Recitations for Telephone Prayer Gathering

**REFUGE AND BODHICITTA**
(Repeat the following 3 times.)

Sang-gye chö-dang tshog-kyi chog-nam-la 
Chang-chub bar-du dag-ni kyab-su-chi
In the Buddha, Dharma, and Sangha I take Refuge until Enlightenment is reached;

Dag-gi jyin-sog gyi-pa'i tshog-nam-kyi 
Dro-la pen-chir sang-gye drub-par-sho
by the merits of giving and other good deeds, may I achieve Buddhahood for the sake of all sentient beings.

**THE FOUR IMMEASURABLES**

Sem-chen tham-che dé-wa dang de-wa'i-gyu dang den-par gyur-chig
May all beings have happiness and the causes of happiness;

Dug-ngel dang dug-ngel gyi-gyu dang dral-war gyur-chig
May all be free from suffering and the causes of suffering;

Dug-ngel mé-pa'i dé-wa dang min-dral-war gyur-chig
May all never be separated from the Bliss that is sorrowless;

Nyé-ring chag-dang nyi-dang dral-wa'i tang-nyom-la ne-par gyur-chig
May all live in equanimity, free of attachment and aversion to those near and far.
The Prayer which Saved Sakya from Epidemics

By Thangtong Gyalpo

Lamas, tutelary deities, buddhas, and bodhisattvas,
All objects of refuge in general, and especially the greatly compassionate
Goddess dressed in leaves (Paṇḍasabari) and her encircling retinue,
Protect all beings from illness, negativity, and misfortune!

May all the ailments which oppress the minds of beings,
The attacks of diseases, negative forces, elemental spirits and the like,
Arising from karma and immediate circumstances
Never occur anywhere in the universe.
May all the painful sicknesses which snatch life away,
Separating mind and body in a single instant
Like an executioner dragging away his victim,
Never occur anywhere in the universe.

May epidemics, temporary or chronic,
The mere sound of whose name engenders fear
Like falling into the jaws of Yama, lord of death,
Never harm any being.

May the eighty thousand types of harmful obstacles,
The three hundred sixty sudden dangers from evil spirits,
The four hundred four types of disease and other ills,
Never strike any being.
May all sufferings due to disturbances of the four elements,
Which plunder the well-being of body and mind be pacified;
May we have radiance, strength,
Health and happiness, and a long life free from sickness.

Through the compassion of the Teachers and Three Jewels,
The ability and might of the dakinis and Dharma protectors,
And the power of the unfailing law of cause and effect,
May all our dedications and wishes be fulfilled.

When the great seat of the Sakya was assailed by a multitude of epidemics, the tantrikas and shamans tried all kinds of practices – ransom – rituals, torma-offerings, healing mantras and protection ceremonies – but nothing worked. Sakya was on the point of becoming completely depopulated. The great accomplished siddha Thangton Gyalpo told the people to practice the refuge formula which begins, ‘Our mothers, infinite as space...’, accumulate a large number of recitations of the mani, and conclude with this prayer. They did as he said, and as a result all the epidemics immediately disappeared. This prayer, whose vajra words emanate clouds of blessings, became famous as ‘The Prayer which Saved Sakya from Epidemics’.
Prayer to the Root Lama

Pal-den tsa-wa'i la-ma rin-po-čhe Dag-gi chi-wor pe-ma'i den-zhug-ne
Glorious Root Lama, Precious One, seated on the lotus throne atop my head

Ka'a-drin chen-pò go-ne jé-zung-té Ku-sung tug-kyi ngo-drup tsal-du sol
Gracing me through your great kindness, pray bestow the attainments of body, speech, and mind.

Long Life Prayer for
His Holiness the Dalai Lama

For this realm encircled by snow covered mountains
You are the source of every benefit and bliss without exception,
Tenzin Gyatso, you who are one with Avalokiteśvara,
May you remain steadfast until samsara’s end.

Gang ri’i ra way kor way shing kham dir
Phen dang dey wa ma lu jung way ne
Chen ray zig wang ten zin gya tso yi
zhab ped srid tha’i bar du ten gyur chig
Long Life Prayer for His Holiness the Sakyapa Trichen Ngawang Kunga

Nga-wang gyu-trul lha-rig khön-gyi-dung Dro-kun ga'-dze teg-chen do-ngag-lam
Ngawang Kunga, line of Khön divine, giving joy and benefit to all,
Pen-dé'i pal-du bar-wa'i trin-le-chen Sam-pel wang-gi gyal-po zhab-ten-sol
owner of the great and secret path, wish-fulfilling great king, please live long!

Dedication Prayers

Jam-pal pa'-wō ji-tar khyen-pa-dang Kun-tu zang-pō dé-yang dé-zhin-té
In whatever way valiant Manjushri and Samantabhadra know how to transfer merit,
Dé-dag kun-gyi je-su dag-loh-chir Gé-wa di-dag tam-che rab-tu-ngo
so do I dedicate all of my own virtues that I might train to be like them.
Dū-sum sheg-pa'i gyal-wa tam-che-kyi Ngo-wa gang-la chog-tu ngag-pa-dé
Through this dedication praised as supreme by the victorious Buddhas of the past, present, and future,
Dag-gi gé-wa'i tsa-wa di-kun-kyang Zang-po chö-chir rab-tu ngo-war-gyi
I dedicate all these roots of virtue to accomplishing the deeds of Samantabhadra.