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ශ්‍රී පෙරුණුවා |

極樂願文

恰美仁波切著

*The Aspirational Prayer to the Realm of Great Bliss, Dewachen*

*Composed by the learned and accomplished Raga Asye*

*Om Ami Dewa Hrih!*

ස්‍රී හිත්‍යාමේද්‍යාන්‍යාම්‍රිතා | මඟ්‍රෑ රෘෂ්‍යාජ්‍යාජ්‍යාමන්ද්‍රිතා | පෘෂ්‍යාම්‍රෑ යද්‍යන්ද්‍රාතා  
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පෘෂ්‍යාජ්‍යාමන්ද්‍රිතා |

此乃我所修持法，思及饒益多眾生，手雖痛却勤書寫。若有欲抄者應借，無有勝此之功德。無有更深之教言，亦為吾法之根本，精進修持勿輕捨。此屬顯宗法教故，未得傳承亦可誦。

This is a treasury from the heart practice of Chagme (Karma Chagme). Although my hands are in great pain, after considering the immense benefit this would bring forth to beings, I diligently composed this prayer. There is no greater merit than to propagate this prayer widely by allowing others to contemplate and practice it. There is no dharma teaching more profound than this. It is the root of all dharma. Do not fall into indifference, but persevere in this practice. Since it belongs to the class of sutra, one does not need the oral scriptural transmission in order to contemplate and practice it.

唵瑪休

唉瑪伙

E MA HO

德內涅瑪納吉效入那 |

德內涅瑪納吉效入那〔自此日落之方向〕

DI NE NYI MA NUB KYI CHOK ROL NE

Slightly elevated from here, in the direction of sunset,

章美杰定芒布帕入那 |

章美杰定芒布帕入那〔越過無數眾世界〕

DRANG MED JIK TEN MANG PÖ PA ROL NA

beyond a myriad of cosmic worlds,

炯雜當德拍比耶沙那 |

炯雜當德拍比耶沙那〔稍許上方聖境處〕

CHUNG ZED TENG DU PAK PE YUL SA NA

is the land of the Noble Ones,

南巴達比讓康得哇間 |

南巴達比讓康得哇間〔即是清淨極樂刹〕

NAM PAR DAK PE ZHING KHAM DE WA CHEN

the completely perfect pure realm of Great Bliss, Dewachen.

達個切窩墨給瑪同央 |

達個切窩墨給瑪同央〔我等肉眼雖未見〕

DAK GI CHU BUR MIK GI MA TONG YANG

Although Dewachen is not visible with our physical eyes,

讓森薩為夜拉蘭美薩 |

讓森薩為夜拉蘭美薩〔自心却應明然觀〕

RANG SEM SAL WAI YID LA LAM MER SAL

its imagery can be vividly perceived through our mental faculties.

得那炯丹嘉哇奧巴美 |

得那炯丹嘉哇奧巴美〔彼刹聖尊彌陀佛〕

DE NA CHOM DEN GYAL WA ÖD PAK MED

There resides Amitabha, Victorious One of Boundless Light,

པ୍ରେ རୁ ཤା ༜େ ཡର୍ମ གୁ ལୁ སୁ ལୁ ལୁ |

巴瑪繞給朵間則吉巴〔紅蓮寶色光耀眼〕

PE MA RA GAI DOK CHEN ZI JID BAR

ruby red in color and blazing with radiance,

ଘୁ འ ཤା ༜େ ༜େ ཡର୍ମ གୁ ལୁ ལୁ ལୁ |

窩拉則多亞拉闊落索〔無見頂相足輪等〕

U LA TSUK TOR ZHAB LA KHOR LO SOK

adorned with the thirty-two major and eighty minor signs of excellence--

ਮହା འ མଦ བୁ ཤା ༜େ ཡର୍ମ གୁ ལୁ ལୁ ལୁ |

參松所尼別夏加寄這〔三十二相八十好〕

TSEN ZANG SO NYI PE JED GYED CHÜ TRE

such as the crown protuberance and the dharma wheel at the sole of each foot.

ଶ୍ଵେ འ མଦ བୁ ཤା ༜େ ཡର୍ମ གୁ ལୁ ལୁ ལୁ |

亞及夏尼年亞龍賊怎〔一面二臂定持鉢〕

ZHAL CHIK CHAK NYI NYAM ZHAK LHUNG ZED DZIN

He is wearing the three robes of dharma.

କ୍ଷେ འ མଦ བୁ ཤା ༜େ ཡର୍ମ གୁ ལୁ ལୁ |

求姑南色所讓節中給〔著三法衣跏趺坐〕

CHÖ GÖ NAM SUM SOL ZHING KYIL TRUNG GI

He has a single face, and his two hands are holding an alms bowl in the mudra of equanimity.

ପ୍ରେ རୁ ལୁ ལୁ ལୁ ལୁ ལୁ |

巴瑪動單達唯單當德〔千瓣蓮花月墊上〕

PE MA TONG DEN DA WAI DEN TENG DU

In the vajra posture, he is seated upon a 1,000-petalled lotus and moon-disk seat

ଓନ୍ଧୁ ସା ༜େ ཡର୍ମ གୁ ལୁ ལୁ |

江秋向拉歌加定雜得〔身背依靠菩提樹〕

JANG CHUB SHING LA KU GYAB TEN DZED DE

with a Bodhi tree rising from behind as a backrest.

ସା ༜େ ཡର୍ମ གୁ ལୁ ལୁ ལୁ ལୁ |

土吉建幾江內達拉則〔慈眼悲憫垂視我〕

TUK JE CHEN GYI GYANG NE DAK LA ZIK

From a distance, his wisdom eyes gaze down at me with loving affection.

ཇය්සානු'වුද්කුඩ්සිම්සා'දස්බ්සුත්'සා'ඩ්බිෂා' ।

衣色江秋森巴千熱則〔右為觀世音菩薩〕

YE SU JANG CHUB SEM PA CHEN RE ZIK

To the right is the bodhisattva Avalokiteshvara,

ශූ'මද්සා'දග්'ස්සා'ඡය්ස්'පද'දගා'ස'ද්සි' ।

各到嘎布夏雲巴呷怎〔身白左手持白蓮〕

KU DOK KAR PO CHAK YÖN PED KAR DZIN

who is white in color. In his left hand he holds a white lotus.

ඝය්ස්'නු'වුද්කුඩ්සිම්සා'දස්බ්සුත්'ස්සා' ।

雲德江秋森巴特欽托〔左為大勢至菩薩〕

YÖN DU JANG CHUB SEM PA TU CHEN TOB

To the left is the bodhisattva Vajrapani blue in color,

ශ්ං'ස්ද්'දි'සා'පක්ර'පද්'සු'ඡය්සා' ।

溫波多吉參比巴瑪雲〔身藍左手持金剛蓮〕

NGÖN PO DOR JE TSEN PE PEMA YÖN

holding a lotus marked with a vajra in his left hand.

ඣය්සා'ඤ්‍රි'සා'ශූ'ප්‍රා'ස්සා'ජ්‍රු'වු'ඡය්සා' ।

衣尼加新夏加達拉單〔右手施依印向我〕

YE NYI KYAB JIN CHAK GYA DAK LA TEN

Both bodhisattvas extend their right hands in the mudra of bestowing refuge.

ඝට්'ස'ස්සා'ස්ස්'ස්ස්'ස්ස්'ස්'ස්'ස්'ස්' ।

左握森波熱嘉倫波任〔三大主尊如山王〕

TSO WO SUM PO RI GYAL LHÜN PO ZHIN

These three supreme deities appear like Mount Mehru, the king of all mountains,

ූද'ද'ූද'ක'ූද'ම'පි'ස'තු'ස'ඡද'ස'ස' ।

朗夜蘭內拉美業比闍〔巍巍明坦安然住〕

LHANG NGE LHEN NE LHAM MER ZHUK PE KHOR

illuminating with splendor and radiance.

වුද්කුඩ්සිම්සා'දස්බ්'ස්ස්'ස්'ස්'ස්'ස්' ।

江秋森比給龍細哇波〔大乘比丘十千億〕

JANG CHUB SEM PE GE LONG JE WA BUM

Surrounding them is their retinue of a trillion fully ordained monks (*gelong*)

ཀྱུན་ཀྤྱାଂ ଶେର ମର୍ଦ୍ଦା ମର୍କ୍ଷଣ ଦନ୍ଦପ୍ରେ ପ୍ରଦ୍ଵୟକ୍ଷଣ ।

根江色朵參當別夏堅〔身皆金色相好飾〕

KÜN KYANG SER DOK TSEN DANG PE JED GYEN

of a shimmering golden color with the respective marks and signs of excellence.

କ୍ଷେତ୍ରଶର୍ମାଶନୁମାଶନ୍ତିକିର୍ତ୍ତମାମ୍ବା ।

求姑南色所讓色得美〔著三法衣黃燦燦〕

CHÖ GÖ NAM SUM SOL ZHING SER TEM ME

They are dressed in the three robes of dharma.

ମୋଶାଶୁଷାପ୍ରମାଣାପ୍ରମାଣାପ୍ରମାଣା ।

木給夏拉尼讓恰美些〔敬禮遠近無別故〕

MÖ GÜ SHAK LA NYE RING KHYED MED CHIR

With a devotion that transcends time and space,

ଘନାଶିଙ୍କାଶନୁମାଶନ୍ତାଧକପାଞ୍ଚ ।

達個過桑給貝夏擦落〔我以三門虔頂禮〕

DAK GI GO SUM GÜ PE SHAK TSAL LO

I prostrate wholeheartedly with my three doors.

କ୍ଷେତ୍ରଶର୍ମାଶନୁମାଶନ୍ତିକିର୍ତ୍ତମାମ୍ବା ।

秋歌囊哇他耶日吉達〔部主法身無量光〕

CHÖ KU NANG WA TA YE RIK KYI DAK

From the right hand of Amitabha, the dharmakaya Buddha of Boundless Light,

ଶନ୍ତାଧିକାରୀଶବ୍ଦମାତ୍ରାଶନ୍ତାଧିକାରୀଶବ୍ଦମାତ୍ରା ।

夏衣奧色雷哲千熱則〔右手放光化觀音〕

SHAK YE ÖD ZER LE TRUL CHEN RE ZIK

a light radiates forth in the form of Avalokiteshvara;

ଯନ୍ତ୍ରାଶନ୍ତାଧିକାରୀଶବ୍ଦମାତ୍ରା ।

洋哲千熱則王細哇加〔復化百俱胝觀音〕

YANG TRUL CHEN RE ZIK WANG JE WA GYA

from which one billion emanations of Avalokiteshvara shine forth.

ଶନ୍ତାଧିକାରୀଶବ୍ଦମାତ୍ରାଶନ୍ତାଧିକାରୀଶବ୍ଦମାତ୍ରା ।

夏雲奧賊雷哲卓瑪得〔左手放光化度母〕

CHAK YÖN ÖD ZER LE TRUL DROL MA TE

Tara emanates from a light ray sent forth from the dharmakaya lord's left hand;

ཡଦ୍ବୁଦ୍ଧୀର୍ମୁଦ୍ରାପ୍ରେସାତ୍ମାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

洋哲卓瑪些哇叉嘉結〔復化百俱胝度母〕

YANG TRUL DROL MA JE WA TRAK GYA GYED  
followed by one billion emanations of Tara welling forth.

ସ୍ଵର୍ଗଶ୍ରୀଦ୍ୱିତୀୟାତ୍ମାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

特界奧色雷哲巴瑪炯〔心間放光化蓮師〕

TUK KYI ÖD ZER LE TRUL PEMA JUNG  
From the dharmakaya lord's heart,

ୟଦ୍ବୁଦ୍ଧୀର୍ମୁଦ୍ରାପ୍ରେସାତ୍ମାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

洋哲烏堅些哇叉嘉結〔復化百俱胝蓮師〕

YANG TRUL UR GYEN JE WA TRAK GYA GYED  
light radiates becoming Padmasambhava along with one billion similar  
emanations of Orgyen guru.

କ୍ଷେତ୍ରକୁଳନନ୍ଦମିଦ୍ୟାତ୍ମାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

秋歌奧巴美拉夏擦落〔頂禮法身無量光〕

CHÖ KU ÖD PAK MED LA CHAK TSAL LO  
I prostrate to dharmakaya Buddha of Boundless Light.

ଶନ୍ତାତ୍ମାଶ୍ରୀଶତ୍ରୀମହାତ୍ମାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

桑吉先吉您參第哲德〔佛於晝夜六時中〕

SANGYE CHEN GYI NYIN TSEN DÜ DRUK TU  
With the clairvoyant ability of a buddha, Amitabha watches over all sentient beings

ଶମନାତ୍ମାଶ୍ରୀଯତ୍କେଷାତ୍ମାଚ୍ଛବିତାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

森間根拉賊為達德則〔慈眸恆視諸有情〕

SEM CHEN KÜN LA TSE WE TAK TU ZIK  
with loving kindness during the six periods of the cycle of day and night.

ଶମନାତ୍ମାଶ୍ରୀଯିନ୍ଦ୍ରାଶଦ୍ଵାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

思間根吉耶拉剛占比〔諸眾心中所生起〕

SEM CHEN KÜN GYI YID LA GANG DREN PE  
With his omniscience, he is constantly aware of

ତମାତ୍ମାଶଦ୍ଵାପକ୍ଷାସ୍ତ୍ରିଣ୍ମା ।

南到剛結達德土吉親〔任何分別皆明知〕

NAM TOK GANG GYU TAK TU TUK KYI KHYEN  
every arising thought in the mind of each sentient being.

ସମଶତକ ଗୁରୁ ଶ୍ରୀ ଶାନ୍ତି ଶଦ୍ଧାଶଙ୍କା ।

森間根吉阿德剛美策〔諸眾口中所言說〕

SEM CHEN KÜN GYI NGAK TU GANG ME TSIK

With clairaudience, he distinctly hears without confusion

ହୃଦୟମନ୍ତ୍ରଶଶିଳ୍ପାଧାରଣା ।

達德瑪這所所年拉三〔永無混雜一一聞〕

TAK TU MA DRE SO SOR NYEN LA SEN

every conversation spoken by each being.

ଗୁରୁ ପାତ୍ର ଦେଖିଲା ପଦମାଧୁରା ଦର୍ଶନା ।

根親奧巴美拉夏擦落〔頂禮遍智無量光〕

KÜN KYEN ÖD PAK MED LA SHAK TSAL LO

Iprostrate to the omniscient Buddha Amitabha.

କ୍ଷମାଦେଶମର୍ମନା ପଦମାଧୁରା ଦର୍ଶନା ।

秋邦參美些巴瑪朵巴〔除造捨法無間罪〕

CHÖ PANG TSAM MED JE PA MA TOK PA

All who have strong faith in you and who earnestly supplicate with aspirational prayers,

ତେଜିତାନ୍ତିକାଶଶିଳ୍ପାଧାରଣା ।

切拉達江門蘭大察根〔若有虔心發願者〕

KHYED LA DED CHING MÖN LAM TAB TSED KÜN

excepting those who have rejected dharma, or committed extreme negative deeds that result immediate retribution,

ଏତାନ୍ତିକାଶଶିଳ୍ପାଧାରଣା ।

得哇間得吉為莫藍哲〔如願往生極樂刹〕

DE WA CHEN DER KYE WAI MÖN LAM DRUB

will be born in Dewachen, and their prayers will be fulfilled.

ବାରଦୋର ଜୋନ ନେ ଝିଙ ଦେର ଦ୍ରେନ ପାର ସୁଂ ।

哇多巡內讓得針巴松〔佛於中陰來接引〕

BAR DOR JÖN NE ZHING DER DREN PAR SUNG

In the intermediate state of transition, the bardo, you will appear and guide us into your pure realm.

ଦ୍ରେନ ପା ଦେର ଦ୍ରେନ ପାର ସୁଂ ।

針巴奧巴美拉夏擦落〔頂禮導師無量光〕

DREN PA ÖD PAK MED LA SHAK TSAL LO

Iprostrate to the Guiding Guru of Boundless Light.

ਤ੍ਰੇਤੁ ਸ੍ਰੀ ਜ੍ਞਾਨੈ ਪ੍ਰਸਾਦਿ ਮੇਦੁ ।

切吉歌才嘎巴章美德〔您之壽量無數劫〕

KHYED KYI KU TSE KAL PA DRANG MED DU

Although your lifespan lasts for countless kalpas,

ਤ੍ਰੇਤੁ ਸ੍ਰੀ ਰਤਨੁ ਦੁਆਰਾ ਮੰਨੁ ਸੁਮਾਰੁ ਸਾ ।

涅安默大達大溫色耶〔不示涅槃長住世〕

NYA NGEN MI DA DA TA NGÖN SUM ZHUK

please remain firm not transgressing beyond samsara.

ਤ੍ਰੇਤੁ ਏਕੈ ਸਤਿ ਗੁਰਾ ਧਨਾ ਗਣਨਾ ਏਹਨਾ ।

切拉賊寄給貝所達那〔虔心恭敬祈請您〕

KHYED LA TSE CHIK GÜ PE SOL TAB NA

With utmost sincerity we pray,

ਏਵਾ ਸ੍ਰੀ ਕੁਮਾਰੁ ਬ੍ਰਿਨੁ ਪਾ ਮਾ ਗਹਿਨਾ ਏਵੈ

雷戒南巴門巴瑪朵布〔除非異熟業界外〕

LE KYI NAM PAR MIN PA MA TOK PE

except for the fruition of fully matured past karma,

ਕੋਂ ਤ੍ਰੇਤੁ ਧਨੁ ਧਨੁ ਧਨੁ ਧਨੁ ਧਨੁ ਧਨੁ ।

才撒巴洋落駕特巴當〔壽盡亦可享百歲〕

TSE ZED PA YANG LO GYA TUP PA DANG

for our lifespan to extend beyond one hundred years and

ਤ੍ਰੇਤੁ ਸ੍ਰੀ ਰਤਨੁ ਸਾਰੁ ਸਾਰੁ ਸਾਰੁ ਸਾਰੁ ਸਾਰੁ ।

第門切哇瑪利朵巴松〔遣除一切非時死〕

DÜ MIN CHI WA MA LÜ DOK PAR SUNG

for untimely death to be averted.

ਮਾਨੁ ਅਨੁ ਕੋਨੁ ਧਨੁ ਮੇਦੁ ਧਨੁ ਧਨੁ ਧਨੁ ਧਨੁ ।

滾布才巴美拉夏擦落〔頂禮怙主無量壽〕

GÖN PO TSE PAK MED LA SHAK TSAL LO

I prostrate to the Protector of Boundless Light.

ਤ੍ਰੇਤੁ ਸ੍ਰੀ ਰਤਨੁ ਸਾਰੁ ਸਾਰੁ ਸਾਰੁ ਸਾਰੁ ਸਾਰੁ ।

動桑杰定繞間章美巴〔無數廣大三千界〕

TONG SUM JIK TEN RAB JAM DRANG MED PA

Not even the merit of cloudbanks of offerings of precious jewels

རྒྱ ཁେ རྩ ས ལ ଗ ନ କ୍ଷ ି ର ପ ା ଵ ି ର ଧ ଏ ଶ ା ।

仁欽幾剛新巴唯〔遍滿珍寶作佈施〕

RIN CHEN GYI KANG JIN PA JIN PA WAI

that permeate the three thousandfold universes

ད ତ ଧ ଶ ା ମ ଦ ଧ ର ମ କ ନ ତ ଧ ନ ତ କ ା ।

奧巴美比參當得哇間〔不如聽聞極樂刹〕

ÖD PAK MED PE TSEN DANG DE WA CHEN

can compare to hearing the holy name Buddha Amitabha once

ସ ନ ର ଶ ା ତ ଧ ଶ ା ସ ଏ ମ ଷ ି ର ତ ର ା ।

吐內達貝他毛亞些那〔阿彌陀佛名號後〕

TÖ NE DED PE TAL MO JAR JE NA

while solemnly joining hands in the mudra of prayer.

ତ ର ଦ ଧ ଶ ା ମ ନ ତ ଧ ଶ ା କ ଏ ର ଶ ା ନ ତ ନ ା ।

得訥得唯所南切哇松〔虔信合掌福德大〕

DE NI DE WAI SÖD NAM CHE WAR SUNG

There is no greater merit.

ତ ର ଦ ଧ ଶ ା ମ ନ ତ ଧ ଶ ା କ ଏ ର ଶ ା ନ ତ ନ ା ।

得些奧巴美拉給夏擦〔是故敬禮無量光〕

DE CHIR ÖD PAK MED LA GÜ SHAK TSAL

Therefore, I respectfully prostrate to the Buddha of Boundless Light.

ସ ନ ବ ି ଶ ା ତ ଧ ଶ ା ମ ନ ତ ଧ ଶ ା କ ଏ ର ଶ ା ।

剛亞奧巴美比參吐內〔誰聞阿彌陀佛名〕

GANG ZHIK ÖD PAK MED PE TSEN TÖ NE

Merely hearing the name Amitabha

ତ ର ମ ନ ତ ଧ ଶ ା ତ ଧ ଶ ା ନ ତ ଧ ଶ ା କ ଏ ର ଶ ା ।

卡熱美巴寧空瑞比當〔心口如一生信心〕

KHA ZHE MED PAR NYING KHONG RÜ PE TING

while simultaneously having intense faith

ସ ନ ବ ି ଶ ା ତ ଧ ଶ ା ନ ତ ଧ ଶ ା କ ଏ ର ଶ ା ।

蘭及咱柔達巴及巴那〔雖僅一次誠信心〕

LEN CHIK TSAM ZHIK DED PA KYE PA NA

arising from one's depths,

དྲྷ' རྒྱତ୍ୱ གྱମ' ພଣ ཆ ས୍ତ୍ରୀ མྴ' རྩྷ |

得訥江秋蘭雷些默朵〔彼即捷轉菩提道〕

DE NI JANG CHUB LAM LE CHIR MI DOK

one is ensured of never turning away from the path to buddhahood.

མଶ୍ର བྱା རྒྱତ୍ୱ གྱମ' ພଣ ཆ རྩྷ |

滾布奧巴美拉夏擦落〔頂禮怙主無量光〕

GÖN PO ÖD PAK MED LA SHAK TSAL LO

I prostrate to the Protector of Boundless Light.

ଆନ୍ଦୁ ଶ୍ରୀ རྒྱତ୍ୱ གྱମ' ພଣ ཆ རྩྷ |

桑吉奧巴美比參吐內〔聽聞阿彌陀佛名〕

SANGYE ÖD PAK MED PE TSEN TÖ NE

Until buddhahood is reached,

ଦ୍ୱୀ' རྒྱତ୍ୱ ଶ୍ରୀ རྒྱତ୍ୱ གྱମ' ພଣ |

得訥江秋娘布瑪托巴〔乃至未獲菩提間〕

DE NI JANG CHUB NYING PO MA TOB PAR

upon hearing the holy name Buddha Amitabha,

ଏନ୍ ମେଦ ଶ୍ରୀ ସିଶ କ୍ରୀ ସବ୍ଦ ଶ୍ରୀ |

窩美默吉日訥桑波吉〔不轉女身轉貴族〕

BÜD MED MI KYE RIK NI ZANG POR KYE

may I be reborn in a royal family and not have a female body.

କେ ସବ୍ଦ ଗୁଣ କ୍ରୁ ର୍ତ୍ତ ପିମଶ କୁମ ଦଶ ରୁମ |

才繞根德慈誠南達節〔生生世世具淨戒〕

TSE RAB KÜN TU TSUL TRIM NAM DAK GYUR

I shall maintain pure discipline in all of my future rebirths.

ଏନ୍ ଶ୍ରୀ ସିଶ କ୍ରୀ ସବ୍ଦ ଶ୍ରୀ ସବ୍ଦ ଶ୍ରୀ |

得些奧巴美拉夏擦落〔頂禮善逝無量光〕

DE SHEK ÖD PAK MED LA SHAK TSAL LO

I prostrate to the One Gone to Bliss, Deshin Shegpa, the Buddha of Boundless Light.

ଏନ୍ ଶ୍ରୀ ସିଶ କ୍ରୀ ସବ୍ଦ ଶ୍ରୀ ସବ୍ଦ ଶ୍ରୀ |

達個利當龍效給匝及〔自身受用與善根〕

DAK GI LÜ DANG LONG CHÖD GE TSAR CHE

I offer the root of all of my virtue, my body and all my physical possessions,

རྒྱྱଶ୍ଵର୍ଯ୍ୟମୁଦ୍ରାପତ୍ରମହିନୀଧା ।

悟色交唯巧巴介其巴〔一切真實淨妙供〕

NGÖ SU JOR WAI CHÖD PA CHI CHI PA

along with imaginary offerings of the eight auspicious signs,

ସ୍ତର୍ଯ୍ୟମୁଦ୍ରାପତ୍ରମହିନୀଧା ।

耶哲扎西賊達仁親頓〔意幻七寶吉祥物〕

YID TRUL TRA SHI DZE TAK RIN CHEN DÜN

the seven royal symbols and whatever is desirable.

ସତ୍ୱର୍ଯ୍ୟମୁଦ୍ରାପତ୍ରମହିନୀଧା ।

多內哲巴動桑杰定戒〔化為三千世界中〕

DÖD NE DRUB PA TONG SUM JIK TEN GYI

All the wealth and glory of the three thousandfold universe

ଶ୍ରୀମତ୍ତିରାମପତ୍ରମୁଦ୍ରା ।

郎意日繞涅大些哇加〔十億日月洲須彌〕

LING ZHI RI RAB NYI DA JE WA GYA

as well as billions of Mount Mehrus, of continents and sub-continents  
and suns and moons,

ଲୁଗୁମିଷ୍ଟିରାମପତ୍ରମୁଦ୍ରା ।

拉樂咪耶龍效談加根〔天人龍等諸受用〕

LHA LU MI YI LONG CHÖD TAM CHED KÜN

together with the immense wealth of gods, nagas and humans,

କ୍ଷେତ୍ରପତ୍ରମୁଦ୍ରାପତ୍ରମୁଦ୍ରା ।

落衣浪得奧巴美拉波〔以意獻供無量光〕

LO YI LANG TE ÖD PAK MED LA BUL

all of these are offered to the Buddha of Boundless Light.

ମନ୍ଦିରପତ୍ରମୁଦ୍ରାପତ୍ରମୁଦ୍ରା ।

大拉潘些土即多及意〔為利我等祈納受〕

DAK LA PEN CHIR TUK JE TOB KYI ZHE

By the force of your compassion, please accept these offerings for my benefit.

ମନ୍ଦିରପତ୍ରମୁଦ୍ରାପତ୍ରମୁଦ୍ରା ।

怕美桃章達所桌根戒〔父母為主我等眾〕

PA ME TOK DRANG DAK SOK DRO KÜN GYI

Since the very beginning, throughout countless rebirths until this present lifetime,

ཤ་ມ་མྚད་པར་ནුໍາ རුණ དැන් ແෝ |

桃瑪美比地內大地哇〔無始以來直至今〕

TOK MA MED PE DÜ NE DA TE BAR

all motherly sentient beings including myself have committed immeasurable negative karma.

ཤ་ ນ ན ມ ສ ອ ຕ ພ ປ ຕ ດ ສ ພ ຖ ສ ຖ ພ ຖ ພ |

照加瑪新林當默倉效〔殺生偷盜非梵行〕

SOK CHED MA JIN LEN DANG MI TSANG CHÖD

I confess having committed, and promise to never commit again, the three unwholesome acts of the body:

ལ ༈ ສ ດ ປ ດ ຕ ດ ພ ດ ພ ດ ພ ດ ພ ດ ພ |

里戒默給桑布吐落夏〔發露懺悔身三罪〕

LÜ KYI MI GE SUM PO TOL LO SHAK

killing, stealing, and sexual misconduct.

ར ༈ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ |

怎當又瑪冊則啊恰巴〔妄語離間綺惡語〕

DZÜN DANG TRA MA TSIK TSUB NGAK KHYAL PA

I confess having committed, and promise to never commit again, the four unwholesome acts of speech:

ང ༈ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ |

啊個默給耶波吐落夏〔發露懺悔語四罪〕

NGAK GI MI GE ZHI PO TOL LO SHAK

lying, slandering, harsh speech and gossip.

བ ༈ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ |

那森諾森勞巴大哇得〔貪心害心與邪見〕

NAB SEM NÖD SEM LOK PAR TA WA TE

I confess having committed, and promise to never commit again, the three unwholesome acts of the mind:

ཡ ༈ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ |

耶戒默給色波吐落夏〔發露懺悔意三罪〕

YID KYI MI GE SUM PO TOL LO SHAK

greed, malice, and wrong view.

པ་ມ་ན්ව དැංචු ພෙම ວ්‍යති ດැංචු |

帕瑪諾本扎軍沙巴當〔殺師父母阿羅漢〕

PA MA LOB PÖN DRA CHOM SED PA DANG

I confess having committed, and promise to never commit again, the five  
heinous crimes of killing one's parent or

කු පෙ න් සු පෙ ද ත් ම පෙ න් පෙ |

嘉唯個拉安森吉巴當〔惡心毀害佛尊身〕

GYAL WAI KU LA NGEN SEM KYE PA DANG

ones spiritual guide, an arhat,

ම ແ ມ ສ ຄ ເ ද ປ ຩ ພ ບ ພ ສ ທ ພ ຕ ພ ຖ ພ ສ ທ ພ |

參美阿夜雷薩吐落夏〔發露懺悔無間罪〕

TSAM MED NGA YI LE SAK TOL LO SHAK

or the abominable act of causing a Victorious One to bleed.

ਨ ස න ද ද ස ත ස ද ද ද ද ද ද ද |

給龍給策薩當怎瑪帕〔殺害比丘與沙彌〕

GE LONG GE TSUL SED DANG TSÜN MA PAB

I confess having committed, and promise to never commit again, evil deeds similar to  
that of the five heinous crimes,

ਐ ප ප ප ප ප ප ප ප ප ප ප |

個素巧定拉康謝巴索〔污尼毀像塔寺等〕

KU ZUK CHÖR TEN LHA KHANG SHIK LA SOK

such as killing a fully ordained monk (*gelong*) or a novice monk (*getsul*) ,

ਨ ස ද ස ද ස ද ස ද ස ද ස ද |

尼唯參美德些吐落夏〔發露懺悔近無間〕

NYE WAI TSAM MED DIK JE TOL LO SHAK

seducing a nun (*ani*) , destroying a stupa or monastery, and so forth.

ਨ ස ප ස ප ස ප ස ප ස ප ස ප |

滾巧拉抗松繞定桑索〔三寶殿經所依等〕

KÖN CHOK LHA KHANG SUNG RAB TEN SUM SOK

I confess having having broken these sacred vows with the Three Jewels, at a holy monastery

ਨ ස ප ස ප ස ප ස ප ස ප ස ප |

黃意察則納如拉所巴〔以彼作證違誓等〕

PANG ZHE TSED TSUK NA ZÖ LA SOK PA

and bonded by the sacred scriptures, as my witness.

ཤ୍ଵେତୁ རୁଦ୍ଧ ད୍ରାବିନ୍ଦି ପାଦମର୍ତ୍ତବ୍ୟାହୀନି ।

秋邦雷安沙巴吐落夏〔發露懺悔捨法罪〕

CHÖ PANG LE NGEN SAK PA TOL LO SHAK

I confess having committed, and promise to never commit again,  
all negative acts of abandoning the path of dharma.

ସମଶାନ୍ତି ମନ୍ତ୍ରମଧ୍ୟାତ୍ମକାନ୍ତିଷ୍ଠିତାକ୍ଷେତ୍ର ।

康桑森間薩雷德切哇〔誹謗菩薩諸罪業〕

KHAM SUM SEM CHEN SED LE DIK CHE WA

I confess having committed, and promise to never commit again,  
any unintentional yet negative act of slandering a bodhisattva,

ଶ୍ଵେତୁ རୁଦ୍ଧ ଡ୍ରାବିନ୍ଦି ପାଦମର୍ତ୍ତବ୍ୟାହୀନି ।

江秋森巴南拉個哇達〔較殺三界有情重〕

JANG CHUB SEM PA NAM LA KUR WA TAB

which by comparison is much more severe than killing a sentient being

ଶ୍ଵେତୁ རୁଦ୍ଧ ଡ୍ରାବିନ୍ଦି ପାଦମର୍ତ୍ତବ୍ୟାହୀନି ।

敦美德欽薩巴吐落夏〔發露懺悔無義罪〕

DÖN MED DIK CHEN SAK PA TOL LO SHAK

in any of the three realms of existence.

ଶ୍ଵେତୁ རୁଦ୍ଧ ଡ୍ରାବିନ୍ଦି ପାଦମର୍ତ୍ତବ୍ୟାହୀନି ।

給唯潘雲德比尼墨當〔聞善德與惡過患〕

GE WAI PEN YÖN DIK PE NYE MIK DANG

Compared to the five heinous crimes, it is more severe to not believe in the benefits  
of virtuous deeds and the negative results of nonvirtue.

ଶ୍ଵେତୁ རୁଦ୍ଧ ଡ୍ରାବିନ୍ଦି ପାଦମର୍ତ୍ତବ୍ୟାହୀନି ।

涅唯德阿才擦拉索巴〔地獄痛苦壽量等〕

NYAL WAI DUK NGAL TSE TSED LA SOK PA

Even though the great torment of the hell realms have been explained,

ଶ୍ଵେତୁ རୁଦ୍ଧ ଡ୍ରାବିନ୍ଦି ପାଦମର୍ତ୍ତବ୍ୟାହୀନି ।

吐江默定夏措音三巴〔若為不實而說法〕

TÖ KYANG MI DEN SHED TSÖD YIN SAM PA

we still choose to not to believe it other than as simply a pedagogical device.

ଶ୍ଵେତୁ རୁଦ୍ଧ ଡ୍ରାବିନ୍ଦି ପାଦମର୍ତ୍ତବ୍ୟାହୀନି ।

參美阿唯特為雷安巴〔此罪重於五無間〕

TSAM MED NGA WAI TU WAI LE NGEN PA

I confess having committed and promise to never commit again, the extreme negative karma

ସମ୍ବଦ୍ୟକ୍ଷାଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

他美雷安沙巴吐落夏〔發露懺悔無解罪〕

TAR MED LE NGEN SAK PA TOL LO SHAK  
that makes liberation impossible.

ଘମାଶବ୍ଦିଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

盼巴夜當拉瑪結桑當〔十三僧殘四他勝〕

PAM PA ZHI DANG LHAK MA CHU SUM DANG

I confess committing, and promise to never commit again, the breakage and deterioration

ଶର୍ଵଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

邦動所夏尼些得參阿〔墮罪作惡向彼悔〕

PANG TUNG SOR SHAK NYE JE DE TSEN NGA  
of the five categories of the vows of individual liberation,

ଶର୍ଵଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

所他冊誠恰哇吐落夏〔發露懺悔五墮罪〕

SO TAR TSUL TRIM CHAL WA TOL LO SHAK

the four root downfalls and thirteen branch downfalls of the fully ordained monk.

ଶର୍ଵଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

那布秋夜動哇阿阿加〔四惡法罪十八墮〕

NAG PÖ CHÖ ZHI TUNG WA NGA NGA GYED

I confess having committed, and promise to never commit again,  
all transgressions concerning the bodhisattva training:

ଶର୍ଵଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

江森拉巴念巴吐落夏〔懺悔違犯菩薩戒〕

JANG SEM LAB PA NYAM PA TOL LO SHAK

the four negative actions plus the eighteen downfalls.

ଶର୍ଵଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

匝動杰業燕拉嗡波加〔十四根本八粗支〕

TSA TUNG CHU ZHI YEN LAK BOM PO GYED

I confess having committed, and promise to never commit again,  
the deterioration of the secret mantra words of honor:

ଶର୍ଵଦର୍ଶନଶାଖାମର୍ତ୍ତଯାପ୍ତିଶାନ୍ତିଶାନ୍ତି ।

桑阿丹策年巴吐落夏〔懺悔違犯誓言罪〕

SANG NGAK DAM TSIK NYAM PA TOL LO SHAK

the fourteen root tantric downfalls and the transgressions of the eight secondary tantric vows.

ශ්‍රමායාලුණාම්ද්‍රීජ්‍යාප්‍රාණායා ।

頓巴瑪意默給雷細巴〔未受戒律造惡業〕

DOM PA MA ZHÜ MI GE LE JE PA

I confess having committed, and promise to never commit again,  
all harmful deeds I have unknowingly committed,

මි ຂ්‍රද්‍යා ස්ක්‍රුද්‍ය ත්‍රකද ත්‍රස්ත ප්‍රාණායා ।

默常效當強同拉所巴〔非梵行與飲酒等〕

MI TSANG CHÖD DANG CHANG TUNG LA SOK PA

all ordinary nonvirtues that I have committed due to lack of knowing the basic  
precepts,

ත්‍රාව්‍යා ප්‍රාණා ප්‍රාණා ප්‍රාණා ප්‍රාණා ।

讓任卡那瑪吐德巴得〔一切自性之罪業〕

RANG ZHIN KHA NA MA TÖ DIK PA TE

and all negative acts I have committed due to not being fully aware of  
the true karmic propensities,

ශ්‍රී පා ආශ්‍රී පා උම එෂා ම්‍රුද්‍ය ප්‍රාණා ප්‍රාණා ।

德巴德度瑪西吐落夏〔發露懺悔未知罪〕

DIK PA DIK TU MA SHE TOL LO SHAK

including sexual misconduct, indulging in alcoholic intoxicants, and so forth.

ශ්‍රු ප්‍රාණා ත්‍රාව්‍ය ප්‍රාණා ප්‍රාණා ප්‍රාණා ප්‍රාණා ।

加頓王哥拉所吐那洋〔雖受皈戒灌頂等〕

KYAB DOM WANG KUR LA SOK TOB NA YANG

I have taken refuge vows and received empowerments,

ඩී යි ආශ්‍රී පා ආශ්‍රී පා ආශ්‍රී පා ආශ්‍රී පා ।

得葉頓巴單策仲瑪西〔不知守戒護誓言〕

DE YI DOM PA DAM TSIG SUNG MA SHE

yet I have carelessly disregarded the sacred words of honor and abandoned  
commitments.

තාක්‍රා ප්‍රාණා ප්‍රාණා ප්‍රාණා ප්‍රාණා ප්‍රාණා ।

吉比動哇拋巴吐落夏〔發露懺悔佛制罪〕

CHE PE TUNG WA POK PA TOL LO SHAK

I confess having committed, and promise to never commit again, these serious  
transgressions according to the words of the Buddha.

རྒྱୋද ପା ମେଦ ନା ଶକ ପେ ମି ଡାକ ପେ ।

交巴美那夏貝米達貝〔若無悔心懺不淨〕

GYÖD PA MED NA SHAK PE MI DAK PE

All of my cumulative harmful deeds are like deadly poisons deeply lodged within my belly.

ନ୍ତୁ ପ୍ରତିଷ୍ଠାନ ପାତାଙ୍ଗ ଶକ ଲୁହା ।

阿些德巴空德度松達〔昔所造罪如腹毒〕

NGAR JE DIK PA KHONG DU DUK SONG TAR

Without deep remorse and pure confession, this poison cannot be cleansed.

ନ୍ତୁ ପାତାଙ୍ଗ ଶକ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ଶକ ଲୁହା ।

悟察節扎交巴欽布夏〔以大慚懼悔罪懺〕

NGO TSA JIK TRAK GYÖD PA CHEN PÖ SHAK

May I confess with utmost sincerity and remorse.

ନ୍ତୁ କଣ ଶକ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ଶକ ଲୁହା ।

新恰頓森美那默達貝〔後無戒心罪不淨〕

CHIN CHED DOM SEM MED NA MI DAK PE

Without maintaining my vows, my attempts to purify negative karma are feeble.

ନ୍ତୁ କଣ ଶକ ସମ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ଶକ ଲୁହା ।

新恰照拉哇江默給雷〔發誓此後遇命難〕

CHIN CHED SOK LA BAB KYANG MI GE LE

I solemnly swear, at the cost of my own life

ନ୍ତୁ କଣ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ଶକ ପାତାଙ୍ଗ ଶକ ଲୁହା ।

大內默節森拉單加絨〔亦不造作不善業〕

DA NE MI GYID SEM LA DAM CHA ZUNG

and from today onward, that I will abandon all non-virtuous activities!

ନ୍ତୁ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ଶକ ପାତାଙ୍ଗ ଶକ ଲୁହା ।

得些奧巴美巴這基吉〔阿彌陀佛與佛子〕

DE SHEK ÖD PAK MED PA SE CHE KYI

Buddha of Boundless Light and your heirs: grant your blessing

ନ୍ତୁ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ଶକ ପାତାଙ୍ଗ ଶକ ଲୁହା ।

達杰用色達巴新吉羅〔加持淨化我相續〕

DAK GYÜD YONG SU DAK PAR JIN GYI LOB

to continuously purify my mind stream!

༄༅· ཤ්වේෂන්ද්‍රී· ພ්වේද· ດ්ස්ජා· පැඩි· ແෑ |

焰吉給哇些巴吐比才〔聞聽他人行善時〕  
ZHEN GYI GE WA JED PA TÖ PE TSE

According to the Buddha,

ද්· ඇ· ຖ්‍රාක· ද්‍රා· මි· ද්‍රී· ත්‍යිම්ස· ස්වද්‍රා· ර්‍යා |

得拉叉朵默給森邦內〔若捨嫉妒不悅心〕  
DE LA TRAK DOK MI GE SEM PANG NE  
I shall acquire the same level of merit when,

ෂ්වේද්‍රා· ද්‍රා· ට්‍යා· ඵ්‍යා· ස්වද්‍රා· ර්‍යා |

寧內嘎為吉色耶讓那〔誠心歡悅而隨喜〕  
NYING NE GA PE JE SU YI RANG NA  
without envy, I sincerely rejoice

ද්· ඇ· එස්ද· ද්‍රා· ඡ්‍යා· ම්‍යා· ණ්‍යා· ස්වද්‍රා· ර්‍යා |

得耶索南年德吐巴松〔佛說福德獲彼同〕  
DE YI SÖD NAM NYAM DU TOB PAR SUNG  
in wholesome acts performed by others.

ද්· ස්ච්‍රිඛ· ද්‍රා· ට්‍යා· ඵ්‍යා· ස්වද්‍රා· ර්‍යා |

得些拍巴南當索吉衣〔故於聖眾與凡夫〕  
DE CHIR PAK PA NAM DANG SO KYE YI  
For this reason, I rejoice in all virtuous deeds accumulated

ද්· එ· එද· ද්‍රා· ට්‍යා· ඵ්‍යා· ස්වද්‍රා· ර්‍යා |

給哇剛哲根拉耶讓悟〔所作諸善皆隨喜〕  
GE WA GANG DRUB KÜN LA YI RANG NGO  
by both realized and ordinary beings.

ෂ්‍ය· ම්‍යා· චුද· කුට· ඡ්‍යා· ග්‍රු· ත්‍යි· ස්වද්‍රා· ර්‍යා |

拉美江秋橋德森及內〔發起無上菩提心〕  
LA MED JANG CHUB CHOK TU SEM KYED NE  
By rejoicing in the vast activities accomplished for the benefit of sentient beings,

ද්‍රේ· ද්‍රී· ක්‍රු· ඡ්‍යා· ග්‍රද්‍රා· එ· එඩ්‍රද්‍රා· |

卓頓加親雜拉耶讓悟〔廣利眾生皆隨喜〕  
DRO DÖN GYA CHEN DZED LA YI RANG NGO  
I will cultivate the intention of supreme enlightenment.

སྒྲୟ བ୍ରତ ས୍ଵାରା ନାମ ପାଇବା ।

默給節布邦巴給哇杰〔斷十不善行十善〕  
MI GE CHU PO PANG PA GE WA CHU  
I rejoice in relinquishing the ten unwholesome acts and

ଶକ୍ତି ଶାଶ୍ଵତ ଶାଶ୍ଵତ ଶାଶ୍ଵତ ।

染戒照加新巴動哇當〔救護他命行佈施〕  
ZHEN GYI SOK KYAB JIN PA TONG WA DANG  
performing the ten wholesome acts:

ଶାଶ୍ଵତ ଶାଶ୍ଵତ ଶାଶ୍ଵତ ।

動巴仲讓定巴瑪哇當〔持守戒律說實語〕  
DOM PA SUNG ZHING DEN PAR MA WA DANG  
fostering lives, making offerings,

ଶାଶ୍ଵତ ଶାଶ୍ଵତ ଶାଶ୍ଵତ ।

昆巴燈當日大張布瑪〔化解怨言至柔和〕  
KHÖN PA DUM DANG ZHI DAL DANG POR MA  
keeping vows, communicating honestly,

ଶାଶ୍ଵତ ଶାଶ୍ଵତ ଶାଶ୍ଵତ ।

頓當單比丹覺多巴瓊〔少欲言說具義語〕  
DÖN DANG DEN PE TAM JÖD DÖD PA CHUNG  
reconciling with adversaries, speaking gently,

ଶାଶ୍ଵତ ଶାଶ୍ଵତ ଶାଶ୍ଵତ ।

向當寧吉供讓秋拉效〔修持慈悲行正法〕  
JAM DANG NYING JE GOM ZHING CHÖ LA CHÖD  
engaging in meaningful conversation, curtailing one's desire,

ଶାଶ୍ଵତ ଶାଶ୍ଵତ ଶାଶ୍ଵତ ।

給哇得南根拉耶讓悟〔於彼善法皆隨喜〕  
GE WA DE NAM KÜN LA YI RANG NGO  
cultivating loving kindness, and engaging in dharma.

ଶାଶ୍ଵତ ଶାଶ୍ଵତ ଶାଶ୍ଵତ ।

笑吉杰定繞見談加那〔十方浩瀚世界中〕  
CHOK CHÜ JIK TEN RAB JAM TAM CHED NA  
I exhort the completely perfect buddhas

རྒྱྱଶାଶନ୍ତ୍ରଶବ୍ଦମାସ୍ତୁଧମ୍ବା ।

做桑吉內讓波瑪倫巴〔圓滿正覺後不久〕

DZOK SANGYE NE RING POR MA LÖN PAR

who dwell in the myriad worlds of the ten directions

ଦ୍ୱିଦ୍ୱାଶକ୍ଷଣ୍ଟଶ୍ରୀଧର୍ମପାତ୍ରା ।

得達南拉秋戒靠落訥〔我於彼等前祈請〕

DE DAK NAM LA CHÖ KYI KHOR LO NI

to swiftly and unceasingly turn the wheel of dharma without further delay!

ଶୁଣେଷୁଦ୍ଵୟାଧିକାର୍ଯ୍ୟଦାତାଶଶ୍ରୀଧର୍ମପାତ୍ରା ।

加親涅德固哇達給格〔請速廣轉妙法輪〕

GYA CHEN NYUR DU KOR WAR DAK GI KUL

Through your omniscience,

ମଦ୍ଦର୍ମପେଣ୍ଟୁଷାଶଶ୍ରୀଧର୍ମପାତ୍ରା ।

溫西特吉得頓親巴所〔佛以神通知彼義〕

NGÖN SHE TUK KYI DE DÖN KHYEN PAR SOL

please be aware of my prayer!

ଶଦ୍ରୁଶୁଦ୍ଧାଶମନ୍ତର୍ମଦ୍ଦର୍ମପାତ୍ରା ।

桑吉江森單怎給為西〔諸佛菩薩持教師〕

SANGYE JANG SEM TEN DZIN GE WAI SHE

I supplicate to all the buddhas, bodhisattvas, and lineage holders

ଶୁଦ୍ଧାଶମନ୍ତର୍ମଦ୍ଦର୍ମପାତ୍ରା ।

涅安大哇夜根得達拉〔諸欲涅槃彼等前〕

NYA NGEN DA WAR ZHED KÜN DE DAK LA

who intend to go beyond suffering (*samsara*) ,

ଶୁଦ୍ଧାଶମନ୍ତର୍ମଦ୍ଦର୍ମପାତ୍ରା ।

涅安默達樹巴所哇得〔祈請住世不涅槃〕

NYA NGEN MI DA ZHUK PAR SOL WA DEB

to remain firm and not pass into enlightenment!

ଦ୍ୱିଦ୍ୱାଶକ୍ଷଣ୍ଟଶ୍ରୀଧର୍ମପାତ୍ରା ।

德村達各第桑給哇南〔以此為主三世善〕

DI TSÖN DAK GI DÜ SUM GE WA NAM

I dedicate the root of all my virtue of the three times

ਦ੍ਰਵਾ ਸੈਮ ਚੇਨ ਕੁਨ ਗੀਦੋਨ ਨ੍ਗੋ ।

作哇森間根界頓德悟〔迴向一切有情眾〕

DRO WA SEM CHEN KÜN GYI DÖN DU NGO  
for the welfare of sentient beings.

ਕੁਨ ਕਿਂਧ ਲਾ ਮੇਦ ਜਾਂਗ ਚੁਬ ਨ੍ਯੁਰ ਟੋਬ ਨੇ ।

根江拉美江秋涅吐內〔願皆速得無上果〕

KÜN KYANG LA MED JANG CHUB NYUR TOB NE  
May they swiftly obtain unsurpassable enlightenment and

ਖਾਮ ਸੁਮ ਏਸਦ ਵਾਂਦ ਰਾਖ ਤੁਲ ਸ਼ੁਣ ਸ਼ੁਣ ਤੀਗ ।

康桑靠哇動內哲節吉〔斷除三界輪迴淵〕

KHAM SUM KHOR WA DONG NE TRUK GYUR CHIK  
may the cycle of existence of the three realms be exhausted.

ਦੇ ਧੀ ਗੇ ਵਾਂਦ ਸਾਂ ਏ ਨ੍ਯੁਰ ਸ਼ੀਕ ਰਾਖ ।

得耶給哇達拉涅門內〔彼善速成熟於我〕

DE YI GE WA DAK LA NYUR MIN NE  
May my heartfelt aspirations be quickly fulfilled,

ਕੋਂਦੀਂ ਕੁਨ ਸੀਤ ਏਂ ਵਾਂਦ ਏ ਨ੍ਹੁਦ ਕੀ ।

才德第門且哇覺加日〔遣除十八種橫死〕

TSE DIR DÜ MIN CHI WA CHO GYED ZHI  
and the eighteen types of untimely death be pacified.

ਨਾਂ ਮੇਦ ਏਂ ਕੋਂਦੀਂ ਕੁਨ ਏ ਨ੍ਹੁਦ ਏ ਨ੍ਹੁਦ ਏ ਨ੍ਹੁਦ ।

那美朗錯吉比粒多單〔身康力壯韶華豐〕

NAD MED LANG TSO GYE PE LÜ TOB DEN  
May my physical attributes be endowed with the youthful vitality of a healthy adolescent in full bloom.

ਪਾਲ ਜੋਰ ਦੇਂਦ ਯਾਂ ਗੀਦ ਨ੍ਹੁਦ ਏ ਨ੍ਹੁਦ ਏ ਨ੍ਹੁਦ ।

巴交匝美呀吉剛嘎達〔如夏恆河無盡財〕

PAL JOR DZED MED YAR GYI GAN GA TAR  
May my material wealth never diminish, but increase like the great river Ganges during a monsoon.

ਦੂਦ ਦ੍ਰੇ ਤੇ ਪਾ ਮੇਦ ਤੇ ਦਮ ਕੋਂਦ ਏ ਨ੍ਹੁਦ ।

德這才哇美江丹秋覺〔無魔怨害享正法〕

DÜD DRE TSE PA MED CHING DAM CHÖ CHÖD

May I practice the noble dharma free from demonic influence or hindrance on the path.

བ୍ୟାମ' བଦ୍ଧି དନ୍ ଗୁର୍ କୋ རୁଣ୍ ପିନ୍ ଏକିନ୍ ଡ୍ରୁବ୍ ।

三比頓根秋單意人哲〔如法成就諸所願〕

SAM PE DÖN KÜN CHÖ DEN YID ZHIN DRUB

May I obtain realization and may all my dharma aspirations and prayers be fulfilled.

ସଳ୍ଲାଶ୍ରଦ୍ଧା ଏଥର୍ ସଂଶାସ୍ତ୍ରକ୍ରିୟା ଡ୍ରୁବ୍ ।

丹當桌拉盼桃加親哲〔弘法利生大益成〕

TEN DANG DRO LA PEN TOK GYA CHEN DRUB

May I be catapulted toward bringing the great benefits of the doctrine to sentient beings.

ମୀ' ଯୁଷା ଦ୍ଵାରା ଦନ୍ ଭୁବନ୍ ଏଥର୍ ଶବ୍ଦା ପରିଚାରିତା ଡ୍ରୁବ୍ ।

默里頓當單巴哲巴校〔願此人身具意義〕 \*\*\*

MI LÜ DÖN DANG DEN PA DRUB PAR SHOK

May I internalize the true meaning of the precious human rebirth.

ଦାକ ଦାକ ଦାକ ଲା ଡ୍ରେଲ ଟୋକ କୁନ୍ ।

達當達拉這桃根〔我與一切結緣眾〕

DAK DANG DAK LA DREL TOK KÜN

At the very moment of death,

ଦି' ନେ ତ୍ୟେ ପୋ ଗ୍ୟୁର ମା ତାକ୍ ।

德內才補杰瑪他〔願臨生命終結時〕

DI NE TSE PÖ GYUR MA TAK

may I and those who have a karmic connection with me

ଶୁଦ୍ଧି ଏଥର୍ ଶାନ୍ କୁଶା ଦ୍ଵାରା ଦନ୍ ଦନ୍ ପାଶା ମେଦ୍ ।

哲比桑吉奧巴美〔化身無量光佛尊〕

TRUL PE SANGYE ÖD PAK MED

be greeted by the manifestation of Boundless Light

ଘୋଷିତ ଦନ୍ ଗୋ ଦୁନ୍ କ୍ହୋର ଗ୍ୟି କୋର୍ ।

給龍給頓靠吉果〔比丘僧眷眾圍繞〕

GE LONG GEN DÜN KHOR GYI KOR

along with the surrounding retinue of ordained sangha.

ଶୁଦ୍ଧି ଏଥର୍ ଶାନ୍ କୁଶା ଦ୍ଵାରା ଦନ୍ ଦନ୍ ପାଶା ମେଦ୍ ।

頓德溫色巡巴效〔顯現親臨我等前〕

DÜN DU NGÖN SUM JÖN PAR SHOK

Upon seeing him,

དྲྷସ୍ତେଦ୍ୟିନ୍ଦ୍ରଣ୍ଗର୍ଭୁଦ୍ୱୀପ୍ରୀତି ।

得同耶嘎囊哇節〔我等見彼悉歡喜〕

DE TONG YID GA NANG WA KYID

may our minds be blessed with joy and happiness,

ସୈବଦ୍ଵିଷାଧଶ୍ୱାସମେନ୍ଦ୍ରଶ୍ରୀ ।

西為德阿美巴效〔無有死亡無有苦〕

SHI WAI DUK NGAL MED PAR SHOK

and may the suffering of death be pacified.

ଶୁଦ୍ଧବ୍ୟାପକାଦିମହିଦ୍ଵାରୀ ।

江秋森巴切加訥〔祈願八大菩薩眾〕

JANG CHUB SEM PA CHED GYED NI

At the time of transitioning into the intermediate-state,

ଶୁଦ୍ଧବ୍ୟାପକାଦିମହିଦ୍ଵାରୀ ।

則切多吉南卡巡〔皆以神力臨空中〕

DZU TRUL TOB KYI NAM KHAR JON

may the eight great bodhisattvas appear in the sky in front.

ଏତିବିତରନ୍ତୁର୍ବର୍ଣ୍ଣବ୍ୟାପୀ ।

得哇間德桌哇耶〔指示導引極樂道〕

DE WA CHEN DU DRO WA YI

Through their miraculous power,

ସମ୍ମାନ୍ୟବ୍ୟାପକାଦିମହିଦ୍ଵାରୀ ।

藍頓藍納真巴效〔接引往生極樂國〕

LAM TÖN LAM NA DREN PAR SHOK

may they indicate the path to Dewachen.

ବ୍ୟାପକାଦିମହିଦ୍ଵାରୀ ।

安頌德阿族拉美〔惡趣諸苦實難忍〕

NGEN SONG DUK NGAL ZÖD LAK MED

The suffering of the lower realms is unbearable

ଲ୍ଲାମିଦେବିତର୍ଭୁଦ୍ୱୀପ୍ରୀତି ।

拉米得節默達節〔人天福樂皆無常〕

LHA MI DE KYID MI TAK GYUR

ଦେଲାତ୍ରକ୍ ସେମକ୍ କ୍ୟେ ଓରଶୋକ୍ ।

得拉扎森吉哇效〔願生畏懼感彼心〕

DE LA TRAK SEM KYE WAR SHOK

realizing that one has endured this process

ତୋକମାମେଦନେଦାତାବର୍ ।

桃瑪美內達第哇〔無始以來至今生〕

TOK MA MED NE DA TAI BAR

since beginningless time.

ଖୋରିବାଦିଯୁନରେରିଙ୍ ।

靠哇德納音瑞讓〔漫長漂泊輪迴淵〕

KHOR WA DI NA YÜN RE RING

may I be appalled by samsara

ଦେଲାକ୍ୟୋଵାକ୍ୟେଓରଶୋକ୍ ।

得拉交哇吉哇效〔願生厭世出離心〕

DE LA KYO WA KYE WAR SHOK

and renounce it with clear conviction.

ମିନେମିରୁକ୍ଷୋକ୍ୟାନ୍ ।

默內默熱吉橋江〔若設輪迴人轉人〕

MI NE MI RU KYE CHOK KYANG

Although one may have the fortune to have been reborn as human.

କ୍ୟେଗାନାଚିଦରଙ୍ଗମେଦନ୍ୟଂ ।

吉嘎納氣章美農〔亦受無數之四苦〕（生老病死）

KYE GA NA CHI DRANG MED NYONG

one is still subject to the process of birth, old age, sickness and death.

ଦୁନ୍ଗନ୍ଧନ୍ଯିନ୍ଦାମରବରଚେଡ଼ମଂ ।

第安涅瑪哇恰忙〔於此濁世違緣多〕

DÜ NGEN NYIK MAR BAR CHED MANG

Particularly during these dark degenerate times with an abundance of obstacles.

ମିଦାଂଲାହିଯିପଦିଶ୍ଵିଦିବି ।

默當拉耶得節德〔若處人天之安樂〕

MI DANG LHA YI DE KYID DI

the well-being and happiness of humans and gods.

ਵਾਦੁਹੁਤੁਨਾਵਿਵਸਾਵਿਤੁਨੁ ।

德當這比賊音德〔猶如摻雜之毒食〕  
DUK DANG DRE PE ZE ZHIN DU  
are contaminated like a poisonous meal.

ਧੂਦੁਹੁਤਮਾਮੇਦੁਹੁਤੁਨੁ ।

都巴波暫美巴效〔願此毫無貪欲心〕  
DÖD PA PU TSAM MED PAR SHOK  
May I arouse the proper motivation to abandon samsara!

ਨੀਦੁਹੁਤੁਨਾਵਿਵਸਾਵਿਤੁਨੁ ।

尼德賊挪吞照南〔食物錢財親友朋〕  
NYE DU ZE NOR TÜN DROG NAM  
May I be free of cravings toward food,

ਮੀਦੁਹੁਤਮੈਦੁਹੁਤੁਨੁ ।

默大節瑪米藍任〔一切無常如夢幻〕  
MI TAK GYU MA MI LAM ZHIN  
wealth and the companionship of a spouse or friend;

ਚਾਕੁਹੁਤੁਨਾਵਿਵਸਾਵਿਤੁਨੁ ।

恰忍波暫美巴校〔願此毫無貪戀心〕  
CHAK ZHEN PU TSAM MED PAR SHOK  
they are all impermanent with an illusory dreamlike nature.

ਸਾਚਾਯੁਹੁਤੁਨਾਵਿਵਸਾਵਿਤੁਨੁ ।

薩恰耶瑞抗親南〔故鄉居所屬地宅〕  
SA CHA YUL RI KHANG KHYIM NAM  
May I recognize that my abode

ਮੈਦੁਹੁਤਸ਼ੁਹੁਤੁਨਾਵਿਵਸਾਵਿਤੁਨੁ ।

默藍耶戒抗親達〔一切猶如夢境宅〕  
MI LAM YUL GYI KHANG KHYIM TAR  
and its vicinity have no true existence,

ਦੰਪਾਹੁਤਸ਼ੁਹੁਤੁਨਾਵਿਵਸਾਵਿਤੁਨੁ ।

定巴瑪哲西巴效〔悉皆虛幻不成實〕  
DEN PAR MA DRUB SHE PAR SHOK  
but are merely mirage-like, dreamy reflections.