



During the **Bell** Contemplate the Four Dharmas of Gampopa:
Grant your blessing so that my mind may turn towards the Dharma.
Grant your blessing so that Dharma may progress along the path.
Grant your blessing so that the path may clarify confusion.
Grant your blessing so that confusion may dawn as wisdom.

(bell)

ALTRUISTIC MOTIVATION

All sentient beings,
Especially those enemies who hate me,
Obstructors who harm me and
Those who create obstacles on my path
To liberation and all knowingness;
May they have happiness and
Be separated from suffering.
I will quickly establish them in the most
Perfect and precious Buddhahood. **3x**



ACTION BODHICITTA PRAYER

**Thus, until I achieve enlightenment,
I perform virtuous deeds with body, speech and mind.
Until death, I perform virtuous deeds with body, speech and mind.
From now until this time tomorrow,
I perform virtuous deeds with body, speech and mind.**

REFUGE PRAYER

**In the Buddha, the Dharma, and the Sangha most excellent,
I take refuge until enlightenment is reached.
By the merit of generosity and other good deeds,
May I attain Buddhahood for the sake of all sentient beings. 3x**

BODHISATTVA PRAYER

**As earth and the other elements together with space
Eternally provide sustenance in many ways
For the countless sentient beings
So may I become sustenance in every way for sentient beings,
To the limits of space, until all have attained nirvana.**

**As the sugatas of old gave birth to the bodhicitta
And progressively established themselves in the training of a bodhisattva,
So, I too, for the benefit of beings, shall give birth to that bodhicitta,
And progressively train myself in that discipline.**

**At this moment my life has become fruitful
I have realized my human life.
Today I am born into the family of the Buddhas;
Now I am a child of the Buddhas.
From now on I will forthrightly perform the actions befitting my family
I will act so as not to degrade the faultlessness and
Discipline of my family.**

**Just as with a blind man finding a jewel in a heap of dust
Thus somehow bodhicitta has been born in me.
This is the supreme amrita which destroys death,
The inexhaustible treasure which removes the world's poverty.
It is the supreme medicine which cures the world's sickness
The tree which provides rest for beings weary
of wandering on the paths of existence.
It is the universal bridge on which all travelers
may pass over the lower realms,
the rising moon of mind which dispels the torment of the kleshas.
It is the great sun which puts an end to the obscurity of ignorance
The pure butter which comes of churning the milk of the holy Dharma.**

**For travelers wandering the paths of existence
Seeking happiness from objects of enjoyment,
It is supreme bliss near at hand,
The great feast which satisfies sentient beings.
Today witnessed by all the protectors
I have welcomed the sentient beings and sugatas.
Devas and asuras rejoice!**



FOUR IMMEASURABLES

**May all mother sentient beings, boundless as the sky,
Have happiness and the causes of happiness.
May they be liberated from suffering and the causes of suffering.
May they never be separated from the happiness which is free from sorrow
May they rest in equanimity, free from attachment and aversion. 3x**

(bell)

THE SUTRA ON THE HEART OF REALIZING WISDOM BEYOND WISDOM (The Heart Sutra)

**Avalokiteshvara, who helps all to awaken, moves in the deep course of realizing
wisdom beyond wisdom,
sees that all five streams of body and mind are boundless,
and frees all from anguish.**

**Oh Shariputra,
form is not separate from boundlessness; boundlessness is not separate from form.
Form is boundlessness; boundlessness is form.
Feelings, perceptions, mental formations, and discernment are also like this.**

**Oh Shariputra,
boundlessness is the nature of all things.
It neither arises nor perishes,
neither stains nor purifies,
neither increases nor decreases.**

**Boundlessness is not limited by form,
nor by feelings, perceptions, mental formations, and discernment.
It is free of the eyes, ears, nose, tongue, body and mind;
free of sight, sound, smell, taste, touch, and any object of mind;
free of sensory realms including mind-consciousness.
It is free of ignorance and the end of ignorance.**

**Boundlessness is free of old age and death
and free from the end of old age and death.
It is free of suffering, arising, cessation, and path,
and free of wisdom and attainment.**

**Being free of attainment, those who help all to awaken
abide in the realization of wisdom beyond wisdom
and live with an unhindered mind.**



**Without hindrance, the mind has no fear.
Free from confusion, those who lead all to emancipation
Embody complete serenity.**

**All those, in the past, present, and future,
who realize wisdom beyond wisdom,
manifest unsurpassable, authentic and thorough awakening.**

**Know that realizing wisdom beyond wisdom is no other than this great mantra,
luminous, incomparable, and supreme.
It relieves all suffering.
It is genuine, not illusory.**

**So set forth this mantra of realizing wisdom beyond wisdom.
Set forth this mantra that says: (bell)**

Gate, gate, paragate, parasamgate, bodhi! svaha! 3x
(bell)



20 minute silent meditation
Returning to the breath as thoughts arise

WORLD PEACE PRAYER



To the unfailing sources of refuge, the Three Jewels and Three Roots, and especially Chenrezig, the protector of the Land of Snows, to Noble Tara and Guru Padmasambhava, I pray:

Please remember your sacred pledge of former times!

Please grant blessings that this aspiration be entirely fulfilled!

In this dark age of decline the thoughts and actions of beings are corrupted, and the balance of the outer and inner elements is lost.

Through these causes and conditions, humans and animals alike are seized by epidemics and diseases unknown in the past.

They are struck by planetary demons, nagas, evil spirits, dark forces, and elemental spirits.

Crops are damaged by blight, frost, and hail, and there is fighting and dispute.

Untimely rains, heat waves, and droughts in the world;

fear of earthquakes, fire, adversaries, and natural catastrophes,

and in particular, evil hordes that hurt the teachings, and so forth

cause harm and violence throughout the world.

May these be swiftly pacified and vanquished from their very roots!

**In the minds of all beings, human and non-human,
may precious and supreme bodhicitta arise naturally.**

**And, free of harmful thoughts and actions, may the minds of all
be filled with love for one another!**

**May the entire world enjoy abundant happiness and wealth!
May the Buddha's teachings spread far and endure long.
By the truthful power of the Three Roots, the buddhas, and
bodhisattvas,
by whatever virtuous roots there are in samsara and nirvana,
And by the power of our highest pure intention,
may this aspiration be fulfilled!**



Just like me practice (host)

Observe what aspect in the prayer hits home in your heart today, that's real to you.

Infuse yourself and all the beings involved with bodhicitta.

Expand the bodhicitta to all beings suffering in the same way.

Notice when you shut down and gently pause, sending bodhicitta to your soft vulnerable heart mind.

Begin again.



Prayer to be Reborn in the Blissful Pureland of Amitabha

**Emaho! In space is wondrous Buddha Amitabha,
with Chenresig to his right and Vajrapani to his left.
They are surrounded by a retinue of innumerable buddhas
and bodhisattvas.**

**Immediately on transmigrating from here,
uninterrupted by other kinds of birth,
may I and others take birth in that great pure realm of
infinite, wondrous bliss and happiness known as Dewachen.
Thus, may we behold the countenance of Amitabha,
Limitless Illumination.**

**I beseech all the buddhas and bodhisattvas of the ten
directions to bless that this aspiration prayer,
that I have made,
be accomplished without hindrance.**



TE YA THA PANTSA DRI YA AH WA BO DHA NAYA SO HA (2x)

<https://www.youtube.com/watch?v=W8dsZzZzc30>

**EMAHO! NGO TSAR SANG GYE NANG WA THA YE DANG
YE SU JO WO THUG JE CHEN PO DANG
YON DU SEM PA THU CHEN THOB NAM LA
SANG GYE JANG SEM PAG ME KHOR GYI KOR
DE KYI NGO TSHAR PAG TU ME PA YI
DE WA CHEN ZHE JA WEI ZHING KHAM DER
DAG ZHEN DI NE TSHE PHO GYUR MA THAG
KYE WA ZHEN GYI BAR MA CHO PAR RU
DE RU KYE NE NANG THEI ZHAL THONG SHOG
DE KE DAG GI MON LAM TAB PA DI
CHOG CHU SANG GYE JANG SEM THAM CHE KYI
GEG ME DRUB PAR JIN GYI LAB TU SOL**



TE YA THA PANTSA DRI YA AH WA BO DHA NAYA SO HA

Dedication Prayers

**Dorje Chang, Tilopa, Naropa, Marpa, Milarepa,
Dharma Lord Gampopa,
Phagmodrupa, and Lord Drikungpa**

**Please bestow upon us the most auspicious blessing of
all the Kagyu Lamas.**

By this virtue, may I achieve omniscience.

**And may all who travel on the stormy waves of birth,
old age, sickness and death,**

Cross the ocean of samsara,

**By defeating all enemies – confusion (the cause of
suffering).**

Bodhicitta, the excellent and precious mind —

Where it is unborn, may it arise;

**Where it is born, may it not decline, but ever increase
higher and higher.**



**I pray that the Lama may have good health.
I pray that the Lama may have long life.
I pray that your Dharma activities spread far and wide.
I pray that I may not be separated from you.**

**As Manjushri, the warrior, realized the ultimate state,
And as did Samantabhadra,
I will follow in their path
And fully dedicate all the merit for all sentient beings.
By the blessing of the Buddha who attained the three kayas,
By the blessing of the truth of the unchanging Dharma-as-such,
By the blessing of the indivisible Sangha order,
May the merit I share bear fruit.**



Dakorma

**By the virtues collected in the three times
By myself and all beings in samsara and nirvana
And by the innate root of virtue,
May I and all sentient beings quickly attain
Unsurpassed, perfect, complete, precious Enlightenment.**

**May the teachings of the Great Drikungpa, Ratnashri,
Who is omniscient, Lord of the Dharma, Master of Interdependence,
Continue and increase through study, practice, contemplation
and meditation until the end of samsara.**



His Holiness Tenzin Gyatso, the 14th 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 Avalokiteshvara,
May you remain steadfast until samsara's end!**



His Holiness, Drikung Kyabgon Chetsang Rinpoche:

**Embodiment of the three precious jewels,
Padmapani, who holds the teachings
of the Victorious One,
Seeing the all-goodness meaning
with the wisdom eye,
May you who are
Spontaneously Established Activities
live long for hundreds of kalpas!**



His Holiness, Drikung Kyabgon Chungtsang Rinpoche:

**Noble Manjushri, the Lord of Speech,
Who manifests to hold the teachings
of the Triple Gem,
Who raises the lamp of the Sage's teachings,
May you who are the Light of the Dharma
Live long for hundreds of kalpas!**



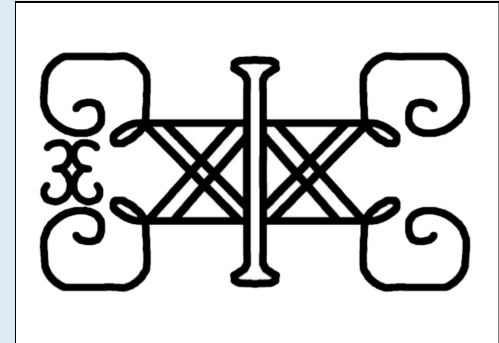
His Eminence Garchen Rinpoche:

**The one known in the holy land as Aryadeva
Emanated into the Gar clan of eastern Tibet as Chödingpa,
The heart-son of Jigten Sumgön.
May the life of glorious Garchen
remain steadfast for a hundred eons.**

(bell)

Land Acknowledgement

We acknowledge that Vajra Dakini Nunnery is on the traditional unceded land of the Wabanaki Confederacy, the stewards of this land for many centuries before European settlement. We honor all Indigenous People's beliefs, cultural heritage, their relationship with the land, the knowledge of their Elders and the spirit of the Ancient Ones. This recognition of Indigenous Territorial Land and beliefs is a small step along the long road of recognizing the truth of our shared history and moving towards reconciliation. We will continue this journey with our Indigenous neighbors as we weave our paths together in right relation.



Frank Speck (1881-1950), Public domain, via Wikimedia Commons

Symbol of the Wabanaki Union of Tribes, still in use. It was originally embroidered onto the ceremonial clothing of sakoms.

PRAYER TO TARA
Who Protects From the Eight Fears



Om! Homage to you, who protects from the eight fears!
Homage to you, who shines as a beacon of goodness!
Homage to you, who closes the gates to the lower realms!
Homage to you, who leads the way to the higher realms!
You are my constant companion.
Always protect me with compassion!

Lord Jigten Sumgon's Tara Prayer



At times of great epidemic disease, at daybreak, early in the morning, give rise to bodhicitta, and visualize [yourself as] the yidam deity. At the center of your heart visualize the form of the Bhagavati Jetsün Tara—the protectress from the fear of disease—in blueish-green color, the size of your hand. From her body, [green] light rays emanate like mist, filling your heart and the inside of your body. The light then emerges from your mouth, nose, and pores, and pervades the boundless palace and all the regions you have in mind. Visualize a form of the Bhagavati Jetsün Tara one finger-width before each of your nostrils. Exhaling green light, think that the light dissolves into these two form emanations. Inhaling, think that the light dissolves into [the Tara] at the center of your heart. It is said that by the blessings of this visualization one will not be affected by epidemic disease. This is my heart advice of profound protection.

—From the Twenty-one Heart Advices of Lord Jigten Sumgön's Profound Dharma