

CHENREZIG SADHANA

Compiled and translated by ZaChoeje Rinpoche



REFUGE AND THE WISH (3X)

SANG-GYE CHOE-DANG TSOG-KYI CHOG-NAM-LA
I go for refuge to Buddha, Dharma and Sangha,

JANG-CHUP BAR-DU DAG-NI KYAB-SU-CHI
Until I achieve enlightenment.

DAG-GYI JIN-SOG GYI PAI SO-NAM GYI
Through the virtues I collect by generosity and the other perfections,

DRO-LA PHEN CHIR SANG-GYE DRUP-PAR-SHOG
May I become a Buddha for the benefit of all sentient beings.



FOUR IMMEASURABLES PRAYER (3X)

SEM-CHEN THAM-CHEY DE-WA DANG DEI-WAY
GYU-DANG DEN-PAR GYUR CHIG

May all sentient beings be happy and have the causes of happiness.

SEM-CHEN THAM-CHEY DUG-NYAL DANG DUG-NYAL
GYI GYU-DANG DREL-WA GYUR-CHIG

May all sentient beings be free from suffering and the causes of suffering.

SEM-CHEN THAM-CHEY DUG-NYAL ME-PAI
DE-WA DANG MI-DREL WA GYUR-CHIG

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

SEM-CHEN THAM-CHEY NYE-RING CHAG-DANG
NYI-DANG DREL-WAI TANG NYOM-LA NEY-PAR GYUR-CHIG

May all sentient beings abide in equanimity,
free from attachment and detachment.

Blessing the Offerings

OM VAJRA AMRITA HUM PHAT
OM SVABA VA SHO DA SAR WA DHARMA SAVBA WA SHO DHO HAM
TONG PA NYI DU GYUR

From the emptiness, from OM arise great
offering bowls made of precious jewels with OM inside them.
The OM melts into light and becomes infinite and pure divine offerings of Water for drink-
ing, Water for washing, Flowers, Incenses, Lights, Perfume, Food, and Music.

OM VAJRA ARGAM AH HUM
OM VAJRA PA DEY AH HUM
OM VAJRA POI PAI AH HUM
OM VAJRA DU PAI AH HUM
OM VAJRA ALOKEY AH HUM
OM VAJRA GENDEY AH HUM
OM VAJRA NI O DE AH HUM
OM VAJRA SHAPTA AH HUM



Instantly oneself appears as Chenrezig and Light radiates from the
HRIH at the heart, and all the Buddhas and Bodhisattvas of the ten
directions are invoked in the form of the Chenrezig in front.

OM ARYA AVALOKITEY SA PARI WA RE
ARGAM, PA DEY, POI PAI, DU PAI, ALOKEY,
GENDEY, NI O DE, SHAPTA PAR TI TSA HUM SVAHA



KYON GYI MA GOE KOO DOK KAR
You whose white-colored body is unstained by faults,

ZOG SAN GYE KYI U LA GYEN
Whose crown is adorned with a fully Enlightened Being,

THUG JE CHEN GYI DRO LA ZIG
Who gaze upon us with eyes of Compassion,

CHEN RE ZIG LA CHAG TSAL LO
To you Noble Chenrezig I pay homage.

Seven-Limbed Prayer

PAG PA CHEN RE ZIG LA CHAG-TSAL LO
I bow down to the Venerable Arya Chenrezig,

NGOE-SHAM YI-TRUL CHOW-TRIN MA-LU-PHUL
I offer each and every offering,
both actually performed and imagined.

THOG-MEY NEY-SAG DIG-TUNG THAM-CHE-SHAG
I confess and purify all transgressions
since beginningless time.

KYE-PHAG GE-WA NAM-LA JE-YI-RANG
I rejoice in all virtues of both common and Noble Beings.

KOR-WA MA-TONG BAR-TO LEG-SHUG-NEY
I request you to remain until the end of Samsara,

DRO-LA CHOE-KYI KHOR-LO KOR-WA-DANG
And give us your wise and compassionate guidance.

DAG-SHEN GEY-NAM JANG-CHUP CHEN-POR-NGO
I dedicate my merit to attain Buddhahood for the sake of all beings.

Mandala Offering

SA-ZHI PO-KYI JUG-SHING ME-TOG TRAM
The universal ground purified with scent and flowers spread,

RI-RAB LING-ZHI NYI-DAY GYAN-PA-DI
Magnificent Mountains, beautifully adorned with Sun and Moon.

SANG-GYAY ZHING-DU MIG-TE UL-WA-YI
I offer this to the pure realm of the Buddhas,

DRO-KUN NAM-DAG ZHING-LA CHO-PAR-SHOG!
May all sentient beings attain the pure realm!

IDAM GURU RATNA MANDALAKA NIRYATAYAMI!



Generating Bodhicitta (3X)

KON CHOG SUM LA DAG KYAB CHI,
I go for refuge to Buddha, Dharma and Sangha.

DIG PA THAM CHE SO SOR SHAG
I confess and purify all my negative karma.

GRO WEI GEY LA JE YI RANG
I rejoice in all virtuous deeds.

SAN GYE JANG CHUB YI KYI ZUNG
I will achieve enlightenment for the benefit of others.

Actual Self-Generation Practice

OM SVABA VA SHO DA SAR WA DHARMA SAVBA WA SHO DHO HAM
TONG PA NYI DU GYUR

Everything becomes empty and from PAM appears the lotus and from AH the moon cushion appears. Upon the cushion, the love and compassion essence of oneself appears in the form of the seed syllable HRIH. Light radiates from the HRIH, invoking all the noble beings and this benefits all sentient beings. HRIH gradually transforms into the Noble Chenrezig. Chenrezig is sitting on the lotus and moon-disc in lotus posture. Youthful and radiant in rainbow-colored lights. Adorned with silks and jewels; white in color, with four arms. The two upper hands are joined at the heart holding the jewel. Other two hands; the right hand is holding a crystal Mala and the left hand is holding a lotus-blossom



Marked with White OM at the forehead,
Red AH at the throat and Blue HUM at the heart,
The HUM is marked by a Red HRIH.



Light radiates from the HRIH and all the
Buddhas and Bodhisattvas of the ten directions are
invoked in the form of Chenrezig in front.

OM VAJRA SA MA ZA
ZA HUM BAM HO

(The wisdom beings unite inseparably and become one)

OM ARYA AVALOKITEY SA PARI WA RE
ARGAM, PA DEY, POI PAI, DU PAI, ALOKEY,
GENDEY, NI O DE, SHAPTA PAR TI TSA HUM SVAHA

KYON GYI MA GOE KOO DOK KAR
You whose white-colored body is unstained by faults,

ZOG SAN GYE KYI U LA GYEN
Whose crown is adorned with a fully Enlightened Being,

THUG JE CHEN GYI DRO LA ZIG
Who gaze upon us with eyes of Compassion,

CHEN RE ZIG LA CHAG TSAL LO
To you Noble Chenrezig I pay homage.

Mantra recitation

THU-KAR DA-TENG HRIH THAR NGAK-KYI KOR
In the center of Chenrezig's heart is a HRIH upon a moon-disc,
surrounded by the mantra.

DAY-LEY WOE-TROE SANG-GYAY CHANG-SEM CHOE
Light radiates out from the HRIH emanating offerings for the
Buddhas and Bodhisattvas.

DE-NAM JYIN-LAB NGOE-DRUB DAK-LA THIM
The blessings of the Buddhas and the Bodhisattvas return
as light and are absorbed into the HRIH.

LAR-YANG WOE-TROE DRO-WAI DIK-DRIB JYONG
Again light radiates and purifies the negativities of all sentient beings.

DRO-DRUK THUK-JAY CHEN-POI KURU-GYUR
All beings are hence transformed into the Great Compassionate Being.

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OM MA NI PE ME HUM

(108 times or as much as you can)



Hundred Syllable Mantra

OM PEMA SATTVA SAMAYA
MANU PALA YA, PEMA SATTVA TVENOPA TI TSA,
DRIDHO MEBHAVA, SUDHO KHAYO MEBHAVA, SUPO KAYO
MEBHAVA ANU RA DHO MEBHAVA SARVA SIDDHI ME PRAYA CHA,
SARVA KARMA SU CHA ME, CHI TTAM SHRI YAM KURU HUM,
HA HA HA HA HO, BHAGAVAN
SARVA TATHA GATA, PEMA MAME MUN CHA,
PEMA BHA MAHA SAMAYA SATTVA AH HUM PHAT!

OM ARYA AVALOKITEY SA PARI WA RE ARGAM, PA DEY, POI PAI, DU PAI, ALOKEY,
GENDEY, NI O DE, SHAPTA PAR TI TSA HUM SVAHA

KYON GYI MA GOE KOO DOK KAR
You whose white-colored body is unstained by faults,

ZOG SAN GYE KYI U LA GYEN
Whose crown is adorned with a fully Enlightened Being,

THUG JE CHEN GYI DRO LA ZIG
Who gaze upon us with eyes of Compassion,

CHEN RE ZIG LA CHAG TSAL LO
To you Noble Chenrezig I pay homage.

Dissolution

OM VAJRA MU
YESHE PA SHEG
DAM TSIG PA RANG LA THIM

The wisdom aspect dissolves back into Emptiness.
The Mudra Being dissolves into oneself.

OM AH HUM

DEDICATION

GE-WA DI-YI NYUR-DU DAG
By this virtue may I quickly
CHEN-RE-ZIG DRUB-GYUR NEY
Become Glorious Chenrezig,
DRO-WA CHIG-KYANG MA-LUE PA
And thus lead all beings
DEY-YI SA-LA GOE-PAR SHOG
To that Ground without exception.



JANG CHUP SEM CHOG RINPOCHE

May the precious, supreme Bodhicitta,

MA KYE PA NAM KYE GYUR CHIG

Grow where it has not yet grown,

KYE PA NYAM PA MEY PAR YANG

Never diminish where it has grown,

GONG NE GONG DU PHAL WAR SHOG

But flourish for evermore.

GANG-RI RA-WA KOR-WAI ZHING-KAM-DIR

In the heavenly realm of Tibet

(surrounded by snow mountains)

PAN DANG DE-WA KOR-WAI MA-LU JUNG-WAI-NE

The source of all happiness and help for beings

CHAN-RA-ZIG WONG TAN-DZIN GYA-TSO-YI

Is Tenzin Gyatso—Chenrezig in person

ZHAB-PA SI-TAI BAR-DU TAN-GYUR-CHIG

May his life be long and secure for hundreds of aeons!

