /  
dul.jai wang.gi nyen.t'o ts'ul.dzin.pa /  
k'yä.par.chen.gyi tr'in.le ch'o.kyong.wäi /  
ne.ten chu.druk dir jon den.la.zhuk /

de.shek kal.lung tsor.dze ten.pa sung /  
rang.don dor.nä k'or.wäi nak.ts'el.du /  
zhen.dön lhur.dze ne.ten chu.tr'uk.pö /  
dam.che t'uk.jei wang.gi ne dir shek /

gä.nyen kyab.sol den.päi ts'ik.ten.pa /  
kon.ch'ok sum.gyi zhab.dring ch'i so ts'el /  
so.nam rin.ch'en ling.du chen dren na /  
dro.wäi dön.ch'ir ch'o.kyi shek.su.söl /

chom.den dir.ni jön.pak lek /  
dak.chak so.nam kal.bar den /  
ji.si ch'o.pa dag.gyi.na /  
den.si chom.den zhuk.su.söl /

**Prostrations**

gang.gyi drin.gyi de.chen nyi /  
ke.chi nyi.la ch'ar.wa.gang /  
la.ma rin.ch'en ta.büi ku /  
dor.je chen zhab pe la du /  
ten.pa gye.par jin.gyi.lob /

gön.po t'uk je ch'e den.pa /  
Lord, you are endowed with great compassion;  
t'am cha ky'en pä tön.pa.po /  
Teacher, you know all that is to be known;  
so.nam yon.ten gya.ts'o zhing /  
Field of merits and virtues, like the ocean,  
de.zhin shek la ch'ak.ts'el.lo /  
O tathagata, homage to you.

ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

dag.pä do.ch'ak dräl.war.gyur /  
Free from attachment, released from  
ge.wa ngen.song le dröl ching /  
Realms of woe, through purity and virtue;  
chig.tu dön.dam ch'ok.gyur.pa /  
Uniquely supreme, ultimate,  
zhi.gyur ch'o la chak. ts'el lo /  
Peaceful Dharma, homage to you.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

drol.nä drol.wäi lam yang ton /  
Teaching the path from freedom to freedom;  
lab.pa dag.la rab.tu.nä /  
Well established in the trainings;  
zhing.gi dam.pa yon.ten den /  
Best of fields, endowed with virtues;  
ts'ok.ch'ok gen.dun.la ch'ak.ts'el /  
Sangha, homage to you.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

k'am.sum.pa yi dro.kun.gyi /  
ngen.song t'am.che jong.dze.pa /  
ch'ö.kyi k'or.lo kor.dze.päi /  
shakya seng ge de.la.du /  
ten.pa gye.par jin.gyi.lob /

nye.pa kun.lä nam.dröl ching /  
yon.ten kun.gyi gyen.pa.po /  
sem.chen kun.gyi nyen.chi.pü /  
t'am.che k'yen.la ch'ak.ts'el.lo /  
ten.pa gye.par jin.gyi.lob /

gang.gi kye.dang jik.pa.dang /  
ts'ul.di yi ni pang.gyur.pa /  
ten.ching dräl.war jung.sung.wäi /

t'ub.wang de.la ch'ak.ts'el.lo /  
ten.pa gye.par jin.gyi.lob /

### Requests and Obeisance to Muni Indraya and the Sixteen Arya Sthaviras

ts'ung.mä ta.wä mi.ngom.shing /  
Obeisance to you, whose beautiful, unique golden body  
ser.gyi dok.chen.dze.päi.ku /  
Always pleases.  
shal.chik ch'ak.nyi kyil.trung.zhuk /  
One face, two arms, seated in lotus posture,  
sa.nön nyam.zhak.dze.ch'ak.ts'el /  
With earth-touching and contemplation mudras.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

gang.ri ch'en.po ti.si.la /  
Obeisance to you, Arya Sthavira Angaja,  
p'ag.pa ne.ten yän.lak.jung /  
Dwelling on the Great Mount Ti-Se,  
dra.chom tong.dang sum.gye.kor /  
Surrounded by thirteen hundred Arhats;  
po.p'or nga.yab dzin.ch'ak.ts'el /  
Holding an incense bowl and a fan.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

dren.song ri.yi ngo.she.na /  
Obeisance to you, Arya Sthavira Ajita,  
p'ag.pa ne.ten ma.p'am.pa /  
Dwelling on Mount Rishi,  
dra.chom gyata.chig.gi.kor /  
Surrounded by one hundred Arhats.  
ch'ak.nyi nyam.zhak.dzä.ch'ak.ts'el /

Showing the mudra of meditative contemplation.

la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)

Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /

Please bless the Doctrine to flourish.

lo.ma dun.päi ri.p'uk.na /

Obeisance to you, Arya Sthavira Vanavasin,

p'ag.pa ne.ten nag.na.ne /

Dwelling in the Sapta-Parana cave,

dra.chom tong.dang zhi.gye.kor /

Surrounded by fourteen hundred Arhats;

dig.dzub nga.yab dzin.ch'ak.ts'el /

Right hand in threatening mudra, and a yak-tail in the left.

la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)

Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /

Please bless the Doctrine to flourish.

dzam.bui.ling.gi zang.ling.na /

Obeisance to you, Arya Sthavira Kalika,

p'ag.pa ne.ten du.den.ni /

Dwelling on the Island of Tamra-Dvipa,

dra.chom tong.dang ch'ik.gye.kor /

Surrounded by eleven hundred Arhats.

ser.gyi na.kor dzin.ch'ak.tsel /

Holding a pair of golden earrings.

la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)

Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /

Please bless the Doctrine to flourish.

Obeisance to you, Arya Sthavira Vajriputra,

singa.la.yi ling.na.ni /

Dwelling in the Land of Sinhaladvipa,

ne.t ten dor.je mo.yi.bu /

Surrounded by one thousand Arhats;

dra.chom tong.tr'ag ch'ik.gi.kor /

Right hand in threatening mudra,

dig.dzub nga.yab dzin.ch'ak.tsel /

And a yak-tail in the left.

la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)

Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /

Please bless the Doctrine to flourish.

chu.bo ya.mu näi.ling.na /

Obeisance to you, Arya Sthavira Bhadra,

p'ag.pa ne.ten zang.po.ni /

Dwelling on an Island of the Yamuna,

dra.chom tong.dang nyi.gye.kor /

Surrounded by twelve hundred Arhats;

ch'o.ch'e nyam.zhag dze.ch'ak.tsel /

Right hand in teaching mudra, left in contemplation.

la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)

Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /

Please bless the Doctrine to flourish.

ne.ch'ok dam.pa k'a.ch'e.na /

Obeisance to you, Arya Sthavira Kanakavatsa,

p'ag.pa ne.ten ser.be.ü /

Dwelling at the Holy place of Kashmir,

dra.chom chen.po nga.gye.kor /

Surrounded by five hundred Arhats;

rin.ch'en zhag.pa dzin.ch'ak.tsel /

Holding a rope of precious stones.

la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)

Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /

Please bless the Doctrine to flourish.

nub.kyi ba.lang.cho.ling.na /

Obeisance to you, Arya Sthavira Kanakabharadvaja,

bha.ra dha.dza ser.chen.ni /

Dwelling in Pashchim-Godaniya,

dra.chom ch'en.po dun.gye.kor /

Surrounded by seven hundred Arhats;

ch'ak.nyi nyam.zhak dzin.ch'ak.tsel /

Showing the mudra of meditative contemplation.

la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

jang.gi dra.mi.nyen.na ni /  
Obeisance to you, Arya Sthavira Bakula,  
p'ag.pa ne.ten ba.ku.la /  
Dwelling on Uttara-Kuru,  
dra.chom ch'en.po gu.gye.kor /  
Surrounded by nine hundred Arhats;  
ch'ak.nyi neü.le dzin.ch'ak.tsel /  
Holding a mongoose in your hands.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

tri.yang ku yi ling na ni /  
Obeisance to you, Arya Sthavira Rahula,  
p'ag.pa ne.ten dra.chen.dzin /  
Dwelling on the Island of Priyangu,  
dra.chom tong.dang ch'ik.gye.kor /  
Surrounded by eleven hundred Arhats;  
rin.ch'en trog.zhu dzin.ch'ak.tsel /  
Holding a precious tiara.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

ja.go p'ung.po ri.wo.la /  
Obeisance to you, Arya Sthavira Chudhapanthaka,  
p'ag.pa ne.ten lam.t'ren.ten /  
Dwelling on Grdha-Kuta-parvata,  
dra.chom tong.dang druk.gye.kor /  
Surrounded by sixteen hundred Arhats;  
ch'ak.nyi nyam.zhak dze.ch'ak.tsel /  
Showing the mudra of meditative contemplation.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)

Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

shar.gyi lu.p'ag.ling na.ni /  
Obeisance to you, Arya Sthavira Pindola Bharadvaja,  
bha.ra dha.za so.nyom. len /  
Who dwells on Videha,  
dra.chom tong.trag ch'ik.gi.kor /  
Surrounded by one thousand Arhats;  
lek.bam lhung.ze dzin.ch'ak.tsel /  
Holding a book and an alms bowl.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

lha.ne sum.chu tsa.sum. na /  
Obeisance to you, Arya Sthavira Panthaka,  
p'ag.pa ne.ten lam.ten.ni /  
Dwelling in the Heaven of Thirty-three,  
dra.chom ch'en.po gu.gye.kor /  
Surrounded by nine hundred Arhats;  
leg.bam ch'o.ch'e dze.ch'ak.tsel /  
Holding a book and showing the teaching mudra.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

ri.yi gyal.po ngo.yang.la /  
Obeisance to you, Arya Sthavira Nagasena,  
p'ag.pa ne.ten lu.yi.de /  
Dwelling on Mount Vipula-Parshva,  
dra.chom tong.dang nyi.gye.kor /  
Surrounded by twelve hundred Arhats;  
bum.pa k'ar.sil dzin.ch'ak.tsel /  
Holding a vase and a mendicant's staff.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

ri.yi gyal.po bi.hu.la /  
Obeisance to you, Arya Sthavira Gopaka,  
p'ag.pa ne.ten be.je.ni /  
Dwelling on Mount Bihula,  
dra.chom tong.dang zhi.gye.kor /  
Surrounded by fourteen hundred Arhats;  
ch'ak.ni lek.p'am dzin.ch'ak.tsel /  
Holding a book in your hands.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

gang.chen ri.yi gyal.po.la /  
Obeisance to you, Arya Sthavira Abheda,  
p'ag.pa ne.ten mi.ch'e.pa /  
Dwelling on the Great Mount Himvat,  
dra.chom tong.t'rag chig.gi.kor /  
Surrounded by one thousand Arhats;  
jang.ch'ub ch'o.ten dzin.ch'ak.tsel /  
Holding a stupa in your hands.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.  
ten.pa gye.par jin.gyi.lob /

ge.nyen dharma.ta.la.ni /  
Obeisance to you, Upasaka Dharma-Tala,  
ral.wai t'o.ching lel.bam.k'ur /  
Seated before Buddha Amitabha,  
nang.wa t'a.ye dun.ne.shing /  
You hold books,  
nga.yab bum.pa dzin.ch'ak.tsel /  
And your hair has a top knot  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.

ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

yul.k'or sung.dang p'ag.kye.po /  
Obeisance to the four Guardian Kings,  
chen.mi zang.dang nam.t'o.se /  
Dhrtarastra, Virudhaka, Virupaksa, and Vaisravana;  
rang.rang k'or.dul go.zhi.sung /.  
Who subdue your entourages  
gyal.ch'en zhi.la ch'ak.tsel.lo /  
And guard the four gates.  
la.mäi ku.ts'e ten.pa.dang (if puja is done for long life of the guru)  
Please bless the Guru's life to be stable.  
ten.pa gye.par jin.gyi.lob /  
Please bless the Doctrine to flourish.

ch'ak.jar lo.pa t'am.che.la /  
zhing.dul kun.gyi drang.nye.kyi /  
lu.tu pa.yi nam.kun.tu /  
ch'ok.tu de.pä ch'ak.ts'el.lo /  
la.mäi ku.ts'e ten.pa.dang / (if puja is done for long life of the guru)  
ten.pa gye.par jin.gyi.lob /

### Seven Limb Offering from King of Prayers

ji.nye su.dak ch'ok chui jik.ten.na/  
O lions amongst men,  
de.zhin shek.pa mi.yi seng.ge kun /  
Buddhas, past, present, and future;  
dak.gi ma.lu de.dak t'am.che.la /  
To as many of you as exist in the ten directions  
lu.dang ngak yi dang wä ch'ak gyio /  
I bow down with my body, speech, and mind.

zang.po cho.päi mon.lam tob.dag.gi /  
On waves of strength of this king  
gyal.wa t'am.che yi.kyi ngon.sum du /  
Of prayers for exalted sublime ways,  
zhing.gi dul.nye lu.rab tu.pa yi /  
With bodies numerous as the atoms of the world,

gyal.wa kun.la rab.tu ch'ak.ts'el.lo /  
I bow to the Buddhas pervading space.

dul.chik teng.na dul.nye sang.gye nam /  
On every atom is found a Buddha,  
sang.gye se.kyi ü.na shuk.pa.dak /  
Sitting among countless Buddha's sons,  
de.tar ch'ok.ki ying.nam ma.lu.pa /  
I look with eyes of faith to the victorious ones,  
t'am.che gyal.wa dak.gi gang.wa mo /  
Thus filling the entire Dharmadhatu.

de.dak ngak.pa mi.ze gya.ts'o.nam /  
Of these with endless oceans of excellence  
yang.kyi yän.lak gya.ts'oi dra.kun.gyi /  
Endowed with an ocean of wondrous speech,  
gyal.wa kun.gyi yon.ten rab.jo.ching /  
I sing praises of the greatness of all Buddhas,  
de.war shek.pa t'am.che dag.gi.tö /  
An eulogy to those gone to bliss.

me.tok dam.pa tr'eng.wa dam.pa dang /  
I offer garlands of flowers,  
sil.nyen.nam dang juk.pa duk.ch'ok.dang /  
Beautiful sounds, supreme perfumes,  
ma.me ch'ok.dang duk.pö dam.pa.yi /  
Butter lamps, and sacred incense;  
gyal.wa de.dak la ni ch'o.par.gyi /  
I offer them all to the victorious ones.

nam.za dam.pa.nam dang dri ch'ok dang /  
Excellent food, supreme fragrances,  
ch'e.ma p'ur.ma ri.rab nyam.pa.dang /  
And a mound of mystic substances, high as Mount Meru;  
ko.pa k'ye.par p'ag.päi ch'ok.kun.gyi /  
I arrange in a special formation,  
gyal.wa de.dag la.ni ch'o.par.gyi /  
And offer to those who have conquered themselves.

ch'o.pa gang.nam la.me gya.ch'e.wa /

And all peerless offerings, I hold up  
de.dag gyal.wa t'am.che.la yang.mo /  
In admiration of those gone to bliss,  
zang.po cho.la de.päi tob.dak.gi /  
With the strength of faith in sublime ways,  
gyal.wa kun.la ch'ak.ts'el ch'o.par.gyi /  
I prostrate and make offerings to the conquerors.

do.ch'ak she.dang ti.muk wang.gi.ni /  
Long overpowered by attachment, aversion, and ignorance,  
lu.dang ngak.dang de.zhin.yi.kyi kyang /  
Countless evils I have committed  
dik.pa dak.gi gyi.pa chi.ch'i pa /  
With acts of body, speech and mind;  
de.dak t'am.che dak.gi so.sor shak /  
Each and every one of these I now confess.

ch'ok.chui gyal.wa kun.dang sang.gye se /  
In the perfections of the Buddhas and Bodhisattvas,  
rang.gyal.nam dang.lob dang mi.lob dang /  
The arhats, training and beyond,  
dro.wa kun.gyi so.nam gang.la yang /  
And in the latent goodness of every living being,  
de.dag kun.gyi je.su dag.yi.rang /  
I lift up my heart and rejoice.

gang.nam ch'ok.chui jik.ten dron.ma dak /  
O lights unto the ten directions,  
jang.ch'ub rim.par sang.gye ma.ch'ak nye /  
Buddhas who have found the passionless state,  
gön.po de.dak dak.gi t'am.che la /  
To all of you, I direct this request:  
k'or.lo la.na.me.pa kor.war.kul /  
Turn the incomparable wheel of Dharma.

nya.ngen de.tön gang.zhe de.dak.la /  
O masters, wishing to show parinirvana,  
dro.wa kun.la p'en.zhing de.wäi ch'ir /  
Stay with us and teach, I pray;  
kal.pa zhing.gi dul.nye zhug.par.yang /

For as many eons as there are specks of dust,  
dag.gi t'al.mo rab.jar sol.war.gyi /  
In order to bring goodness and joy to all beings.

ch'ak.ts'el wa.dang ch'o.ching shak.pa.dang /  
May any small merits that have amassed  
je.su yi.rang kul.zhing sol.wa.yi /  
By prostrating, offering, confessing, rejoicing,  
ge.wa chung.se dak.gi chi.sag.pa /  
And asking the Buddhas to remain and teach Dharma,  
t'am.che dak.gyi jang.ch'ub ch'ir ngo.ö /  
Be dedicated now to supreme and perfect enlightenment.

### Prayer for the Long Existence of the Teachings

sang.gye trul.pa dra.chom p'ak.päi.ts'ok /  
Assembly of arhats, aryas, and the sixteen sthaviras,  
dro.wä don.du ten.pa kyong dze.pa /  
You are Buddha's emanations, the real Triple Gem,  
kön.ch'ok sum.ngo ne.ten chu.drukgi /  
Preserving the Conqueror's Doctrine for transmigrators,  
ten.pa yun.ring ne.par jin.gyi.lob /  
Please bless the Doctrine to remain a long time.

t'uk.je dak.nyi ne.ten chu.druk gi /  
Compassionate, magnanimous, Sthaviras and your entourages,  
k'or.ts'ok si.ts'o le.gäl nyon.mong me /  
You crossed the samsaric ocean and are free of affliction,  
t'ri dang druk tong.zhi gyai ts'ok.nam.kyi /  
Assembly of sixteen thousand four hundred,  
ten.pa yun.ring ne.par jin.gyi.lob /  
Please bless the Doctrine to remain a long time.

sem.ch'en kun.gyi so.gyur dra.chom.pa /  
Great aryas, arhats most worthy of respect,  
rig dang zhab.den kye.güi jin.ne.ch'e /  
Strong in knowledge and good conduct,  
p'ak.päi gang.zak ch'en.po ky'e.nam.kyi /  
Living beings can make offerings to you,  
ten.pa yun.ring ne.par jin.gyi.lob /

Please bless the Doctrine to remain a long time.

dak.zhen ge.wäi tsa.wa di.yi.t'u /  
By the power of the root of virtue of myself and others,  
p'en.dei jung.ne ten.pa p'el.gyur.chik /  
May the Doctrine, source of happiness and benefit, increase.  
duk.ngel kun.jung ma.lu rab.pang.ne /  
May all the sufferings be abandoned, together with their  
causes,  
si.päi gya.ts'o nyur.du kem.par.shok /  
May the ocean of samsara quickly dry up.

so.nam gya.ts'o yon.su dzok.gyur.chik /  
And the ocean of merits be full.  
ye.she gya.ts'o nam.par dag.gyur.te /  
Once the exalted wisdom manifests,  
yon.ten gya.ts'o ma.lu kun.dzok.ne /  
May I be superior to all transitory worlds,  
jik.ten kun.le k'ye.par p'ak.par shok /  
By gaining an ocean of good qualities.

ts'ok.nyi t'ar.ch'in du.sum gyal.wa.yi /  
May Conquerors of the three times, who have accumulated  
tr'in.le drub.chin yon.ten.nam yer.me /  
The two accumulations, perform virtuous actions.  
kal.pa nyam.päi drul.ja min.dze.päi /  
May there be the auspiciousness of peerless gurus,  
nyam.me la.ma ch'ok.gi tra.shi.shok /  
Who ripen sentient beings, and never lose their qualities.

du.sum gyal.wa gyal.se t'uk.je.yi /  
Until the end of samsara may there be auspiciousness of the  
nyen.t'o ts'ul.dzin si.pa ji.si.bar /  
Three times Conquerors and their sons, who by compassion  
ten.pa kyong.zhing dro.wäi don.dze päi /  
Appear as Hearers, Great Sthaviras, preserving the Doctrine  
ne.ten ch'en.po.nam.kyi tra.shi.shok /  
And working for the benefit of transmigrators.

nyin.mo de.lek ts'en.de.lek /

May the day be auspicious  
 ni.mäi gūng.la de.lek.shing /  
 May the night be auspicious  
 nyin.ts'en tak.tu de.lek päi /  
 May the day and night be auspicious  
 kon.ch'ok sum.gyi tra.shi.shok /  
 May all be auspicious for the Triple Gem.

**Colophon:**

*Phonetics were prepared by gelong Jangchub Puntsog. English translation was taken from "The Wishfulfilling Gem Enhancing The Buddha's Doctrine, A Method For Making Offerings And Prayers To Guru Shakyamuni Buddha And The Sixteen Staviras With Purification", Nalanda Monastery - France, 1991. Compiled by getsulma Tenzin Tsomo for the occasion of the Long Life Offering to Lama Zopa Rinpoche and Yangsi Rinpoche at the conclusion of the 2 month Lam Rim retreat at Tushita Meditation Centre, Indian, 24<sup>th</sup> April 2000.*