

କେନ୍ଦ୍ରାଶ୍ଵର୍ଯ୍ୟମଦ୍ଦର୍ଶନଶୈତନିକେନ୍ଦ୍ରାଶ୍ଵର୍ଯ୍ୟମଦ୍ଦର୍ଶନଶୈତନି

# Tséwang's Precious Mala of Beneficial Aspiration Prayers

Now, this “*Precious Mala of Beneficial Aspiration Prayers*,” words from the mouth of Tséwang, was composed within the meditation cave of Tong Gyung on the island within Lake Namtso. The aural transmission was given to the shepherd, Rikpa Rangshar himself, and is for the benefit of many life-times.

ପଦଶ୍ରୀଶ୍ରୀଶର୍ମାନ୍ତିକ୍ଷମପଦ୍ମନାଭଙ୍ଗମାନ୍ଦିତଃ ।

dak gi chi tsuk nyi da pé mé téng  
ჟა'ჲა'ნდ'ნ'გორესა'უ'ნ'ჲ'ჲ'ნ'გორესა'ვა'  
la ma der shek yi dam lha tsok la  
ჸი'ნ'გასუმ'გაპ'ნ'გრ'გადსა'ჰუს'გიმს'დ'გრ'ნ'გორეს  
téñ sum shen rap sang gye sem pé tsok  
ჽდ'ნ'ნ'ჽდ'ნ'ჽურ'ნ'გრესა'გ'ნ'გან'გორეს

ੴ ਸਤਿਗੁਰ

é ma ho  
ଦ୍ୱିଦ୍ସାକ୍ଷିଦ୍ସମଶଦ୍ସାକ୍ଷିଦ୍ସମଶଦ୍ସାକ୍ଷିଦ୍ସମଶଦ୍ସା  
ying nyi nam dak zhing kham rap jām ne  
ଶା'ପ'ବନ୍ଦ'ମଧ୍ୟମଶ'ଫି'ଦ୍ସ'ଭ୍ରାତଶ'ବ୍ୟା  
la ma der shek yi dam lha tsok la  
ହି'ଶଶୁଦ୍ଧ'ମଧ୍ୟମଶ'ଶବ୍ଦଶା'କ୍ରୂଶ'ମଧ୍ୟମଶ'ହି'କ୍ରୂଶ'ଶା  
tén sum shen rap sang gye sem pé tsok  
ଶଦ'ମକ୍ରି'ଦ୍ୱିଦ୍ସା'କ୍ଷଣ'ମଧ୍ୟମଶ'ଶବ୍ଦଶା'ମି'ମଦର'ଯଦ'.  
rang zhin ying ne shek zhug mi nga yang  
ଏନ୍ଦଶ'ଶଶା'ଦ୍ୱାର୍ଥକ୍ରମ'ଶବ୍ଦଶା'ଦ୍ୱିଦ୍ସା'ଶବ୍ଦଶା'କ୍ରମ'ଶବ୍ଦଶା  
dak sok dro nam thuk jé zung wé chir

At the crown of my head, upon a throne of a sun,  
moon and lotus is a divine gathering of lamas,  
enlightened beings and yidams. I meditate  
steadfastly upon the assembly of the three  
supports: the shenrap lamas, buddhas and  
bodhisattvas whose bodies are radiant and made  
of light.

(Say this in order to confidently generate devotion towards that divine assembly of refuge.)

ÉMAHO!

From within an infinite realm of completely pure space is the divine assembly of lamas, enlightened beings and yidams, and an assembly of the three supports: the shenrap lamas, buddhas and bodhisattvas. Although they are never separate from the space of self-nature, I, and all other sentient beings, pray to the lama seated upon a lotus throne at the crown of the head, please hold us with your compassion!

~॥ ଶ୍ରୀଶର୍ମାପଦ୍ମଦେଶନ୍ତିବାଜ୍ଞାନାଶନ୍ତିବା  
 chi tsuk pé mé den la zhuk su sol  
 ଶ୍ରୀଶର୍ମାପଦ୍ମଦେଶନ୍ତିବାଜ୍ଞାନାଶନ୍ତିବା  
 chap ne chen tsé top den ché nam la  
 ନନ୍ଦଶଶିଶାର୍ଥକମାଣୁଷାଧକବାବୀ  
 dak sok dro nam gü pe chak tsal lo  
 ମୀଦଶିଶିଶାପଦ୍ମଦେଶନ୍ତିବାଜ୍ଞାନାଶନ୍ତିବା  
 mi gé dik pé le nam tol lo shak  
 ଶ୍ରୀକନ୍ଦ୍ରଶ୍ରୀଦର୍ଦ୍ଦର୍ଯ୍ୟକମକନ୍ଦ୍ରବାଜ୍ଞାନାଶନ୍ତିବା  
 chi nang nö chü dö yön chö pa bul  
 ହୃଦ୍ୟମିଦ୍ୟପ୍ରେଶାମକରାଶିଦର୍ଦ୍ଦଶାନୁଷାଙ୍ଗ୍ରେବୀ  
 tok mé ye shé chok gi ngö drup tsol  
 ନନ୍ଦଶଶିଶାନୁଷାନନ୍ଦଶିଶିଶା  
 dak gi du sum gé tsa chi gyi nam  
 ମାତ୍ରବାଜ୍ଞାନିମାତ୍ରଦ୍ଵିଦ୍ଵିର୍ଯ୍ୟମାନୁଷାଙ୍ଗ୍ରେବୀ  
 kha chap sem chen dön chir yong su ngo  
 ଗୁରୁତ୍ୱଦ୍ଵଦ୍ଵିମାନଶାନ୍ତିବାଜ୍ଞାନାଶନ୍ତିବା  
 kün kyang rang sem ne lük tok par shok  
 କର୍ମମିମଦ୍ଦର୍ଦ୍ଦମାନୁଷାଙ୍ଗ୍ରେବୀ  
 Namo mi ngon ying zhuk chap ne kyen tsé chen  
 ମାନୁଷାଶଶିଶାକିନ୍ଦର୍ଦ୍ଦମାନୁଷାଙ୍ଗ୍ରେବୀ  
 ma lü sen ching dak la gong su sol  
 ନନ୍ଦଶଶିଶାନୁଷାଙ୍ଗ୍ରେବୀ  
 dak ni mo gü mön lam di dap pé  
 ହିମ୍ବମଧ୍ୟବାନଶଶିଶାକିନ୍ଦର୍ଦ୍ଦମାନୁଷାଙ୍ଗ୍ରେବୀ  
 ji tar tap zhin drup par dze du sol

I, and all other sentient beings, respectfully prostrate to all these powerfully wise and compassionate places of refuge.

I openly admit my non-virtuous and negative activities.

I present the external world along with its internal contents as a pleasing offering. Please bestow the supreme attainment of non-conceptual wisdom.

Whatever acts of virtue that I have done during the three times,  
 I dedicate completely for the welfare of all sentient beings who are as pervasive as the sky. May all beings realize the true nature of their own mind!

**Namo!** Wise and compassionate places of refuge abiding in un-manifested space, please pay heed to me and listen without missing anything!  
 Because I offer this aspiration prayer of devotion, accordingly, I pray that what I have asked will be accomplished.

༄༅|| ພଦ୍ମକ୍ରିୟାପାରଦ୍ଵାରାଶୁଦ୍ଧିତା

dak ni mi lü tsang ma top dü dir

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

go sum gé chö ta ru chin pa dang

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

nam tok lo yi dri ma kün sang ne

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

tok mé ye shé gyü la char wär shok

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

chen ngen gé wé bar che kün zhi ne

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

gé chu thar jin chi sam drup pa dang

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

ten pa dar zhing ku tsé ring ne kyang

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

drél tse sem chen kün la pen tok shok

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

mi tak du chen lép du chi kha na

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

lü gyi na tsa zuk zér zhi wa dang

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

jing muk tip pé nang wa kün sang ne

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

drip mé zang tal rik pa sal wär shog

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

jik ten dir nang trül pé le chö la

ଶ୍ରୀଶନୁମାଦ୍ଵାରାଶୁଦ୍ଧିତା

ré dok chir dréng zhen chak mé pa dang

Now, may I obtain a pure human body in order  
to reach to the limit of virtuous activity of my  
three doors.

Having cleansed all defilements of the  
conceptual mind,

may non-conceptual wisdom arise within my  
mind-stream!

Having pacified all obstacles of virtue and all  
adverse circumstances,

may I accomplish all my wishes and complete  
the ten virtues!

Having spread the teachings and lived a long  
time,

may I benefit all sentient beings who come into  
contact with me!

When the great time of impermanence arrives at  
the moment of death,

may the illness and pain of the body be pacified.

And having cleared away the clouded visions of  
dullness and lethargy,

may unobscured, unimpeded, innate self-  
awareness appear!

Because of hope, may I not have desire and  
attachment towards performing the deluded  
activities of this world!

॥ རྦୟଶାନ୍ତିଷ୍ଠିତାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା॥

jik trak dug ngal nyön mong rap zhi ne  
ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା

sem nyi yo mé ngang la ne par shok

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା

gyu lu zuk pung jung wa jik dü su

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

ö nga trül pé nang wa chi shar yang

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା

sem gyi cho trül rang tsal ngo shé ne

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା

ku nga ye shé nga ru drol wär shok

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

nam shé tsi dhi ü su dü pé tsé

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

rang nang trül pé dra ö zer sum nam

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

ku sum ngo shé rang sar drol ne kyang

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

trül nang bar dö trang le tar par shok

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

sem nyi ngo wo ah yi tsen ma chen

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

ü ting dé wé tsa la lam tön ne

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

chi tsuk kün zang ngang du tim ne kyang

ଶିଶୁଶ୍ରୀଦିନାପରିବର୍ତ୍ତନାମାତ୍ରିକଣା।

bön nyi ying su dzok sang gye par shok

Having completely pacified terror, misery and  
the afflictive emotions,

may I abide in the unmoving state of the  
natural mind!

When fear arises in this mass of flesh and  
bones, this illusory body,  
and deluded visions arise from the five lights,  
having recognized them as a magical display of  
the mind, the self's expressive energy,  
may I liberate to the five Enlightened Bodies  
and the five wisdoms!

When the life-force has come together into the  
center of the consciousness,  
having liberated the deluded visions of sound,  
light and rays into themselves,  
and having recognized the three Enlightened  
Bodies,

may I escape from the deluded vision of the  
narrow passageway of the bardo!

Having sent out the essence of the natural  
mind which has the characteristics of AH from  
the central, dark-blue channel of bliss,  
and having dissolved into the dimension of  
Küntu Zangpo at the crown of my head,  
may I become perfectly enlightened in the  
space of absolute reality!

~၁။ ရဟန်သနတန်န္မာရသနရှယ်။  
 gal té le wang ché wa len na yang  
 ဗုဒ္ဓသနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 nyal wa yi dak jol song lha mi dang  
 အဆင့်သနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 ta khop pām tūng ne ngen kün pang ne  
 ဗြိုဟ်သနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 lho gyal dzam ling ü su ché wär shok  
 ရန်သနတန်နာရွှေသနတ္ထာမီနှုန်း။  
 chen zen dap chak jol song dü dro dang  
 နာရီနှုန်းမီးနာရီနာရီနာရီနှုန်း။  
 dren dang bu me māk pön shen pa dang  
 ဗြိုဟ်သနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 ché go ma dak rik ngen kün pang ne  
 ခီးသနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 rik zang kung tsün mi lü top par shok  
 ရာရွှေသနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 zha wo ön pa kuk pa long wa dang  
 နာရီနာရီနာရီနာရီနာရီနာရီနာရီနာရီ။  
 wang po ma tsang lü su mi ché zhing  
 ဖိန်းသနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 yi ong zuk zang tsen pé rap dzok ne  
 ဗုဒ္ဓသနပိန္ဒနာရွှေသနတ္ထာမီနှုန်း။  
 trül ngak dén pé nö du rung wär shok

If, due to the power of karma, I take a rebirth,  
 having renounced all negative places of the hell-beings, hungry ghosts, animals, gods and humans, as well as savage places that have lost morality,  
 may I be born in the middle upon the victorious southern continent!  
 Having renounced all impure doors of birth into negative families such as being born as a predatory animal, a bird, a beast of burden, a wild animal, a slave, a military person, or a butcher,  
 may I obtain a human body in an honorable and wholesome family!  
 Not born into a body that is crippled, deaf, mute, blind, or with incomplete sense organs, and having perfected the characteristics of a positive and beautiful form,  
 may I be a proper vessel of truth, a speech emanation!

༄༅། ། རྒྱ ལ ཕ ད ག ཤ བ ན མ ད ས ད ས ད ས ད

jig ten trül chö mi gé pang pa dang  
ད ད ས ད ས ད ས ད ས ད ས ད ས ད ས ད

de pa sum den gé la rap mo shing  
བ མ ད ས ད ས ད ས ད ས ད ས ད ས ད

sum den la ma zhik dang jal ne kyang  
ག ད ད ད ད ད ད ད ད ད ད ད ད

zhön nur gyür la rap tu jung wär shok  
ན ད ད ད ད ད ད ད ད ད ད

dü dang gong po lha sin dé gye nam  
བ ད ད ད ད ད ད ད ད ད ད

trül sem nø sem duk sem zhi wa dang  
ད ད ད ད ད ད ད ད ད ད

dak gi ka nyen dren du khor ne kyang  
ດ ད ད ད ད ད ད ད ད ད

gé wé tün chen pün sum tsok par shok  
ང ད ད ད ད ད ད ད ད

ngal düp mé pé tsön dru rap ché ne  
ଓ ད ད ད ད ད ད ད ད

lé lo yéng wé du dzi pang wa dang  
ଶ ད ད ད ད ད ད ད ད

go sum shé gyü böñ la jang ne kyang  
ଶ ད ད ད ད ད ད ད ད

lap sum pül chin khe par gyür wär shok  
ଶ ད ད ད ད ད ད ད ད

de dü khe pé nga wo kün pang ne  
ଶ ད ད ད ད ད ད ད ད

tsik chir mi dréng dön la dril wa dang

Renouncing the world of deluded leisure activities  
and non-virtue,

and having met with strong devotion towards  
virtue which has the three kinds of faith,

as well as having met together with a lama who  
has the three kindnesses,

may I have perfect renunciation when I am young!

Having pacified the demons and the eight classes  
of beings,

as well as the mind of delusion, the mind of  
malice, and the mind of suffering,

may I be surrounded by loyal supporters and have  
an abundance of favorable circumstances of virtue!

Having generated an intense, tireless zeal, and  
forsaking laziness as well as the distraction of  
amusement,

and having purified my three doors and the  
phenomena of my mind-stream,

may I skillfully perfect the three trainings!

Then, having renounced all pride of cleverness and  
knowledge,

essentializing words for the benefit of not  
following speech,

and having purified the view of yogic power,

may I have an experience of the profound, great  
vehicle!

༄༅། ། སྤୁଣ୍ଡ བ୍ରାହ୍ମନ རୁଦ୍ଧ དୟା

tül shuk top gyi nang wa jang ne kyang  
ଶେଷାକେତ୍ୟାମର୍ଗମନସ୍ତୁଵିଦ୍ୟାର୍ଥି

ték chen zap mo nyam su len par shok  
ବୈଶାଖିଦ୍ୟାମନ୍ତ୍ରମିଦ୍ୟାର୍ଥି

jik ten dra nyen zang zing nor dze la  
କମାଶାକ୍ରିୟାଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

chak zhén dö mé gyü la ché wa dang  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

zung dzin ser né dü pa drol ne kyang  
ଶୀର୍ଷାକ୍ରିୟାଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

sem nyi yo mé ngang la né par shok  
ଶ୍ରୀଚିହ୍ନଶୂନ୍ୟଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

chi yi tshok druk nang wa den mé la  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

nga dak zung dzin rang sar drol wa dang  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

ngö po ngö zung za te dral ne kyang  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

nang wa na tsok gyu mar tok par shok  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

nang gi nam tok lo yi gyu jé nam  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

zhen mé ka dak ngang du sang pa dang  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

gom jung trül mé shé rap gye ne kyang  
ଶ୍ଵରଦ୍ୱାରାପର୍ଯ୍ୟନ୍ତର୍ଥାବିଦ୍ୟା

sang gye gong pa rang la nyé par shok

Having produced within my mind-stream a lack of desire or attachment towards this world, toward friends or enemies, material things, or property and wealth, and having liberated the knots of greediness regarding subject and object, may I abide in the state of the unmoving, nature of mind!

Self-liberating in their own places the truth-less vision of the external six senses, the ego as well as subject and object, and being free from the reference point of any graspable, substantial entity, may I realize the magical illusion of all the various visions!

Having cleared away inner conceptuality, the movements of the intellect, into the state of non-attachment that has been pure since the beginning, and having increased insight arising from non-deluded meditation, may I attain the state of enlightenment for myself!

༄༅། ། སྤୈନ୍ རୁଣ བ୍ରିଂକ ད୍ରିଙ୍କ ད୍ରିଙ୍କ མୁଣ

jing muk tro gö té tsom ré dok nam  
ଶ୍ଵର ପିଦ ହନ୍ ଗାନ୍ ବନ୍ ନ୍ ଶ୍ଵର ବନ୍

yer mé ö sal ngang du drol wa dang  
ଶ୍ଵର ଶ୍ଵର ମନ୍ଦ ଶ୍ଵର ମନ୍ଦ ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

ku sum ngön gyür rang ngo shé ne kyang  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

ngé shé yi ché ting ne ché wär shok  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

chi nang sang sum lam gyi drö tak la  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

tün mong ngö drup gyu trül nga wa dang  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

sa lam lo yi rim pa dzok ne kyang  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

sem nyi ro nyom dak zhal tong wär shok  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

dön dam ta ru chin pé dro tak la  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

tok mé ye shé du dral mé pa dang  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

nyam tok ngo wo ro dang dral ne kyang  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

chok gi ngö drup nam chen top par shok  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

nang si chi nang khor de böñ nam kün  
ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର ଶ୍ଵର

yé tong tsa dral ngang du nyam pa dang

Having liberated dullness and lethargy, anger,  
agitation, doubt, hope, and fear into the  
inseparable, luminous state,

and having recognized my own self-nature as the  
manifestation of the three Enlightened Bodies,  
may deep certainty and confidence be produced!

Having attained the signs of accomplishment of  
the outer, inner and secret paths,

as well as the power of both ordinary spiritual  
accomplishments as well as illusory emanations,  
and having completed the stages of the  
intellectual paths and grounds,

may I perceive myself the same as the equal  
taste of the natural state!

Not being separate from non-conceptual wisdom,  
but having been separate from the essential  
taste of experience and realization,

may the supreme accomplishment of  
omniscience be accomplished!

Having attained the primordially empty and  
rootless state of equanimity as regards external  
existence, outside and inside, cyclic existence,  
and all phenomena,

॥ རྒྱྲླྷ བୁଦ୍ଧ ལାମ གୁହୁ ལାମ ངୁହୁ ॥

na tsok du ma chik tu dzok ne kyang  
ସନ୍ତୋଷପିଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀଷା

jö mé böñ ku sa la chin par shok  
ସୁମାରାଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀଯଦା ।

tüg nyi ngang la tse mé zhi shar yang  
ସିମାରାତକାଶ୍ରୀପିଲୁକାପଦଶ୍ରୀଷାପଦଶ୍ରୀଯଦା ।

sem chen lo yi mün pa sel wa dang  
ସର୍ବପଦଶ୍ରୀଦିନପଦଶ୍ରୀକେନ୍ଦ୍ରମାର୍ଗଶାପଦଶ୍ରୀ

dro wa kün gyi de ching mo ne kyang  
ଶ୍ଵେତପୁରୁଷପଦଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

yung drung böñ gyi khor lo kor wär shok  
ଶ୍ଵେତପୁରୁଷପଦଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

dül ja ten pa dar zhing rap gye ne  
ଅର୍ଦ୍ଧପାତ୍ରକାଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

pa rol zhen nang zil gyi nön pa dang  
ଶ୍ଵେତପାତ୍ରକାଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

kün gyi gön chap ré ne gyur ne kyang  
ଏତାଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

dak nyi tuk jé zhi dang den par shok  
ଶ୍ଵେତକେନ୍ଦ୍ରମାର୍ଗଶାପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

nying jé ché zhing thap la khe ne kyang  
ସିମାରାତକାଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

sem chen dön la cho ngal mé pa dang  
ମାର୍ଗଶାପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

kha chap dro druk sem chen ma lü kün  
ଏତାଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

dak nyi tuk jé nyur du drong par shok  
ଶ୍ଵେତପାତ୍ରକାଶ୍ରୀଦିନପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀକୁର୍ବିଷାପଦଶ୍ରୀ

and having completed these multiple and diverse things all at once,  
may I arrive at the level of the inexpressible,  
**Bönku!**

From the faith and devotion of all transmigrating beings,  
manifests the four immeasurables within the state of the Enlightened Mind,  
and the darkness of the minds of sentient beings is cleared away.

May the wheel of the Yungdrung Bön turn!  
Having subdued obstacles, and fully developed and spread the teachings,  
and having transformed into each protector and object of refuge in order to suppress the brightness of the opponent's appearance,  
may I, myself, possess the four kinds of compassion!

From great compassion and skillful means,  
without weariness and for the benefit of sentient beings,  
may I, myself, quickly and compassionately guide all sentient beings of the six realms,  
without exception!

Through the capacity and power of compassionate blessings of knowledge and kindness from the places of refuge, as well as the devotion of my three doors,

༄༅|| ། ད ལ ར ན ཁ ག བ ཉ ཁ ག གྷ ཁ ང ཁ ཁ ཁ ཁ ཁ

dak gi go sum mo gü nu tu yi

༄ ཁ ག ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ

mön lam nam dak nyür du rap drüp ne

༄ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ

khor wa ma lü dong ne trük par shok

༄ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ

chap ne der shek chi nang lha tsok dang

༄ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ

dak sok ka nyam dro drük sem chen nam

༄ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ

du ma ro chik ngang la nyam ne kyang

༄ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ

jö mé böñ nyi ying su sang gye shok

༄ ཁ ཁ ཁ ཁ

ah om hung

༄ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ ཁ

a ah kar sa lé ö tri dur ru tra nak po zhi zhi yé so ha

having quickly and fully accomplished this

completely pure aspiration prayer,

may all of cyclic existence be shaken from the depths!

Places of refuge, enlightened beings, assembly of outer and inner deities,

for myself and the other migrating beings of the six realms who are as limitless as the sky,

from the equanimity within the state of the single taste of the varied phenomena,

may we be liberated into the space of inexpressible absolute reality!

AH OM HUNG     A AH KAR SA LÉ Ö TRI DUR  
RU TRA NAKPO ZHI ZHI YÉ SO HA

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*May limitless beings benefit! May the protectors forgive any errors!*

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(Thus, recite this three times. As for this “*Precious Mala of Beneficial Aspiration Prayers*,” the great Tséwang Rikdzin composed these words for the benefit of many lifetimes while in a secret cave upon an island in Lake Namtso. The oral transmission was given to the shepherd, Rikpa Rangshar himself. In order to manifest into the liberated family of Tséwang, don’t forget the benefits of this! Morning and evening on auspicious days, make this aspiration prayer again and again in an unbroken way. Thus, Tséwang spoke this from his own mouth.

*Pé!* By offering this single, powerful sound, my consciousness dissolves into the heart of Tséwang. Tséwang having dissolved into light, dissolves into the heart of Küntu Zangpo.

Make this aspiration for both one's self and others. Having the three extraordinary supports, in the presence of the excellent lama and having extraordinary abiding, offer this aspiration prayer during the time that the sun or moon is eclipsed, or at the anniversary of the victor Shenrap taking birth or passing away, or at the time of one's benevolent parents passing away, or at the time of one's root lama passing away. After a long period of veneration, perform the yidam practice. From that, if you perform the yidam practice, guard your discipline even for a single generation stage. If you make a commitment regarding this very aspiration prayer, in the future, it is said that you will be reborn into the presence of Tséwang.)

## Auspiciousness!

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