विवानन्त्रम्थितात्रन्त्रम्थितः तर्नेनश्चन्द्रम्य नद्यस्य नद्यस्य स्थितः स्थान्त्रे स्वीत्रस्य स्थान्त्रम्य स्थान्य स्थान्त्रम्य स्थान्य स्

The Shower of Blessings

A Guru Yoga based on the Seven Line Prayer to Padmasambhava (Translated by Karma Phuntsho for Penor Rinpoche's teachings in the UK in 1998)

श्चीयमायर्थे है। द रेर

स्या विरक्षियः पर्ने स्त्रीय व्याप्ते स्त्री । निर्माद स्वर्ध्वा वाश्वा श्री रूटः प्रति द्या । विद्या प्रत्ये प

Taking Refuge: NAMO! LAMA DESHEG DUSPAI KU, KONCHOG SUMGYI RANGZHIN LA, DAG DANG DRODRUG SEM CHEN NAM, JANGCHUB BARDU CHABSU CHI (three times). Homage! In the Guru, who is the embodiment of all Buddhas and the very nature of Three Jewels, I and the beings of six realms take refuge until enlightenment.

स्रेस्य न स्रोत्तर्भे न त्या व र्रेष न । स्रिस्य स्राप्त क्ष्य स्रोत्तर क्ष्य हो। । यह त्या व स्वर्त व स्वर्त व व र्से व स्वर्त व स्वर्त ।

Cultivating Bodhicitta: SEMKYED DROWA KUNDHON DU, LAMA SANGYE DRUBNE NI, GANGLA GANGDUL THINLEY KYI, DROWA DROLWAR DAMCHAWO (three times). For the sake of all sentient beings, I pledge to liberate the beings with whatever acts necessary through accomplishing the enlightened Guru.

यत्वन्त्रेत्वी का

यश्याक्वा स्वर्था व्यवस्था विद्यात् स्वर्था स्वर्ये स्वर्था स्वर्था स्वर्था स्वर्था स्वर्था स्वर्य स्वर्ये स्वर्ये स्वर्य स्वर्ये स्वर्य स्वर

Actual Visualization: AH! RANG LUE THAMAL NASPAI DUNKHA RU, UGYEN DRIMED DHANAKOSHAI TSHO, TINGZAB YANLAG UESU RINCHEN PEDONG DABGYE TENG, CHABNE KUNDUE UGYEN DORJECHANG, TSHANPEI PALBAR TSHOGYAL YUM DANG TRIL, CHAGYE DORJE YONPE THODBUM NAM, DAR DANG RINCHEN RUSPAI GYANGYI ZES, OD NGA'I LONGNE DE CHEN ZIJIN BAR, KHORDU TSASUM GYATSO TRINTAR TIB, JINLAB THUGJE CHARBEB DAGLA ZIG

Ah! In the space before oneself with an ordinary body is the stainless Dhanakosha lake of Ogyen, deep, full of water with eight qualities. In its centre is a precious lotus stalk and on the blossoming petals is Ugyen Vajradhara, Padmasambhava, the embodiment of all objects of

refuge, shining with the glory of marks and tokens and embraced with his consort, Yeshe Tshogyal. He holds a vajra in his right hand and skull-vase in the left. Adorned with ornaments of jewels, silk and bones, he gleams with the majesty of great bliss amidst five coloured rays. The host of three roots throng, like clouds, around him as his retinue. Bringing forth showers of blessings and compassion, he gazes on me.

दश्यीः तमा । सर्वादास्त्रीत् वित्तीः द्वात्र स्वात्र स्वात्र

Seven limb practice: GYALKUN NGOWO CHIMED YESHE KUR, DUNGSHUG DRAGPOE DADCHAG TAGTU TSHAL, LUSDANG LONGCHOD DUSUM GEWAI TSHOG, KUNZANG CHODPAI TRIN DU MIGNE BUL, THOGMED NE SAG DIGTUNG MALUE SHAG SECHE GYALWA KUNGYI YONTEN GYI, CHABDAG CHIGPU GONPOI NAMTHAR LA, NYINGNE YIRANG DADPE SOLDEPSHING, ZAB GYE CHOSKYI CHARCHEN BEBPAR KUL, RANGZHAN GEWAI NGOEPO KUNDOM NE, DROKHAM GYATSHO JISID NASKI BAR, GONPO KHODKYI NAMTHAR JE NYEG TE, KHACHAB DROWA DRENPAI DONDU NGO

To the immortal transcendental wisdom body, which is the essence of all Buddhas, I constantly make faithful prostrations with immense devotion. I offer my body, possessions and the accumulation of virtues of three times visualizing them as the cloud of Samantabhadra's offering. I confess all evils and downfalls committed from beginningless time. In the virtues of the sole immanent lord, who encompasses the good of all Buddhas and Bodhisattvas, I rejoice with my heart and I pray with faith. Please bring forth showers of profound and vast dharma. Following the example of the lord as long as the ocean of realm of beings remain and gathering the virtues of oneself and others, I dedicate them to liberating all sentient beings who pervade the space.

साक्षेत्र राष्ट्रिया साक्षेत्र प्रदेश साक्षेत्र प्रदेश स्त्री प्रदेश स्त्र स्त्री प्रदेश साक्षेत्र प्रदेश स्त्र स

CHABNE KUNDUE KHYENTSEI TERCHENPO, DU NGEN NYIGMAI CHABCHOGRINPOCHE, NGADOI GUEDPE NARSHING DUNGSHUG KYIS SOLDEB BULA TSEWAI THUGKI GONG, GONGPAI LONGNE THUGJEI TSALCHUNG LA, MOEDEN DAGGI NYINGLA JINGI LOB,

TAGDANG TSENMA MYURDU TONPA DANG, CHOGDANG THUNMONG NGODRUB TSALDU SOL

O the embodiment of all objects of refuge, the great treasury of wisdom and compassion, the supreme and precious refuge of the degenerated times, consider with a kind heart this son,

bewailing with grief panged by the problems of the fivefold degenerations. Bring forth the force of compassion from the sphere of your mind, grant blessings in the heart of this devotee. Show the signs and marks [of spiritual development] quickly and bestow the supreme and common attainments.

च्चित्रचीकान्द्रेयात्री द्वै क्षि. मृत्यात्रा ची. त्वा प्राप्त ची. त्वा प्राप्त क्षेत्र व्या प्राप्त क्षेत्र व प्राप्त प्राप्त प्राप्त प्राप्त प्राप्त प्राप्त प्राप्त प्राप्त क्षेत्र ची. विष्ण ची. विष्ण क्षेत्र प्राप्त प्राप्त क्षेत्र क

The Main Prayer: HUNG UGYEN YULGI NUBJANG TSHAM, PADMA GESAR DONGPO LA YATSEN CHOGI NGOS DRUB NYE, PADMA JUNGNE ZHE SU DRAG, KHORDU KHANDRO MANGPOE KHOR, KHYED KYI JESU DAG DRUB KYI, JINGI LABCHIR SHEG SU SOL, GURU PADMA SIDDHI HUNG!

Hung! In the north-western border of Ogyen, on the stalk of a lotus stamen, you have achieved the marvellous supreme attainment, and well known as the Lotus Born, you are encircled by many Dakinis in your retinue, I persevere to follow you and I pray you to come to grant us blessings. I shall accomplish the master Lotus, Hung!

Likewise, one must recite the seven line prayer as many times as possible. Think that, as fervent invocations are made with devotion and respect, five different kinds of wisdom rays emit like a spiderweb from the hearts and conjoining parts of the guru and his consort and dissolve into one's heart thus bringing blessings to one's mindstream. Chant this as many times as necessary. OM AH HUNG VAJRAGURU PADMA SIDDHI HUNG.

क्रियायास्त्रहेन् ह्यूं त् चुरायायाया सुरा सुत्र नु निरायेताया तहवा स्त्रायाया

त्रियते प्रतिकात्रीय क्षेत्र क्षेत्र प्रतिकात्र क्षेत्र क्

To do a feast offering, use the supplement. At the end of daily sessions, take the four empowerments in this way. LAMAI NYESUM YIGE DRUSUM LE, ODZER KARMAR THING SUM JUNGNE SU, RANG GI NAS SUM THIMPE GOSUM GI, DRIBJANG KUSUNG THUG KI DORJER GYUR, THARNI LAMA KHORCHAS ODDU ZHU, KARMAR THIGLE HUNG GI TSHAN PA RU, RANG GI NYING GAR THIMPE LAMAI THUG, RANGSEM YERMED LHYENKE CHOEKUR NE, AH! AH!

Chanting thus, look into the real face of great Dharmakaya, the primordial nature of one's mind, which transcends contrivance, transformation, rejection and adoption. Then again, view all appearances, which are like an illusion, as being the nature of the guru, dedicate the virtues and say prayers for auspiciousness. This has arisen out of the ocean of mind of Mipham, who in all lifetimes aspired to be subject of the guru, Padmasambhava, on the 8th of seventh month, Fire Hog Year, 1887. May all be virtuous.

न्ने नर्के की न्ने न तर्ने धिरा सुरन् नन्न

निर्मः त्वीरम्बर्यः वर्ष्येयः वर्षीयः वर्षा । वर्ष्यः यः मञ्जानः मः अत्यः वर्षा । वर्षाः वर्ष

Dedication of merits: GEWA DIYI MYUR DU DAG, PADMA JUNGNE DRUBGYUR NE, DROWA CHIGKYANG MA LUEPA, DEYI SALA GODPAR SHOG

Through this virtue, may I accomplish the state of Padmasambhava swiftly, and place every single being in his state.

न्याःवैषादी सामकुन्त्राः सारे हिनः स्मान्याः स्रीरायः लुग्या

माः अद्युव प्रत्येष प्रायुव प्रत्येष प्रायुव प्रत्येष माः भिष्यः भीत्र प्रयुव प्रत्येष प्रायुव प्रत्येष प्रायुव प्रयोग प्रिक्षः भीत्र प्रयोग प्रायुव प्रयोग प्रायुव प्रयोग प्रायुव प्रयोग प्रिक्षः भीत्र प्रयोग प्रायुव प्रयोग प्रायुव प्रयोग प्रयोग प्रायुव प्रयोग प्रयोग

Prayers for auspiciousness: TSAGYUD LAMAI JINLAB NYINGLA SHUG· YIDAM KHADRO LUE DANG DRIB ZHIN DROG, CHOSKYONG SUNGME BARCHAD KUNSEL NE, CHOGTHUN NGODRUB DRUBPAI TASHI SHOG

May the blessings of the roots and lineal gurus enter my heart. May the deities and dakinis accompany me like the shadow follows the body. May the dharma protectors dispel all hindrances and may auspices of achieving the supreme and common attainments prevail.

SODNAM DIYI THAMCHED ZIGPA NYID, THOBNE NYEPAI DRANAM PHAM JENE, KYEGA NACHI BALAB KHRUGPAYI, SRIDPAI TSHOLE DROKUN DROLWAR SHOG

Through this merit, may I achieve the state of omniscience and defeat all foes of defects. Thereby, may I liberate all sentient beings from the ocean of existence wrecked by the waves of birth, old age, illness and death.

क्षुं नःगाुबः हुः प्यस्त्रमा क्षुः सः दरः । । व्ययः से दर्शे मा। 'र्ह्मम् सः हो। । दें :हे : प्रकरमी : में : प्रसर विचा प्रस्तिमा।

KEWA KUNTU YANG DAG LAMA DANG, DRELMED CHOEKYI PELLA LONGCHODNE, SADANG LAMGYI YONTEN RABZOG TE, DORJE CHANGI GOPHANG THOBPAR SHOG In all lifetimes, may we enjoy the excellence of dharma without separation from the noble master. Perfecting all qualities of paths and stages, may we achieve the state of Vajradhara.

दह्मश्राच्याः शृङ्गतिः दर्श्वायाः व्याप्ताः व्याप्ताः व्याप्ताः व्याप्ताः व्याप्ताः व्याप्ताः व्याप्ताः व्याप्त विष्याः व्याप्ताः व

JIGDREL NGAGYUR TANPAI GYALTSEN DRENG, LUNGTOG CHOSKYI GYALNGA CHOGKUN DRAG, RIGLAM SENGEI NGARO SASUM CHAB, TSHUNGMED GETSHEN NANGWE CHAB GYUR CIG

May the valiant banner of Ngagyur teachings arise, and the drums of doctrinal and practical teachings resound in all directions. May the lion's roar of reasoning pervade the three realms, and the light of incomparable good spread everywhere.

र् रें हेते केंग नर्तर दर तर्या पत्र केंग श्राम केंद्र द्राया श्री न्या प्रमान केंद्र में हिंदे केंग निवास केंद्र में

Feast offering based on the Seven Vajra lines called "The Vase of Excellence".

প্রক্রের্মান্ত নের্ব্রিমানর ন্রাম্বর্গান্রপ্রক্রা

क्षयाय क्षेत्र में त्या प्रमाण विष्य स्वाध्य स्वाध्य

Arrange sacred substances such as meat and alcohol as much as one can afford. HUNG! AH LE CHOE YING DANG NYAM KAPALAR, OM LE NANGSI DODYON TSHOGSU SHAM, HUNG GI DECHEN YESHE ROLPAR GYUR, HRI YI TSASUM LHATSHOG GYE PA KANG. Bless the substances with this: OM AH HUNG HRI

Hung! From AH arises a skull-cup vast as the sphere of truth. Through OM, sense objects and the whole existence are arrayed as feast, and HUNG transforms them into the display of wisdom of great bliss. With HRIH, the host of three root deities are happily sated. *After blessing with OM AH HUNG HRIH, invite the deities and make the offering*.

यवोवाश्वास्त्रेत्रायात्रेत्रायम् द्वीयः अर्क्षवायम् वर्षायः वर

HUNG! OGYEN YULGI NUBJANG TSHAM, PADMA GESAR DONGPOLA, YATSEN CHOGI NGOSDRUB NYE, PADMA JUNGNE ZHE SU DRAG, KHORDU KHANDRO MANGPOE KOR, KHYED KYI JESU DAG DRUB KYI, DODYON TSHOGLA CHENDREN NA, JINGI LABCHIR SHEG SU SOL, NASCHOG DIRU JINPHOB LA, TSHOG TSHOGCHOD YESHE DUDTSIR GYUR, DRUBCHOG DAGLA WANGZHI KUR, GEGDANG LOGDREN BARCHED SOL, CHOGDANG THUNMONG NGODRUB TSOL.

Hung! In the north-western border of Ogyen, on the stalk of a lotus stamen, you have achieved the marvellous supreme attainment, and well known as the Lotus Born, you are encircled by many Dakinis in your retinue. I persevere to follow you and I invite you to the feast of sense objects. I pray you to come to grant blessings. Bestow blessings on the excellent place, and transform the feast offering into nectar of wisdom. Confer the four empowerments on me, a practitioner of supreme vehicle; dispel the evil and perverse forces and hindrances. Bestow me the supreme and common attainments.

\$2.00 \$

त्तुः अः हे नर्डुव् रद्युः वेदिश्वे रङ्घया । देवा रद्ये व स्वायाय रद्ये विकेषा व स्वायाय र स्वयाय र स्वायाय र स्वायाय र स्वायाय र स्वयाय र

यस्या । प्रमाना भी मान्या प्राप्त की मान्य प्राप्त की मान्य प्रमान । की खेर की मान्य प्राप्त की मान्य प्रमान की मान्य

HUNG! LAMA JETSUN PADMA THODTHRENG TSAL, RIGZIN KHADROI TSHOG DANG CHEPAYI TSASUM KUNDUE GYALWAI KYILKHOR LA, MUGUE DUNGSHUG DRAGPOE SOLWA DEB. DAG ZHAN GOSUM GE TSHOG LONGCHOD CHE, NANGSID DODYON GYEGU MA TSHANG MED, KUNZANG DECHEN TSHOG GI KHORLOR BUL, THUGTSEI GYEZHE THUGDAM KONG GYUR CHIG, SOLWA DEBSO GURU RINPOCHE, JINGI LOBZHIG RIGZIN KHANDROI TSHOG, MOEDEN BULA CHOG THUN NGODRUB TSOL, DAMTSHIG NYAMCHAG THAMCHED JANG DU SOL, CHINANG SANGWAI BARCHED YING SU DROL, JANGCHUB BARDU DRELMED JESZIN ZHING, TSESOD NYAMTOG YARNGOI DATAR PHEL, SAMPA LHUNGI DRUBPAR JINGIS LOB. OM AH HUNG VAJRA GURUPADMA SIDDHI HUNG. Hung! To this assembly of Buddhas, who encompasses all three roots including the guru and lord, Padmasambhava, and the host of dakinis, I pray with immense respect. faith and devotion. All pleasant sense objects and phenomena including the three doors, virtues and possessions of oneself and others without exclusion, I offer them as the all-perfect great bliss cycle of feast. Happily accept them with affection and may you be pleased. I supplicate you, O Guru Rinpoche, grant me blessings, O the gathering of wisdom holders and dakinis, grant this devout child the supreme and common attainments. May all violation of vows be purified and the outer, inner and secret hindrances dispelled in the empty sphere. Hold me without separation as your follower until enlightenment. Increase my life, merits, and spiritual experiences like the waxing moon. Bless that all the wishes are fulfilled spontaneously. Om Ah Hung Vajra Guru Padma Siddhi Hung.

बिश्रायतः ज्ञाशेरात्रधुर में 'स्वें' न्नू 'प्रतें' न्नू 'प्रतें' न्नू 'प्रतें' त्नु 'प्रतें ते त्नु 'प्रतें त्नु 'प्रतें ते त्न त्नि 'प्रतें ते त्नु 'प्रतें ते त्नु 'प्रतें ते त्नु 'प्रतें ते त्न त्नि 'प्रतें ते त्नु 'प्रतें ते त्नि 'प्रतें ते त्नि ते त्नि 'प्रतें ते त्नि 'प्रतें ते त्नु 'प्रतें ते त्नि 'प्रते ते त्

Short feast liturgy: Bless substances with OM AH HUNG HO. TSASUM LHATSHOG TSHOG LA CHENDREN SHEG, (change to particular deit;, e.g.Dorsem Lhatshog etc.) CHINANG SANGWAI DECHEN TSHOGCHOD BUL, DAMTSHIG NYAMCHAG THAMCHED THOL LO SHAG, NYISZIN DRAGEG CHOSKYI YING SU DROL, NYAMNYID DEWA CHENPOI THUGDAM KANG, CHOGDANG THUNMONG NGODUB TSAL DU SOL

Om Ah Hung Ho! The assembly of deities of three roots! I invite you to this feast, come. I offer you the feast-offering of outer, inner and secret great bliss. I confess all violation of sacred vows; dispel the evil foe of dual-clinging in the sphere of reality, and sate your heart with great bliss of equanimity. Bestow us the supreme and common attainments.

This short feast liturgy is by Jampal Dorje and convenient for accumulating number of feast chanting.

क्ष्राक्ष्रः हैं। स्वायान्य निष्या स्वायान्य स्वायान्य स्वायान्य स्वयान्य स्यान्य स्वयान्य स्

है। बेब न्यह्त का क्षेत्र निर्मेता विश्व निर्मेत निर्

OM AH HUNG! LHAGLA WANGWA DREGPAI TSHOG, TRINTAR TIBSHING HABSHA JOB SHAKHRAG GYENPAI TSHOGLHAG ZHE, NGONGI DAMCHA JIZHIN DU, TANDRA DAMNYAM ZES SU ZOS, TAGDANG TSHANMA MYUR DU TON, DRUPAI BARCHED DOGPA DANG, THINLEY THOGMED GRUBPAR ZOD, UCCHISTABALINGTA KHAHI! Saying thus, discard the remaining of the feast.

Om Ah Hung! The hordes of spirits who have the right to this remaining, roll in like clouds and rush with covetousness. Have the remaining of the feast flavoured by flesh and blood. In accordance with earlier promises, devour the foes of Buddhadharma and samaya violators. Show us the signs and marks [of accomplishment] swiftly, and stop the hindrances of practice. Accomplish the assigned activities undeterred. Please eat the remaining offering.

र्स्यकार्यात्रम् । विश्व विश्

TSOGKHOR PHULWAI SODNAM KYIS MIZED TERLA LONGCHOD NE, YESHE NANGWA RABTHOB TE, DAGPA CHENPOI SA THOB SHOG.

Through the merit of offering this feast, may we indulge in the inexhaustible treasury. Obtaining the light of transcendental wisdom, may we attain the state of Great Purity.