Sadhana of Chenrezik
FOR THE BENEFIT OF ALL BEINGS AS VAST AS THE SKY
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sang gye chö dang tshok kyi chok nam la
Until I reach enlightenment, I take refuge in the Buddha

jang chup bar du dak ni kyap su chi
in the Dharma, and the noble Sangha.

Through the merit of accomplishing the six perfections,

may I achieve awakening for the benefit of all sentient beings. (3x)

On the crown of myself and all beings present throughout space,

on a moon and white lotus

is a HRĪḤ from which Chenrezik arises,
Radiating clear white light suffused with the five colors.

His eyes gaze in compassion and his smile is loving.

Of his four arms, the first two are joined in a prayer

and the lower two hold a crystal rosary and white lotus.

He is arrayed in silks and jewel ornaments.

He wears an upper robe of doeskin,

and his head ornament is Amitābha, Buddha of Boundless Light.
zhap nyi dor jey kyil trung zhuk
His two feet are in the vajra posture;

dri me da war gyap ten pa
a stainless moon is his backrest.

kyap ne kün dü ngo wor gyur
He is the essential nature of all those in whom we take refuge.

*Than* recite:

jo wo kyön gyi ma gö ku dok kar
Lord, not touched by any fault, white in color,

dzok sang gye kyi u la gyen
whose head a perfect buddha crowns,

tuk jey chen gyi dro la zik
Gazing compassionately on all beings,
chak tshal lo | to you Chenrezik, I prostrate. (3x)

phak pa chen re zik Wang dang
With deep and dear faith

chok chu dü sum zhuk pa yi
I prostrate to noble and powerful Chenrezik,

gyal wa se che tam che la
and to all the buddhas and bodhisattvas

kün ne dang we chak tshal lo
of the ten directions and three times.

me tok duk pö mar me dri
I make offerings, both actual and imagined,

zhal ze röl mo la sok pa
of flowers, incense, lights, perfume,
ngö jor yi kyi trül ne bül
food, music, and much else.

phak pay tshok kyi zhe su söl
Assembly of Noble Ones, please accept them.

mi ge chu dang tsham me nga
I confess all the ten unvirtuous acts

sem ni nyön mong wang gyur pay
and the five actions of immediate consequences—all the negative actions

dik pa tam che shak par gyi
I have committed while influenced by mental afflictions.

nyen tô rang gyal jang chup sem
I rejoice in the merit of whatever virtue
śrāvakas, pratyekabuddhas, bodhisattvas,

and ordinary people

have gathered throughout the three times.

Please turn the wheel of the Dharma

of the greater and lesser vehicles

to meet the variety of motivations

and different minds of living beings.
khor wa ji si ma tong par
Until samsara is completely emptied,

nya ngen mi da tuk je yi
I beseech you not to pass into nirvana

duk ngal gya tshor jing wa yi
but to look with great compassion on all living beings

sem chen nam la zik su söl
caught in an ocean of suffering.

dak gi sö nam chi sak pa
May whatever merit I have accumulated

tam che jang chup gyur gyur ne
become a cause for the enlightenment of all beings.

ring por mi tok dro wa yi
Not taking long, may I soon become
འེན་པའི་དཔལ་་བདག་ར་ཅིག །

dren pay pal du dak gyur chik
a magnificent guide for living beings.

གསོལ་བ་འདེབས་སོ་་མ་ན་རས་གཟིགས། །

söl wa dep so la ma chen re zik
Lama Chenrezik, I supplicate you.

གསོལ་བ་འདེབས་སོ་ཡི་དམ་ན་རས་གཟིགས། །

söl wa dep so yi dam chen re zik
Yidam Chenrezik, I supplicate you.

གསོལ་བ་འདེབས་སོ་འཕགས་མཆོག་ན་རས་གཟིགས། །

söl wa dep so phak chok chen re zik
Noble, supreme Chenrezik, I suplicate you.

གསོལ་བ་འདེབས་སོ་བས་མགོན་ན་རས་གཟིགས། །

söl wa dep so kyap gön chen re zik
refuge and protector, Chenrezik, I supplicate you.

གསོལ་བ་འདེབས་སོ་མས་མགོན་ན་རས་གཟིགས། །

söl wa dep so jam gön chen re zik
Kind protector, Chenrezik, I supplicate you.

འུལ་བི་རྟེན་འབྲི་བོད་གནང་བྱོན་ནོ། །

tuk je zung shik gyal wa tuk je chen
Buddha of Great Compassion, hold me in your compassion.
Innumerable beings have wandered in endless samsara and experienced unbearable suffering.

Protector, they have no other refuge than you.

Please bless them that they attain the omniscience that is awakening.

Compelled by negative karma, gathered from beginningless time,

living beings, through the force of anger, are born as hell beings and experience the suffering of heat and cold.
Hla chok khye kyi drung du kye war shok
Supreme deity, may they all be born in your presence.

Om mani padme hung
OM MANI PADME HŪM

Tok me dü ne le ngen sak pay tü
Compelled by negative karma, gathered from beginningless time,

Ser nay wang gi yi dak ne su kye
living beings, through the force of miserliness, are born in the realm of

Tre kom duk ngal nyong way sem chen nam
hungry ghosts and experience the suffering of hunger and thirst.

Zhing chok po ta la ru kye war shok
May they all be born in your supreme realm, the Potala.
Compelled by negative karma, gathered from beginningless time,

living beings, through the force of bewilderment,

are born as animals and experience the suffering of dullness and stupidity.

Protector, may they all be born in your presence.

OM MANI PADME HŪṂ
drel phong duk ngal nyong way sem chen nam
humans and experience the suffering of constant toil and poverty.

zhing chok de wa chen du kye war shok
May they be born in the supreme pure land of Dewachen.

om mani padme hung
OM MANI PADME HŪṂ

tok me dü ne le ngen sak pay tü
Compelled by negative karma, gathered from beginningless time,

trak dok wang gi hla min ne su kye
living beings, through the force of jealousy, are born in the realm of
demigods and experience the suffering of fighting and quarreling.

po ta la yi zhing du kye war shok
May they be born in your realm, the Potala.
Compelled by negative karma, gathered from beginningless time,

Compelled by negative karma, gathered from beginningless time,

living beings, through the force of pride, are born in the realm of gods

and experience the suffering of change and downfall.

May they all be born in your realm, the Potala.

Through all my existences, may my deeds equal Chenrezik’s.
In this way, may all beings be liberated

from the impure realms, and may the perfect sound of your

six-syllable mantra pervade the ten directions.

By the power of supplicating you, Most Noble and Perfect One,

may all those who will be my disciples take seriously the causes

and effects of karma and diligently practice virtuous acts.

May they take up the Dharma for the good of all.
de tar tse chik söl tap pe
By having prayed like this one-pointedly,

phak pay ku le özer trö
light rays radiating from noble Chenrezik

ma dak le nang trül she jang
purify the appearances of delusion.

chi nö de wa chen gyi zhing
The outer world of the environment becomes the Pure Land of Bliss.

nang chü kye dro lü ngak sem
The body, speech, and mind of beings, the inner world, become the body,

chen re zik wang ku sung tuk
speech, and mind of Chenrezik.

nang drak rik tong yer me gyur
All appearance, sound, and awareness are inseparable from emptiness.
om mani padme hung
OM MANI PADME HŪṂ (Recite mantra many times.)

The bodies of myself and others appear in the form of Chenrezik;

all sound is the melody of his six-syllable mantra;

all rememberance and thought is the great expanse of primordial wisdom.

Through the virtue of this practice,

may I swiftly achieve the level of powerful Chenrezik.

On this same level may I then place every being,
དེ་ཡི་ས་ལ་འགོད་པར་ཞོག
not one left behind.

འདི་ར་ོམ་བས་བིས་པའི་བསོད་ནམས་ིས།
With all the merit of this meditation and repetition,

དབེག་དང་བདག་ལ་འེལ་ཐོགས་འོ་བ་ན།
may I and every being to whom I am connected,

མི་གཙང་ས་འདི་བོར་བ་ར་མ་ཐག
as soon as these imperfect bodies are left behind,

བདེ་བ་ཅན་་བས་ཏེ་ེ་བར་ཤོག
be born miraculously in the Pure Land of Bliss.

ལ་པས་ོགས་བར་གཞན་དོན་ེད་པར་ཞོག
and fill the ten directions with emanations to benefit others.
By this merit may all attain omniscience.

May it defeat the enemy, wrongdoing.

From the stormy waves of birth, old age, sickness, and death,

from the ocean of samsara, may I free all beings.

Through the blessing of the buddhas’ attainment of the three bodies,

through the blessing of the unchanging truth of dharmata,

and through the blessing of the unwavering aspiration of the sangha,
ཇི་ར་བོ་བ་ོན་ལམ་འབ་པར་ཤོག
ji tar ngo wa mon lam drup gyur chik
may this dedication prayer be accomplished.
Seeds of Awakening is a collection of concise and clear practice instructions from highly qualified Buddhist masters, in English and Spanish.

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