

① In Praise of the three Jewels

師である仏陀を頂礼^{ちやうらい}します。

守護者である法を頂礼^{ちやうらい}します。

偉大なる僧伽^{そうぎや}を頂礼^{ちやうらい}します。

三宝全てに絶えることなく歸命^{きみやうちやうらい}頂礼^{ちやうらい}します。

② Taking Refuge

Buddhaṃ śaraṇaṃ gacchāmi

Dhammaṃ śaraṇaṃ gacchāmi

Sanghaṃ śaraṇaṃ gacchāmi

Dutiyampi Buddhaṃ śaraṇaṃ gacchāmi

Dutiyampi Dhammaṃ śaraṇaṃ gacchāmi

Dutiyampi Sanghaṃ śaraṇaṃ gacchāmi

Tatīyampi Buddhaṃ śaraṇaṃ gacchāmi

Tatīyampi Dhammaṃ śaraṇaṃ gacchāmi

Tatīyampi Sanghaṃ śaraṇaṃ gacchāmi

③ Generating Bodhicitta

Just as sugatas of the past gave birth to the enlightened mind,

And trained in all the stages of the bodhisattva's disciplines

Like them, for every beings' sake, I'll rouse this same enlightened mind.

And in the precepts, step-by-step, I will abide and train myself.

④ The Sutra of the Heart of Transcendent Knowledge

摩訶般若波羅蜜多心經 まかはんにやはらみったしんぎょう

觀自在菩薩 かんじざいぼさつ
行深般若波羅蜜多時 ぎょうじんはんにやはらみったじ
照見五蘊皆空 しょうけんごうんかいこう
度一切苦厄 どいっさいくやく
舍利子 しゃりし
色不異空 しきふいくう
空不異色 こうふいしき
色即是空 しきそくぜくう
空即是色 こうそくぜしき
受想行識 じゅそうぎょうしき
亦復如是 やくぶによぜ
舍利子 しゃりし
是諸法空相 ぜしよほうくうそう
不生不滅 ふしょうふめつ
不垢不淨 ふくふじょう
不增不減 ふぞうふげん
是故空中無色 ぜこくうちゅうむしき
無受想行識 むじゅそうぎょうしき
無眼耳鼻舌身意 むげんにびぜっしんい
無色声香味触法 むしきしょうこうみそくほう
無眼界 むげんかい
乃至無意識界 ないしむいしきかい
無無明 むむみょう
亦無無明尽 やくむむみょうじん
乃至無老死 ないしむろうし
亦無老死尽 やくむろうしじん
無苦集滅道 むくしゅうめつどう
無智亦無得 むちやくむとく
以無所得故 いむしょとくこ
菩提薩埵 ぼだいさつた
依般若波羅蜜多故 えはんにやはらみったこ
心無罣礙 しんむけいげ

無罣礙故　むけいげこ
無有恐怖　むうくふ
遠離一切顛倒夢想　おんりいっさいてんどうむそう
究竟涅槃　くきょうねはん
三世諸仏　さんぜしよぶつ
依般若波羅蜜多故　えはんにゃはらみったこ
得阿耨多羅三藐三菩提　とくあのかたらさんみやくさんぼだい
故知般若波羅蜜多　こちはんにゃはらみった
是大神呪　ぜだいじんしゅ
是大明呪　ぜだいみょうしゅ
は無上呪　ぜむじょうしゅ
は無等等呪　ぜむとうどうしゅ
能除一切苦　のうじょいっさいく
真実不虛　しんじつふこ
故説般若波羅蜜多呪　こせつはんにゃはらみったしゅ
即説呪曰　そくせつしゅわつ
羯諦羯諦　ぎやていぎやてい
波羅羯諦　はらぎやてい
波羅僧羯諦　はらそうぎやてい
菩提薩婆訶　ぼじそわか
般若心經　はんにゃしんぎょう

⑤ **The Sutra of the Three Heaps**

All sentient beings take refuge always in the Guru;

Take refuge in the Buddha;

Take refuge in the Dharma; and

Take refuge in the Saṅgha.

Homage to the blessed one, the tathāgata, the arhat, the complete and perfect Buddha,
Śākyamuni!

Homage to Vajra Conqueror;

Homage to Blazing Jewel;

Homage to Sovereign King of Nāgas;

Homage to Leader of the Warriors;

Homage to Heroic Sound;

Homage to Glorious Jewel;

Homage to Jewel Moonlight;

Homage to Unerring Vision;

Homage to Jewel Moon;

Homage to Stainless One;

Homage to Gift of a Hero;

Homage to Pure One;

Homage to Gift of Purity;

Homage to Water Deity;

Homage to God of the Water Deities;

Homage to Glorious Goodness;

Homage to Glorious Sandalwood;

Homage to Infinite Vitality;

Homage to Glorious Splendour;

Homage to Glorious One Without Sorrow;

Homage to Son of No Craving;

Homage to Glorious Flowers;

Homage to the tathāgata, Splendour of Brahma, Miraculous Insight;

Homage to the tathāgata, Splendorous Lotus, Miraculous Insight;

Homage to Glorious Wealth;

Homage to Glorious Mindfulness;

Homage to Renowned and Glorious One;

Homage to King Indra's Banner;

Homage to Glorious Hero;
Homage to Perfect Victor in Battle;
Homage to Transcendent Victory;
Homage to Glorious Array of Eternal Splendour;
Homage to Courageous Lotus Jewel;
Homage to the tathāgata, the arhat, the complete and perfect buddha, Lotus Jewel
Steadfast like the King of Mountains.

May you, and however many other blessed ones, tathāgatas, arhats, complete and perfect buddhas there are living and dwelling in all the world systems in all directions—all you blessed buddhas—please pay attention to me!

In this life and all my other lives circling from one form of saṃsāric existence to the next throughout beginningless time—whatever wrongs I may have done, or caused other to do, or have rejoiced in; Whatever possessions of stūpas, possessions of the Saṅgha, or possessions of saṅghas dwelling in all directions, I may have appropriated, caused others to appropriate, or rejoiced in the appropriation of; Whichever of the five actions of immediate retribution I may have committed, caused others to commit, or rejoiced in;

Whichever path of the ten unwholesome actions I may have embarked upon or am currently residing on, incited others to enter, or rejoiced in;

Whatever karmic veils I may have developed that would lead to the hells, or to the animal realm, or to the land of the pretas, or to birth in border regions, or amongst barbarians, or amongst the long-lived gods, or that would lead to incomplete sense faculties, or holding wrong views, or to not rejoicing at the advent of a Buddha—

All of these I confess in the presence of the blessed buddhas, who are aware, who observe, who are witnesses, who are authorities, who know and see. I admit them and do not conceal them, and I make a vow to refrain from them henceforth! All you blessed buddhas, please pay attention to me!

Over the course of this life and all other lives in saṃsāra without beginning or end—whatever wholesomeness there may be from having given gifts to others, even as little as a mouthful of food to a being born as an animal; Whatever wholesomeness there may

be in having preserved discipline; Whatever wholesomeness there may be in having maintained chaste behavior; Whatever wholesomeness there may be in having caused sentient beings to mature; Whatever wholesomeness there may be in having roused a mind set on supreme awakening; Whatever wholesomeness there may be in unsurpassable wisdom—

Combining, gathering, and collecting all of this together, I dedicate it to the unexcelled, unsurpassed, most exalted, the most excellent; I dedicate it to unsurpassable, complete and perfect awakening.

Just as past blessed buddhas have dedicated, and just as future buddhas, blessed ones, will dedicate, and just as the buddhas, blessed ones of the present in all directions, are dedicating now, I also fully dedicate in the very same way. I confess each and every misdeed. I rejoice in all goodness. I request and pray to all the buddhas to teach and remain in saṃsāra.

May I attain sublime, supreme, unsurpassed wisdom! Supreme among humans, Victors now present,
Those of the past, and those yet to come, Your praiseworthy qualities are boundless like the ocean—

With folded palms, I take refuge in you!

⑥ **The King of Aspiration Prayers (v1-12)**

However many lions among men there are
In the three times, in the worlds in the ten directions,
I pay homage to them all without exception,
With purity of body, speech, and mind. {1}

Thinking that all the jinas are before me,
With the power of the prayer of good conduct,
I bow down toward all the jinas
With as many bodies as there are atoms in the realms. {2}

There are as many buddhas as atoms within a single atom,
Seated in the midst of bodhisattvas.
I focus on the entire realm of phenomena,
Without exception, being filled by jinas in that way. {3}

I recite a praise of all the sugatas,
Enumerating the qualities of all the jinas,
With unending oceans of eulogies
And the sound of oceans of every quality of voice. {4}

I make an offering to those jinas
Of perfect flowers, perfect garlands,
Perfect music, ointments, and parasols,
Perfect lights, and perfect incenses. {5}

I make offerings to those jinas
Of perfect clothing and perfect perfumes,
Pouches of scented powders equal to Mount Meru,
And all perfect, sublime displays. {6}

Offerings that are unsurpassable and exalted
I am resolved to offer to all the jinas.
I praise and make offerings to all the jinas
Through the power of devotion to good conduct. {7}

Whatever bad actions I have done
Under the power of desire, anger, and ignorance,
With my body, speech, and mind,
I make a confession of them all. {8}

I am rejoicing in the entirety of merit
In the ten directions that is created by beings,
By practicing and accomplished pratyeka buddhas,
By the bodhisattvas, and by all the jinas. {9}

I make the request to all the lords,
The lamps of the worlds in the ten directions,
Who have attained without impediment the enlightenment of buddhahood,
That they turn the unsurpassable wheel. {10}

With palms placed together, I supplicate
Those who wish to manifest passing into nirvāṇa
That they remain for as many kalpas as there are atoms in the realms,
For the benefit and happiness of all beings. {11}

Whatever little virtue I have accumulated
Through homage, offering, confession,
Rejoicing, supplication, and entreating,
I dedicate it all to enlightenment. {12}

⑦ **Aspiration for the Longevity of the Dharma**

May the teachers, the glory of the teachings, live long;
May the holders of the teachings cover the entire earth;
May the power and prosperity of the patrons of the teachings increase;
May all be auspicious for the teachings to endure!

⑧ **Long Life Prayer for Dzongsar Khyentse Rinpoche**

Om svasti!

Dance of wisdom and love, sovereign of the entire Buddhist teaching—
The great Dharma-ocean of the transmission and realization
of the profound and vast, You have mastered through hearing, reflecting and meditating.
Supreme incarnation, may your aspirations be fulfilled, and may your life and activity
be infinite.

⑨ **Dedication**

この功德により、一切有情が一切智^{いっさいち}を得ることができますように。
それにより、敵である不善が打ち負かされますように。
生老病死の波が荒れ狂う、
輪廻の海から一切有情が解き放たれますように。

⑩ **Dedication from Bodhicaryāvatāra**

こくう^{こくう}が在り続ける限り、また、有情が在り続ける限り、
私も有情の苦を滅する者として在り続けますように。