

ངམ་གསོ



NGALSO
Path to Enlightenment

NgalSo Preliminary and Dedication Prayers

Tibetan and Sanskrit Phonetics and English translation of prayers and mantras generally performed during opening and closure of Lama Michel Rinpoche's teachings

Preliminary prayers:

Prayer and mantra requesting the blessings of the root guru, Lama Gangchen Lobsang Thubten Trinley Yarpel

lo chok sangpoi pel gyur trashi pa
thub chen ten pe trinle yar ngo da
pel gye dro lor tsam pe dze pa chen
pal den lame shab la sol wa deb

In a previous life appearing as Zangpo Tashi, the Auspicious One, splendor of the noble intellect supreme, now rising as the waxing moon, acting exactly in accordance with the mental capacity of beings for their development and maturation. To the feet of the glorious and splendid Lama Lobsang Thubten Trinley Yarpel, I offer my prayer requests:

OM AH GURU VAJRADHARA SUMATI MUNI SHASANE KARMA UHTA VARDANAYE SHRI
BADHRA VAR SAMANYA SARWA SIDDHI HUNG HUNG (x3)

May you grant us the mundane and extraordinary siddhis of Lama Vajradhara, the noble mind of the Buddha's doctrine, which increases the activity of the noble glorious ones.

Method to realize the inner Guru

dagi jetsun lama tuk ge chen
gniam thag da la tuk che si su sol

ghe pe shel san dag la ten du sol
u lung sun ghi nan wa tsel du sol

tse chik gning ne sol wa deb pe tse
dechen khorlo u su lek shuk ne
yi la sam pe do don ma lu pa
ghe me lhun ghi drup par jin gi lob

tsog nyi tso dang dig tung shag pai tse
dun gyi nam kyi yin su leg shug ne
lab chen tsog nyi yong su dzogpa dang
che rang nye tung chang war jin gyi lob

jang chub bar ghi nyin tsen du kun tu
nying u peme ze dru lek shuk ne
jangchub drup pe ghel kyen kun shi shing
tun kyen de lak drub par jin ghi lob

dag ghi lo na cho la chok pa dang
cho min sam jor gnen pa shi wa dang
cho dang tun pe do don ma lu pa
be me lhun ghi drup par jin ghi lob

dor na deng ne tse rab tam che da
di chi bardo ne kab tamche du
re se kyab ne lama khye le me
tug je chen ghi da la si su sol

gon kyab drel we gnam tak da chak la
jetsun lame tuk che ra gong ne
ku dang sung gi nang wa drelme du
nyam su gnong ne kelsang tob par shok

kye wa kuntu yangdak lama dang
drel me cho kyi pel la long cho ching
sa dang lam gyi yonten rab tsor ne
dorje chang gyi gopang nyur tob shog

Please, my precious and holy guru, show me your beautiful smiling face. Grant me the blessings of your breathtaking speech and look upon me, tormented by suffering, with your infinitely compassionate mind.

Now, I beseech you from the depths of my heart, with single pointed concentration: when I meditate upon you at the crown of my head, please gracefully take your seat at the centre of the wheel of bliss, and bless me to be able to accomplish whatever virtuous wish comes to my mind, swiftly, easily and without exception.

When I call upon you, please peacefully appear in the space in front of me, so that I may

complete the two accumulations of merit and wisdom, in the manner of a vast, increasing wave, in order to purify all my negative actions.

When I pray to you from my heart, please joyfully take the seat at the center of the lotus at my heart, and remain there at all times, day and night, until I attain the essence of enlightenment, and bless me that I may accomplish all favourable conditions leading to happiness, and that all conditions obstructing the path to freedom be quelled.

Bless me that I may effortlessly accomplish all wishes in accordance with the Dharma, pacify all evil thoughts and actions, and firmly set my mind in the direction of the dharma. In short, from now, in all my lives, in the future and in the bardo, I need no other refuge than you.

Please look upon me with your compassionate eyes.

To this suffering being without refuge, please pay attention, and mature my ordinary body, speech and mind so that I reach the bliss of inseparable oneness with your holy body, speech and mind.

Never separated from your holy body, speech and mind may I always enjoy good fortune. Through all my lives may I never be separated from the perfect guru, and so enjoy the splendour of Dharma. Perfecting the virtues of the paths and bhumis, may I quickly attain the state of Vajradhara.

Request to become one nature with the guru

Essence of Ganden Chagkya Chenpo - Mahamudra prayer to invoke the blessings of the Great Father and Great Mother

pa khyo kyi ku dang dag gyi lu
pa khyo kyi sung dang dag gyi ngag
pa khyo kyi tug dang dag gyi yi
don yer me chig tu jin gyi lob

This limited body of mine and your holy body my father, this normal speech of mine and your pure speech my father, this suffering unpeaceful mind of mine and your great fully peaceful mind my father; through your blessing may your three holy pure energies become unified with mine.

ma khyo kyi ku dang dag gyi lu
ma khyo kyi sung dang dag gyi ngag
ma khyo kyi tug dang dag gyi yi
don yer me chig tu jin gyi lob

This limited body of mine and your holy body my mother, this normal speech of mine and your pure speech my mother, this suffering unpeaceful mind of mine and your great fully peaceful mind my mother; through your blessing may your three holy pure energies become unified with mine.

Buddha Shakyamuni - Shakya Thub Pa

OM MUNI MUNI MAHA MUNI SHAKYAMUNIYE SOHA

Meditation on taking refuge and generating bodhichitta

sang gye choe dang tsog kyi chog nam la
jang chub bar du dag ni kyab su chi
dag ghi jin sog gyi pai so nam kyi
drö la pen chir sang gye drub par shog

In the Buddha, Dharma and Sangha I take refuge until enlightenment. Through the practice of generosity and the other perfections, may I become a buddha for the benefit of all sentient beings.

Dedication Prayers

Dedication for the long life of the Gurus

jetsun lame ku tse rabten chin
namkar trinle chog chur kye pa dan
lobsang tenpe dro me sa sum gyi
dro we mun sel tac tu ne gyur chik

May the holy teacher have a long life. May the enlightened activities be fully displayed in the ten directions and may the brightness of the teachings of Lama Tsongkhapa continuously dissipate the veil of darkness covering the beings of the three realms.

Verse of auspiciousness

nyimo delek tsen delek
nyime gung yang delek shin
nyitsen taktu delek pe
kon chok sum gyi jin gyi lob
kon chok sum gyi ngoe drup tsol
kon chok sum gyi tra shi shok

At dawn or dusk, at night or midday, may the Three Jewels grant us their blessings, may they help us to achieve all realisations and sprinkle the path of our lives with various signs of auspiciousness.

All'alba o al tramonto, alla notte o durante il giorno, possano i tre gioielli concederci le loro benedizioni, possano aiutarci a ottenere tutte le realizzazioni e cospargere il sentiero della

nostra vita con molti segni di buon auspicio. *(Italian)*

Puissent les trois joyaux, jour et nuit nous combler de leur grace, puissent les trois joyaux nous dispenser toutes les réalisations, puissent les trois joyaux remplir notre vie de multiples signes de bonne augure. *(French)*

De sol a sol, a noite ou ao meio dia, possam as tres joias concedernos seas bencaos, possam as tres joias ajudar nos a alcancar todas as realizacoes, possam as tres joias espalhar muitos sinais auspiciosos no caminho de nossas vidas. *(Portuguese)*

Al amanecer y a la anochecer, por la noche y durante el día, puedan las tres joyas concedernos sus bendiciones, puedan ayudarnos a obtener todos las realizaciones y colmen el sendero de nuestras vidas con muchos signos de buen auspicio. *(Spanish)*

Bei Sonnenaufgang und Sonnenuntergang, Nachts oder Mittags, Mogen die drei Juwelen uns Ihren Segen gewahren. Mogen Sie uns helfen alle Verwirklichungen zu relangen und unseren Lebensweg mit den verschiedensten segensreichen Zeichen besprengen. *(German)*

Bij zonsopgang en zonsondergang, bij nacht of middag, mogen de drie Juwelen ons hun zegeningen schenken, mogen zij ons helpen alle realisaties te verwerven en het pad van ons leven besproeien met varierende tekens van voorspoed. *(Dutch)*

Pu lun Ching Chern Her Pang Wan/ Pan Lun Pai Cou Her Hai Ye/ Yuen San Pali Sher Wor Chia Tzez/ Cu Wor Cherng Chui Cu Kong Ter/ Chai Wor Shui Shing Lu Thu Shang/ Phain Pu Chu Ru Yi Chi Shiang. *(Mandarin)*

Se anatólí che thísi níghta i mesimerí ithe ta tria polítima petrádhia namasdínun this evlogíes tus ithe na mas voi thissun na epítíume oles this pragmatóssis che na radíssun ti zoímas me para polá evanoíá simádia. *(Greek)*

Pri východe alebo západe slnka, v noci alebo počas dňa, môžu tieto tri klenoty prepožičať svoje požehnanie, že nám môže pomôcť získať všetky úspechy a posypeme cestu našich životov veľa priaznivých znamení. *(Slovakian)*

Ved solopgang eller solnedgang, ved nat eller middag, må de tre juveler skænke os deres velsignelser, må de hjælpe os med at opnå alle erkendelser og drysse stien af vores liv med forskellige lykkebringende tegn. *(Danish)*

Koidikul või loojangul, öösel või päeval, kolm kalliskivi õnnistagu meid. Aidaku nad meid jõuda selgusele ja puistaku meie teele mitmesuguseid heaendelisi märke. *(Estonian)*

Fi al fa'jer aw fi garoub alshams aw fi allail, aw fi nesf al nahar, li tusia'dana al jawa'her al talata, fi tahqiq kol ahla'mina wa tu'nawer tariq hayati'na bi isharat tuba'sher be al tawfiq wa al maha'ba. *(Arabic)*

Beshachàr ubaskià, blail obetsororéy hayòm, mi yeten sheshalosh avnei chen yevahùnu
shenagia lehol hahavanòt
veyairu et derech hayeynù bimsevasréy tov. (*Hebrew*)

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