

# THE SADHANA OF THE INSEPARABILITY OF THE SPIRITUAL MASTER AND AVALOKITESHVARA

COMPOSED BY HIS HOLINESS THE 14TH DALAI LAMA

THAM-CHE THU-NI SA-SHE DHAK  
SEK-MA LA-SOK ME-PA DANG  
LAK-THEIL TAR-GYAM BENDURE  
RANG-SHEN JAM-PER NE-GYUR CHIK

LHA-DANG ME-YI CHOE-PHE ZE  
NGO-SU SHAM-DANG YI-KYI TRUL  
KUN-SANG CHOE-TIN LAH-NA ME  
NAM-KHEA KHAM-KUN KYAB-GYUR CHIK

## **MANTRA TO INCREASE AND PURIFY THE OFFERINGS**

OM NAMO BHAGAVATE VAJRASARA PRAMARDANE / TATHĀGATĀYA / ARHATE  
SAMYAKSAMBUDDHĀYA / TADYATHĀ / OM VAJRE VAJRE MAHĀ VAJRE / MAHĀ  
TEJA VAJRE / MAHĀ VIDYĀ VAJRE / MAHĀ BODHICITTA VAJRE / MAHĀ BODHI  
MANDOPA / SAMKRAMANA VAJRE / SARVA KARMA AVARANA VISHODHANA  
VAJRE SWAHA

(REPEAT THE MANTRA THREE TIMES)

## **BY THE FORCE OF THE TRUTH FROM THE THREE JEWELS OF REFUGE,**

KUN-CHOK SUM-GYI DEN-PA DANG, SANGYE-DANG JANG-CHUP SEM-PA  
THAM-CHE KYI, JIN-GI LAP-DANG TSOK-NYI YONG-SU ZOK-PE NGA-THANG  
CHEN-PO DANG, CHOE-KYI-YING NAM-PER DAK-CHING, SAM-GYI ME-KYAP-PE,  
TOB-KYI DEI-SHIN-DU GYUR-CHIK

## **(IN THIS WAY, BLESS THE SURROUNDINGS AND ARTICLES OF OFFERING)**

DE-CHEN LHUN-DUP CHOE-KUE KHA-YING SU  
NA-TSOK KUN-SANG CHOE-TRIN TREK-PE YU  
SENG-KYE TEK-PE WOE-BER NOR-BUE TRIR  
CHU-KE NYI-DA GYE-PE DHEN-TENG DU  
NYING-JE TER-CHEN PHAK-CHOK JIG-TEN WANG  
NAM-PA NGOR-MIG CHANG-WEE DOE-GAR CHIN  
TSA-WOE LA-MA SUM-DEN DOR-JE ZIN  
JE-TSUN LO-ZANG TEN-ZIN GYA-TSO PAL  
KAR-MAR DANG-SAL GI-PE ZUM-SHAL CHIN

CHAK-YE THUK-KAR CHOE-CHE CHAG-GYA YI  
LEHG-BAM RAL-TRI TSEN-PE PEH-KAR DANG  
YOEN-PA NYAM-SHAG TSEP-TONG KHOR-LO NAAM  
GUR-KUM THANG-DEN CHOE-GOE NAM-SUM DANG  
TSO-MOE SER-DHOG PHEN-SHA TZE-PER SOL  
PHUNG-KHAM KYE-CHOE YUL-DANG YEN-LAK NAM  
RIG-NGA YAP-YUM SEM-PHA SEM-MA DANG  
TRO-WOE RANG-SHIN KYEL-KOR KOR-LOR ZOG  
NAH-NGAI WOE-TRANG TRIK-PE GUR-CHEM YU  
SHAB-NYE ME-CHED DOR-JE KYEL-TRUNG TSUL  
GANG-DHUL GYU-TRUL DRA-WE TRIN-PHUNG GYE  
THUG-KAR YE-SHEA SEM-PA CHEN-RE ZIG  
WOG-ME SHEL-DRANG PED-MA KAR-PO NAM  
REN-CHEN GYEN-DANG DHAR-GI NA-ZAH ZIE  
RE-DAG PAG-PE NU-MA YOEN-PA KAB  
DA-WOE LANG-TSO PED-DAR KYEL-TRUNG SHUG  
DI-YE THUG-KAR TING-ZIN SEM-PA NI  
HRIH-YIG KAR-SAL WOE-ZER CHOK-CHUR TRO  
LA-MAI NEH-SUM DOR-JE SUM-GI TSEN  
THUG-KE HUM-YIG LE-TROE WOW-ZER GI  
RAM-JAM CHOK-SUM MA-LUE CHIN-TRANG TE  
THIM-PE KYAB-NEH KUN-DUE NGO-WOR GYUR

### **THE SEVEN LIMBS PUJA**

#### **1, PROSTRATION :**

SAL-ZOG TSEN-PE ZE-PE THONG-DOL KU  
NYEN-JEB TRUG-CHU YANG-DEN GAG-ME SUNG  
ZAB-YANG KHEN-TZE PAG-PER KA-WOE THUG  
SANG-SUM GYEN-GI KHOR-LOR GUE-CHAG TSAL

#### **2, OFFERING :**

DHAG-POE ZUNG-DANG MA-ZUNG CHOE-PE TZE  
NGO-SHAM YI-TRUL LUE-DANG LONG-CHOE DANG  
DU-SUM SAK-PE NAM-KAR GEH-TSOK KUN  
KUN-ZANG CHOE-TRIN GYA-TSOR MIG-NE BUL

#### **3, CONFESSING:**

MA-RIG THIP-PE MAG-GI YE-NOEN PA  
CHE-RANG KHA-NA MA-THOE DHEG-LHUNG SOK  
LHOK-PAR CHEN-PE NONG-PA CHI-CHEI PA  
GYOE-DOM DAK-POE MIG-ME NGANG-DU SHAG

**4, REJOICING:**

PAL-DEN LA-MAE NAM-PAR THAR-PA DANG  
THEK-SUM KE-PHAG RANG-SHEN THAM-CHE KI  
DU-SUM NAM-KAR GE-WOE PHONG-PO LA  
NYING-NE SAM-PA THAG-PE JE-YI RANG

**5, REQUESTING:**

NA-TSOK DHUL-JHE KHAM-KI JE-SONG WEE  
DHAM-CHOE KAP-SUM LHA-YI ROL-MOE DRA  
ZAB-XI YANG-SU TROUL-WEE YI-CHEN KUN  
SHAE-NYON DEP-PE NYE-LE LHONG-DU TSOL

**6, ENTREATING:**

SEE-XI MU-THA DRAL-WEE NGON-TOK LA  
DRO-KUN DE-WEE WUK-JEN NA-THOP BAR  
SHAB-ZUR E-VAM ME-SHIG KYIL-MO TRUNG  
SHOM-MEH DOR-JE TRI-LA TEN-PAR SHUG

**7, DEDICATION:**

NAM-KAR LEG-JEH GI-DANG GI-GYUR KUN  
JE-TSUN LA-MAI DRAL-MEH JE-ZIN CHING  
KUN-ZANG CHO-CHOK MON-LAM YONG-DUP NE  
DRO-KUN DHON-DU ZOK-JANG THOB-CHIR NGO

**MANDALA OFFERING :**

SA-SHI PO-KYI JUG-SHING ME-TOG-TRAM  
RI-RAB LING-SHI NYI-DAY GYAN-PA-DI  
SANG-GYE SHING-DU MIG-TE UL-WA-YI  
DRO-KUN NAM-DAG SHING-LA CHO-PAR-SHOG  
DHAG-SHEN LU-NGAK YI-SUM LONG-CHO DU-SUM GYE-TSOK DANG  
RIN-CHEN MEN-DRAL ZANG-PO KUN-ZANG CHOE-PE TSOK-DANG CHE  
LO-YI LANG-NE LA-MA YI-DAM KON-CHOK SUM-LA BUL  
THUG-JEH WANG-GI SHAI-NE DAG-LA JIN-GI LHAP-TU SOL

I-DAM GU-RU RAT-NA MAN-DA-LA-KAM NIR-YA-TA-YA-MI

JE-TSUN LA-MAI THUG-KE HRIH-YIG LE  
DHUE-TZE WOE-SER NHA-NGA GYUN-PHAB TE  
RANG-GI CHI-WO NE-SHUG DHEG-DEP JANG  
CHOK-THUN NGO-DUP MA-LUE THOP-PAR GYUR

**HIS HOLINESS THE 14TH DALAI LAMA'S GURU MANTRA:**

OM ĀH GURU VAJRADHARA BAṬṬHĀRAKA MAÑJUŚRIH GENDRASUMATIJÑĀNA  
ŚĀSANADHARA SAMUDRAH ŚRĪBHADRAH SARVAH SIDDHIH HŪM HŪM  
(RECITE THE MANTRA OF THE SPIRITUAL MASTER AS MANY TIMES AS POSSIBLE)

**THE PRAYERS OF THE GRADUAL PATH**

TRAL-DANG YUN-GI DE-WA MA-LU PE  
SHIR-GYUR MA-NOR LAM-TON TRIN-CHIN JE  
RAM-JAM KYAB-KI PHUNG-POR NYE-NGE NE  
SAM-JOR THAG-PE TEN-PAR JEN-GI LHOP  
NOR-CHOK JHE-WEE DRUN-MIN THAL-JOR TEN  
THOP-KYANG MI-TEN NAM-THOR CHA-ME PE  
DHI-NANG JHA-WEE NAM-YANG MI-YENG BAR  
DHAM-CHOE CHO-PE DHA-WAR JIN-GI LHOP  
ZOE-KA NYEN-DOE JIG-LE KYOB-PE PHUL  
CHOK-SUM TEN-GI KYAB-SU LEG-ZUNG TE  
KAR-NAK LE-DRE JI-SHIN SEM-PA YI  
DHIG-PONG GHE-DRUP NUE-PAR JIN-GI LHOP  
SEE-MOE LU-TRI JI-SHIN LHA-WANG GI  
PHUN-TSOK KUN-KYANG LU-WEE CHOE-CHEN DU  
THONG-WEE NYE-JUNG DRAK-POE GYU-KYUL NE  
LHOP-SUM NYAM-LEN JE-PAR JIN-GI LHOP  
THOG-ME DU-NE DRIN-GI LEG-KYANG PE  
SEE-SHI GUE-PE NHAR-WEE MAR-GYUR DROE  
NGANG-TSUL SAM-NE SEM-CHOK RAB-KE DHE  
CHO-PA GYA-TSOR LHOP-PAR JIN-GI LHOP  
RAB-DANG YO-ME NYAM-SHAG ME-LONG NGOK  
THA-DRAL DOE-NE TONG-PE NGO-TSAR BHUM  
GOG-ME TA-WEE SHI-LHAG ZUNG-DRAL GI  
NEL-JOR GYU-LA KE-VAR JIN-GI LHOP  
TSEN-DHEN DOR-JE ZIN-PE SHEA-NGEN GI  
DRIN-LE CHE-ZAB NGAG-KI GOR-SHUG NE  
NGO-DRUP XA-WA DHAM-TSEG DHOM-PA NAM  
TSUL-SHIN SUNG-WAR NUE-PAR JIN-GI LHOP  
NYE-ME DHE-TONG YI-SHEA TSON-NOEN GI  
KUN-JHE LE-LHUNG GYU-WA RAB-CHEA NE  
KU-THUG ZUNG-JUG DE-CHEN CHAG-GYA CHEA  
TSE-DHER NGON-DU GYUR-WAR JIN-GI LHOP

(IN THIS WAY REQUEST THE LAMA FOR THE WHOLE SUTRA AND TANTRA PATH TO BE  
GENERATED IN YOUR MIND WHILE PERFORMING A QUICK MEDITATION ON ALL THE POINTS. AT  
THE END RECITE THE SIX SYLLABLE MANTRA THINKING THAT THE LAMA HAS ENTERED IN  
YOUR HEART.)

DHE-TAR SOL-WA TAB-PE LA-MA CHOK  
GI-SHIN JOEN-TE RANG-GI TSANG-PHUG GYU  
DHAB-GYE NYING-WUE MI SHIG THIG-LER THIM  
DHE-NYE LHAR-YANG PE-DAR LA-MAI KU  
SEM-PA SUM-XEG NGAR-SHIN SAL-WA YI  
THUG-KE HRIH-THAR YIG-DRUG NGA-K-DRANG GI  
KOR-LE DU-XI GYUN-BHAP NE-DOEN DANG  
DHIG-DRIP KYUN-JANG LUNG-TOK YON-TEN GYE  
SE-CHEA GYAL-WEE JIN-LHOP MA-LU THOP  
LHAR-YANG WOE-TROE NOE-CHUE KYON-JANG TE  
NANG-DAK RIG-SUM PHAG-PE SANG-SUM DU  
KYER-WEE NEL-JOR CHOK-LA NE-PAR GYUR

[RECITE THE SIX SYLLABLE MANTRA OF AVALOKITESHVARA (TIB. CHEN-RE-SIG), BUDDHA OF  
COMPASSION, AS MANY TIMES AS POSSIBLE].  
A HUNDRED SYLLABLES MANTRA OF VAJRASATTVA

### DEDICATION

DHE-TSON LEG-JHE DA-SHON BHUM-GI ZEA  
LO-TEAR GYAL-WEE CHOE-TSUL KUN-DI TSAL  
SHEA-DUP GE-SAR GOE-PE SA-CHEN KYON  
SHEA-PA DUP-PE SEE-THAR ZE-GYUR CHIG  
PHUN-TSOK GE-LEG JHA-WEE RAB-JEE PE  
GHA-DEN CHAB-SEE NOR-BUE GYAL-TSEN CHE  
MI-NUB SEE-SUM LA-NA DRANG-WA YI  
PHEN-DHE DHOE-PA BHUM-DU JO-GYUR CHIG  
GYA-CHEN YIG-ZIN GEG-MOE KYON-YANG POR  
DU-KI GYU-PE MUN-TSOK THAG SANG NE  
DE-KYI NANG-WA THAR-WEE GE-TSEN CHER  
YI-CHIN NAM-PAR XEN-PE NYEM-GYUR CHIG  
DHOR-NA KE-WEE TRANG-WAR GON-KHOE KYI  
DRAL-ME NYE-SHIN JE-SU ZUNG-WEE THUE  
KUN-GI WANG-CHUK ZUNG-JHUG GYAL-SA CHER  
BHE-ME DHE-LHAG NYE-DU SOEN-GYUR CHIG

### CONCLUSION

SE-CHEA GYAL-WEE ME-JUNG THUG-JEE THUE  
CHOK-DU KUN-TU MI-THUN GU-TSOK SHI  
SEE-SHI GE-LEG YAR-NGOE DA-WA TAR  
PHEL-GYE GE-TSEN THAR-WEE TA-SHI SHOK

**SWIFT BLESSING THROUGH SUPPLICATING GURUS FOR GUIDANCE OVER MANY  
LIFETIMES**

DRO-LA PHEN-SHEA THUG-JHE GOM-PA LE  
CHIG-TU GE-WA JE-TEN CHO-DRUL GI  
SHI-SIL PHEN-DE DOE-DOEN DUP-KEH PA  
NAM-DREN TAOP-CHU NGA-WEE DU-KUN KYONG  
DE-DUK DOE-DANG ME-DOE RANG-SHEN KUN  
NYAM-NYE DHAK-PE SHEN-NAM XO-WEE CHIR  
SHEN-PHEN DE-LA GOE-PE JANG-CHUP SEM  
KHA-KGAB KE-GUE NYING-LA JUG-PAR SHOG  
DHE-THUE DROG-DAG JHAM-DANG TZE-WA YI  
NYE-WAR ZUNG-NE SHI-NYOM DEN-PE LAM  
KUN-GHA DE-WA TEHR-WEE PEL-ZANG POR  
CHI-GAR CHO-PE DU-KI DHA-WAR SHOG  
KGANG-GI TSEN-YANG GYAL-WEE JIN-LHAB-PE  
MEN-LA LHAK-PAR TZE-WA THUG-JEH TEHR  
KHOE-NYE DREN-PE MOE-GUE DHUNG-YANG KI  
NYE-WAR KUL-NA DU-KUN JHE-ZIN ZOE  
THUP-PE LUNG-GI NGA-PE KGANG-JONG KI  
NAM-SUM MOE-BOEN DHAM-PE JHE-SHUK PA  
RANG-RIG KE-GUE DEH-DHAM JIN-THU YI  
TRAL-YUN DOE-DHON LHUN-GI DUP-PAR ZOE  
TSE-RAB KUN-TU JANG-CHUP SEM-CHOK DANG  
YANG-DHAK TAH-LA GOM-PAR JEH PA LE  
DHUK-SUM BHA-CHAG DRE-BHUR CHAE-SHI NE  
JANG-CHEN TEN-DE SA-LA NYUR-REK ZOE  
TOE-NE DUP-PE TEN-JUNG GYU-ME SHI  
NAM-YANG LU-ME CHOE-NYE DHEN-PA DANG  
LHAK-SAM KAR-WEE DHEN-PE TOOP-DHAG GI  
MON-POE DHON-NAM DE-LHAG DUP-GYUR CHIK.