



*Chenrezig  
Guru Yoga*

[www.losangsamten.com](http://www.losangsamten.com)

***Prayer of Refuge***

From now until the heart of enlightenment is reached,  
I and all sentient beings as limitless as space,  
Go for refuge to the glorious, supreme Lamas.  
We go for refuge to the Yidams, deities of the mandala.  
We go for refuge to the Buddhas, transcendent conquerors.  
We go for refuge to the sublime Dharma.  
We go for refuge to the noble Sangha.  
We go for refuge to the dakas, dakinis, guardians, and the Dharma  
protectors  
Who are endowed with the vision of pristine wisdom.  
*(repeat three times)*

*DAG DANG DRO WA NAM KHAI TA DANG NYAM PAI SEM CHEN  
TAM CHE  
DU DI NE ZUNG TE JI SI JANG CHUB NYING PO LA CHI KYI BAR  
DU  
PAL DEN LAMA DAM PA NAM LA KYAB SU CHIO  
YIDAM KYIL KHOR GYI LHA TSOK NAM LA KYAB SU CHIO  
SANG GYE CHOM DEN DE NAM LA KYAB SU CHIO  
DAM PAY CHÖ NAM LA KYAB SU CHIO  
PAK PAI GEN DUN NAM LA KYAB SU CHIO  
PA WO KHAN DRO CHÖ KYONG SUNG MAI TSOK YE SHI KYI  
CHEN DANG DEN PA NAM LA KYAB SU CHIO*

***Prayer of Refuge and Bodhicitta***

I take refuge until I am enlightened  
In the Buddhas, the Dharma and the Sangha  
Through the merit I create by practicing giving and the other  
perfections  
May I attain Buddhahood for the sake of all sentient beings.

*SANG GYAY CHO DANG TSOG KYI CHOG NAM LA  
JANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI JIN SOG GYI PAY SO NAM GYI  
DRO LA PEN CHIR SANG GYAY DRUB BAR SHOG*

*Visualization of the Deity*



Hri

Crowning the heads of all beings throughout space,  
Chenrezig appears from HRI  
Upon a white lotus and full moon seat.  
Five coloured light rays shine from his clear white body.  
He is smiling and watching with compassionate eyes.  
Of his four hands, the first pair are joined,  
the other right hand holds a crystal rosary and the left a white lotus.  
He is adorned with silks and precious jewels,  
And a deer skin over his shoulder.  
Buddha Amitabha crowns his head.  
He sits with legs in vajra position, a stainless moon as his backrest.  
He is the essence of the union of all refuges.

*DAK SOK KHA KHYAB SEM CHEN GYI  
CHI TSUK PE KAR DA WAI TENG  
HRI LE PAK CHOK CHEN RE ZIG  
KAR SAL Ö ZER NGA DEN TRO  
DZE DZUM TUK JEI CHEN GYI ZIK  
CHAK SHI DANG PO TAL JAR DZE  
OK NYI SHEL TRENG PE KAR NAM  
DAR DANG RIN CHEN GYEN GYI TRE  
RI DAK PAK PAI TÖ YOK SÖL  
Ö PAK ME PAI U GYEN CHEN  
ZHAP NYI DOR JE KYIL TRUNG ZHUK  
DRI ME DA WAR GYAB TEN PA  
KYAB NE KUN DU NGO WORK GYUR*

*Praises to Chenrezig*

Oh Lord of whitest form, not sullied by faults  
Crowned by the perfect Buddha,  
Viewing all beings with compassionate eyes,  
To you Chenrezig, I bow.

*JO WO KYÖN GYI MA GÖ KU DOK KAR  
DZOK GANG GYE KYI U LA GYEN  
TUK JAY CHEN GYI DRO LA ZIK  
CHEN RE ZIG LA CHAK TSAL LO*

*Seven-Limb Prayer*

I prostrate with faith to the Noble and Powerful Chenrezig,  
And to all the Buddhas together with your spiritual heirs  
Residing in the ten directions and three times.  
Flowers, incense, lights, perfumes, food, music, and much else,  
All that I own, treasure, and can conceive of I offer –  
Noble assembly, please accept these.  
I confess all my negative actions, including the ten non-virtuous deeds  
And five actions of immediate consequence,  
That I have committed since beginningless time until now  
With a mind overpowered by affliction.  
I rejoice in any merit that accumulates  
Throughout the three times due to the virtuous acts  
Of hearers, solitary realizers, bodhisattvas, ordinary beings and others.  
I beseech you to turn the wheel of Dharma  
of the Common, Foundational and Vast Vehicles  
According to the abilities and temperaments of every sentient beings.  
I implore you not to pass into nirvana as long as samsara is not empty;  
Look with compassion on all sentient beings drowning in this ocean of  
suffering.  
May whatever merit I accumulate become a cause for enlightenment  
for all.  
May I quickly become a glorious guide for beings.

*Prayer of Bodhicitta and Dedication of Merit*

May the supreme jewel bodhicitta  
That has not arisen arise and grow,  
And may that which has arisen not diminish,  
But increase more and more.

*JANG CHUB SEM CHOG RIN PO CHE  
MA KYE PA NAM KYE GYUR CHIG  
KYE PA NAM PA MAY PA YANG  
GONG NAY GONG DU PEL WAR SHOG*

Through this virtuous action  
May I quickly attain the state of Chenrezig  
And lead every being without exception  
Into that pure world.

*GEWA DE YI NYUR DU DAG  
CHEN RE ZIG WANG DRUB GYUR NAY  
DRO WA CHIG KYANG MA LU PA  
DE YI SA LA GO PAR SHOG*

*“There are many lengths of guru yogas and practices of Chenrezig  
and this booklet contains the essential elements from a variety of  
practices and yogas. I selected key elements to create a practice that  
will be easy and meaningful. I hope this will be beneficial for all  
living beings,” Lama Losang Samten.*

*Homage to Chenrezig*

Avalokiteshvara, Buddha of Compassion,  
And entourage hear my prayer.  
Liberate me and all sentient beings of the six realms  
Quickly from the Ocean of Samsara.  
May the supreme jewel Bodhicitta and profound wisdom  
Be quickly generated within us.  
All collective karma and mental afflictions since beginningless time  
Are purified by your kind and compassionate hands.  
Please extend your compassionate hands to me and all sentient beings  
And guide us to the land of Sukhavati (Land of Great Bliss)!  
Buddha Amitabha and Avalokiteshvara,  
Please remain our spiritual teachers for many lifetimes,  
Since you have shown me and all sentient beings the true path,  
That quickly leads us to Enlightenment.

*PAG BA CHEN RE ZIG WANG TUK JAY TER  
KOR DANG CHE PA DAG LA GONG SU SOL  
DAG DANG PA MA RIK TUK SEM CHEN NAM  
MYUR DU KHOR VAY TSO LE DEL DU SOL  
SAB CHING GYA CHE LA MAY JANG CHUP SEM  
MYUR DU GYUE LA KYE VAR ZE DU SOL  
TOG MAY NE SAG LE DANG NYON MONG NAM  
TUK JAY CHAB KYI MYUR DU DAG ZAY NAY  
TUK JAY CHAG KYANG DAG DANG DRO WA NAM  
DE WA CHEN GYI SHING DU TANG DU SOL  
O PAK MAY DANG CHEN RE ZIG WANG GI  
TSE RAP KUN TU GE VAY SHE ZAY NAY  
MA NOR LAM ZANG LEG PAR TEN ZAY NAY  
MYUR DU SANG GYE SA LA SHAG TU SOL*

*PAK PA CHEN RE ZIG WANG DANG  
CHOK CHU DÜ SUM ZHUG PA YI  
GYAL WA SE CHE TAM CHE LA  
KUN NAY DANG WE CHAK TSAL LO  
ME TOK DUK PÖ MAR ME DRI  
ZHAL ZE ROL MO LA SOK PA  
NGÖ JOR YI KYI TRUL NE BUL  
PAK PAI TSOK KYI ZHE SU SÖL  
TOK MA ME NE DA TAY BAR  
MI GE CHU DANG TSAM ME NGA  
SEM NI NYÖN MONG WANG GYUR PAI  
DIK PA TAM CHE SHAK PAR GYI  
NYEN TÖ RANG GYAL JANG CHUB SEM  
SO SO KYI WO LA SOK PE  
DÜ SUM GE WA CHI SAK PAI  
SO NAM LA NI DAG YI RANG  
SEM CHEN NAM KYI SAM PA DANG  
LO YI JE DRAK JI TA WAR  
CHE CHUNG TÜN MONG TEK PA YI  
CHÖ KYI KHOR LO KOR DU SÖL  
KHOR WA JI SI MA TONG BAR  
NYA NGEN MIN DA TUK JE YI  
DUK NGAL GYAM TSOR JING WA YI  
SEM CHEN NAM LA ZIG SU SÖL  
DAG GI SÖ NAM CHI SAK PA  
TAM CHE JANG CHUB GYUR GYUR NE  
RING POR MI TOK DRO WA YI  
DREN PAI PAL DU DAG GYUR CHIK.*

### *Request*

I pray to you, Lama Chenrezig.  
I pray to you, Yidam Chenrezig.  
I pray to you, great, noble Chenrezig.  
I pray to you, supreme protector Chenrezig.  
I pray to you, lord of love, Chenrezig.  
Great compassionate victor, embrace us with compassion.  
Lord protector, there is no other refuge than you  
In the innumerable beings wandering endlessly within samsara,  
Experiencing unbearable suffering.  
Bestow the blessing of omniscient Buddhahood.

SÖL WA DEB SO LA MA CHEN RE ZIG  
SÖL WA DEB SO YI DAM CHEN RE ZIG  
SÖL WA DEB SO PAK CHOK CHEN RE ZIG  
SÖL WA DEB SO KYAB GÖN CHEN RE ZIG  
SÖL WA DEB SO JAM GÖN CHEN RE ZIG  
TUK JEY ZUNG SHIK GYAL WA TUG JE CHEN  
TA ME KHOR WAR DRANG ME KHYAM GYUR CHING  
ZÖ ME DUK NGAL NYÖNG WAI DRO WA LA  
GÖN PO KHYE LE KYAB ZHEN MA CHI SO  
NAM KHYEN SANG GYE TOB PAR JIN GYI LOB

### *Visualization*

Praying intently, light emanates from Chenrezig's noble form  
And purifies all manifestations of impure karma and confusion. The  
place becomes Dewachen.  
The body, speech, and mind of all beings  
Becomes Chenrezig's appearance, sound, and thought inseparable  
from emptiness.

(6)

DE TAR TSE CHIK SÖL TAP PE  
PAK PAI KU LE Ö ZER TRÖ  
MA DAK LE NANG TRUL SHE JANG  
CHI NÖ DE WA CHEN GYI SHING  
NANG CHÜ KYEN DROI LU NGA EM  
CHEN RE ZIG WANG KU SUNG TUK  
NANG DRAK RIK TONG YER ME GYUR

### *Mantra*



### **OM MANI PADME HUNG**

(Repeat the mantra at least 21 or 100 times)

### *Meaning of the Mantra*

OM MANI PADME HUNG contains all the teachings of the Buddha,  
as well as all the antidotes for all delusions and imprints of delusions.  
Each syllable has profound meaning and offers tremendous blessings.  
This is one of the most important mantras in the Land of Snow (Tibet).

OM contains the body, speech and mind

MANI is the jewel

PADME is the lotus

HUNG is the essence of compassion

This means "Buddha who holds the jewel and the lotus protect me"

OM is the antidote of ignorance

MA is the antidote of hatred

NI is the antidote of miserliness

PAD is the antidote of attachment

ME is the antidote of jealousy

HUNG is the antidote of negative pride

This means the mantra is the antidote of the six delusions

(7)