

**Prostrations to the Thirty-five Buddhas – The Bodhisattva's Confession of Ethical Downfalls
and Thunzhi (This concerns the Four Session Guru Yoga)**

三十五佛懺悔文暨四座上師相應法（第八世大寶法王上師相應法）



三
五
佛

三
五
佛
懺
悔
文

Sutra of the Three Heaps 三蘊經

Prostrations to the Thirty-five Buddhas –The Bodhisattva's Confession of Ethical Downfalls
三十五佛懺悔文

C1

၁၇। စီမံသတ္တရမန်သန်နှုန်းနှုန်းနှုန်းနှုန်း ।

SEM CHEN THAM CHAY TAK PAR LAMA LA KYAB SU CHHI'O
閃 鄭 探 遮 德 巴 喇嘛 那 甲 素 次 奧

Forever, I and all beings take refuge in the guru

一切有情恆常皈依上師尊，

အင်ဆုန်သနှုန်းနှုန်းနှုန်း ।

SANG GYE LA KYAB SU CHHI'O
生 既 那 甲 素 次 奥

We take refuge in the Buddha,
皈依佛，

အင်ဆုန်သနှုန်းနှုန်းနှုန်း ।

CHHÖ LA KYAB SU CHHI'O
卓 那 甲 素 次 奥

We take refuge in the Dharma,
皈依法。

အင်ဆုန်သနှုန်းနှုန်းနှုန်း ।

GEN DUN LA KYAB SU CHHI'O
鏡 段 那 甲 素 次 奥

We take refuge in the Sangha.
皈依僧。

၁။ ଏକମ୍ ସ୍ଵର୍ଗଦଶାନ୍ ସର୍ବିକ୍ ଏତେଶା ପଦମ୍ ସର୍କମ୍ ପା ଯଦମ୍ ଦଶା ପଦମ୍ ହୃଦୟଶା ପଦମ୍ ଶବ୍ଦଶା ପଦମ୍ ଶୁଣଶା ପଦମ୍ ଶୁଣଶା ପଦମ୍ ଶୁଣଶା ।

CHOM DEN DAY DE ZHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAI SANG GYE SHAKYA THUP PA LA CHHAK TSHAL LO
中 訂 爹 爹 洗 石 巴 乍 中 巴 恩 特 巴 族 悲 生 既 刹 伽 禿 巴 那 慷 抄 魯

To Shakyamuni, the Perfect Buddha, the Conqueror, the Holder, the Transcendent One, the Thus-Gone, the One Victorious over the enemy, I pay homage.

1. 頂禮薄伽梵、如來、阿羅漢、正等正覺釋迦能仁。(消除一萬劫的惡業)

ହୃଦୟଶା ପଦମ୍ ସର୍ବଦଶା ପଦମ୍ ଶୁଣଶା ପଦମ୍ ଶୁଣଶା ।

DOR JE NYING PO RAB TU JOM PA LA CHHAK TSHAL LO
多 借 玲 衫 立 都 中 巴 那 慷 抄 魯

To the one who has fully conquered with the diamond essence, I pay homage.

2. 頂禮金剛不壞佛。(南無金剛不壞佛)(消除一萬劫的惡業)

ସୌର୍କଳ୍ପଦମ୍ ସର୍ବଦଶା ପଦମ୍ ଶୁଣଶା ପଦମ୍ ଶୁଣଶା ।

RIN CHHEN Ö THRO LA CHHAK TSHAL LO
詠 青 哦 操 那 慷 抄 魯

To Jewel Radiating Light, I pay homage.

3. 頂禮寶光佛。(南無寶光佛)(消除三萬一千劫的惡障)

ସୁନ୍ଦରୀଶ୍ଵରାଶ୍ରମାତକପାତ୍ରୀ

LU WANG KI GYAL PO LA CHHAK TSHAL LO
露 汪 嘟 佼 襄 那 懒 抄 魯

To Sovereign King of Nagas, I pay homage.

4. 頂禮大力龍王佛。 (南無龍尊王佛) (消除八劫的惡障)

ଦ୍ୱାରାଦୁର୍ଲ୍ଲଭାଶ୍ରମାତକପାତ୍ରୀ

PAL GYE LA CHHAK TSHAL LO
包 既 那 懒 抄 魯

To Glorious Joy, I pay homage.

6. 頂禮勇喜佛。 (南無精進喜佛) (消除三個意業的惡業)

ଦ୍ୱାରାଦୁର୍ଲ୍ଲଭାଶ୍ରମାତକପାତ୍ରୀ ।

PA WO'I DE LA CHHAK TSHAL LO
巴 喝 爹 那 懒 抄 魯

To Leader of Heroes, I pay homage.

5. 頂禮勇眾佛。 (南無精進軍佛) (消除綺語的惡障)

ଦ୍ୱାରାଦୁର୍ଲ୍ଲଭାଶ୍ରମାତକପାତ୍ରୀ ।

RIN CHHEN ME LA CHHAK TSHAL LO
詠 靑 哔 那 懲 抄 魯

To Jewel Fire, I pay homage.

7. 頂禮寶火佛。 (南無寶火佛) (消除享用供養而無修行的惡業)

THRANGU CENTRE

၇၈ | ସିଂହାସନକୁଣ୍ଡଳାମାର୍ତ୍ତିଷ୍ଠାପନା

RIN CHHEN DA Ö LA CHHAK TSHAL LO

詠 青 打 哟 那 慷 抄 魯

To Jewel Moonlight, I pay homage.

8. 頂禮寶月光佛。（南無寶月光佛）（消除一劫的業障）

ସିଂହାସନକୁଣ୍ଡଳାମାର୍ତ୍ତିଷ୍ଠାପନା

RIN CHHEN DA WA LA CHHAK TSHAL LO

詠 青 打 華 那 慷 抄 魯

To Jewel Moon, I pay homage.

10. 頂禮寶月佛。（南無寶月佛）（消除殺母之惡業）

ପ୍ରସଦଶର୍ମାଯିନ୍ଦ୍ରାମାର୍ତ୍ତିଷ୍ଠାପନା

THONG WA DON YÖ LA CHHAK TSHAL LO

通 華頓 約 那 慷 抄 魯

To Meaningful Vision, I pay homage.

9. 頂禮見義佛。（南無現無愚佛）（消除毀謗聖者的惡業）

ପ୍ରସଦଶର୍ମାଯିନ୍ଦ୍ରାମାର୍ତ୍ତିଷ୍ଠାପନା

DRI MA ME PA LA CHHAK TSHAL LO

只 瑪 哞 巴 那 慷 抄 魯

To Stainless One, I pay homage.

11. 頂禮無垢佛。（南無無垢佛）（此處比舊譯缺“離垢佛”）

（消除殺父之惡業）

ပုသံချိန်ပုဒ္ဓရာဇ်ပတ်ပွဲ။

PAL JIN LA CHHAK TSHAL LO

包薦那惻抄魯

To Glorious Giving, I pay homage.

12. 頂禮勇施佛。(南無勇施佛)(消除殺阿羅漢的惡業)

အနေပုဒ္ဓရာဇ်ပုဒ္ဓရာဇ်ပွဲ။ ।

TSHANG PA LA CHHAK TSHAL LO

層巴那惻抄魯

To Pure One, I pay homage.

13. 頂禮清淨佛。(南無清淨佛)(消除破和合僧的惡業)

အနေပုဒ္ဓရှိပုဒ္ဓရာဇ်ပုဒ္ဓရာဇ်ပွဲ။

TSHANG PE JIN LA CHHAK TSHAL LO

層啤薦那惻抄魯

To Giving of Purity, I pay homage.

14. 頂禮清淨施佛。(南無清淨施佛)(此處缺“南無娑留那佛”)

အနေပုဒ္ဓရှိပုဒ္ဓရာဇ်ပုဒ္ဓရာဇ်ပွဲ။ ।

CHHU LHA LA CHHAK TSHAL LO

操啦那惻抄魯

To Water Deity, I pay homage.

15. 頂禮水天佛。(南無水天佛)(消除傷害女阿羅漢修行的罪業)

(消除出佛身血的惡業)

၁၆। ତୁଳିଷ୍ମାପାତ୍ରଶାନ୍ତର୍ଣ୍ଣା

CHHU LHA'I LHA LA CHHAK TSHAL LO
操 啦衣 啦 那 懒 抄 魯

To God of Water Deities, I pay homage.

16. 頂禮水天之天佛。(此佛舊譯缺)(消除殺菩薩的罪業)

ତୁଳିଷ୍ମାପାତ୍ରଶାନ୍ତର୍ଣ୍ଣା

TSEN LHEN PAL LA CHHAK TSHAL LO
鄭 領 包 那 懒 抄 魯

To Glorious Sandalwood, I pay homage.

18. 頂禮梅檀德佛。(南無梅檀功德佛)(消除阻止供僧的惡業)

ତୁଳିଷ୍ମାପାତ୍ରଶାନ୍ତର୍ଣ୍ଣା ।

PAL ZANG LA CHHAK TSHAL LO
包 省 那 懒 抄 魯

To Glorious Goodness, I pay homage.

17. 頂禮賢德佛。(南無堅德佛)(消除殺或害上師的罪業)

ତୁଳିଷ୍ମାପାତ୍ରଶାନ୍ତର୍ଣ୍ଣା ।

ZI JI THA YE LA CHHAK TSHAL LO
史 只 他 耶 那 懲 抄 魯

To Infinite Splendor, I pay homage.

19. 頂禮無量威光佛(南無無量掬光佛)(消除破壞佛塔的罪業)

ও ଦ ନ ସ ଯ ଶ ଗ ର ହ ପ

Ö PAL LA CHHAK TSHAL LO
哦 包 那 懈 抄 魯

To Glorious Light, I pay homage.

20. 頂禮光德佛。 (南無光德佛) (消除嗔心的惡業)

শ୍ରୀ ଦ ଶ ମ ଶ ଶ ପ ଯ ଶ ଗ ର ହ ପ

SAY ME KYI BU LA CHHAK TSHAL LO
些 咩 布 那 懈 抄 魯

To Son of Nondesire, I pay homage.

22. 頂禮無欲子佛。 (南無那羅延佛) (消除一萬劫的罪業)

ଶ୍ରୀ ଦ ବ ପ ଦ ଶ ମ ଶ ପ ଯ ଶ ଗ ର ହ ପ

NYA NGEN ME PAY PAL LA CHHAK TSHAL LO
那 顏 咩 悲 包 那 懈 抄 魯

To Glorious One Without Sorrow, I pay homage.

21. 頂禮無憂德佛。 (南無無憂德佛) (消除貪心的惡業)

ଶ୍ରୀ ହ ଶ ଦ ଶ ମ ଶ ପ ଯ ଶ ଗ ର ହ ପ

ME TOK PAL LA CHHAK TSHAL LO
咩 許 包 那 懈 抄 魯

To Glory of Flowers, I pay homage.

23. 頂禮德華佛。 (南無功德華佛) (消除十萬劫的罪業)

DE ZHIN SHEK PA TSHANG PAY Ö ZER NAM PAR ROL PA NGON PAR KHYEN PA LA CHHAK TSHAL LO
爹洗石巴層 悲哦舍南巴露巴甕 巴虔 巴那惻 抄魯

To Thus-Gone Clearly Knowing through the Play of Pure Radiance, I pay homage.

24. 頂禮如來梵光遊戲神通佛。(舊譯無此佛) (消除一千劫的罪業)

九

ଦ୍ୟନ୍ତିକ-ସମେଗଶ-ପ-ଧାରୀ-ଶତ-ବ୍ୟେତ-କ୍ଷୁଣ୍ଣ-ପ-ମହାତ୍ମ-ବ-ମନ୍ତ୍ରୀ-ପ-ପ-ଶୁଣ-ପକ୍ଷ-ପ-ଶ୍ଵରୀ ।

DE ZHIN SHEK PA PE MAY Ö ZER NAM PAR ROL PA NGON PAR KHYEN PA LA CHHAK TSHAL LO
爹洗石巴啤咩哦舍南巴露巴甕巴虔巴那惻抄魯

To Thus-Gone Clearly Knowing through the Play of Lotus Radiance, I pay homage.

25. 頂禮如來蓮花光遊戲神通佛。（南無蓮花光遊戲神通佛）（消除七劫的罪業）

 <p>ဒုသနပတ္တနများနှင့်</p> <p>NOR PAL LA CHHAK TSHAL LO 挪包那惻抄魯 To Glory of Wealth, I pay homage. 26. 頂禮財德佛。 (南無財功德佛) (消除習氣的罪業)</p> <p>TSHEN PAL SHIN TU YONG DRAK LA CHHAK TSHAL LO 青包先都勇摘那惻抄魯 To Renowned Glorious Name, I pay homage. 28. 頂禮德號遍譽佛。 (南無善名稱功德佛) (消除不喜佛降世的罪業)</p>	<p>ဒုသနပတ္တနများနှင့်</p> <p>DREN PAY PAL LA CHHAK TSHAL LO 井悲包那惻抄魯 To Glory of Vigilance, I pay homage. 27. 頂禮念德佛。 (南無德念佛) (消除身的惡業)</p> <p>WANG POY TOK KI GYAL TSHEN GYI GYAL PO LA CHHAK THSAL LO 汪杯督嘒佼青嘒佼褒那惻抄魯 To King of the Victory Banner that Crowns the Sovereign, I pay homage. 29. 頂禮帝釋最勝幢佛。 (南無紅焰帝幢王佛) (消除嫉妒心的惡業)</p>	<p>Repentance in Front of the 35 Buddhas 三十五佛懺悔文</p> <p>C10</p>
--	---	--

၁၇။ ଶିନ୍‌ତୁ‌କୁ‌କୁମ‌ପା‌ରାଙ‌କର‌ଦି‌ଦଶ‌ପା‌ପ‌ଶୁଣ‌ଇକଲ‌ଶୀ

SHIN TU NAM PAR NON PAY PAL LA CHHAK TSHAL LO
先 都 南 巴 弄 悲 包 那 懒 抄 鲁

To Glorious One Who Fully Subdues, I pay homage.

30. 頂禮善馭德佛。 (南無善遊步功德佛) (消除教他作的惡業)

କୁମ‌ପା‌ରାଙ‌କର‌ଦି‌ଦଶ‌ପା‌ପ‌ଶୁଣ‌ଇକଲ‌ଶୀ

NAM PAR NON PE SHEK PAY PAL LA CHHAK TSHAL LO
南 巴 弄 哉 石 悲 包 那 懒 抄 鲁

To One Gone Beyond through Complete Victory, I pay homage.

32. 頂禮善馭逝德佛。 (南無善遊步佛) (消除兩舌離間的惡業)

। ଶୁଣ‌ପା‌ପ‌ଶୀର‌କୁ‌କୁମ‌ପା‌ରାଙ‌କର‌ଦି‌ଦଶ‌ପା‌ପ‌ଶୁଣ‌ଇକଲ‌ଶୀ ।

YUL LE SHIN TU NAM PAR GYAL WA LA CHHAK TSHAL LO
耀 哩 先 都 南 巴 皎 華 那 懒 抄 鲁

To Perfect Victor in Battle, I pay homage.

31. 頂禮勝戰佛。 (南無鬪戰勝佛) (消除慢心的罪惡業)

। କୁନ‌ନାଂ‌ଵୁଦ‌ପାରାଙ‌କର‌ଦି‌ଦଶ‌ପା‌ପ‌ଶୁଣ‌ଇକଲ‌ଶୀ ।

KUN NE NANG WA KÖ PAY PAL LA CHHAK TSHAL LO
觀 呢 能 華 鋸 悲 包 那 懒 抄 鲁

To Glorious Array Eternally Illuminating, I pay homage.

33. 頂禮普相莊嚴德佛。 (南無周匝莊嚴功德佛) (消除隨喜不善的惡業)

ଶୈଖ'କେବ'ପାଦ'କର'ପଦ'ଶାର୍କର'ପାଦ'ପୁଣ'ରକ'ପାଦ' ।

RIN CHHEN PE MA NAM PAR NON PA LA CHHAK TSHAL LO
詠 青 啤 瑪 南 巴 弄 巴 那 懶 抄 魯

To Lotus Jewel Who Fully Subdues, I pay homage.

34. 頂禮寶蓮華馭佛。（南無寶華遊步佛）（消除謗佛法的惡業）

ଦ୍ୟନିତ୍ସମେଶାପଦ୍ମମଧ୍ୟଦ୍ୱାରାକୁଣ୍ଡଳାପାଦିଷାଦ୍ୱାରା

DE ZHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAY SANG GYE
爹洗石巴乍中巴恩特巴族悲生既

To Thus-Gone, Conqueror of the enemy, perfect Buddha who dwells on a lotus jewel,
頂禮如來、阿羅漢、正等正覺

၁၁। ଶିକ୍ଷାକେନ୍ଦ୍ରିୟଙ୍କୁ ଯାହାକୁ ସବୁଷାପାଇନାମଣିକୀର୍ତ୍ତିରେ ଶୁଣି ଏହାପାଇଁ କରିବାପାଇଁ ।

RIN PO CHHE'I PE MA LA RAB TU ZHUK PA RI WANG KI GYAL PO LA CHHAK TSHAL LO

寧波車衣啤瑪那立都淑巴利汪幾校褒那惻抄魯

King of the Sovereign Mount Meru, I pay homage.

35. 寶蓮華善住須彌山王佛。（南無寶蓮華善住娑羅樹王佛）（消除破三昧耶戒的惡業）

ଦ୍ୱାରା ଉପରେ ଏକ ଶବ୍ଦରେ ଅନୁଷ୍ଠାନିକ ରୂପରେ ଉପରେ ଏକ ଶବ୍ଦରେ ଅନୁଷ୍ଠାନିକ ରୂପରେ

DE DAK LA SOK PA CHHOK CHU'I JIK TEN GYI KHAM THAM CHAY NA DE ZHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAY SANG
爹 特 那 宿 巴 速 追 值 叻 嘟 襪 探 遮 那 爹 洗 石 巴 乍 中 巴 恩 特 巴 族 悲 生

To these and to all the Thus-Gone, the victors over the enemy, the perfect Buddhas, the Conquerors, the Holders, the Transcendent Ones who dwell and live in
彼等十方世界一切如來、

କୁଣ୍ଡଳମ୍ ପୂର୍ଣ୍ଣବନ୍ଦଶ୍ ଗନ୍ଧାରୀ ପ୍ଲଟ୍ ଦେଖିଲୁଛାନ୍ତି ଏହା ପରିବାରଙ୍କରେ କୁଣ୍ଡଳମ୍ ପୂର୍ଣ୍ଣବନ୍ଦଶ୍ ଗନ୍ଧାରୀ ପ୍ଲଟ୍ ଦେଖିଲୁଛାନ୍ତି

GYE CHOM DEN DE GANG JI NYE CHIK ZHUK TE TSHO ZHING ZHE PAY SANG GYE CHOM DEN DAY DE DAK THAM CHAY DAK LA GONG SU SOL
既 中 叮 爹 梗 只 呢 積 淑 爹 操 醒 捨 悲 生 既 中 訂 爹 爹 特 探 遮 特 那 貢 素 蘇

all the worlds of the universe extending in the ten directions, To all these conquering Buddhas, Holders, and Transcendent Ones, I request that they pay heed to me.

阿羅漢、正等正覺薄伽梵，盡所有住世者，彼等一切佛陀薄伽梵祈怙念：

བོད་ཀྱང

DAK GI KYE WA DI DANG 特 嘆 既 華 秩 等

During this life
若我此世、

শুভেশ্বর মন্দির

KYE WA THOK MA DANG

既 華 禿 瑪 等

And lives that had neither beginning nor limit,
若前世、

ମସର'ମ'ମ'ମହିଶ'ଧ'କଣ'

THA MA MA CHHI PA NE 他 瑪 瑪 次 巴 呢

從無始以來，

KHOR WA NA KHOR WAY KYE NE THAM CHAY DU DIK PAY LE GYI PA DANG

確 華 那 確 喂 既 呢 探 遮 杜 滴 悲 哩 當 巴 等

In all the realms of existence of samsara that I have traveled through, I have accomplished negative acts;
於輪迴中一切輪迴生處，自作罪業、

བྱତ୍ତ རྩୟ རྒྱྲ རྒྱྲ

GYI DU TSAL WA DANG 噶杜周華等

I have made others accomplish them,
若教他作、

ମହିଶାପାତ୍ରହେତୁଶୁଦ୍ଧିକରଣାବ୍ୟାପ୍ତି

GYI PA LA JE SU YI RANG WA AM 噶巴那者素意宏華庵

and rejoiced at causing others to accomplish them.
見作隨喜；

ସକ୍ଷମ ହେତୁ ଶ୍ରୀ ଦ୍ଵାରା ଲପନ

CHHÖ TEN GYI KOR RAM
卓 叻 嘟 哥 宏

I have stolen property belonging to stupas,
塔財、

དྲବ୍ୟାକୁଣ୍ଡଳୀ

GEN DUN GYI KOR RAM

鏡段 嘟哥 宏

To the sangha 僧財、

ସ୍ରୀଗଣ୍ଠା'ଷକୁଦ୍ଦି'ଦଶ'ସତ୍ୟବିଶ୍ଵା'ଦାର୍ଢି'ସ୍ରୀଗଣ୍ଠା'ପ'ଦା।

CHHOK CHU'I GEN DUN GYI KOR THROK PA DANG

速追鏡段嘅哥速巴等

And property of the sangha in the ten directions;
十方僧財，若自取、

藏文大藏经

THROK TU TSAL WA DANG

速都周華等

I have made others steal them,
若教他取、

ସମ୍ବନ୍ଧରେ କାହିଁଏବଂ କାହିଁଏବା

THROK PA LA JE SU YI RANG WA AM

束巴那者素意宏華庵

And have rejoiced at causing others to steal them.

見取隨喜；

ପାହିଣା'ମା'ପାହିଣା'ବ୍ୟାଜୁଦି'ଯଶା'ତଶ୍ରୀନା'ପାଦଦି।

TSHAM MA CHHI PA NGA'I LE GYI PA DANG

簪瑪次巴欸哩嘅巴等

I have committed the five acts of unlimited consequences;

五無間業若自作、

བྱତ୍ତ རୁଷ୍ମ སନ୍ତ

GYI DU TSAL WA DANG

噶杜周華等

I have made others commit them,

若教他作、

ঢৰণু পৰিৱেশ সমিতি

GYI PA LA JE SU YI RANG WA AM

噶巴那者素意宏華庵

And I have rejoiced at causing others to commit them.
見作隨喜；

জুক তু তসল বাদং

JUK TU TSAL WA DANG
族都周華等

I have led others to engage it,
若教他入、

মী'দ্রে'প'পতু'ল'ব'ন'গ'ু'য'ম'য'দ'দ'গ'প'ন'ন'ব'ন'গ'ু'গ'ন'প'দ'ন'

MI GE WA CHU'I LE GYI LAM YANG DAK PAR LANG WA LA ZHUK PA DANG
咪既華追哩噶林恩特巴能華那淑巴等

I have fully engaged the path of the ten unvirtuous acts;
十不善業道，若自實取入、

জুক পা লা জে সু যি রং বাম

JUK PA LA JE SU YI RANG WA AM
族巴那者素意宏華庵

And rejoiced at causing others to engage it.
見入隨喜；

বন'গ'ু'ফ'ন'প'ন'দ'শ'ন'গ'ন'ব'ন'

LE KYI DRIB PA GANG KI DRIB NE
哩噶接巴梗噶接呢

Covered by these various karmic veils,
業障所障，

ဓနရာရီမရာတန်နွှေသံမန္တနာ

DAK SEM CHEN NYAL WAR CHHI WA AM
特 閃 鄭 搶 華 次 華 廬

I will go to the hells;
我等有情應墮地獄、

ဖို့ဓနရာရီယူသံမန္တနာ

YI DAK KYI YUL DU CHHI WA AM
意 特 曙 耀 杜 次 華 廬

I will go to the hungry ghost realms;
墮惡鬼趣、

ဗုဒ္ဓရံန္တနာ

DÜ DRO'I KYE NE SU CHHI WA AM
奪 造衣 既 呢 素 次 華 廬

I will go to the animal realms;
墮畜生趣、

ယူသံမန္တနာ

YUL THA KHOB TU KYE WA AM
耀 他 曲 都 既 華 廬

I will be born in places far from the Dharma;
邊地下賤、

ဆုတ္တနံန္တနာ

LA LOR KYE WA AM
那 挪 既 華 廬

I will be born as a barbarian;
生蠻戾車(野蠻不開化之國、屬八無暇之一)

၁၇၁ | ལྷ ཕྱ ། ད ས ཚ ཐ ན མ བ ཉ དྷ ཏ མ ང |

LHA TSHE RING PO NAM SU KYE WA AM
啦 車 玲 褒 南 素 既 華 廬

I will be born among the gods of long life;
生長壽天、

ସ୍ମୃ ཟ ཝ ཁ ག ཁ ག ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ |

TA WA LOK PA DZIN PAR GYUR WA AM
叻 華 錄 巴 展 巴 住 華 廬

I will follow false views;
執邪見、

ད ད ས ཚ ཐ ན མ བ ཉ དྷ ཏ མ ང |

WANG PO MA TSHANG WAR GYUR WA AM
汪 褒 瑪 層 華 住 華 廬

I will not have all the sense faculties;
諸根不具、

ສ ད ས ཁ ག ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ |

SANG GYE JUNG WA LA NYE PAR MI GYI PAR GYUR WAY
生 既 總 華 那 呢 巴 咪 氣 巴 住 喂

I will not know to rejoice at the coming of a Buddha.
值佛出世不喜、

ଯଶ୍ଚ ଶ୍ରୀ କୃଷ୍ଣା ଦେଵ ସମ୍ମାନ ପାଦ ପତ୍ର ପାଦ ପତ୍ର

LE KYI DRIB PA GANG LAK PA DE DAK THAM CHAY SANG GYE CHOM DEN DE YE SHE SU GYUR PA
利 嘎 接 巴 梗 勒 巴 爹 特 探 遮 生 既 中 訂 爹 耶 些 素 住 巴

All the veils coming from these acts, in the presence of the conquering Buddhas, Holders, and Transcendent Ones, who have wisdom,
凡諸彼等一切罪業，以諸佛薄梵為智、

ପାତ୍ର

CHEN DU GYUR PA 鄭 杜 住 巴

Who have vision,
為眼、

དཔན་ནු· བ්‍රහ්ම

PANG DU GYUR PA 蹦 杜 住 巴

Who are witnesses,
為證、

ହନ୍ତମଦ୍ରଶ୍ୟା

TSHAY MAR GYUR PA 車 瑪 住 巴

Who are truth,
為量、(真切認知)

ମୁଦ୍ରଣ

KHYEN PA
虔 巴

Who know
知者、

ଶ୍ରୀଶନ୍ମୁଖ

ZIK PA
蝕巴

Who see;
鑒者、

၁၆၁ ଦେ ଧକ କି ଚେନ ନ୍ଗର ଥୋଲ ଲୋ ଚହାକ ସୋ

DE DAK KI CHEN NGAR THOL LO CHHAK SO
爹 特 暶 鄭 雅 滂 魯 懒 蘇

I acknowledge these acts,
彼等尊前發露懺悔。

မି ଧକ ପୋ

MI CHHAB PO
咪 輯 褒

I do not conceal them,
不 覆、

မି ଶେ ଦ୍ରୋ

MI BAY DO
咪 問 到

I do not hide them,
不 藏，

ဆନ୍ଧା ନୁଦ୍ଧା କର୍ତ୍ତା ତେ ଦ୍ଵାରା ସମ୍ମାନିତ ସମ୍ବନ୍ଧା

LEN CHHAY KYANG CHÖ CHING DOM PAR GYI LAK SO
領 車 耕 著 晶 棟 巴 暶 勒 蘇

And I promise to abstain from committing these acts from this time forward
自今而後，戒除不犯。

। ନାମା ନୁଦ୍ଧା କର୍ତ୍ତା ପାତ୍ରମା ଦ୍ଵାରା ନାମା ନୁଦ୍ଧା କର୍ତ୍ତା ପାତ୍ରମା

SANG GYE CHOM DEN DE DE DAK THAM CHAY DAK LA GONG SU SOL
生 既 中 訂 爹 爹 特 探 遮 特 那 貢 素 蘇

Conquering Buddhas, Holders and Transcendent Ones, I request your attention.
彼等一切諸佛薄伽梵祈怙念：

བོད་ཀྱང

DAK GI KYE WA DI DANG

特 機 既 華 秩 等

During this life

若我此生、

༄༅·པ·ସ୍ଵର୍ଗ·ମ·ନ୍ଦ୍ର·।

KYE WA THOK MA DANG

既 華 禿 瑪 等

And during lives that had neither beginning nor limit,

若前生、

ମାସଦ୍ୟମାସକିଣ୍ୟତ୍ତାର୍ଥିତ୍ସନ୍ଧାନ୍ତରେ ପରିଚ୍ଛାଯାକାରୀଙ୍କ ପରିଚ୍ଛାଯାକାରୀଙ୍କ ପରିଚ୍ଛାଯାକାରୀଙ୍କ ପରିଚ୍ଛାଯାକାରୀଙ୍କ

THA MA MA CHHI PA NE KHOR WA NA KHOR WAY KYE WA ZHEN DAK TU JIN PA THA NA DÜ DRO'I KYE NE SU KYE PA LA
他瑪瑪次巴呢確華那確喂既華醒特都薦巴他那奪造衣既呢素既巴那

in all the realms of existence of samsara that I have traveled through, all the sources of virtues that I have obtained from giving, whether it is only a mouthful of food given to a being born in the animal realm,

從無始生以來，於所有輪迴中布施一切輪迴他生，乃至施予畜生一搏之食，

॥੩॥ | ཚੈ ਸਾ ਸਮ ਗਤਿ ਗ ਠਮ ਵਸੂ ਪ ਵਦੀ ਦ ਷ੋ ਵਦੀ ਕ ਸ ਵਾ ਗ ਲ ਵਾ ਲ ਵਾ ਵਾ ਵਾ

ZE KHAM CHIK TSAM TSAL WAY GE WAY TSA WA GANG LAK PA DANG
捨 襟 積 簪 周 喂 既 喂 楂 華 梗 勒 巴 等

All the sources of virtue
所有善根；

ਵਦ ਸਾ ਸੀ ਸਾ ਲੰ ਪ ਸੀ ਮ ਸਾ ਵਸੂ ਵਦ ਵਾ ਵਦੀ ਦ ਷ੋ ਵਦੀ ਕ ਸ ਵਾ ਗ ਲ ਵਾ ਲ ਵਾ ਵਾ

DAK GI TSHUL THRIM SUNG WAY GE WAY TSA WA GANG LAK PA DANG
特 搞 操 簾 鬆 喂 既 喂 楂 華 梗 勒 巴 等

That I have obtained from the observance of ethics,
或 守 淨 戒，所有善根；

ਏਵਾ ਸੀਨਾ ਕੰਦਸਾ ਧਨ ਸ਼੍ਰੁਦ ਧਾ ਧ ਸਾਕਸਾ ਧਨੀ ਦਾ ਧ ਸਿੰਦੀ ਕੰਦ ਧ ਸਾਦ ਧ ਸਾ ਧ ਨ।

DAK KI TSHANG PAR CHÖ PA LA NE PAY GE WAY TSA WA GANG LAK PA DANG

特 嘶 層 巴 著 巴 那 呢 悲 既 喂 楂 華 梗 勒 巴 等

All the sources of virtue that I have obtained from keeping pure conduct,

或修淨行，所有善根；

ਏਵਾ ਸੀਨਾ ਸਿੱਖਨਾ ਤਨ ਪੰਦਸਾ ਸ਼੍ਰੁਦ ਧਨ ਸ਼੍ਰੁਦ ਧਨੀ ਦਾ ਧ ਸਿੰਦੀ ਕੰਦ ਧ ਸਾਦ ਧ ਸਾ ਧ ਨ।

DAK KI SEM CHEN YONG SU MIN PAR GYI PAY GE WAY TSA WA GANG LAK PA DANG

特 嘶 閃 鄭 勇 素 面 巴 嘶 悲 既 喂 楂 華 梗 勒 巴 等

All the sources of virtue that I have obtained from my own acts to make beings fully ripe,

成熟有情，所有善根；

西藏文

ঝঃ। পদ্মা শীশা পুদ্র তুষাম ক্ষেত্র শৈমসা বন্ধু দ্বিদ্বো বন্ধু ক্ষেত্র শৈমসা বন্ধু।

DAK KI JANG CHHUB CHHOK TU SEM KYE PAY GE WAY TSA WA GANG LAK PA DANG
特 嘶 贈 速 速 都 閃 既 悲 既 喂 楂 華 梗 勒 巴 等

All the sources of virtue that I have obtained from generating sublime Bodhicitta,
發菩提心，所有善根；

পদ্মা শীশা পুদ্র তুষাম ক্ষেত্র শৈমসা বন্ধু দ্বিদ্বো বন্ধু ক্ষেত্র শৈমসা বন্ধু।

DAK KI LA NA ME PAY YE SHE KYI GE WAY TSA WA GANG LAK PA DE DAK THAM CHAY CHIK TU DÜ SHING DUM TE
特 嘶 那 那 哪 悲 那些 嘶 既 喂 楂 華 梗 勒 巴 爹 特 探 遮 積 都 奪 升 棟 爹

All the sources of virtue that I have obtained from unsurpassable wisdom, having gathered them, having brought them together,
及無上智，所有善根；彼等一切，總攝於一，

ဓန္မနာရံနာရီမှမနေ့နှင့်။

DOM NE LA NA MA CHHI PA DANG
棟 呢 那 那 瑪 次 巴 等

Having accumulated them,
攝於一已，其於無上、

ရှင်ဆငဵးယင်ရှင်မာ။

GONG MAY YANG GONG MA
貢 哒 恩 貢 瑪

To the highest of the highest,
至高之至高、

ရှင်ရာမှမနေ့နှင့်။

GONG NA MA CHHI PA DANG
貢 那 瑪 次 巴 等

I dedicate them to the unsurpassable,
其於至高、

လူမှုရီယင်နာရီဖိုင်နာရီဓန္မနာရံနာရီမှမနေ့နှင့်။

LA MAY YANG LA MAR YONG SU NGO WE
喇 哒 恩 喇 嘛 勇 素 遨 喂

To the best of the best,
無上之無上：皆悉迴向，（以上三句，舊譯為校計籌量，皆悉迴向）

၁၇၁ မြန်မာရွှေတိသုက္ခလာ ပုဂ္ဂန်များ ပုဂ္ဂန်များ ပုဂ္ဂန်များ ပုဂ္ဂန်များ

LA NA ME PA YANG DAK PAR DZOK PAY JANG CHHUB TU YONG SU NGO WAR GYI'O

那那咩巴恩特巴族 悲贈速都 勇素邀華幾與

I completely dedicate them to the supreme and perfect Awakening.

盡迴向於無上正等正覺。（舊譯依梵音作“阿耨多羅三藐三菩提”）

JI TAR DE PAY SANG GYE CHOM DEN DE NAM KYI YONG SU NGÖ PA DANG

只達爹悲生既中訂爹南幾勇素若巴等

In the same way as the conquering Buddhas, Holders, and Transcendent Ones of the past have accomplished perfectly their dedication,
如過去諸佛薄伽梵所作迴向，

၅၂၁။

JI TAR MA JON PAY SANG GYE CHOM DEN DE NAM KYI YONG SU NGO WAR GYUR WA DANG
只 吻 瑪 準 悲 生 既 中 訂 爹 南 懈 勇 素 邀 華 住 華 等

In the same way as the conquering Buddhas, Holders, and Transcendent Ones who have not yet come will accomplish perfectly their dedication,
如未來諸佛薄伽梵所作迴向，

၅၂၂။

JI TAR DA TAR JUNG WAY SANG GYE CHOM DEN DE NAM KYI YONG SU NGO WAR DZAY PA
只 吻 打 吻 總 喂 生 既 中 訂 爹 南 懈 勇 素 邀 華 者 巴

And in the same way as the conquering Buddhas, Holders, and Transcendent Ones of the present now perfectly accomplish their dedication,
如現在諸佛薄伽梵所作迴向，

၁၇။ ଦେ ଶିନ ଦୁ ଡାକ ଗି କ୍ୟାଙ ଯଂ ସୁ ନ୍ଗୋ ଓର ଗ୍ୟି'ଓ ।

DE ZHIN DU DAK GI KYANG YONG SU NGO WAR GYI'O
爹洗杜特嘒耕勇素邀華幾奧

In the same way, I also accomplish the dedication perfectly.
我亦如是盡迴向。

ଶ୍ରୀ ମାସମନ୍ତର ଦେଖି ନାମର ମଧ୍ୟମନ୍ତର

DIK PA THAM CHAY NI SO SOR SHAK SO
滴巴探遮列蘇梭剎蘇

I repent all negative acts,
眾罪皆懺悔，

ପାନ୍ଦ ମନ୍ତର ସମନ୍ତର ଦେଖି ନାମର ମଧ୍ୟମନ୍ତର ।

SÖ NAM THAM CHAY LA JE SU YI RANG NGO
削南探遮那者素意宏邀

I rejoice in all merits,
福德盡隨喜。

ဆနေးကျေးမီမနားကတ်ပါးမန္တာပါ့လို့သာ၏နှစ်ပါးမားတို့မူနေးဆုံး။

SANG GYE THAM CHAY LA KUL ZHING SOL WA DEB SO

生 既 探 遮 那 咕 醒 蘇 華 笛 蘇

I address my exhortation and prayer to all Buddhas.

勸請、祈禱一切佛，

မီးမဲ့ကြေးကျေးမီးဆနေးကတ်ပါးမန္တာပါ့လို့သာ၏နှစ်ပါးမားတို့မူနေးဆုံး။

MI CHHOK GYAL WA GANG DAK DA TAR ZHUK PA DANG

咪 速 皎 華 梗 特 打 吻 淑 巴 等

Whoever are the sublime human beings, the victors who live now,

人中最勝現在佛，

မနေးရှိသွေးချေးမီးမဲ့ကြေးကျေးမီးဆနေးကတ်ပါးမန္တာပါ့လို့သာ၏နှစ်ပါးမားတို့မူနေးဆုံး။

DAK GI LA NA ME PA YE SHE KYI CHHOK DAM PA THOB PAR GYUR CHIK

特 機 那 那 咧 巴 耶 些 機 速 膽 巴 穿 巴 住 積

May I obtain the unsurpassable, sublime, and holy wisdom.

願證無上勝妙智。

မနေးရှိသွေးချေးမီးမဲ့ကြေးကျေးမီးဆနေးကတ်ပါးမန္တာပါ့လို့သာ၏နှစ်ပါးမားတို့မူနေးဆုံး။

GANG DAK DE PA DAK DANG DE ZHIN GANG MA JON

梗 特 爹 巴 特 等 爹 洗 梗 瑪 準

Whoever are those who have come and even those who will come,

過去以及未來佛，

၁၇။ ཌྷྱོན་ତେନ ད୍ରାଙ୍ଗୁ རେ ག୍ୟା ཀ୍ରାମ གୁ ཁ୍ରାଙ୍ଗୁ ཉ ཁ୍ରାଙ୍ଗୁ

YON TEN NGAK PA THA YE GYA TSHO DRA KUN LA
潤 叮 頸 巴 他 耶 賈 操 乍 觀 那

I praise their qualities. In front of them all like a limitless ocean,
上述無量功德海，

ସୁଷାନ୍ତିପଶାନ୍ତିକମାଦାନ୍ତମା

LÜ KYI LE NI NAM PA SUM
呂 嘟 哩 列 南 巴 宋

I confess each of all the ten unskillful actions I have done, be they the three physical, Four oral
身業共為三，

। ସବାମ୍ବାନ୍ଦିନ ସବାନ୍ଦିନ ନ୍ଯାନ୍ଦିନ ନ୍ଯାନ୍ଦିନ ।

THAL MO JAR WAR GYI TE KYAB SU NYE WAR CHHI'O
透 母 乍 華 嘛 爹 甲 素 呢 華 次 奧

I join my hands, and completely place myself under their protection.
合掌近事而皈依。（或譯親近）

। ନ୍ଯାଶିକମାଦାନ୍ତମା ।

NGAK GI NAM PA ZHI DAK DANG
額 嘛 南 巴 史 特 等

口業悉為四，

စာရွက်ဆိုင်ရာ

GANG YANG YI KYI NAM SUM PO

梗 恩 意 機 南 宋 褒

Or three mental ones.

復次意三業，

ခြောမှုမြတ်သန၏လူ၏ပုဒ်

THOK MA ME NE DA TAY BAR

禿 瑪 哞 呢 打 爹 把

And all the negative actions I have ever committed

無始以來直至今，

မီးနံ့းဆွဲနှုန်းနှုန်းများ။ ।

MI GE CHU PO SO SOR SHAK

咪 既 遭 褒 蘇 棱 刹

I confess the ten unskillful actions and five acts of limitless consequences
十不善業一一懺。

မီးနံ့းဆွဲနှုန်းများ။ ।

MI GE CHU DANG TSHAM ME NGA

咪 既 遭 等 參 哞 雅

While my mind has been overpowered by ignorance

十不善與五無間，

၁၇။ ལྷ གྲୟ རྒ མྚ ད୍ୱ ན ང ཉ ཁ ག ཝ ཈

SEM NI NYON MONG WANG GYUR PAY

閃 列 嫩 蒙 汪 住 悲

From time without beginning until this moment.

煩惱心力所使然，

၃၅၅. ལྷ གྲୟ རྒ མྚ ད୍ୱ ན ང ཉ ཁ ག ཝ ཈

DÖ CHHAK ZHE DANG TI MUK WANG KI NI

朵 憫 捨 等 秩 木 汪 槩 列

I have committed

貪欲、瞋恚、愚痴力，

၂၅၅. ལྷ གྲୟ རྒ མྚ ད୍ୱ ན ང ཉ ཁ ག ཝ ཈

DIK PA THAM CHAY SHAK PAR GYI

滴 巴 探 遮 刹 巴 橐

I confess each and every non-virtue

一切罪業皆懺悔。

၃၅၆. ལྷ གྲୟ རྒ མྚ ད୍ୱ ན ང ཉ ཁ ག ཝ ཈

LÜ DANG NGAK DANG DE ZHIN YI KYI KYANG

呂 等 額 等 爹 洗 意 橩 耕

With my body, speech and mind

身、口、一如意所為，

၏၃၅။

၏၃၅။

DIK PA DAK KI GYI PA CHI CHHI PA
滴巴特嘒嘒巴之次巴

While overpowered by desire, hatred and bewilderment.
凡我所造諸惡業，

၏၃၅။

၏၃၅။

TSHAM ME NGA PO DAK KI DIK PA NAM
參咩雅褒特嘒滴巴南

May the five acts of unlimited consequences
我所有罪五無間，

၏၃၅။

၏၃၅။

DE DAK THAM CHAY DAK KI SO SOR SHAK
爹特探遮特嘒蘇梭刹

By means of this presentation of the Confession of Faults,
一切我今皆懺悔。

၏၃၅။

၏၃၅။

GANG KI MI SHE WANG KI JE PA DAK
梗嘒咪些汪嘒者巴特

And whatever other negative actions
皆由無知力使然，

၆၈။ ଦେ ଯି ତୁଙ୍ଗ ସା ଶକ ପା ଦି ଟନ ପେ

DE YI TUNG WA SHAK PA DI TON PE
爹 意 東 華 刹 巴 秩 敦 哥

I have done while overpowered by ignorance,
懺悔罪墮誦此已，

ମଧ୍ୟାଦର୍ଶନଶବ୍ଦାତର୍ଥାଶ୍ରୀଶାଶବ୍ଦାତର୍ଥା

DAK DANG SEM CHEN KUN GYI DIK PAY LE
特 等 閃 鄭 觀 嘶 滴 悲 哩

All faults of all we sentient beings from our bad karma,
我與有情之惡業，

ଦେ ଦାକ ମା ଲୁ ଯା ସୁ ଜାଙ୍ଗ ଵାର ଗ୍ୟୁର

DE DAK MA LÜ YONG SU JANG WAR GYUR
爹 特 瑪 呂 勇 素 贈 華 住
Be completely purified.
彼等無餘悉清淨。

ନୀଯ ପାର ଗ୍ୟୁର ଗାଂ ଝୋଲ ଝିଙ୍ଗ ଶକ ପା ଗ୍ୟୁର

NYE PAR GYUR GANG THOL ZHING SHAK PAR GYI
呢 巴 住 梗 滔 醒 刹 巴 嘶
Being repented.,
凡諸罪悉發露懺，

နှုန်းနမ်ယူနပ္ပါဒ်နမ်နှုန်းဖို့

LEN CHHAY NAM YANG GYI PAR MA GYUR CHIK
領 車 南 恩 嘟 巴 瑪 住 積

May they never be done again.
祈於今後不復造，

နှုန်းနမ်ယူနပ္ပါဒ်နမ်နှုန်းဖို့

CHHAK TSHAL WA DANG CHHÖ CHING SHAK PA DANG
惻 抄 華 等 卓 晶 刹 巴 等

By making prostrations, offerings, repentance, Rejoicing in good deeds, by calling for the turning of the Dharma wheel and praying for the teachers
to remain, 禮拜、供養與懺悔，

। ပြန်နှုန်းနမ်ယူနပ္ပါဒ်နမ်နှုန်းဖို့

LE KYI DRIB PA-ANG TEN DU ZAY JAY SHOK
哩 嘟 接 澎 叮 杜 捨 者 宿

May all the veils of karma be completely exhausted.
業障恆常願消盡。

। အဲနှုန်းနမ်ယူနပ္ပါဒ်နမ်နှုန်းဖို့

JE SU YI RANG KUL ZHING SOL WA YI
者 素 意 宏 咕 醒 蘇 華 意

隨喜、勸請及祈禱，

॥੩॥ । དེ་པ་ਤੁਦ·ਯਦ·ਵਦਗ·ਸ਼ੀਸ·ਤੰ·ਵਸਾਨ·ਧ।

GE WA CHUNG ZAY DAK KI CHI SAK PA
既 華 中 捨 特 檣 之 刹 巴

Whatever may be the portion of positive karma I accumulate thereby,
我所積聚些許善，

। ສਮਲ·ਤਦ·ਵਦਗ·ਸ਼ੀਸ·ਵੁਦ·ਕਵ·ਚ੍ਰਿ·ਵਨ੍ਹਿ॥

THAM CHAY DAK KI JANG CHHUB CHHIR NGO'O
探 遮 特 檣 贈 速 次 邀 奥

I dedicate it all to enlightenment.
為證菩提悉迴向。

三十五佛懺悔文

The Sutra of the Three Heaps (Sanskrit, Triskandhara Sutra; Tibetan, P'ungpo sum pai do), also called Bodhisattvas' Repentence of Transgressions, or Repentance in Front of the 35 Buddhas, is a practice that purifies the transgressions of vows in general and the transgression of the Bodhisattva Vow in particular.

The "Three Heaps" contained in the sutra are:

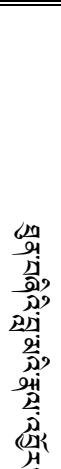
- The Heap of homages
- The Heap of repentions
- The Heap of dedications.

English translation extracted from : By Kathy Wesley. Based on teachings by Khenpo Karthar Rinpoche given during the 10-Day Mahamudra Retreat in July, 1999.

三十五佛禮懺法又稱為「菩薩懺悔文」或「菩薩墮懺」，包含了三個部份：一、懺悔罪業。二、善根迴向。三、積福（七支供養）。故亦稱為「三聚經」或「三蘊經」。

(本懺悔文參考西藏大藏經而校堪，譯文參考舊譯三十五佛懺悔文：如中文舊譯與藏文有不同之處，則依藏文重譯)

୩୭। ସ୍ଵର୍ଗବିନୀରେ ଶ୍ଵରାମଦେଖିକୁପତ୍ରରୁଷଙ୍କରେ ସବୁଗଣାଙ୍କ ।





[So, this Guru Yoga should be done at all times, but particularly during the Four Great Sessions. Now, all those who think of no one but me, Mikyo Dorje, should visualize their own body as the Pristine Awareness Dakini, naked, youthful, and completely perfect. Her hair hangs loosely down her back. Abiding in the center of a mass of light, she holds a skull cup filled with the elixir of deathlessness. She is ornamented with red flowers, but has no other ornaments. In front of that is Venerable Unmoving Vajra [Mikyo Dorje], wearing a tiger skin skirt and an upper garment of elephant skin. He is ornamented with the six mudras. His hair is bound in a topknot, ornamented with a visvavajra and moon. His two hands are in the Dharmodaya [Source of Dharmas] Mudra on the top of his head. His left leg is crossed in half-vajra posture, and his right leg is extended. He abides in the center of a mass of fire of Pristine Awareness]. [The Pristine Awareness Dakini Mother bestows amrita, and as a result, flames of Pristine Awareness blaze and roar. This invites him to enter the bhaga [vagina] of oneself, the Pristine Awareness Dakini. Imagine that he enters one's heart center. Supplicate while forcefully merging the winds. I, Mikyo Dorje, will bless you! Bring down the blessings thus]:

[此上師瑜伽相應法，應恆常修習，尤以四大座法來進行修持，現時，僅憶念我·即第八世噶瑪巴·米覺多傑，於心中者，觀想自身為智慧空行母，裸露著身體、年青、完美，秀髮散放於身背，於光芒帷幕中，手持顱器盛滿無死甘露，身戴紅色花鬘，別無他飾，在她面前為尊貴的不動金剛[米覺多傑]，身穿虎皮裙和象皮披肩，莊嚴六手印，束髮結髻，上有十字金剛杵和月為嚴飾，雙手結法源印於頂上，左足作半跏趺坐，右足伸直，駐於本智火焰中]。[智慧空行母供養無死甘露，使尊者本智之火更熾燃和發出轟鳴之聲，如是，迎請他進入巴噶[密處]，觀想他進入心中，啟請時，持厲行氣，如此，我·米覺多傑·將加持你！如是，即賜予加持]：

MA NAM KHA DANG NYAM PAY SEM CHEN THAM CHAY LAMA SANG GYE RIN PO CHHE LA SOL WA DEB SO
瑪南卡等音悲閃鄭探遮喇嘛生既寧波車那蘇華笛蘇

All sentient beings, my mothers, [whose numbers] equal the expanse of space, supplicate the Lama, precious Buddha!

為等虛空如母眾生啟請上師寶，

ମ'କମ'ପାତ୍ର'ଦ'ମନୁମ'ଧରେ'ଶିମଣା'ତବ'ଶମଣା'ତଦ'ଶ'ମ'ଗୁର'ଭ୍ରତ'କ୍ଷେ'ଶ୍ରୀ'ଶ୍ରୀ'ପ'ଶାନ୍ତି'ପ'ରଦ୍ଵିଷଣ'ଶ୍ରୀ' ।

MA NAM KHA DANG NYAM PAY SEM CHEN THAM CHAY LAMA KUN KHYAP CHHÖ KYI KU LA SOL WA DEB SO
瑪 南 卡 等 音 悲 閃 鄭 探 滯 嘥 嘛 觀 級 卓 嘶 呔 那 蘇 華 笛 蘇

All sentient beings, my mothers, [whose numbers] equal the expanse of space, supplicate the Lama, the all-pervading Dharmakaya!

為等虛空如母眾生啟請法性身上師，

မာ'နမ'မရဲ'ငှါ'နမ'ပဒီ'နဲ'မရ'တရ'ဆမရ'တရ'ဆ'မ'ပဒီ'ကဲ'ပဲ'သံ'နှု'နဲ'ယ'နဲ'သ'နဲ'သရ'နဲ'။

MA NAM KHA DANG NYAM PAY SEM CHEN THAM CHAY LAMA DE CHHEN LONG CHÖ DZOK PAY KU LA SOL WA DEB SO
 瑪 南 卡 等 音 悲 閃 鄭 探 遮 嘛 爹 青 弄 著 族 悲 咕 那 蘇 華 笛 蘇

All sentient beings, my mothers, [whose numbers] equal the expanse of space, supplicate the Lama, the Great Bliss Sambhogakaya!
 為等虛空如母眾生啟請大樂 報身上師，

မာ'နမ'မရဲ'ငှါ'နမ'ပဒီ'နဲ'မရ'တရ'ဆမရ'တရ'ဆ'မ'ပဒီ'ကဲ'နှု'နဲ'ယ'နဲ'သ'နဲ'သရ'နဲ'။

မရ'နဲ'မရ'

MA NAM KHA DANG NYAM PAY SEM CHEN THAM CHAY LAMA THUK JE TRUL PAY KU LA SOL WA DEB SO
 瑪 南 卡 等 音 悲 閃 鄭 探 遮 嘛 積 禿 者 遭 悲 咕 那 蘇 華 笛 蘇

All sentient beings, my mothers, [whose numbers] equal the expanse of space, supplicate the Lama, the compassionate Nirmanakaya!
 為等虛空如母眾生啟請大悲 應化身上師。

Repeat three times
 唸三次

	၁၇။	।မှုမံ့ဂျူ။	ရှိုးဆီးနှုန်း၊ ဖဲးမေးမသတ္တရားမှာ။	।ရှိုးဆီးနှုန်း၊ ရှုံးမှုမံ့ဂျူ။ ।	
	NAMO GURU	CHI WO'I TSUK NA YE SHE KHAN DRO MA	遮 布 把 架 魯 瑪 立 都 既	CHER BU BHA GA NU MA RAB TU GYE	Hunzhi (The Four Session Guru Yoga) 四座上師相應法
	南無 佑魯	之 匱 足 那 那些 簡 造 瑪	naked, with vagina and breasts fully developed.		
	Homage to the Lama!	On top of my head is the Pristine Awareness Dakini,	裸身、密處成壯、豐乳，		
	頂禮上師！	頂上智慧空行母，			
	၁၈။	အုပ္ပန္နာ။	မန်းမားဆုတ္တာ။ ရှုံးမှုမံ့ဂျူ။	၅၄။	G7
	TRA DROL CHEN SUM NAM KHAY THONG LA ZIK DAY WA MI ZÖ GYUR WAY GAR TAB TON	那蝕爹華咪削住喂架搭敦	DE DRA DRANG ME ZHAL ME BUN LONG NANG		
	楂造 鄭宋南劇通	She dances in unbearable ecstasy.	爹乍贈咩稍咩本弄能		
	Her hair is loose, and her three eyes gaze into the expanse of space 披髮、三眼凝視廣虛空。	輕展大樂妙舞姿，	Among a vast array of innumerable swirling ones like her, 無量空行漩渦繞，		

କୁଣ୍ଡଳୀରୁଷିତିରୁଷିତି

TSA WAY LAMA MI KYO DOR JE NI
楂 喂 嘎嘛 咪鋸 多 借 列
is the Root Lama Mikyo Dorje.
根本上師米覺多傑。

କେ.ଶ୍ରୀଦ୍ୱାତୁରେଷ୍ମେନ୍ଦ୍ରପଣ୍ଡିତ୍ନାନ୍ଦନମହାନ୍ତା।

DE TONG YE WA ME PAY TA TANG DZAY
爹東耶哇咪悲打釘者
gazing with inseparable bliss and emptiness,
凝視雙運樂與空。

ପାତ୍ରଙ୍କିତ ପ୍ରମାଣନ୍ଦର୍ଶନ ଏବଂ ପାତ୍ରଙ୍କିତ ପ୍ରମାଣନ୍ଦର୍ଶନ

GE LONG CHHA LUK ZHA NAK SER DONG CHEN
既 弄 差 錄 灑 勒 些 董 鄭
Dressed as a Bhikshu, with a black hat, and glittering,
with gold 身穿比丘僧法衣，金光閃爍黑寶冠，

। এশোরা' ব' ব' ব' ব' ব' ক' ম' শ্রিস' ম' শ' গ' স' দ' ব' ।

SOL WA TAB PA TSAM GYI MÖ GÜ BAR
蘇華搭巴簪幾磨舉把
merely by supplicating him, devotion and reverence blaze
虔誠燃心作祈請！

ସମ୍ବନ୍ଧରେ ଦୁଇମାତ୍ର ହିସ୍ପର୍ଯ୍ୟାନକୁ ଦିଲ୍ଲିକା

THAB SHE YER ME DOR JE DRIL BU DZIN
塔 些 耶 哪 多 借 趟 布 展
holding the vajra and bell of inseparable Method and
wisdom, 方便智慧持鈴杵，

ଶ୍ରୀଶାକୁମାରପାତ୍ରଙ୍ଗନ୍ଧିରାଜ

MÖ GÜ BAR WA TSAM GYI JIN LAB WUR
磨舉把華簪 嘟薦立烏
As devotion and reverence blaze, blessings roar!
加持怒吼誠敬故！

၁၇၁ ခြီးဆွဲသူတေသိများမြင်နှင့်

JIN LAB WUR WA TSAM GI THUN MONG DANG

薦立烏華簪噶屯夢等

As blessings roar, ordinary and
加持圓滿二成就，

မထိန်းရှိနှင့်အူရှိနှင့်အောင်မြန်မာ။ ।

CHHOK GI NGÖ DRUB NOR BU BAR WA NAM

速噶若族挪布把華南

supreme real accomplishments' blazing jewels
如璀璨耀目寶石，

ရန်မှုသာပါနာမြိုင်ပိုင်ကုန်လူဗုဒ္ဓဘာ

NAM SA LA OG ME PAR CHHAR TAR BAB

南沙那屋咩巴差叻百

fall like rain everywhere, from beyond the sky and beneath the earth.
盈溢天地如雨降，

၂၇၃ နှိမ်နှုန်းရန်မှုသာပါနာမြိုင်ပိုင်ကုန်လူဗုဒ္ဓဘာ။ ।

DA NI NYING NE SOL WA DEB PAY DÜ

打列玲呢蘇華笛悲奪

Now is the time to supplicate from the heart!
此際祈請由衷心！

၅၁	နှေ့တိန္ဒုသန္တိတိန္ဒု။	နှေ့န္တိတဲ့သမီးနားမင်္ဂလား။	နှေ့မင်္ဂလားရအော်သနား။ ।	
KYE 既	NANG ZHING TONG LA TONG ZHING NANG 能 醒 東 那 東 醒 能 Appearance is empty, emptiness appears. 顯現即空性、空性如顯現，	NANG TONG YER ME LA MAY KU 能 東 耶 哔 喇 哔 咕 The Body of the Lama is inseparable appearance and emptiness. 不離顯空上師身，	LA MAY KU LA SOL WA DEB 喇 哔 咕 那 蘇 華 笛 I supplicate the Lama's Body! 上師勝身我祈請！	Hunzhi (The Four Session Gun Yogo) 四座上師相應法
				G10

လူမင်္ဂလားရအော်သနား။

LA MAY KU YI JIN GYI LOB
喇 哔 咕 意 蘭 猶 錄

Blessings are bestowed by the Body of the Lama.
上師妙身賜加持。

ရှေ့တိန္ဒုသန္တိတိန္ဒု။

DRAK CHING TONG LA TONG ZHING DRAK
摘 晶 東 那 東 醒 摘

Sound is empty, emptiness resounds.
聲法即空性、空性如聲法，

ရှေ့န္တိတဲ့သမီးနားမင်္ဂလား။ ।

DRAK TONG YER ME LA MAY SUNG
摘 東 耶 哔 喇 哔 鬆

Inseparable sound and emptiness is the
Lama's Speech. 不離聲空上師語，

<p>၁၅။ လူမ၏ ရန်းသုတေသန၏ အရာများ။ LA MAY SUNG LA SOL WA DEB 喇咩鬆那蘇華笛 I supplicate the Lama's Speech! 上師勝語我祈請！</p> <p>၁၆။ ပုဒ်နှင့်နှုန်းမြင်နှင့် လူမ၏ ရန်းသုတေသန၏ အရာများ။ DE TONG YER ME LA MAY THUK 爹東耶咩喇咩禿 Inseparable bliss and emptiness is the Lama's Mind. 不離樂空上師意，</p>	<p>လူမ၏ ရန်းသုတေသန၏ အရာများ။ LA MAY SUNG GI JIN GYI LOB 喇咩鬆嘒薦嘒錄 Blessings are bestowed by the Speech of the Lama. 上師妙語賜加持。</p> <p>လူမ၏ ရန်းသုတေသန၏ အရာများ။ LA MAY THUK LA SOL WA DEB 喇咩禿那蘇華笛 I supplicate the Lama's Mind! 上師勝意我祈請！</p>	<p>ပုဒ်နှင့်နှုန်းမြင်နှင့် လူမ၏ ရန်းသုတေသန၏ အရာများ။ DE ZHING TONG LA TONG ZHING DE 爹醒東那東醒爹 Bliss is empty, emptiness is bliss. 大樂即空性、空性如大樂，</p> <p>လူမ၏ ရန်းသုတေသန၏ အရာများ။ LA MAY THUK KYI JIN GYI LOB 喇咩禿嘒薦嘒錄 Blessings are bestowed by the Mind of the Lama. 上師妙意賜加持。</p>
Hunzhi (The Four Session Guru Yoga) 四座上師相應法 G11		

<p>၅၁</p> <p>KYE!</p> <p>既!</p> <p>GU RU RAT NA JON PAY TSHE 佑 魯 或 那 準 悲 車</p> <p>When the Guru Ratna [Precious Lama], approaches 上師寶降臨，</p> <p>JIN LAB ME PUNG U RU RU 薦 立 哒 烏 露 露</p> <p>a massed fire of blessings blaze! 加持如火焰(烏露露)！</p>	<p>၅၂</p> <p>NAM KHA JA DANG Ö KYI GANG 南 卡 乍 等 哦 楚 梗</p> <p>the sky fills with rainbows and light. 彩虹光輝現，</p> <p>NYAM DANG TOK PA SHA RA RA 音 等 討 巴 沙 或 或</p> <p>Experience and realization rise and increase! 念念明覺長(沙或或)！</p>	<p>၅၃</p> <p>TRUL PAY PHO NYA GYE DZAY CHING 遭 悲 鋪 那 既 者 晶</p> <p>Sending out emanated messengers, 無量妙化身，</p> <p>LA MA CHHEN PO KHYE KYI JAY SU DAK DRUB CHHIR 喇 嘛 靑 褒 劇 機 者 素 特 族 次</p> <p>Great Lama, because I have practiced following your example, 隨師行修習，</p>	<p>Hunzhi (The Four Session Guru Yoga) 四座上師相應法</p> <p>G12</p>
--	---	---	---

၁။ ସିନ୍ ଶିଶ୍ଚେଷ୍ମାପ୍ରିତ୍ସବେଗଶୁଣାଶ୍ଵା

JIN GYI LOB CHHIR SHEK SU SOL
薦 嘟 錄 次 石 素 蘇

please come here to bestow blessings!
降臨賜加持!

ଶବ୍ଦାମକ୍ଷଣାହ୍ରିତ୍ସବେଗଶୁଣାଶ୍ଵା

NE CHHOK DIR RU JIN PHOB LA
呢 速 秩 露 薦 撲 那

To bring down your blessings on this excellent place, please bestow the Four Empowerments on this
攝受加持此勝處。

ଶବ୍ଦାମକ୍ଷଣାହ୍ରିତ୍ସବେଗଶୁଣାଶ୍ଵା ।

DRUB CHHOK DAK LA WANG ZHI KUR
族 速 特 那 汪 史 咕

Please bestow the Four Empowerments on this excellent practitioner! 賦受心子四灌頂!

ମକ୍ଷଣାହ୍ରିତ୍ସବେଗଶୁଣାଶ୍ଵା

CHHOK DANG THUN MONG NGÖ DRUB TSOL
速 等 屯 夢 若 族 遭

Please bestow supreme and ordinary real
accomplishments! 加持圓滿二成就!

ଶିମଷକ୍ରୂତ୍ସବେଗଶୁଣାଶ୍ଵା

MI THUN KYEN DANG BAR CHHAY SOL
咪 屯 堅 等 把 車 蘇

Clear away unfavorable circumstances
and obstacles! 息除逆緣諸障礙!

ଶବ୍ଦାମକ୍ଷଣାହ୍ରିତ୍ସବେଗଶୁଣାଶ୍ଵା ।

DRA GEK MA LÜ ZHI WAR DZÖ
乍 極 瑪 呂 史 華 著

Please pacify all enemies and obstructers without
exception! 斷除怨敵障礙者!

ཡော်မရာ့ရွှေ့လူ့ရှုံးချုပ်

YE SHE KHAN DRO JANG GU KHA LA SHAR

那些簡造贈佑卡那沙

A green Pristine Awareness Dakini appears in space.

綠色智慧空行現，

နှီးမှိုးရှိုးမှုနှုံးရှုံးချုပ်

DIK DRIB NYE PA GYÜ DU THRI PA NAM

滴接呢巴舉杜疵巴南

All the evil, obscurations, and faults in my being,

魔障過失我違犯，

।စုံရှုံးနှုံးမင်္ဂလာနှုံးချုပ်

NAY DON DRI MAY TSHOK NAM Ö KYI SAL

呢頓只咩速南哦嘅修

Her light clears away all disease, demons, and defilements

光明驅病魔垢障，

।ခြုံရှုံးမှုနှုံးချုပ်

NAL JOR MA PAL DUN DU THOL LO SHAK

撓佐瑪包段杜滔魯剎

I acknowledge and confess before the glorious Yogini!

具德空行母前懺。

ଓ | পিণ্ডেশ্বমাসৰ দুর্গুণসূচৰ মাসৰ দুর্গুণ

YE SHE KHAN DRO SER MO KHA LA SHAR 耶些簡造些母卡那沙

A yellow Pristine Awareness Dakini appears in space.
黃色智慧空行現，

ସମ୍ବନ୍ଧରେ କିମ୍ବା କିମ୍ବା

DIK DRIB NYE PA GYÜ DU THRI PA NAM 滴接呢巴舉杜疵巴南

All the evil, obscurations, and faults in my being,
魔障過失我違犯，

। କର୍ମଶାନ୍ତିକିମନିଷେଷକମଣ୍ଡଳାଶ୍ରୀଶାନ୍ତିପାତ୍ର ।

NAY DON DRI MAY TSHOK NAM Ö KYI SAL 呢頓只咩速南嘅嘢修

Her light clears away all disease, demons, and defilements.
光明驅病魔垢障，

କୁଣ୍ଡଳାମଦିନାମଦୁରଦୁଷ୍ଟମିଶ୍ରମପରାମା ।

NAL JOR MA PAL DUN DU THOL LO SHAK 撓佐瑪包段杜滔魯刹

I acknowledge and confess before the glorious Yagini!
具德空行母前懺。

ཡောမေးမရတဲ့ ဗျာ့ နမန်မှာ မရတဲ့ မရ

YE SHE KHAN DRO MAR MO KHA LA SHAR
那些簡造瑪母卡那沙

A red Pristine Awareness Dakini appears in space.
紅色智慧空行現，

နီးမြှုပ်နှံမရတဲ့ ဗျာ့ နမန်မှာ မရ

DIK DRIB NYE PA GYÜ DU THRI PA NAM
滴接呢巴舉杜癡巴南

All the evil, obscurations, and faults in my being,
魔障過失我違犯，

। ဗျာ့ နမန်မှာ မရတဲ့ ဗျာ့ နမန်မှာ မရ

NAY DON DRI MAY TSHOK NAM Ö KYI SAL
呢頓只咩速南哦嘅修

Her light clears away all disease, demons, and defilements.
光明驅病魔垢障，

। ဗျာ့ နမန်မှာ မရတဲ့ ဗျာ့ နမန်မှာ မရ

NAL JOR MA PAL DUN DU THOL LO SHAK
撓佐瑪包段杜滔魯剎

I acknowledge and confess before the glorious Yogini!
具德空行母前懺。

၁၇। ဖဲ့ရောမာရာ့ရွှေ့ဗာရံးမာရာ့ရာ့ရာ

YE SHE KHAN DRO KAR MO KHA LA SHAR

那些簡造伽母卡那沙

A white Pristine Awareness Dakini appears in space.

白色智慧空行現，

နှီးမှီးရှိေးမှူးနှုန်းမာရာ

DIK DRIB NYE PA GYÜ DU THRI PA NAM

滴接呢巴舉杜疵巴南

All the evil, obscurations, and faults in my being,

魔障過失我違犯，

। ရွှေ့ဗာရံးနှီးရှိေးမာရာ ရွှေ့ဗာရံးနှုန်းမာရာ ।

NAY DON DRI MAY TSHOK NAM Ö KYI SAL

呢頓只咩速南哦嘅修

Her light clears away all disease, demons, and defilements.

光明驅病魔垢障，

। ခြားရွှေ့ဗာရံးမာရာ ရွှေ့ဗာရံးနှုန်းမာရာ ရွှေ့ဗာရံးနှုန်းမာရာ ।

NAL JOR MA PAL DUN DU THOL LO SHAK

撓佐瑪包段杜滔魯剎

I acknowledge and confess before the glorious Yogini!

具德空行母前懺。

ཡော်မရာ့နရ်ရာ့မရာ့သံ

YE SHE KHAN DRO NAG MO KHA LA SHAR

那些簡造勒母卡那沙

A black Pristine Awareness Dakini appears in space.

黑色智慧空行現，

နှီးမှီးနှီးမှီးနှီးမှီး

DIK DRIB NYE PA GYÜ DU THRI PA NAM

滴接呢巴舉杜疵巴南

All the evil, obscurations, and faults in my being,

魔障過失我違犯，

।စုံရှုံးနှုံးမင်္ဂလာနှုံး

NAY DON DRI MAY TSHOK NAM Ö KYI SAL

呢頓只咩速南哦嘅修

Her light clears away all disease, demons, and defilements.

光明驅病魔垢障，

।ချော်မှုံးနှုံးမှုံးနှုံး

NAL JOR MA PAL DUN DU THOL LO SHAK

撓佐瑪包段杜滔魯剎

I acknowledge and confess before the glorious Yogini!

具德空行母前懺。

ပြန်လည်အသေဆိပ်မှတ်တမ်း

၁၇। ໃເສ່າມສດວິຫຼວກໍມ້ມສດຍິນ

YE SHE KHAN DRO NGON MO KA LA SHAR
耶 些 簡 造 蔽 母 卡 那 沙

A blue Pristine Awareness Dakini appears in space.
藍色智慧空行現，

ଶ୍ରୀଶ'ତ୍ରୀଶ'ପ'ତ୍ରୀଦ'ନ୍ତ୍ରୀଶ'ପ'କୁମା

DIK DRIB NYE PA GYÜ DU THRI PA NAM
滴 接 呢 巴 舉 杜 瘋 巴 南

All the evil, obscurations, and faults in my being,
魔障過失我違犯，

। ຖດ·ກາດ·ດີ·ມະດີ·ໂທ·ການ·ກຸມາ·ດົດ·ໜີ·ນາຍ·

NAY DON DRI MAY TSHOK NAM Ö KYI SAL
呢 豆 只 哪 速 南 哦 嘟 修

Her light clears away all disease, demons, and defilements.
光明驅病魔垢障，

। ຂົບ·ດູດ·ມາ·ດຳ·ສາ·ມູດ·ດູດ·ມະ·ດູດ·ໝ·ໝ·ໝ·

NAL JOR MA PAL DUN DU THOL LO SHAK
撓 佐 瑪 包 段 杜 滔 魯 刹

I acknowledge and confess before the glorious Yogini!
具德空行母前懺。

ཡော်များမရှိနဲ့များမရှိနဲ့

YE SHE KHAN DRO THRA MO KHA LA SHAR

那些簡造差母卡那沙

A multicolored Pristine Awareness Dakini appears in space.
彩色智慧空行現，

နှီးနှီးမြတ်နှီးနှီးမြတ်

DIK DRIB NYE PA GYÜ DU THRI PA NAM
滴接呢巴舉杜疵巴南

All the evil, obscurations, and faults in my being,
魔障過失我違犯，

।စုံရှိနဲ့မရှိနဲ့မရှိနဲ့ရှိနဲ့

NAY DON DRI MAY TSHOK NAM Ö KYI SAL

呢頓只咩速南哦嘅修

Her light clears away all disease, demons, and defilements.
光明驅病魔垢障，

।ချော်စုံရှိနဲ့မရှိနဲ့ရှိနဲ့ရှိနဲ့

NAL JOR MA PAL DUN DU THOL LO SHAK
撓佐瑪包段杜滔魯剎

I acknowledge and confess before the glorious Yogini!
具德空行母前懺。

<p>၁၇။ ନମ'ମାଗାନ୍ଦଶର୍ମିମିକ୍ରୁଦ୍ଧିଅଁ</p> <p>NAM KHA GANG WAY MI KYÖ DOR JE AH</p> <p>南卡 梗 喂咪著多借阿</p> <p>Mikyo Dorje fills all of space: AH!</p> <p>米覺多傑遍虛空：阿！</p> <p>ନ୍ରିମ'ଶେଶ'ଶର୍ମିଶ୍ଵର'ପଶ'ନ୍ତର'ଅଁ</p> <p>DRI MA SEL WAY CHHIN LE DRAK PO OM</p> <p>只瑪少喂千 哩摘褒喻</p> <p>Wrathful activity, purifying defilements: OM!</p> <p>忿怒事業淨垢障：喻！</p>	<p>ଶତ୍ରୁକ୍ଷେତ୍ରପତିଦ୍ଵାରାପହଞ୍ଚିଥିଲାଏହି</p> <p>Ö ZER GYE PAY DOR JE GA WA HO</p> <p>哦舍既悲多借架華好</p> <p>Vajra Joy emanating rays of light: HO!</p> <p>金剛極樂化光芒：好！</p> <p>ଶତ୍ରୁକ୍ଷେତ୍ରପତିନାମ'ଶର୍ମିରିଦ୍ଵାରାପହଞ୍ଚିଥିଲାଏହି</p> <p>JE TSUN DAM PA KU ZHI'I WANG CHHUK</p> <p>者遵膽巴咕史衣汪速</p> <p>Sacred Venerable One, Lord of the Four Kayas!</p> <p>尊者勝妙四身主！</p>	<p>ଶତ୍ରୁକ୍ଷେତ୍ରପତିନାମ'ଶର୍ମିରିଦ୍ଵାରାପହଞ୍ଚିଥିଲାଏହି ।</p> <p>PHO NYA BAR WAY YANG CHEN NÜ PA HUM</p> <p>鋪那 把喂恩 鄭持巴空</p> <p>Blazing messenger, powerful melodious: HUM!</p> <p>熾燃使者妙樂韻：空！</p> <p>ଶତ୍ରୁକ୍ଷେତ୍ରପତିନାମ'ଶର୍ମିରିଦ୍ଵାରାପହଞ୍ଚିଥିଲାଏହି ।</p> <p>CHI DZAY YE SHE KYI ROL PAR CHHAR WA</p> <p>之者 那些嘒露巴差華</p> <p>Whatever you do arises as the play of</p> <p>Pristine Awareness 任運顯現本智力，</p>
--	--	--

 <p>မြတ်သန နှင့် ပညာ အောင်</p>	<p>မြတ်သန နှင့် ပညာ အောင်</p> <p>KHYAB DAK GYAL WANG KARMA PA CHHEN PO 級 特 佼 汪 噶 瑪 巴 青 襄 Pervading Lord, Victorious Powerful Great Karmapa, 遍處法王噶瑪巴，</p>	<p>မြတ်သန နှင့် ပညာ အောင်</p> <p>SANG GYE KYI NYING PO LA MAR NANG WA 生 既 嘰 玲 襄 喇 瑪 能 華 essence of Buddha, appearing as the Lama, 佛陀顯現上師相，</p>	<p>မြတ်သန နှင့် ပညာ အောင်</p> <p>SANG GYE JIN LAB KYI GYA TSHO KHYEN NO 生 既 薦 立 嘰 賈 操 虔 魯 潤 叮 嘰 碰 襄 呢 巴 觀 捨 Buddha, Ocean of Blessings, know me! 佛力如海賜加持，鑒知我！</p>	<p>မြတ်သန နှင့် ပညာ အောင်</p> <p>THUK JE'I WANG PO CHHOK GI TRUL KU 禿 制 汪 襄 速 嘰 遭 咕 power of compassion, supreme Nirmanakaya, 悲力無上應化身，</p>	<p>မြတ်သန နှင့် ပညာ အောင်</p> <p>JE TSUN DOR JE YANG CHEN KHYEN NO 者 遵 多 借 恩 鄭 虔 魯 Venerable Vajra Sarasvati, know me! 尊貴金剛妙音佛母，鑒知我！</p>	
--	---	---	--	---	---	--

<p>၆၁ ନମ୍ ଶକ୍ତି ଗାନ୍ଧୀ ଦୁନ୍ ମାର୍ ରାସା</p> <p>NAM ZHAK TEN GYI DUN MAY RAY SA</p> <p>南 剎 叻 段 咩 利 沙</p> <p>Source of hope for the attainment of the permanent goal, 大菩提成就根源，</p> <p>ଦ୍ରେନ ଦା ଡାଂ ଦ୍ରାଳ ଵ୍ୟ ପା ଖ୍ୟେନ ନୋ</p> <p>DREN DA DANG DRAL WAY GYÜ PA KHYEN NO</p> <p>井 打 等 找 喂 舉 巴 虔 他</p> <p>unrivalled lineage, know me!</p> <p>無比妙法勝傳承，鑒知我！</p>	<p>ଶ୍ରୀ ସତି ଦି ସନ୍ଦା ତି ଦୁନ୍ ଗା ନ୍ ମହୁନ୍ଦା</p> <p>KU ZHI'I DAK NYI DAK PO KA GYÜ</p> <p>咕 史 衣 特 列 特 襫 噶 舉</p> <p>Dakpo Kagyu, essence of the Four Kayas, 達波噶舉四身體，</p> <p>ଥା ମାଲ ଗା ତ୍ରୁଲ ପା ରଙ୍ଗ ଗାର ଝିକ ଟେ</p> <p>THA MAL GYI THRUL PA RANG GAR ZHIK TE</p> <p>他 貌 嘛 操 巴 宏 架 蝕 爹</p> <p>Dissolving ordinary delusion in its own ground, 消融虛幻自體性，</p>	<p>କାଲ ଦେନ ଗା ସେ ମା କୁନ୍ ଶ୍ରୀ ଶିଶ ଲୋପ ପା ।</p> <p>KAL DEN GYI SEM GYÜ JIN GYI LOB PA</p> <p>交 訂 嘛 閃 舉 蘭 嘛 錄 巴</p> <p>blessing the mind streams of fortunate beings, 有緣眾生意加持，</p> <p>ଚହୋ ଯିଙ୍ ଦ୍ରି ମେ କ୍ୟି ରଙ୍ଗ ଜୁକ ସାଲ ପା ।</p> <p>CHHÖ YING DRI ME KYI RANG ZUK SAL WA</p> <p>卓 應 只 咩 宏 淑 修 華</p> <p>your luminous form is the stainless expanse of Reality. 光明體性勝義諦，</p>
---	---	--

မြတ်ပန်းရှုံးမင်္ဂလာဒုသနှင့်မဏေပါ

THRIN LE KYI NGA DAK DÜ SUM KHYEN PA

千 哩 嘥 雅 特 奪 宋 虔 巴

Lord of Enlightened Activity, knower of the three times,
三世佛業遍行主(杜松虔巴),

နဲ့မန်နဲ့မန်နဲ့မန်

SEM CHEN DUL DZAY GYAL WAY WANG PO

閃 鄭 倒 者 佼 喂 汪 裳

taming sentient beings, power of the Victorious Ones!
調御眾生世尊力!

မန္တ်ပန်းရှုံးမင်္ဂလာဒုသနှင့်မဏေပါ

TSE WA CHHEN PO'I DAK NYI KHYEN NO

遮 華 青 杯 特 列 虔 魯

great Love itself, know me!
俱足大慈悲者，鑒知我！

နဲ့မန်နဲ့မန်နဲ့မန်

RAY SA TÖ SA DANG CHAY PA YIN PE NGÖ DRUB KYI JUNG KHUNG DAM PA KHYEN NO

利 沙 朵 沙 等 遮 巴 燕 啤 若 族 嘥 總 窮 膽 巴 虔 魯

[You are the] only source looked to for hope.
唯源成就眾生願，

နဲ့မန်နဲ့မန်နဲ့မန်

NYIK MAY DÜ DIR NA TSHOK TSHUL GYI

列 哟 奪 秩 那 速 操 嘥

In these degenerate times, through various means,
末法善巧方便行，

နဲ့မန်နဲ့မန်နဲ့မန်

NGÖ DRUB KYI JUNG KHUNG DAM PA KHYEN NO

Sacred source of real accomplishments, know me!

唯源成就大菩提，鑒知我！

၁၇။ ।**ହିନ୍ଦୁରୀମାତ୍ରାକାଳୀନାକାଳିକା**

JE GYAL WA THAM CHAY CHIK TU DÜ NAY 者 佼 華 探 遮 積 都 奪 呢

Unifying all the venerable Victorious Ones,
總攝如來勝尊力，

ୟାତ୍ରିକାରୀଙ୍କ ପଦବୀରେ ଏହାରେ ଆମିନ୍ଦ୍ରାଜାରୁ ପାଇଲାମା

DRIB NYI NYOK PA DANG DRAL WA KHYEN NO
接列玉巴等找華虔魯
free from the disturbance of the two obscurations,
know me! 助我遠離二障礙，鑒知我！

ଆପିଲୁକଣ୍ଠିକାରମହାଦେବରିକୁଶାତକ

KAL DEN MIN PAR DZE PAY NÜ CHEN
交 訂 面 巴 者 悲 持 鄭

With the ability to ripen fortunate beings,
俱足成熟因緣眾，

༄༅· གྱི་ རྒྱྱན· ພାଣ· ດକ୍ତି· ພାନ· ດଦ୍ଧରଣ· ດପାନା||

JE THRIN LE ZHI LA RANG WANG THOB NAY
者 千 哩 史 那 宏 汪 禿 呢
Venerable One, by mastering the Four Activities,
尊者御駕佛四行，

। ସନ୍ଦେଶ-ଶାରୀଷନ୍ଦେଶ-ଗ୍ରୂପ୍-ଫର୍ମିଂକର୍ଡ୍ ।

DAY WAR SHEK PA KAR MA PAY KAM TSHANG 爹 華 石 巴 噶 瑪 悲 甘 層

the Sugata [Gone to Bliss] Karmapa's Kamtsang [Lineage], 善逝噶瑪巴岡倉 [傳承] ,

ଫେରେନ୍ ଏହିତମୁକ୍ତ ଶ୍ରୀଶାନ୍କିଳ ପଦବୀରେ

YE SHE TAY TSAM GYI JIN LAB PHO WA
那些爹簪 嘟薦立鋪華
you confer blessing just by entrusting your
Pristine Awareness 僅示本智賜加持，

༄༅ ། ພ ར མ ག ད ຊ ຕ ດ ບ ຖ ສ ດ ປ ດ ທ ດ ຕ ດ ດ ດ

DRUB GYÜ CHIK DÜ DOR JE'I YANG CHEN
族 舉 積 奪 多 制 恩 鄭
Essence of the Accomplishment Lineage, Vajra
Sarasvati, 成就傳承之心髓、妙音佛母，

ଶ୍ରୀନାଥପତ୍ରକିଳୀପାତ୍ର

HE RU KA PAL NI YEN LAK DUN DEN
唏 露 伽 包 列 燕 勒 段 訂
glorious Heruka, endowed with seven branches,
俱德嘿嚕噶七莊嚴，

ପଦ୍ମପାତ୍ରକାଳୀନ

PAL DEN KAR MA PA CHHEN
包訂 噶瑪巴青
glorious Great Karmapa, know me!
俱德尊貴噶瑪巴，鑒知我！

ଶ୍ରୀମଦ୍ଭଗବତମାତ୍ରାନୁଷ୍ଠାନକୁମାରମାତ୍ରାନୁଷ୍ଠାନକୁ

GYAL WAY WANG PO SANG GYE DÜ PAY KU
佼 喂 汪 瓊 生 既 奪 悲 咕
Lord of the Victorious Ones, Embodiment of
all the Buddhas, 世尊諸佛陀化身，

ଶ୍ରୀରାଧାକୃତ୍ୟବ୍ରହ୍ମପୁରାଣା

○ DOR JE CHHANG CHHEN YON TEN GYAY DEN
多 借 層 靑 潤 叮 既 訂
Great Vajradhara, endowed with eight qualities,
金剛總持八功德，

༄༅· ཀྱེ· གྲྙ དྲ ར བ ན མ ན · ພ ཉ ཁ ཉ ཁ · ང ཉ ཁ ཉ ཁ · ང ཉ ཁ ཉ ཁ

JE GYAL WANG MI KYÖ DOR JE KHYEN NO
者 佼 汪 咪 鋸 多 借 虞 魯
Venerable Victorious Powerful Mikyo Dorje,
know me! 尊貴米覺多傑師，鑒知我！

၁၇။ ।**ଶ୍ରୀପାନ୍ତିଷାମଶ୍ଵରାମାଣିପାତ୍ର**

**GYAL WA CHIK DÜ KAR MA PA KHYEN NO
佼 華 積 奪 噶 瑪 巴 虔 魯**

Essence of the Victors, Karmapa, know me!
總攝諸如來心髓，噶瑪巴，鑒知我！

ସମ୍ବନ୍ଧରେ ପାଇଁ କିମ୍ବା ଏହାରେ କିମ୍ବା

THAM CHAY KHYEN PA KAR MA PA KHYEN NO
探 遮 虔 巴 噶 瑪 巴 虔 魯
Omniscient Karmapa, know me!
遍知噶瑪巴，鑒知我！

।।।

SANG GYE CHIK DÜ KAR MA PA KHYE
生既積奪噶瑪巴虔
Essence of the Buddhas, Karmapa, know me!
總攝諸佛陀心髓，噶瑪巴，鑒知我！

॥ आश्वाम् अस्ति कृष्ण ॥

KAR MA PA KHYEN NO
噶瑪巴虔魯
[Karmapa know me]!
噶瑪巴，鑒知我！

।**ସନ୍ଦର୍ଭରେ ଶାଶ୍ଵତ ପାତ୍ରଙ୍କିଳୀର ମହାକାଵ୍ୟାଳୁରେ ଏହାର ଅନ୍ତର୍ଗତ ପାତ୍ରଙ୍କିଳୀର ମହାକାଵ୍ୟାଳୁରେ ଏହାର ଅନ୍ତର୍ଗତ** ।

• DAY SHEK CHIK DÜ KAR MA PA KHYEN NO
爹 石 積 奪 噶 瑪 巴 虔 魯
Essence of the Sugatas, Karmapa, know me!
總攝諸善逝心髓，噶瑪巴，鑒知我！

| ཉི་ཤ་ཀྱ ད ན མ ད བ ཕ ད |

(Thus, recite this countless times)
盡量唸

စုနာ၏ ရှိသာ မန္တနာ မဖြေ၏

THUK JE CHIK DÜ KHYEN NO
禿 者 積 奪 虔 魯

Essence of compassion, know me!
總攝大悲，鑒知我！

စုနာ နှုန်း ရှိသာ မန္တနာ မဖြေ၏

SANG GYE CHIK DÜ KHYEN NO
生 既 積 奪 虔 魯

Essence of all the Buddhas, know me!
總攝佛陀，鑒知我！

အျော် အုန်း ရှိသာ မန္တနာ မဖြေ၏ ।

KUN DÜ CHHÖ JE KHYEN NO
觀 奪 卓 者 虔 魯

Essence of everything, Lord of Dharma, know me!
總攝諸法，法王，鑒知我！

မီ မန္တန် ဒုတိ ပု ရန် ပု ပု ဒု ပု နာ နှု

MI KYÖ DOR JE LA SOL WA DEB SO
咪 鋸 多 借 那 蘇 華 笛 蘇

I supplicate Mikyo Dorje [Karmapa VIII]!
米覺多傑「第八世噶瑪巴」我祈請！

ခြေ စု နာ နှု မှ ကြ ပု ရန် ပု ပု ဒု ပု နာ နှု

CHHÖ DRAK GYA TSHO LA SOL WA DEB SO DAK PO KA GYÜ LA SOL WA DEB SO
卓 摘 賈 操 那 蘇 華 笛 蘇 特 褒 噶 舉 那 蘇 華 笛 蘇

I supplicate Chodrak Gyatso [Karmapa VII]!
確札嘉措「第七世噶瑪巴」我祈請！

ဗု ရန် ပု ပု ဒု ပု နာ နှု မှ ကြ ပု ရန် ပု ပု ဒု ပု နာ နှု ।

I supplicate the Dakpo Kagyu!
達波噶舉我祈請！

॥৭॥ ଗାମ୍‌ଗାମ୍‌ହଦ୍‌ଘାନ୍‌ତ୍ସାପାଦିଷାଙ୍କ୍ଷା

KARMA KAM TSHANG LA SOL WA DEB SO
噶 瑪 甘 層 那 蘇 華 笛 蘇

I supplicate the Karma Kamtsang!
噶瑪岡倉我祈請！

ହେନ୍‌ତୁର୍‌ଗ୍ରେଦ୍‌ରାଜ୍‌ମୁଦ୍‌ର୍ମଣ୍‌ତ୍ୱିଣ

JE TSUN KHYE RANG TA BUR SHOK CHIK
者 遵 劇 宏 哟 布 宿 積

May I be like you, Venerable One!
願我如尊者如來！

କ୍ଷେତ୍ର୍‌ଗ୍ରେଦ୍‌ରାଜ୍‌ମୁଦ୍‌ର୍ମଣ୍‌ତ୍ୱିଣ ।

CHHÖ JE KHYE RANG TA BUR SHOK CHIK
卓 者 劇 宏 哟 布 宿 積

May I be like you, Lord of Dharma!
願我如尊者法王！

ଲାମାଗ୍ରେଦ୍‌ରାଜ୍‌ମୁଦ୍‌ର୍ମଣ୍‌ତ୍ୱିଣ

LA MA KHYE RANG TA BUR SHOK CHIK
喇 嘛 劇 宏 哟 布 宿 積

May I be like you, Lama!
願我如尊者上師！

ଦ୍ରୋଗନ୍‌ଗ୍ରେଦ୍‌ରାଜ୍‌ମୁଦ୍‌ର୍ମଣ୍‌ତ୍ୱିଣ

DRO GON KHYE RANG TA BUR SHOK CHIK
造 貢 劇 宏 哟 布 宿 積

May I be like you, protector of beings!
願我如尊者怙主！

ଫାଚିକ୍‌ଥାମ୍‌ଚାଯ୍‌କହ୍‌ଯେନ୍‌ପା

PHA CHIK THAM CHAY KHYEN PA
耙 積 探 遮 虛 巴

Only Father, Omniscient One,
唯父世尊正遍知，

၃၁၁

သင်္ကနာရီ

SANG GYE NYEN PA DRUB THOB

生既年巴族禿

Accomplished One [Siddha] Sangye Nyenpa,
成就者桑傑年巴，

၃၁၂

သင်္ကနာရီ

SOL WA NGA YI MI DEB NA SU YI DEB

蘇華雅意味笛那素意笛

If I do not supplicate you, who will supplicate you?
我若不祈請，誰向師祈請？

၃၁၃

သင်္ကနာရီ

GYAL WANG MI KYÖ DOR JE

佼汪咪鋸多借

Victorious Powerful Mikyo Dorje,
俱德力米覺多傑，

၃၁၄

သင်္ကနာရီ

THUK JE KHYÖ KYI MI ZIK NA SU YI ZIK

禿者卻幾意味笛那素意笛

If you do not look on me with kindness, who will?
師若不慈悲，猶誰施慈悲？

၁၇။ ရန်ပုဂ္ဂနိုင်ရာနှင့်မြိုက်နည်ရာနှင့်

SOL WA DEB SO JIN GYI LOB SHIK 蘇 華 笛 蘇 薦 暇 錄 息

I supplicate you, please grant your blessings!
祈願賜我勝加持！

ଶୁଣାପଦରେଷ୍ଟିଶାଶତିଶାକ୍ଷଣ୍ଠୁଷତଶାପଦି।

LHAK PAR RAY TÖ CHIK CHHOK TU CHAY PAY
勒 巴 利 朵 積 速 都 遮 悲
particularly [this one] who looks to you as the only hope,
群生唯願念尊者，

ଶ୍ରୀମଦ୍ଭଗବତ

CHIR DU SEM CHEN THAM CHAY
之 杜 閃 鄭 探 遮

Generally, all sentient beings,
六道輪迴諸眾生，

藏文大藏经

LO TAY GYUR PA ME PA
魯 爹 住 巴 咩 巴
with unchanging trust,
不 變 恆 堅 信 念 力，

ଶ୍ରୀନୃତୀଶ୍ଵରମଣି·ଶ୍ରୀବିଜ୍ଞାନ

GÖ SU NYIK MAY DUL JA
鋸素列咩倒乍

Especially disciples in these bad times,
猶以學子五濁時，

ଶ୍ରୀକୃତିବନ୍ଦନାମୁଦ୍ରଣକାରୀ

CHHAK GYA CHHEN PO'I NGÖ DRUB TSOL CHIK
惻 賈 靑 杯 若 族 遭 積
please grant the real accomplishment of Mahamudra!
祈賜成就大手印！

ସମ୍ବନ୍ଧିତ ପରିଚୟ

JIN LAB KHYÖ LA ME NA SU LA YÖ 薦立卻喇咩那素那約

If you have no blessing, who has?
師若不加持，誰俱加持力？

ଶ୍ରୀକୃତ୍ୟିଷମିଶ୍ରବ୍ୟାକୁପ୍ରିୟିଷମିଶ୍ରବ୍ୟା।

KU DRIN NGA YI MI ZHAL NA SU YI ZHAL 咕 展 雅 意 咪 稍 那 素 意 稍

If I do not repay your kindness, who will repay?
我若不酬答，誰報師恩德？

ଶ୍ରୀମଦ୍ଭଗବତ

JAM PE DAK LA MI KYONG NA SU LA KYONG 枕 哒 特 那 咪 恭 那 素 那 恭

If you do not protect me with love, whom will you protect?
師若不護佑，猶誰師護佑？

ସନ୍ତୁଷ୍ଟିରେ ପ୍ରତିକାଳୀନ ଶବ୍ଦମାଲା

DUL JA KHYÖ KYI MI DUL NA SU YI DUL

倒乍卻嚟咪倒那素意倒

If you do not tame this disciple, who will tame me?
師若不調伏，猶誰施教化？

၁၇၁ । သနားနားနားမီးနားနား

LE NGEN NGA JE LA MI RE NA SU LA RE

哩 風 雅 者 那 咪 利 那 素 那 利

If this evil one doesn't place my hope in you, Venerable One,
in whom will I hope? 劣子不依師，猶誰可期盼?

နားရှိရားနားနှုန်းမှု

DAK GI TEN DUN KYE WA KUN GYI KYEL MA

特 嘟 叻 段 既 華 觀 嘟 既 瑪

Throughout all my births, you are my dependable goal!
唯 師 生 世 為 依 怨!

ညွှန်းနားတန်ဖြင့်နားမီးနှုန်းနား

THU TOB CHEN KHYÖ DAK MI KYOB NA SU LA KYOB

滔 脅 鄭 却 特 咪 却 那 素 那 却

If you, great powerful one, do not protect me, who will protect me?
師 若 不 護 佑，猶 誰 施 加 被？

ဒေါ်ဆုံးနားခြင်းမှု

THE TSHOM TSAY NAY ZAY PAY TEN NOR

踢 充 遮 呢 捨 悲 叻 挪

Permanent wealth, you exhaust all doubts.
如意 實 除 我 困 惑，

သုတေသနများ
နှင့်

LO TAY LING KYUR THUB PAY GON PO

魯 爹 玲 咕 禿 悲 貢 襄

Protector to whom I can completely surrender my trust,
全賴怙主為依皈，

ယံနာရာသနများ
နှင့်

YON TEN ZHAL BAR MI NÜ PAY GYA TSHO

潤 叮 稍 把 咪 持 悲 賈 操

Ocean of immeasurable qualities,
功德無量如深海，

ရိုးမန္ဒာနီများ
နှင့်

SI TSHO TEN KYEM SU NE PAY SANG GYE

司 操 叮 錦 素 呢 悲 生 既

Buddha who permanently dries up the ocean of existence,
拔眾苦至輪迴盡，

မရန်မန္ဒာနီများ
နှင့်

KHA NYAM SEM CHEN THAM CHAY KYI MA CHIK

卡 音 閃 鄭 探 遮 嘟 瑪 積

One Mother of all sentient beings [whose numbers] equal space,
等虛空眾之唯母，

<p>၇၁ ସ୍ଵର୍ଗାହେଶ୍ଵରାଶପେଦାଧିଶତିଶକେ</p> <p>THUK JE TUK PA ME PAY TER CHHEN 禿者督巴咩悲爹青 inexhaustible great treasure of compassion, 無量大慈悲寶庫，</p> <p>ନ୍ଦନାଶୁଷନ୍ଦନମିଶ୍ଵପନମଶ୍ଵପ</p> <p>NGÖ DRUB DEN SANG MI TSOL NA NAM TSOL 若族頂生咪遭那南遭 If you don't grant real accomplishments nowadays, when will you grant them? 現不賜成就，還待可時賜?</p>	<p>ଶ୍ଵର୍ଗାଶୁଷନ୍ଦନମିଶ୍ଵପନମଶ୍ଵପ</p> <p>NYIK DÜ DRO WA MI GONG NA SU GONG 列奪造華咪貢那素貢 if you don't think of the beings of these degenerate times, whom will you think of? 師不想濁眾，猶誰師眷想?</p> <p>ଶ୍ଵର୍ଗାଯିଦାଶତିଶାନ୍ଦନଶ୍ଵଦାୟ</p> <p>THUK YI CHIK DRE SU THONG LA 禿意積借素通那 Merge your mind with mine. 圓融師我心無異，</p>	<p>ସକେଷନ୍ଦପଲମିଶ୍ଵପନମଶ୍ଵପ</p> <p>TSAY WE DA TA MI KYONG NA NAM KYONG 遮喂打叻咪恭那南恭 If you don't protect with love right now, when will you protect us? 此際不護佑，還待可時施?</p> <p>ମ୍ରଦ୍ଗଶ୍ଵପନମନ୍ଦନମିଶ୍ଵପ</p> <p>THRUL DROL DÜ PA SHIK DANG 操造奪巴息等 Untie the knot of delusion and liberation. 助解幻脫之困惑，</p>
---	---	---

မနတ္တနာန္တနာန္တနာန

KHA KHYAB MIK GYU'I DRO WA
卡 級 覓 估 衣 造 華

Please, right now, permanently liberate all illusory beings that pervade space!
如幻眾生遍虛空

၅'ည့်စုစုပ္ပန္တနာ

DA TA TEN DROL DU DZÖ CHIK
打 呻 叮 造 杜 著 積

祈請此際助解脫！

သာမာနာ

LA MA DAM PA
喇 嘛 膽 巴

Holy Lama!
至聖上師寶！

မနတ္တနာန္တနာန္တနာန

THA ME SEM CHEN LA ZIK DANG
他 品 閃 鄭 那 蝕 等

Look on limitless sentient beings, and
垂視無量眾生苦，

ရန်နာနာနာနာနာ

SOL WA DEB PO LA KYOB DANG
蘇 華 笛 窶 那 却 等

protect those who supplicate you!
祈願護佑祈請眾，

ခါးမြတ်စုစုပ္ပန္တနာ

MI ZAY DUNG WAY DÜ DIR
咪 捨 董 喂 奪 秩

[In] this time of unbearable suffering,
苦惱逼迫境現前，

ဒီဗုံးနာနာ

CHI JA TSHANG LAK KAB NA
之 乍 層 勒 甲 那

we don't know what to do when our homes are destroyed
未知居所何時毀，

ပုဂ္ဂန္တနာနာနာနာ

	၁၆။ ဖြော့နားနိုင်သူများနှင့် ပြည့်စုံနေ့တွင် အမြတ်ဆင့် မြတ်ဆုံးရန် NYA NGEN JIK NGANG KYI DÜ SU ZIK SHIK 那 顏 值 暈 機 奪 素 蝏 息 Please look on us in this time of frightful anguish! 垂顧恐懼苦惱眾。	ဆု. မာရီရှိခဲ့ခါ။ LA MA RIN PO CHHE 喇嘛寧波車 Precious Lama, 尊貴上師寶，	နှော့နားနိုင်သူများနှင့် ပြည့်စုံနေ့တွင် အမြတ်ဆင့် မြတ်ဆုံးရန် DON GYI GYÜ PA CHEN 頓機舉巴鄭 Holder of the Meaningful Lineage, 殊勝傳承力，	ပြည့်စုံနားနိုင်သူများနှင့် ပြည့်စုံနေ့တွင် အမြတ်ဆင့် မြတ်ဆုံးရန် JIN LAB KYI PHO WA KHEN 薦立機鋪華虔 skilled in conferring blessings, 善巧賜加持，	Hunzhi (The Four Session Guru Yage) 四座上師相應法
	နှော့နားနိုင်သူများနှင့် ပြည့်စုံနေ့တွင် အမြတ်ဆင့် မြတ်ဆုံးရန် TOK PAY DENG TSHAY CHEN 督悲頂車 鄭 possessing complete confidence of realization, 自信證悟力，	မင်္ဂလာ့နားနှင့် ပြည့်စုံနေ့တွင် အမြတ်ဆင့် မြတ်ဆုံးရန် NGON SHE CHEN DANG DEN PA 甕些鄭等訂巴 endowed with the Eye of higher perception, 天眼覺知力，	နှော့နားနိုင်သူများနှင့် ပြည့်စုံနေ့တွင် အမြတ်ဆင့် မြတ်ဆုံးရန် DZU THRUL KÖ PA TEN TE 早操鋸巴叮爹 You manifest miracles! 化現顯神通！	နှော့နားနိုင်သူများနှင့် ပြည့်စုံနေ့တွင် အမြတ်ဆင့် မြတ်ဆုံးရန် ZÖ ME KA DRIN TSOL WA 削咩伽展遭華 You bestow unbearable kindness. 垂賜大慈悲，	G37

ဆန်းနှုန်းပရာမန်နှုန်းပရာ

SANG GYE LAK CHANG SU TÖ PA
生 既 勒 曾 素 朵 巴
You place Buddha in the palm of my hand!
置佛我掌中！

ဆီမသံနှုန်းပရာမန်းတဲ့

THA MAL NANG WA GYUR TE
他 貌 能 華 住 爹
Transforming ordinary appearances,
轉化諸世相

၅ားမ်းနှုန်းပရာမန်းတဲ့

DAK PA RAB JAM TON PA
特 巴 立 枕 敦 巴
you show their universal purity.
顯現清淨剎，

ဗုဒ္ဓနားရီးရီးနှုန်းပရာ

PHAK PA JIK TEN WANG CHHUK
柏 巴 值 叻 汪 速
Noble Lord of the World,
世尊娑婆主，

နှုန်းနှုန်းပရာမန်းတဲ့

NYING KHUNG RU PAY TING NE
玲 窮 呂 悲 丁 呢
from the very bones of my heart,
於我心深處，

ရောဂါရာနှုန်းပရာမန်းတဲ့

CHIG THUB SOL WA DEB SO
積 禿 蘇 華 笛 蘇
I supplicate as my only thought!
一意作祈請！

ရွှေရာနှုန်းပရာမန်းတဲ့

THUG JE DZIN PAR ZHU DANG
禿 者 展 巴 淑 等
Please hold me with your compassion,
慈悲牽愛兒，

နှုန်းနှုန်းပရာမန်းတဲ့

NGÖ DRUB KYI TSHEN KHA CHEN
若 族 氣 青 卡 鄭
you with the power of real
accomplishment! 受持成就力！

四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法
四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法
四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法
四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法	四 座 上 師 相 應 法

ဓမ္မနာရီ
သနာရီ

ZHAY NAY DRO WA KUN GYI
捨 呢 造 華 觀 橐

Having accepted, Lama who is the permanent refuge of all animate beings,
上師納受已，

ဓမ္မနာရီ
သနာရီ

TEN KYAB THUB PAY LA MA
叮 甲 禿 悲 喇 嘛

有情皈依師，

ဋီရိနှင့်နတ္ထူး

JE TSUN KHYE RANG TA BUR
者 遵 劇 宏 呃 布

Venerable One, please bless me from your heart to be just like you!
師力勝加持，

ရှင်နာရီ
သနာရီ

NYING NE JIN GYI LOB SHIK
玲 呢 蘭 橐 錄 息

成就如上師！

၁၇။ དཔལ་ན්ୟෙ བාම དාම පාල සොල වා දේබ සො

PAL DEN LA MA DAM PA LA SOL WA DEB SO
包 訂 嘛 膽 巴 那 蘇 華 笛 蘇
I supplicate the Noble Holy Lama!
誠 敬 祈 請 聖 上 師 !

ତେ ଶନୁଦ କନ୍ଦ ମର ରହିଦ ସର ସ୍ଵିର ଶ୍ରୀଶ ହେବଶ ମିଶ

CHI SUNG TSHAY MAR DZIN PAR JIN GYI LOB SHIK
之 鬆 車 瑪 展 巴 蘭 暈 錄 息
Please bless me to believe whatever you say as authoritative!
無 疑 汝 語 勝 威 力 !

ତେ ମରଦ ସେଶ ମର ମହିଦ ସର ସ୍ଵିର ଶ୍ରୀଶ ହେବଶ ମିଶ

CHI DZAY LEK PAR THONG WAR JIN GYI LOB SHIK
之 者 力 巴 通 華 蘭 暈 錄 息
Please bless me to perceive whatever you do as excellent!
加 持 至 善 隨 師 想 !

ଶ୍ରୀଶ ପିନ ଶତିଶ କୁ ରହି ସର ସ୍ଵିର ଶ୍ରୀଶ ହେବଶ ମିଶ

THUK YI CHIK TU DRE WAR JIN GYI LOB SHIK
禿 意 積 都 者 華 蘭 暈 錄 息
Please bless me that your mind and mine may merge as one!
師 我 兩 心 合 為 一 !

KYE WA NE KYE WA TSHE RAB NE TSHE RAB THAM CHAY DU PAL DEN LA MA DAM PA GYE PAY JA WA DANG MI DRAL WAR JIN GYI LOB SHIK
既華呢既華車立呢車立探遮杜包訂喇嘛膽巴既悲乍華等咪找華薦幾錄息

Please bless me that, in this life and throughout all my future lives, I may never separate from actions that please the Noble Holy Lama! Please bless me that all non-virtuous actions never arise!

加持此世至未來！ 不離正道取悅師！ 加持我永棄惡行！

ମୀ'ଦୁର୍ବ୍ଲବ୍ଧି'ପଦି'ପ୍ରା'ପା'କମଣ୍ଡା'ପା'ସମଣ୍ଡା'କଦ'କୁ'ମୀ'ଦୁର୍ବ୍ଲବ୍ଧି'ପା'ପିକ'ଶ୍ରୀଶ'ହେଲା'ନିଶ୍ଚ

MI GYE PAY JA WA NAM PA THAM CHAY DU MI JUNG WAR JIN GYI LOB SHIK
咪既悲乍華南巴探遮杜咪總華薦嘅錄息

Please grant the blessing that, in this life and throughout all my future lives, 加持此世至未來！

၆၅ | ଶ୍ରୀ ସନ୍ତାନୁ ବକେ ସନ୍ତାନୁ କେ ସନ୍ତାନୁ ସମନ୍ତାନୁ ତନ୍ଦ ନୁ ଶ୍ରୀ ଶନ୍ତାନୁ ମା ଯା ସନ୍ତାନୁ କେ ଶ୍ରୀ ସନ୍ତାନୁ ପାଇ ଶ୍ରୀ ସନ୍ତାନୁ

KYE WA NE KYE WA TSHE RAB NE TSHE RAB THAM CHAY DU LO TAY LA MA LA CHAY NAY CHHÖ ZHIN GYI KA TSAL GANG
既 華 呢 既 華 車 立 呢 車 立 探 遮 杜 魯 爹 嘥 嘉 那 遮 呢 卓 洗 嘘 伽 周 梗

ଶନ୍ତାନୁ ପାଇ ଶ୍ରୀ ସନ୍ତାନୁ ପାଇ ଶ୍ରୀ ସନ୍ତାନୁ ପାଇ

NANG WA DE LAK THOK TU LEN NÜ PAR JIN GYI LOB SHIK
能 華 爹 勒 兮 都 領 持 巴 薦 嘘 錄 息

I may trust in the Lama and accomplish whatever is commanded in accord with the Dharma! Please bless me that I may cut the cord of obtaining food and clothing,
遵 師 訓 行 正 法!
於 諸 衣 食 無 繫 念!

မြို့ရေးရှိနှင့်ပန္တနှင့်ကျော်ဆူးခဲ့သောနေ့နှင့်မြို့ရေးရှိနှင့်

TO GÖ KYI NGO SUNG DANG CHHÖ GYAY KYI DREL THAK CHHÖ PAR JIN GYI LOB SHIK
 都鋸嘒邀鬆等 卓既嘒趙撻卓巴薦嘒錄息
 and protecting this corpse, through the Eight Worldly Dharmas!
 護我命離世八法!

ငါနာမ်နှင့်မြို့ရေးရှိနှင့်

NGE PAR CHHI WA NYING NE DREN PA DANG
 敖巴次華玲呢井巴等
 Remembering the certainty of death from my heart,
 命終死臨心常念，

မြို့ရေးရှိနှင့်မြို့ရေးရှိနှင့်

MÖ GÜ NAL MA GYÜ LA KYE WA NE
 磨鋸撓瑪舉那既華呢
 giving rise to natural devotion and reverence,
 虔誠禮敬自然生，

နှင့်မြို့ရေးရှိနှင့်မြို့ရေးရှိနှင့်

NYING LA RÜ PA DUM BU RAY YÖ PAR JIN GYI LOB SHIK
 玲那呂巴董布利約巴薦嘒錄息
 Please bless me that I may have each aspect sincerely [from
 the bones of my heart]! 至誠審察深心處！

မြို့ရေးရှိနှင့်မြို့ရေးရှိနှင့်

ZHEN LOK THA RU CHHIN PAY NGE JUNG GI
 醒錄他露千悲欸總嘒
 generating the certainty of transcendent detachment,
 斷離諸染世欲樂，

၆၁ ଶି'ଷ୍ଟନ୍ଦନାର'ପଦ'ଶ୍ରୀ'ଶ୍ଵର'ମନ୍ତ୍ରାଙ୍କଣ'ତେ
MI KYÖ GA WAY JIN LAB JUK GYUR CHIK
咪鋸架喂薦立族住 積
may I enter into the blessing of unwavering joy!
加持證悟常大樂！

ଶନ୍ତନ୍ତ୍ରମନ୍ତ୍ର'ବେଶ'ଶ୍ରୀ'ଶ୍ଵର'ମନ୍ତ୍ରୀ
SANG NGAK DOR JE THEK PA LA ME KYI
生 頓 多 借 踏 巴 喇 咪 槛
[May I accomplish] the unsurpassable Secret
Mantra Vajrayana's 成就無上密咒乘，

ଶି'ଷ୍ଟନ୍ଦନାର'ପଦ'ଶ୍ରୀ'ଶ୍ଵର'ମନ୍ତ୍ରାଙ୍କଣ'ତେ
KYE WA KUN TU PAL DEN KAR MA PA
既 華 觀 都 包 訂 噶 瑪 巴
Throughout all my births, relying on
Glorious Karmapa 生世依怙噶瑪巴，

ଶନ୍ତନ୍ରମନ୍ତ୍ର'ବେଶ'ଶ୍ରୀ'ଶ୍ଵର'ମନ୍ତ୍ରୀ
KYE DZOK LAM GYI ZUNG JUK KU DRUB SHOK
既 族 林 槛 聳 族 咯 族 宿
Body of Unity of the Paths of Creation
and Fulfillment! 圓融生圓二次第！

ଶି'ଷ୍ଟନ୍ଦନାର'ପଦ'ଶ୍ରୀ'ଶ୍ଵର'ମନ୍ତ୍ରାଙ୍କଣ'ତେ
MI KYÖ DOR JE LA MAR TEN JE NE
咪 鋸 多 借 喉 瑪 叻 者 呢
Mikyo Dorje as my Lama,
米覺多傑為我師，

ଶି'ଷ୍ଟନ୍ଦନାର'ପଦ'ଶ୍ରୀ'ଶ୍ଵର'ମନ୍ତ୍ରୀ
KYE WA KUN TU YONG DZIN DAM PA CHHOK
既 華 觀 都 勇 展 膽 巴 速
Throughout all my births, [may] the Supreme
Holy Master, 生世尊貴聖上師，

༄༅· ཀྱା· གྲྷ· ཁྱା· ཁྱା· ཁྱା· ཁྱା· ཁྱା· ཁྱା· ཁྱା· ཁྱା·

ZHA NAK CHÖ PEN DZIN PA KHO NA DANG

灑勒著片展巴高
only holder of the Black Hat Crown, and
黑寶冠系傳承者，

ସମ୍ବନ୍ଧିତ ପରମାଣୁ ଏବଂ କ୍ଷେତ୍ରକୁ ଆଶୀର୍ବାଦ କରିଛନ୍ତି।

LAM GYI NYING PO MÖ GÜ CHHAK
林 嘰 玲 襄 磨 舉 懈
The essence of the Path is the Mahamudra
of devotion. 虛敬大印道心髓，

༄༅·ནས·ສྒྲུදྱ·དཔལ·བླྷ དର୍ଦྷ·ସାଙ୍କେ|

YI DAM NYING PO PAL DEN DE WA CHHE

the Yidam, essence of glorious great bliss,
俱德大樂本尊體，

।ବୈକ୍-ବୈଶା-ହିନ୍ଦୁ-ଦ୍ୱାରା-ପାତା-ଲୁକ୍-ଫାଇ-ମନ୍ଦି-ଙ୍ଗୁ।

The essence of detachment is the glorious
Lama's Body. 離執上師身心體，

འཇམ་དཔེ་ན්ୟෝග མාධ්‍ය ແລ෉ວ ສුදු ອව්ච්ච ຕී

KHOR LO DOM PE JE SU DZIN GYUR CHIK

確 魯 董 啤 者 素 展 住 積

Chakrasamvara, hold me in your care!

勝樂金剛護佑我!

ZUNG JUK DOR JE CHHANG GI GO PHANG NYI 聳 族 多 僧 層 嘯 稿 澄 列

The non-duality [of these two] is the state of Vairadhabha 金剛總持無二元，

༄ | ཁྱེ. རྩྡླ. རྒྱତྰ. ພ. ສୁନ୍ଦରି. ଶାର୍ଦ୍ଦା. କୁମାରୀ.

NAL JOR DEN MA DRUB THOB SANG GYE JE'I
撓佐訂瑪族禿生既者

[So that the state of] the Accomplished Yogi Denma, Lord of Buddhas,
世尊登瑪瑜伽士，

ସ୍ମୃତିରେ କଥା ନାହିଁ ଏହା କଥା ନାହିଁ ଏହା

DRUB CHHIR DAK SOK SEM CHEN THAM CHAY KYI 族 次 特 宿 閃 鄭 探 遮 嘟

[I dedicate] my own and all sentient beings'
迴向我等虛空眾，

॥**ଶ୍ରୀରାଧାରଦେବିଶାଶ୍ଵରାତ୍ମକମଣ୍ଡଳାଶ୍ରୀ**॥

GO PHANG DE LAK SEM CHEN THAM CHAY KYI 稿 澎 爹 勒 閃 鄭 探 遮 當

[May be] easily [accomplished] by sentient beings,
祈願加持勝成就，

। དྲ୍ଶ୍ୟମଣିରୁଦ୍ଧିତିକୁ ପାଞ୍ଚମୀ ।

GE TSHOK BAY PA DE YI CHHIR DU NGO 既速啤巴爹意次杜邀

collection of virtue diligently for that purpose!
勤修功德解脫道！

ပုသ္မာနတနာနူးမန္တရာယာနှုန်း၏

PAL DEN SANG GYE NYEN PA YAB SE DANG

包 訂 生 既 年 巴 入 些 等

[May] Glorious Sangye Nyenpa, Father and Sons, and
桑傑年巴父與子，

ဆန္တနာနူးမာရာနတနာနူးမာရာနတနာနူးမာရာ၏

NYAM ME DAK PO KA GYÜ LA SOL WA DEB SO

音 哒 特 褒 噶 舉 那 蘇 華 笛 蘇

I supplicate the unequalled Dakpo Kagyu!

無比達波噶舉我祈請！

အဲ့နှေ့နှေ့နာနူးမာရာနတနာနူးမာရာ၏

KYE DANG TSHE RAB KUN TU MI DRAL SHOK

既 等 車 立 觀 都 咪 找 宿

။။ be inseparable throughout all my births!
生世合一不分離！

၁၇။ ଶ୍ରୀମହକ୍ଷେତ୍ରଗୁଣାଶ୍ରମାମନ୍ତ୍ରପଥଶାସ୍ତ୍ରପାଦାଧିଷ୍ଠାତାଙ୍କୁ ।

MI CHHOK DÜ SUM KHYEN PA LA SOL WA DEB SO
咪速 奪 宋 虔 巴 那 蘇 華 笛 蘇

I supplicate Dusum Khyenpa [Karmapa I], supreme among men!
世尊杜松虔巴「第一世噶瑪巴」我祈請！

ଶ୍ରୀମହକ୍ଷେତ୍ରଗୁଣାଶ୍ରମାମନ୍ତ୍ରପଥଶାସ୍ତ୍ରପାଦାଧିଷ୍ଠାତାଙ୍କୁ ।

THUK JE CHEN RANG JUNG KUN KHYEN LA SOL WA DEB SO
禿者 鄭 宏 總 觀 虔 那 蘇 華 笛 蘇

I supplicate Great Compassion, the omniscient Rangjung [Karmapa III]!
大悲遍知讓炯多傑「第三世噶瑪巴」我祈請！

ଶ୍ରୀମହକ୍ଷେତ୍ରଗୁଣାଶ୍ରମାମନ୍ତ୍ରପଥଶାସ୍ତ୍ରପାଦାଧିଷ୍ଠାତାଙ୍କୁ ।

DRUB GYÜ KAR MA KAM TSHANG LA SOL WA DEB SO
族 舉 噶 瑪 甘 層 那 蘇 華 笛 蘇

I supplicate the Karma Kamtsang, the Accomplishment Lineage!
噶瑪巴岡倉成就傳承我祈請！

ଶ୍ରୀମହକ୍ଷେତ୍ରଗୁଣାଶ୍ରମାମନ୍ତ୍ରପଥଶାସ୍ତ୍ରପାଦାଧିଷ୍ଠାତାଙ୍କୁ ।

NÜ PA CHEN SANG GYE NYEN PA LA SOL WA DEB SO
將 巴 鄭 生 既 年 巴 那 蘇 華 笛 蘇

I supplicate the powerful Sangye Nyenpa!
俱德桑傑年巴我祈請！

JIN LAB CHEN GA WAY YANG CHEN LA SOL WA DEB SO

薦立鄭架喂恩鄭那蘇華笛蘇

I supplicate the blessed Gaway Yangchen!

加畏揚千尊者我祈請！

॥ହିଁମକୁଳହିଁମହିମାକରିଷ୍ଣାମହିମାଶ୍ଵରିଷ୍ଣା ॥

JE TSUN DOR JE YANG CHEN LA SOL WA DEB SO

者遵多借恩鄭那蘇華笛蘇

I supplicate Venerable Dorje Yangchen!

尊貴多傑揚千我祈請！

༄༅ ། མ ད ས མ ད ས མ ད ས མ ད ས མ ད ས མ ད ས མ ད ས མ ད ས མ ད ས མ ད ས

TSHÜNG ME DOR JE GA WA LA SOL WA DEB SO

充咩多借架華那蘇華笛蘇

I supplicate the incomparable Dorje Gawa!

無比多傑加華我祈請！

DA ME YANG CHEN ZANG PO LA SOL WA DEB SO

打咩恩 鄭 省 褒 那 蘇 華 笛 蘇

I supplicate the peerless Yangchen Zangpo!

卓越揚千桑布我祈請！

၆၇ । ଯଶ୍ରମେଦମୀମକ୍ଷଦ୍ସତ୍ୟଗନ୍ଧବନ୍ଦବନ୍ଦା

DREN ME MI KYÖ ZANG PO LA SOL WA DEB SO
鄭 咪 咪 鋸 省 襄 那 蘇 華 笛 蘇

I supplicate the unrivalled Mikyo Zangpo!
至上米覺桑布我祈請！

ଶ୍ରମେଦମୀମକ୍ଷଦ୍ସତ୍ୟଗନ୍ଧବନ୍ଦବନ୍ଦା

THUK JE TSHUNG ME LA SOL WA DEB SO
禿 者 充 咪 那 蘇 華 笛 蘇

I supplicate Unrivalled Compassion!
無比大悲我祈請！

। ଯଶ୍ରମେଦମୀମକ୍ଷଦ୍ସତ୍ୟଗନ୍ଧବନ୍ଦବନ୍ଦା ।

KHYEN RAB TSHUNG ME LA SOL WA DEB SO
虔 立 充 咪 那 蘇 華 笛 蘇

I supplicate Unrivalled Wisdom!
無上智我祈請！

। ଶ୍ରମେଦମୀମକ୍ଷଦ୍ସତ୍ୟଗନ୍ଧବନ୍ଦବନ୍ଦା ।

NÜ PA TSHUNG ME LA SOL WA DEB SO
將 巴 充 咪 那 蘇 華 笛 蘇

I supplicate Unrivalled Power!
無比力德我祈請！

၃၁။ သန္တုန္တ၏ အခြေခံ များ ပြုသူ၏ အိန္ဒိယ

CHHI WA NYING NE ZER WAR JIN GYI LOB SHIK

次 華 玲 呢 捨 華 蘭 暈 錄 息

Grant the blessing that [the thought of] death pierces my heart!
加持念死透我心！

၆၅။ ကျော်လှုပ်၏ အခြေခံ များ ပြုသူ၏ အိန္ဒိယ

CHI KYANG GÖ ME TOK PAR JIN GYI LOB SHIK

次 耕 鋸 咩 誓 巴 蘭 暈 錄 息

Grant the blessing of the realization of the futility of everything!
認知世法無實義！

၂၇။ ပါန္တုန္တ၏ အခြေခံ များ ပြုသူ၏ အိန္ဒိယ

ZHEN PA TING NAY LOK PAR JIN GYI LOB SHIK

醒 巴 丁 呢 錄 巴 蘭 暈 錄 息

Grant the blessing that attachment is turned around in [my] depths!
轉化我執細微處！

၂၈။ မီဘ၏ အခြေခံ များ ပြုသူ၏ အိန္ဒိယ

MI TAK NGAY SHE KYE WAR JIN GYI LOB SHIK

咪 德 欸 些 既 華 蘭 暈 錄 息

Grant the blessing of the certainty of impermanence!
加持認知無常法！

၁၇။ ତ୍ରିଦ୍ୱିଷତିଶ୍ରୀଶଶାଳ୍ପତ୍ରାଧିକାରୀଶଶାଳ୍ପତ୍ରାଧିକାରୀ

NYE RING ME PAY THUK JE CHEN LA SOL WA DEB SO
呢 詠 哒 悲 烈 者 鄭 那 蘇 華 笛 蘇
I supplicate those whose compassion is unbiased!
[has no near and far]! 無緣大悲我祈請!

ଶ୍ରୀମ୍ଦପଦିଶ୍ଵରପ୍ରକାଶତତାଧିକାରୀଶଶାଳ୍ପତ୍ରାଧିକାରୀ

NGA CHHI ME PAY JIN LAB CHEN LA SOL WA DEB SO
雅 次 哒 悲 蘭 立 鄭 那 蘇 華 笛 蘇
I supplicate those whose blessing is timely [has no early or late]!
順時加持我祈請!

ଶ୍ରୀମ୍ଦପଦିଶ୍ଵରପଡ଼ିଶ୍ଵରପ୍ରକାଶତତାଧିକାରୀଶଶାଳ୍ପତ୍ରାଧିକାରୀ ।

CHHOK LUNG ME PAY THRIN LE CHEN LA SOL WA DEB SO
速 弄 哒 悲 千 哩 鄭 那 蘇 華 笛 蘇
I supplicate Enlightened Activity that is impartial [does not fall to any direction]!
佛業平等我祈請!

ପରିଷଦଶଶାଳ୍ପତ୍ରାଧିକାରୀଶଶାଳ୍ପତ୍ରାଧିକାରୀ

THONG THÖ DON DEN GYI DZAY PA CHEN LA SOL WA DEB SO
通 哉頓 訂 機 者 巴 鄭 那 蘇 華 笛 蘇
I supplicate those whose actions benefit by being seen or heard!
見聞解脫我祈請!

၏။

၏။

GYAL WANG CHHÖ DRAK GYAM TSHO LA SOL WA DEB SO
佼 汪 卓 摘 賈 操 那 蘇 華 笛 蘇

I supplicate the Powerful Victorious One Chodrak Gyamtso [Karmapa VII]!
確札嘉措法王「第七世噶瑪巴」我祈請！

၏။

၏။

GYAL WA KÖN CHHOK YEN LAK LA SOL WA DEB SO
佼 華 恭 速 燕 勒 那 蘇 華 笛 蘇

I supplicate the Victorious One Konchok Yenlak [Shamarpa V]!
如來勝力昆丘顏拉「第五世夏瑪巴」我祈請！

၏။

၏။

KUN KHYEN MI KYÖ DOR JE LA SOL WA DEB SO
觀 虛 咪 鋸 多 借 那 蘇 華 笛 蘇

I supplicate the omniscient Mikyo Dorje [Karmapa VIII]!
遍知妙音金剛米覺多傑「第八世噶瑪巴」我祈請！

၏။

၏။

JE TSUN WANG CHHUK DOR JE LA SOL WA DEB SO
者 遵 汪 速 多 借 那 蘇 華 笛 蘇

I supplicate the Venerable Wangchuk Dorje [Karmapa IX]!
尊貴自在金剛旺秋多傑「第九世噶瑪巴」我祈請！

၆၁ । ଏନ୍ଦିନରୂପାଶ୍ରୀନନ୍ଦମୁଣ୍ଡାତ୍ସାହାଶ୍ରୀ

GAR WANG CHHÖ KYI WANG CHHUK LA SOL WA DEB SO
架 汪 卓 暈 汪 速 那 蘇 華 笛 蘇

I supplicate the Lord of the Dance, Chokyi Wangchuk [Shamarpa VI]!
善舞者確吉旺秋「第六世夏瑪巴」我祈請！

। କୁତ୍ସମକ୍ଷାକ୍ଷଣାଦ୍ଵିଦ୍ସାତ୍ମକ୍ଷେତ୍ରାଶ୍ରୀ

GYAL CHHOK CHHÖ YING DOR JE LA SOL WA DEB SO
校 速 卓 應 多 借 那 蘇 華 笛 蘇

I supplicate the Supreme Victorious One Choying Dorje [Karmapa X]!
尊聖如來法界金剛確英多傑「第十世噶瑪巴」我祈請！

ନାଥାଲ୍ମାଧ୍ୟାଶ୍ରୀନନ୍ଦମୁଣ୍ଡାତ୍ସାହାଶ୍ରୀ

PAL DEN YE SHE NYING PO LA SOL WA DEB SO
包 訂 那些 玲 褒 那 蘇 華 笛 蘇

I supplicate the glorious Yeshe Nyingpo!
具德智慧心依希寧波「第七世夏巴」我祈請！

। ମତ୍ରଦ୍ସାମେନ୍ଦ୍ରୟାଶ୍ରୀନନ୍ଦମୁଣ୍ଡାତ୍ସାହାଶ୍ରୀ

TSHUNG ME YE SHE DOR JE LA SOL WA DEB SO
充 哞 那些 多 借 那 蘇 華 笛 蘇

I supplicate the unrivalled Yeshe Dorje [Karmapa XI]!
無比智慧金剛耶喜多傑「第十一世噶瑪巴」我祈請！

ပုသံခေါ်နှေ့ရှိနှုန်းလှားရှိနေသူ၏

PAL CHHEN CHHÖ KYI DÖN DRUB LA SOL WA DEB SO
包 青 卓 暈 賴 族 那 蘇 華 笛 蘇

I supplicate the great glorious Chokyi Dondrup [Shamarpa VIII]!
至法任運確吉敦珠「第八世夏瑪巴」我祈請！

ရှိနှုန်းလှားရှိနေသူ၏

SI TU CHHÖ KYI JUNG NE LA SOL WA DEB SO
司 都 卓 暈 總 呢 那 蘇 華 笛 蘇

I supplicate Situ Chokyi Jungnay [Situpa VIII]!
司徒措吉炯聶「第八世大司徒」我祈請！

အနှေ့နှုန်းလှားရှိနေသူ၏

GYAL WANG JANG CHHUB DOR JE LA SOL WA DEB SO
校 汪 贈 速 多 借 那 蘇 華 笛 蘇

I supplicate the powerful victorious one Jangchup Dorje [Karmapa XII]!
如來勝力桑就多傑「第十二世噶瑪巴」我祈請！

အနှေ့နှုန်းလှားရှိနေသူ၏

JE TSUN DÜ DUL DOR JE LA SOL WA DEB SO
者 遵 奪 倒 多 借 那 蘇 華 笛 蘇

I supplicate Venerable Dudul Dorje [Karmapa XIII]!
尊者督杜多傑「第十三世噶瑪巴」我祈請！

၆၅ မြို့ဆမ်န္တနူးမ်းသံနှုန်းမာရီနာရီ

MI PHAM CHHÖ DRUB GYA TSHO LA SOL WA DEB SO
咪 澄 卓 族 賈 操 那 蘇 華 笛 蘇
I supplicate Mipam Chodrup Gyatso!
米潘卻竹嘉措「第十世夏瑪巴」我祈請！

နှုန်းမာရီနာရီနှုန်းမာရီနာရီ

GYAL WANG THEK CHHOK DOR JE LA SOL WA DEB SO
佼 汪 踢 速 多 借 那 蘇 華 笛 蘇
I supplicate Victorious powerful Tekchok Dorje [Karmapa XIV]!
如來勝力狄速多傑「第十四世噶瑪巴」我祈請！

ပြန်မြို့ရဲ့ခဲ့လဲနာရီနှုန်းမာရီနာရီ

PEMA NYIN JAY WANG PO LA SOL WA DEB SO
啤 瑪 年 者 汪 襄 那 蘇 華 笛 蘇
I supplicate Pema Nyingje Wangpo [Situpa IX]!
悲瑪寧切汪波「第九世大司徒」我祈請！

အဲ့မှုနဲ့နှုန်းမာရီနာရီ

JE TSUN LO DRÖ THA YE LA SOL WA DEB SO
者 遵 魯 著 他 耶 那 蘇 華 笛 蘇
I supplicate Venerable Lodro Taye [Jamgon Kongtrul I]!
尊者洛卓泰耶「第一世蔣貢康楚」我祈請！

ཀྱུང་གཤད་པ་ན་စୁଷ୍ଠୁ· རྒྱྲ་ལྷ ༐ ལྷ ༐ གླྷ ༐ དྷ ༐ ནྷ ༐

KUN ZANG KHA KHYAB DOR JE LA SOL WA DEB SO
觀省卡級多借那蘇華笛蘇

I supplicate Samantabhadra Kakhyab Dorje [Karmapa XV]!
普賢卡洽多傑「第十五世噶瑪巴」我祈請！

དཔྱ་ལྷ ༐ མྔ ༐ ས୍ତୋ ༐ ཨ ༐ བ ༐ ཕ ༐ ར ༐ ལྷ ༐ ང ༐ ཁ ༐ ཉ ༐

PAL DEN KHYEN TSE'I Ö ZER LA SOL WA DEB SO
包訂虔遮衣哦舍那蘇華笛蘇

I supplicate glorious Khyentse Ozer!
具德悲智光欽哲偉謝「第二世蔣貢康楚」我祈請！

׀ དྷ ༐ མྔ ༐ ཟ ༐ མ ༐ ཁ ༐ ཉ ༐ ཁ ༐ ཉ ༐ ཁ ༐ ཉ ༐

PE MA WANG CHHOK GYAL PO LA SOL WA DEB SO
啤瑪汪速佼襄那蘇華笛蘇

I supplicate Pema Wangchok Gyalpo [Situpa X]!
悲瑪旺秋「第十世大司徒」我祈請！

׀ ད ༐ བ ༐ ཕ ༐ ཕ ༐ ཕ ༐ ཕ ༐ ཕ ༐ ཕ ༐ ཕ ༐

RANG JUNG RIK PAY DOR JE LA SOL WA DEB SO
宏總域悲多借那蘇華笛蘇

I supplicate Rangjung Rigpe Dorje [Karmapa XVI]!
讓炯力沛多傑「第十六世噶瑪巴」我祈請！

၁၆၅ မြန်မာစာတော်လူများရှင်းသာရီရှင်းသာရီ

DRIN CHHEN TSA WAY LA MA LA SOL WA DEB SO
展 青 楂 喂 嘛 那 蘇 華 笛 蘇
I supplicate my gracious root Lama!
具德根本上師我祈請！

ရုပ်ရွှေမြန်မာစာတော်လူများရှင်းသာရီရှင်းသာရီ

RAB JAM ZHING GI DAK PO LA SOL WA DEB SO
立 枕 醒 暶 特 褒 那 蘇 華 笛 蘇
I supplicate the Lord of the Universe!
世尊如來我祈請！

မြန်မာစာတော်လူများရှင်းသာရီရှင်းသာရီ

ZHING KHAM TRUL PE KHYAB PA LA SOL WA DEB SO
醒 襟 遭 哉 級 巴 那 蘇 華 笛 蘇
I supplicate You whose emanations pervade the Pure Lands!
遍淨土諸佛化身我祈請！

ရုပ်ရွှေမြန်မာစာတော်လူများရှင်းသာရီရှင်းသာရီ

SAM JÖ RE WA LAY DE PA LA SOL WA DEB SO
心 著 利 華 哩 爹 巴 那 蘇 華 笛 蘇
I supplicate You who transcend thought, expression, and hope!
離妄、離戲論及願，我祈願！

ခဲ့သူမှုတိဒီရွှေသာရံရာအန္တာမနီရန်လှုပိန်ရန်ရာရှုရာနှုန်းနှုန်းနှုန်း

ZHE JA WA DI NI DREL PA THOK CHHOK MAY SOL DEB SU DRAK PA THA NA DÜ DRO'I KYE NE SU CHÜ PAY NA LAM DU LEN CHIK
捨 乍 華 秩 列 趙 巴 禿 速 哔 蘇 笛 素 摘 巴 他 那 奪 造 衣 既 呢 素 朱 悲 那 林 杜 領 積

မန္တရာရံရှုရာနှုန်းနှုန်း

DRAK KYANG NGEN SONG GI KYE GO DU MA CHHÖ NE
摘 耕 顏 鬆 機 既 稿 杜 瑪 卓 呢

This is known as the supplication that is effective with a mere connection. Even if it is proclaimed only once in the hearing of one trapped in an animal birth, it cuts off the door to birth in the lower realms.

曾與此《四座上師瑜伽》（藏語‘吞希拉密朗覺’）祈請文，僅有聯系過的，亦能分享其利益。如是說：乃至被困於畜生道之眾生，但聞此祈請文一次，亦可斷除投生惡道之門。

၁၇။ ମେଷର୍ କୁବା ଫୁର୍ଣ୍ଣା ନଦୀ ମାତର ଶୁଣି ବିଦା ମନ୍ଦିର କରି ପାହି ଏକାନ୍ତର ଦେଖି ଦୁଇନା ତଥା ଦେଖି ଦେଖି ଦେଖି ଦେଖି ଦେଖି ଦେଖି ଦେଖି ଦେଖି ଦେଖି

THAR NUB CHHOK DEWACHEN GYI ZHING KHAM NA JE TSUN DOR JE YANG CHEN DE NYI PHAK PA CHEN RE ZIG WANG CHHUK
他 錄 速 爹 華 鄭 嘶 醒 襯 那 者 遵 多 借 恩 鄭 爹 列 柏 巴 鄭 利 識 汪 速

ଶିନ୍ ତୁ କାର ସାରି ଦେଖି ଦେଖି ଦେଖି ଦେଖି ଦେଖି ଦେଖି

SHIN TU KAR WAY Ö ZER GYI CHHAK RING PO KYANG NE
先 都 伽 喂 哦 舍 嘶 慷 詠 褒 耕 呢

Then, from the western Pure Land of Dewachen, Venerable Dorje Yangchen [Vajrasarasvati, Karmapa Mikyo Dorje], powerful Avalokiteshvara himself, stretches out the extremely white light rays of his long arms, and instantly saves [sentient beings],

在西方極樂淨土中，尊貴的揚千多傑「米覺多傑，即第八世噶瑪巴」，就是大悲觀音菩薩，他伸出強烈白光的長臂，

အနဲ့စာ'သရ'သ'စုရှု'တမ'သ'ဋ္ဌ၏'သံ'ရှု'ဖြူ'စာ'ပါး၏။ ।

KAY CHIK LAK PA KYANG KUM TSAM LA DREN PAR ZHAL GYI ZHE PA YIN NO
既 積 勒 巴 耕 工 簪 那 井 巴 稍 懈 捨 巴 燕 魯

as quickly as like extending and drawing back his arm. Thus it is said.

於手臂伸屈之剎那間，即時救拔被困之眾生。

မီ'ဓိဒါနာ'သ'ဋ္ဌ၏'သံ'ရှု'ဖြူ'စာ'ပါး၏။ ।

* MI JIK PAY UK CHHEN PO JIN PAY CHHÖ JE TOB PO CHHE LA SOL WA DEB SO
咪 值 悲 屋 青 襄 蘭 悲 卓 借 督 襄 車 那 蘇 華 笛 蘇

I supplicate the great powerful Lord of Dharma, who gives the great breath of fearlessness!

祈請賜予無畏大勇之具德法王！

* (3 times)

三次

၁၇။ အဲ အိန္ဒိယနာရီဆမရာတုဂ္ဂ။

KYE ZHING KYE WA DAK NI THAM CHAY DU
既 醒 既 華 特 列 探 遮 杜

In this life and throughout all my births,
and devotion for the Lama, 於此世及盡生世，

ပုသံပူရနှုန်းတုန်းနှုန်းရှေ့

PAL DEN LA MAY DAM TSHIK LA NE SHOK
包 訂 喇 �咩 膽 戀 那 呢 宿
and abide in Samaya with the Glorious Lama!
堅守上師三昧耶！

ပီရာရာမွေးနှုန်းနှုန်းမြတ်ပုသံပူရန်။

RIK ZANG LO SAL NGA GYAL ME PA DANG
域 省 魯 修 雅 佼 哩 巴 等

[May I be born] in a good family, with clear intelligence, and free from arrogance, With great compassion
種姓圓滿聰慧謙，

အဲ အိန္ဒိယနှုန်းနှုန်းမြတ်ပုသံပူရန်။

NYING JAY CHHE ZHING LAMA LA GÜ PAI
玲 者 車 醒 喇嘛 那 舉 悲

Cheerful in birth, with clear intelligence, and free from傲慢，With great compassion
慈悲虔敬聖上師，

အဲ အိန္ဒိယနှုန်းနှုန်းမြတ်ပုသံပူရန်။

KAY CHIK TSAM YANG LOK TA MI KYE ZHING
既 積 簪 恩 錄 呃 咪 既 醒

Not giving rise to perverted views for even an instant,
不存一剎那疑惑，

<p>စီမံတဲ့ပေးသနများမှာ မြန်မာ ဘုရား၏ CHI DZAY LEK PAR THONG WAY MÖ GÜ KYI 之者 力巴通 喂磨舉噶 With reverence and devotion, seeing whatever [the Lama] does as excellent, 虔敬能顯師功德。</p> <p>နှစ်များမှာ မြန်မာ ဘုရား၏ DRAL ME CHHÖ KYI PAL LA LONG CHÖ CHING 找 哞卓 噶 包 那 弄 著 晶 And enjoying the glory of the Dharma, 法喜光明常充滿，</p> 	<p>မြန်မာ ဘုရား၏ မြန်မာ ဘုရား၏ LA MAY JIN LAB SEM LA JUK PAR SHOK 喇咩薦立閃那族巴宿 May the blessing of the Lama enter my mind! 上師加持融入心！</p> <p>နှစ်များမှာ မြန်မာ ဘုရား၏ SA DANG LAM GYI YÖN TEN RAB DZOK NAY 沙等林噶潤叮立族呢 Completely perfecting the qualities of the [Five] Paths and [Ten] Bhumis, 五道十地悉圓滿，</p>	<p>မြန်မာ ဘုရား၏ မြန်မာ ဘုရား၏ KYE WA KUN TU YANG DAK LA MA DANG 既華觀都恩特喇嘛等 Throughout all my births, may I never be separated from the perfect Lama, 生世師我永不離，</p> <p>နှစ်များမှာ မြန်မာ ဘုရား၏ DOR JE CHHANG GI GO PHANG NYUR THOB SHOK 多借層噶稿澎烏禿宿 May I quickly attain the state of Vajradhara! 速證金剛持果位。</p>	<p>Hunzhi (The Four Session Guru Yoga) 四座上師相應法</p> <p>G64</p>
---	---	--	--

၁၇။ ଦ୍ଵିତୀୟ ପ୍ରକାଶକ୍ଷମତା ଯୁଧ୍ୟନ୍ତ୍ରି ଏଣ୍ଟର୍‌ପାର୍ଟି

The prayer to the Five Oceans of Victorious Ones: 五海諸佛祈禱文

ସାହୁମନ୍ତଲୀଶ୍ଵରପାତ୍ରକଣ୍ଠଶାସନ

KA GYÜ LA MAY TSHOK KYI KOR 噶舉喇咩速 嘟哥

surrounded by the assembly of Kagyu Lamas,
噶舉上師眾圍繞，

ସକ୍ଷାନ୍ତିଶର୍ମଙ୍ଗପଦବୀରେ ଶର୍ମଣୀ

NE CHI TSUK PAY DA'I DEN TENG NA 呢之足俾打衣訂叮那

Abiding above a lotus and sun throne on my crown,
頂上蓮花日輪上，

। ଏହା ମେଣ୍ଟା ଶୁଣା ଏହିଦିନା ଏହିପରିମା କହିଲା ।

DAK MÖ GÜ DUNG WE SOL WA DEB 特 磨 舉 董 喂 蘇 華 笛

I supplicate you with fervent faith and devotion:
虔信敬禮我祈請，

**SEM PA RANG JUNG DOR JE LA
閃巴宏 總多借那**

the Bodhisattva Rangjung Dorje
菩薩讓炯多傑坐，

ଶ୍ରୀମଦ୍ଭଗବତ

NANG SI JIN GYI LOB TU SOL
能司薦嚙錄都蘇

please bless all apparent phenomena!
賜加持諸事世法！

ဤသမီးတန္ထာနတိန္ဒုန္တနာ။

Ü MI GYUR DOR JE'I DEN TENG NA
于 咪 住 多 制 訂 叻 那

In the centre above a throne of unchanging Vajras,
中央不變金剛座，

ဘနာမ်ဆူရာရနှင့်ရရှိရန်ပါ။

DAK MÖ GÜ DUNG WAY SOL WA DEB
特 磨 舉 董 喂 蘇 華 笛

I supplicate you with fervent faith and devotion:
虔 信 敬 禮 我 祈 請，

မတ်မှုပုရွှေရာရန်တော်ပါ။

CHOM DEN THU JE CHHEN PO LA
中 訂 積 借 青 襫 那
is the Bhagavat Great Compassion
大悲世尊觀音坐，

အနုတ်ခိုင်ချို့ရှိရန်ပါ။

NANG SI JIN GYI LOB TU SOL
能 司 薦 槩 錄 都 蘇
please bless all apparent phenomena!
賜 加 持 諸 事 世 法！

အဲရှုရာရှိရန်တော်ပါ။

GYAL WA GYA TSHOI TSHOK KYI KOR
校 華 賈 崔 衣 速 槩 哥
surrounded by an ocean of Victorious Ones
海 汇 本 尊 羣 圍 繞，

အယာမ်းနှင့်အပူရာရန်ပါ။

YE ME PUNG BAR WAY LONG KYIL NA
耶 咩 蹤 把 喂 弄 騎 那
To the right, amidst a blazing mass of flames,
右 方 煙 烈 火 焰 中，

အမြတ် အမြတ် အမြတ် အမြတ်

၁၆၁ မြန်မာ့နှုန်းနှုန်း

THRO WO'I GYAL PO TA CHHOK LA
操 匯 皎 襄 吻 速 那
is the King of Wrathful Ones, Hayagriva
馬頭明王忿怒主，

နွဲနှီးနှုန်းနှုန်းနှုန်း

NANG SI JIN GYI LOB TU SOL
能 司 薦 機 錄 都 蘇
please bless all apparent phenomena!
賜加持諸事世法！

မြန်မာ့နှုန်းနှုန်းနှုန်း

PA WO GYA TSHO'I TSHOK KYI KOR
巴 喝 賈 崔 速 機 哥
surrounded by an ocean of Dakas.
無量勇父眾圍繞，

ရှေ့နှုန်းနှုန်းနှုန်း

YÖN KHA CHÖ DAK PAY ZHAL YE NA
潤 卡 著 特 悲 稍 耶 那
To the left, in the pure palace of the Dakinis
左方空行清淨宮，

မန်မာ့နှုန်းနှုန်းနှုန်း

DAK MÖ GÜ DUNG WE SOL WA DEB
特 磨 舉 董 喂 蘇 華 笛
I supplicate you with fervent faith and devotion:
虔信敬禮我祈請，

ယူနှုန်းနှုန်း

YUM SANG WA YE SHE DRA KI LA
雍 生 華 那 些 乍 機 那
is the Mother, Secret Wisdom Dakini.
密智金剛亥母坐，

ওঁ শৰ্ণু মহেশ্বর শৰ্ণু মহেশ্বর

KHAN DRO GYA TSHO'I TSHOK KYI KOR DAK MÖ GÜ DUNG WAY SOL WA DEB
簡 造 賈 崔 速 暇 哥 特 磨 舉 董 喂 蘇 華 笛

surrounded by an ocean of Dakinis.
無量空行眾圍繞，

ওঁ দাঙ পা লা যি ঝাল যে না

TENG DAK PA LHA YI ZHAL YE NA
叮 特 巴 啦 意 稍 耶 那
Above, in the palace of the pure Deities
頂上清淨本尊刹，

ওঁ দাঙ মেশ গুশা শৰ্ণু দণ্ড শশা গুশা দণ্ড শশা

I supplicate you with fervent faith and devotion:
虔信敬禮我祈請，

ওঁ স্বৰ্ণ পদ্ম সম্ভবা

LOB PÖN PE MA JUNG NE LA
錄 般 啧 瑪 總 呢 那
is Guru Padma Sambhava,
本尊蓮師中央坐，

ওঁ নঙ শৰ্ণু পুর শৰ্ণু পুর শৰ্ণু পুর

NANG SI JIN GYI LOB TU SOL
能 司 薦 暇 錄 都 蘇
please bless all apparent phenomena!
賜加持諸事世法！

ওঁ পুর শৰ্ণু মহেশ্বর শৰ্ণু মহেশ্বর

DRUB THOB GYA TSHO'I TSHOK KYI KOR
族 禿 賈 崔 速 暇 哥
surrounded by an ocean of Mahasiddhas.
大成就者眾圍繞，

ত্রিপুরা শৰ্ণু মহেশ্বর কেন্দ্ৰ

<p>၁၇၁ မုန်မံသုန္တေသနသန္တမံသန။</p> <p>DAK MÖ GÜ DUNG WE SOL WA DEB</p> <p>特 磨 舉 董 喂 蘇 華 笛</p> <p>I supplicate you with fervent faith and devotion: 虔信敬禮我祈請，</p> <p>နေ</p>	<p>အန္တရီရိဒ္ဓရီရှုန္တေသန။</p> <p>NANG SI JIN GYI LOB TU SOL</p> <p>能 司 薦 暈 錄 都 蘇</p> <p>please bless all apparent phenomena! 賜加持諸事世法！</p>	<p>အန္တရီရိဒ္ဓရီရှုန္တေသန။</p> <p>OK DAM TSHIK CHHEN PO'I ZHAL YE NA</p> <p>屋 膽 戚 青 杯 稍 耶 那</p> <p>Below, in the palace of Great Samaya, 下方三昧耶宮殿，</p>	<p>Hunzhi (The Four Session Guru Yoga) 四座上師相應法</p> <p>G69</p>
	<p>အန္တရီရိဒ္ဓရီရှုန္တေသန။</p> <p>DAM CHEN GYA TSHOI TSHOK KYI KOR</p> <p>卓 恭 瑪 貢 簪 找 那 膽 鄭 賈 崔 速 暈 哥</p> <p>are the Dharmapalas Mahakala and Mahakali in Union, 護法瑪哈嘎拉、瑪哈嘎尼雙運坐， 無量誓言尊圍繞，</p>	<p>အန္တရီရိဒ္ဓရီရှုန္တေသန။</p> <p>DAK MÖ GÜ DUNG WE SOL WA DEB</p> <p>特 磨 舉 董 喂 蘇 華 笛</p> <p>I supplicate you with fervent faith and devotion: 虔信敬禮我祈請，</p>	

နှုန်းရီရွှေနှုန်းနှုန်း

NANG SI JIN GYI LOB TU SOL
能 司 蘭 暈 錄 都 蘇
please bless all apparent phenomena!
賜加持諸事世法！

ဒါ မာ နန္ဒ မာ ရတန ဒါ မာ နန္ဒ မာ သာ

TSA WA GYÜ PAR CHAY NAM LA
楂 華 舉 巴 遮 南 那
By supplicating all Root and Lineage Gurus
根本及傳承上師

ဟု စိန္ဒ ရှေ မာ ရတန ရန ရန သာ

DAY CHING GÜ PAR SOL DEB PE
爹 晶 舉 巴 蘇 搭 啤
with faith and devotion,
虔信敬禮我祈請，

ဓန ဓန ဓန ဓန ဓန ဓန

DAK DANG DRO DRUK SEM CHEN NAM
特 等 造 族 閃 鄭 南
may myself and all of the six kinds of sentient beings
祈願我等六趣眾，

ဒါ မာ နန္ဒ မာ မန္ဒ မာ ရတန ဒါ မာ နန္ဒ မာ သာ

NAM PA KUN KYEN THOB PAR SHOK
南 巴 觀 虛 禿 巴 宿
all obtain Omniscience!
圓滿證悟正遍知。

ဒါ မာ နန္ဒ မာ ရတန ဓန ဓန ဓန ဓန ဓန

SEM PA RANG JUNG DOR JE NI
閃 巴 宏 總 多 借 列
Bodhisattva Rangjung Dorje:
讓炯多傑大菩薩：

ပြန်လည်အသေချိန်များ

၁၇၁

| ပို့သရီန်ခံသူနဲ့လုပ်။

YI ZHIN NOR BU NYE PA TAR
 意洗挪布呢巴叻
 like finding the wish-fulfilling jewel,
 仿尋獲如意珍寶，

| မြတ်နာရီနဲ့ရှိသူနဲ့လုပ်။

JANG CHHUB SEM KYI THRIN LE KYI
 贈速閃噶千哩噶
 By the enlightened activity of Bodhicitta,
 大菩提行心願力，

| မန်းစာရေးဖွံ့ဖြိုးနဲ့နှုန်းစာရေး
 DAK ZHEN YONG KYI UL WA SEL

特醒勇噶烏華少
 may there be the auspiciousness of dispelling
 all poverty and 吉祥至、驅貧困、

| မြန်မာရီနဲ့အောင်ခြောက်နဲ့လုပ်။

THU JAY Ö ZER CHHOK CHUR THRO
 禿者哦舍速遭操
 compassionate light rays radiate to the ten directions
 大悲遍照世十方，

| မြန်မာရီနဲ့အောင်ခြောက်နဲ့လုပ်။

GÖ DÖ JUNG WAY TRA SHI SHOK
 鋸朵總喂楂師宿
 the fulfillment of all needs and wants!
 所願一切皆圓滿。

| မြတ်နာရီနဲ့ရှိသူနဲ့လုပ်။

CHO NGAY DA WA NYA GYE TAR
 遭欸打華那既叻
 like the full moon on the fifteenth day.
 如十五日盈滿月，

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ

DZAM LING DE WAY TRA SHI SHOK
枕 玲 爹 喂 楚 師 宿

May auspicious bliss pervade the world!
吉祥喜悅遍世間，

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ਮਨ ਮਨੁ ਸਾਡੀ॥

DZAM LING DE WAR DZAY DU SOL
枕 玲 爹 華 者 杜 蘇

Please give happiness to the entire world!
安逸快樂滿世間。

The Four Session Guru Yoga until page G62 was translated by Eric Forgeng at the request of Lama Tashi Dondrup on Vancouver Island, Canada, May, 8, 2002. Chinese meaning translated by James Lam of the Lho Drowolung Zabsel Translation Committee under the guidance of the Venerable Lama Tashi Dondup.

尊貴的喇嘛扎西敦竹要求下，艾力克·科耿在二零零二年五月八日由藏譯英。洛卓沃龍深明翻譯組，在尊貴的喇嘛扎西敦竹指導下，James Lam 作中文翻譯。



Thrangu Vajrayana Buddhist Centre

創古密宗教中心

Rm. 912 9/F., Wah Shing Centre, 11-13 Shing Yip Street, Kwun Tong, Kowloon.
九龍 官塘 成業街 11-13 號 華成工商中心九樓 912 室

www.thranguhk.org Tel: 852-2760 8381 Fax: 852-2763 1799

The sutra and prayer were compiled and printed by Thrangu Centre, Hong Kong. Please do not copy.

此法本由香港創古中心負責編印，不可擅自翻印。

