

Olmo Ling Bon Center & Institute Prayers for the New Year 2022

Supplication to Nyamed Sherab Gyaltzen

DE CHEN GYAL PO KUN ZANG GYAL WA DUE
Samantabhadra, source of all Buddhas and of great bliss

MI JE ZUNG DEN SHE RAB MA WE SENG
Mawe Senge, the source of wisdom who has overcome forgetfulness

ZAM LING BON GYI TSUG GYEN NYAM MED PA
Nyamed Sherab Gyaltzen, crown of the Bon tradition of the world

SHERAB GYALTSEN SHAB LA SOL WA DEB
I offer my prayer to you Sherab Gyaltzen.

Prayer to One's Teacher (Guru Yoga)

CHI TSUK DE WA CHHEN POI PHO DRANG DU
In the palace of great bliss above the crown of my head

DRIN CHHEN TSA WE LAMA LA SOL WA DEP
I pray to you benevolent root teacher

SAN GYE SEM SU TON PA RIN PO CHHE
Precious one who is the embodiment of Buddhature

RANG NGO RANG GI SHE PAR JIN GYI LOP
Bless me that I may recognize my own true nature.

Taking Refuge

Together with all sentient beings

I take refuge in the great teachers

I take refuge in the Buddha

I take refuge in the Dharma

I take refuge in the community of all compassionate beings

I take refuge in the protectors of the Dharma

I take refuge in the protectors of wisdom.

Generating the Heart and Mind of Compassion

In the Buddha, Dharma, and Sangha

I take refuge until complete enlightenment.

Until all beings are free from the cyclic continuum of suffering

May I cultivate the heart and mind of compassionate beings.

May all sentient beings throughout space have complete happiness

May all sentient beings be free from suffering and the causal seeds of suffering

May all sentient beings never be separate from the happiness that is free from suffering.

Being free from the duality of happiness and suffering, may we realize the immeasurable mind of equanimity.

Invocation of Sidpa Gyalmo

SO MA MA DZA JO

E MA HO, KA DAG TRO DRAL BON KU YING GI YUM

How wonderful! The pure primordial mother of Dharmakaya

KHA WA CHEN DU BON TEN DZUG PI CHIR

Establishes the eternal Bon teachings

GA NA ZHUG KYANG MA CHHOG SID GYAL KHYED

Wherever you abide, Great Mother Sidpe Gyalmo

NGA YI BOD PA TSAM GYI SHEG SU SOL

Come to me when I invoke you

CHA DRU TRANG SUM GO WE NED LE KYAB

And protect me from negativities and obstacles.

CHHA LUG DZE DZUM GA WI DHANG TON LA

You manifest joyfully smiling and beautiful.

JA CHHANG PHUD DANG GYEN DHEN TOR ME TSOG

Tea, wine, food, and jewels

NYA KYOG THOD PA RIN CHHEN NOD DU SHAM

Are displayed as offerings

TA NOR LUG RA KOR DZE TEN DZUG NE

Along with all my material possessions.

THA NYED DRAL WE CHHOD PE THUG DAM KANG
May you be pleased by this gift and grant me your protection.

DA TA DAG CHAG PON LOP YON CHHOD LA
Whatever difficulties I may face

NA TSA DUG NGAL CHHI DAG CHI YOD PA
Whatever I may be experiencing, illness, suffering, or death

PA TSAL DZU THRUL DE NI MA ZHEN LA
Without exhausting your miraculous strength

PHA ROL JED DANG BOE TONG ZHI WAR DZOD
Please pacify all obstacles.

BA GA LONG CHHEN U GYA CHAG TONG MA
The Great Mother of boundlessness with one hundred heads and one thousand arms

MA MO KHA DRO ZER GYED PAR ME TSOG
Surrounded by the retinue of Mamo dakinis

TSAH TRA SHA BAR TSON CHHA CHAG NA NAM
Holds axes and a wheel

TSA ZER ME PUNG BAR WE U NA GYING
Standing in the center of a blazing flame

DZA THUN SO DANG JO JO BE PE TSE
While reciting the mantra DZA THUN SO JO JO

WA GYAL HUG GOD CHANG MOE NGUR DUR JED
The fox, owl, vulture, wolf, and disturbing forces cry out in fear

ZHA LONG HOEN KUG DAL YAM NA TSOG KYI
The limp, blind, deaf and dumb

ZA LAM DRA LA TON CHING DRA YUL PHUNG
Although enemies are on their way may they never reach their destination.

HA BU DAG GI DOED PI DON KUN DRUB
May all my aspirations and wishes come to fruition

YA MED PUNG DANG CHHI DAG JIG LE KYOB
Protect me so that disturbing spirits, obstacles, and the fear of death may disappear.

RA SA YA NA MEN GYI CHHOE PA ZHE
Please accept the essential medicinal offerings

LA GYA SANG GYE TENPA NYEN PO SUNG

And gently protect the teachings

SHA ZEN MA MO KHA DRO YEN CHHED DU

Along with the spirits, the Mamo dakinis

SA CHUE YING KYI YUN CHHEN CHIN CHHED KUN

And the Great Mothers of the ten levels of the path of compassionate beings

HA HA DZUM PAR ZHAL GYI DHANG TON LA

Their faces glowing with the laughter of joy

AH KAR YUNG DRUNG TEN PI GYAL TSEN DZUG PAR SHOG

Please raise the victory banner of the eternal Bon teachings.

Invocation of Yeshe Walmo

MA DU SUM SAN GYE KA KYONG THU MO CHHE

Powerful mother who protects the teachings of the Buddhas of the three times

MA CHHOG SID PA GYAL MO YING KI YUM

Sidpa Gyalmo, mother of all throughout space and time

KUN DOK THINK NAK NAM KHE ZHI DANG CHEN

Color azure like the clear sky

KU LA MA JA DZE PI THUL PA SOL

The body adorned with beautiful peacock feathers

CHAG YE NAM CHAG RAL DRI DRA SOG CHOD

The iron sword held in the right hand cuts the life of adverse forces

YON PE TSE BUM SHEN GI TSE SOG SING

The life-force-vase in the left hand gives life to all beings

YESHE WALMO KHOR DANG CHE PA LA

Yeshe Walmo and retinue

DUD TSI MI ZED GYEN TSOK DHI BUL GYI

I offer you an unceasing stream of nectar and jewels

YUNG DRUNG BON GYI TEN PA NYING PO SUNG

Protect the doctrine of the eternal Yung Drung Bon

DRUP SHEN DAG GYI THU PUNG DONG DROG DZOD

Please give us practitioners strength of energy and body

DAG CHAK PON LOP KHOR DANG CHE PA YI

To all of us masters and disciples

ME THUN KYEN DANG BAR CHED MA LUI KUN

May all afflicted conditions, obstacles and obscurations

KHA LONG YING SU THAM CHED ZHI WAR DZOD

Be liberated into the vastness of space.

Prayer for Prosperity

EMAHO TSE YI GYAL PO TSE RING NED MED SHOG

EMAHO! May you live long and healthy

DOD PE GYAL PO PHUN SUM TSOG PAR SHOG

May all your wishes and desires be fulfilled

SOD NAM GYAL PO PHEL ZING TEN PAR SHOG

May your luck and fortune continuously increase

MON LAM GYAL PO GANG TAB DRUB PAR SHOG

May all your prayers come to fruition

DRE PUI GYAL PO NGON SANG GYE PAR SHOG

May you ultimately achieve Buddhahood.

GYUR PA MED PAR KU YI TA SHI SHOG

May you be blessed with an unchanging body

GAG PA MED PAR SUNG GI TA SHI SHOG

May you be blessed with flawless speech

THRUL PA MED PAR THUG KYI TA SHI SHOG

May you be blessed with clarity of mind

GYAL WE KU SUNG THUG KYI TA SHI SHOG

May you be blessed with prosperity of body, speech and mind

TON PA JIG TEN KHAM SU JON PA DANG

May the Buddha appear in this world.

TEN PA NYI OD ZHIN DU SAL WA DANG

May the Dharma teachings shine forth like sunlight.

TEN DZIN BU LOP SHED DRUB PHEL WA DANG

May the spiritual master and the students flourish.

TEN PA YUN RING NE PI TA SHI SHOG

May the teachings of the Buddha continue forever.

TEN DZIN KYE BU MI YI SENG GYE ZHAB

Those who understand Dharma hold it in a lion-like grasp.

SA CHOG GAR ZHUG TEN PA GAR DZIN KYANG

Wherever you abide and whatever practice you observe

DUL JA MIN DROL LAM LA KHOD PA DANG

While following the path of liberation

BAR CHHAD MA LUI YONG SU ZHI GYUR CHIG

Having cleared all obstacles, may you abide in the essence of peacefulness.

TEN PI PAL DU LA MI ZHAB TEN ZHING

May you follow in the footsteps of the masters and attain spiritual maturity.

TEN DZIN KYE BUB SA TENG YONG LA KHYAB

May the practitioners of Dharma expand throughout time and space.

TEN PI JIN DAK NAH TANG JOR WA GYE

May the benefactors of the Dharma prosper in all aspects of life

TEN PA YUN RING NE PI TA SHI SHOG

May the teachings of Buddha continue forever.

NYIN YANG TA SHI PAL BAR TA LA LA

May you receive blessings filled with glowing warmth in the day

TSEN YANG TA SHI PAL BAR SI LI LI

May you receive blessings of cool refreshment at night

NYIN TSEN TAG TU TA SHI GANG LEG PA

May the blessings and well-being prosper day and night.

DENG DHIR TSAL ZHING TA SHI DE LEG SHOG

May you be blessed with prosperity in this very moment.

Aspirational Prayer for Peace and Prosperity

ZHI WAR GYUR CHIG DUD KI DE

May all the different kinds of harmful beings be pacified

TONG PAR GYUR CHIG NGEN SONG SUM

May the conditions of the three lower realms be exhausted

DAR ZHING GYE GYUR YUNG DRUNG BON

May the eternal and indestructible Dharma teachings remain forever

DE ZHIN YONG KHYAP SEM CHEN NAM

May all beings throughout time and space

JANG WAR GYUR CHIG DIG DANG DRIB

Be free of affliction and defilement

PHEL WAR GYUR CHIG GYEWE TSOG

May the accumulation of the merit of virtue flourish

TASHI THOP CHIG YON GYI DAG

May all beings experience prosperity and wellbeing

THOE PAR GYUR CHIG TON PI KA

May all beings be able to hear the teachings of the Buddha

TSEN PAR GYUR CHIG MON LAM THA

May all beings be secure in comfort and happiness

CHOG CHU DUE SUM DE WAR SHEG

May the Buddhas of the three times and the ten directions

DAG DANG THA YE SEM CHEN NAM

And all beings including ourselves

NYI MED NGANG LA NYAM GYUR CHIG

Abide in the experience of non-duality

TON PE THUG JE CHE WAR SHOG

May the unsurpassable compassion of the Buddha extend everywhere

LHA YI MON LAM TSEN PAR SHOG

May the good wishes and aspirations remain alive in each being

BON GYE TENPA DAR WA SHOG

May the teachings of the Buddha flourish

SEM CHEN DE KYID DZOM PAR SHOG

May all beings meet with happiness and prosperity

MI GYE DIG TSOG NUB PAR SHOG

May all unwholesome thoughts and actions come to an end

SIN GYI MON PA GUD PAR SHOG

May all harmful conditions decline

KHOR WA SEM CHEN THAM CHED KYANG

May all beings within cyclic existence

DHUG NGYAL NYANG NGE GYUN CHED NE

Be completely free of pain and suffering

TASHI DAM PAR THOB PAR SHOG

May the ultimate happiness and prosperity be realized.

Prayer of Aspiration

KAL ZANG U NE TEN PI TSO WO CHHE

The essence of the fortunate era is the preciousness of Dharma

DZED PI NANG NE THRIN LE DAM PA PHUL

Out of all deeds the supreme action is commitment

JE ZHAG THA RU GYE PI TA SHI SHOG

May the prosperity of wholesome deeds remain until the end of time.

BON GYI NYING PO NYE LAM ZUNG KYI DON

The precious essence of the Dharma teachings is a direct way to liberation.

KA YI NYING KHU SANG GYE GONG PI CHOG

The Buddha's mind is the heart-drop of the Dharma

TEN PI NYING PO DAR GYE RAB CHOD SHOG

May the essence of the Buddha's teachings flourish and be actualized throughout time and space.

LHA YI TSO WO NAM GYAL LHA CHU LA

Out of all deities the supreme are the ten Accomplished Deities

KHOR GYE DAM PA PAL GON GYA TSA GYED

The supreme students are the 108 Glorious Disciples.

YONG SU DZOG PI KHOR LO RAB KOR SHOG

May the perfect wheel of Dharma continue to turn.

MON LAM DI TAB GYE WE THU PAL GYI

By the virtue and the power of this aspirational prayer

NED MUG TSON GYI KAL PA ZHI WA DANG

May all disease and famine, war and despair, be pacified and transformed

PAL JOR SOD NAM PHUN SUM TSOG PA YI

May all beings fulfill their wishes for prosperity and fortune

SANG GYE TEN PA DAR ZHING GYE PAR SHOG

May the teachings of the Buddha spread and flourish

SANG GYE TEN PA RAB DAR NE

Having flourished the teachings of the Buddha

SEM CHEN PAL JOR PHUN SUM TSOG

May all beings enjoy prosperity

YE ZHIN NOR BU GYA TSO TAR

Like the preciousness of vast, deep oceans.

DUI NAM TAG TU TA SHI SHOG

May the prosperity of all beings spread throughout time and space.

Lha Gyal

TON PE THUG JE CHHE WAR SHOG

May the unsurpassable compassion of the Buddha extend everywhere

LHA YI MON LAM TSEN PAR SHOG

May the good wishes and aspirations remain alive in each being

BON GYE TENPA DAR WA SHOG

May the teachings of the Buddha flourish

SEM CHEN DE KYID DZOM PAR SHOG

May all beings meet with happiness and prosperity

ME GYE DIG TSOG NUB PAR SHOG

May all unwholesome thoughts and actions come to an end

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May all beings within cyclic existence

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Be completely free of pain and suffering

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May the ultimate happiness and prosperity be realized.

SO SO SO

KI KI SO SO LHA GYAL LO

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