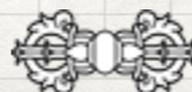


Rinpoche's instructions (1/2)

At the beginning generate strong bodhicitta, then do these prayers and practices to stop the war between Russia and Ukraine. The main purpose is to stop the war immediately. Then also to prevent famine, disease, and all the dangers of earth, water, fire, and wind, for all these dangers to be pacified immediately. To fill the whole world with perfect peace and happiness, including enlightenment, and to generate loving kindness, compassion and bodhicitta in the heart of all sentient beings, especially in that of the President of Russia.

Think that from Guru Padmasambhava's heart, beams radiate and totally purify all the six realms' sentient beings, totally purify all the delusions and negative karmas collected from beginningless rebirths, especially anger, attachment, and ignorance; think that these are totally purified. Then recite Sampa Lhundrupma, followed by the Padmasambhava mantra (one or two malas).

With strong faith in Guru Padmasambhava and total reliance, Guru Padmasambhava will definitely help because his compassion embraces all sentient beings.

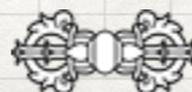


Rinpoche's instructions (2/2)

Then another way to think is, with strong faith in His Holiness the Dalai Lama in the aspect of Guru Padmasambhava, nectar beams are emitted to the Russian President and enter his body, and totally purify all his negative karma and obscurations; all the dissatisfied mind, desire, ignorance, anger, and selfish mind are totally purified; he generates bodhicitta especially, and then the whole path to enlightenment. Do that very strongly, making strong prayers to His Holiness the Dalai Lama.

Then nectar beams are also emitted to all the Russian and Ukrainian armies, and these purify all the anger and self-cherishing thought on both sides, but mainly President Putin's. They generate bodhicitta, and stop giving harm to even one sentient being and only benefit sentient beings, up to enlightenment.

Then recite the Heart Sutra and the prayer to stop wars.



THE PRAYER TO GURU RINPOCHE
THAT SPONTANEOUSLY FULFILLS
ALL WISHES

SAMPA LHUNDRUP MA



E MA HO!

In Dewachen, Blissful pure realm of the west,
Amitabha's compassionate blessing was aroused;
And he blessed his emanation, Padmasambhava,
1 To come into this world to bring benefit to all beings.

Compassionate one, you never cease to bring us help and well-being:

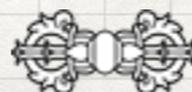
To the Lotus-born Guru of Orgyen we pray!

Grant your blessing, so all our wishes be spontaneously fulfilled!

All the Dharma Kings, from Trisong Detsen,
Down to the very end of the royal line,
Throughout past, present, and future, know your constant blessing.
2 You are the only protection for rulers who follow Dharma, as in Tibet.
Compassionate one, you safeguard the lands that practice Dharma:

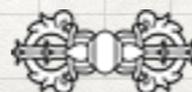
To the Lotus-born Guru of Orgyen we pray!

Grant your blessing, so all our wishes be spontaneously fulfilled!



3 While your wisdom body subjugates the rakshasas in the southwest,
You look on sentient beings everywhere with compassion,
Magnificent guide for sentient beings led astray by ignorance,
Skilfully you teach them, with their emotions so difficult to tame.
Compassionate one, your love is constant in its kindness and care:
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

4 Now, when this degenerate dark age reaches its final depths,
At dawn and dusk you come, for those that have devotion,
Riding on the rays of the rising and setting sun,
And on the tenth day of the waxing moon, you come in person.
Compassionate one, you act with vast power to help all beings:
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

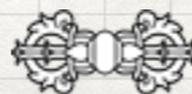


Now in this dark age, the age of conflict, the final era of five- hundred parts,
The five poisons of the negative emotions grow ever more violent in all sentient beings—
Recklessly we indulge in destructive emotions, and let the poisons dominate our minds.

5 At a time like this, let your compassion be our refuge and protection.
Compassionate one, you lead those with devotion to the higher realms:
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

When terrifying armies of oppression encircle us,
Menacing the great centres of Dharma with destruction,
With no trace of doubt or hesitation we pray:

6 O Guru Rinpoche, with your retinue of the eight classes of gods and demons,
You will repel aggressors and their armies—of this we have no doubt!
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!



When sickness strikes, to destroy the fragile bodies of sentient beings,
When diseases plunge us into unbearable suffering and agony,
With no trace of doubt or hesitation we pray:

7 O Guru Rinpoche, embodiment of the Buddha of Medicine,
You will remove the obstacles that bring untimely death!

To the Lotus-born Guru of Orgyen we pray!

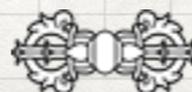
Grant your blessing, so all our wishes be spontaneously fulfilled!

When nature turns against us and earth's resources fail;
When sentient beings are tormented by the plague of famine,
With no trace of doubt or hesitation we pray:

8 O Guru Rinpoche, with all your dakinis and deities of prosperity,
You will dispel all deprivation, all hunger and thirst—of this we have no doubt.

To the Lotus-born Guru of Orgyen we pray!

Grant your blessing, so all our wishes be spontaneously fulfilled!



When the destined revealers retrieve hidden treasures for the benefit of beings,
Courageous and confident of our pure unbroken samaya,
With no trace of doubt or hesitation we pray:

- 9 O Guru Rinpoche, inseparable from our yidam deity,
You will ensure the true heirs receive their father's treasure—of this we have no doubt.

To the Lotus-born Guru of Orgyen we pray!

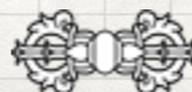
Grant your blessing, so all our wishes be spontaneously fulfilled!

When travelling through hidden lands, forests and deserted places,
When our way is blocked and we are cut off by storms, by rain and snow,
With no trace of doubt or hesitation we pray:

- 10 O Guru Rinpoche, surrounded by mighty local deities,
You will lead us practitioners to the right path—of this we have no doubt!

To the Lotus-born Guru of Orgyen we pray!

Grant your blessing, so all our wishes be spontaneously fulfilled!

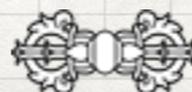


When vicious wild animals menace us—tigers, leopards, bears and poisonous snakes,
On our way through terrifying passes, wild and desolate places,
With no trace of doubt or hesitation we pray:

11 O Guru Rinpoche, along with your gings, warriors and protectors,
You will drive off these ferocious creatures—of this we have no doubt!
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

When obstacles arise in earth, water, fire and air,
To threaten these illusory bodies of ours with destruction,
With no trace of doubt or hesitation we pray:

12 O Guru Rinpoche, with the goddesses of the four elements,
You will harmonize the elements into their natural state—of this we have no doubt!
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

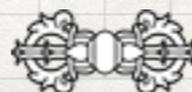


When travelling on dangerous routes,
If murderous bandits and robbers attack us,
With no trace of doubt or hesitation we pray:

13 O Guru Rinpoche, through your realization of the four mudras,
You will dispel the terror of all brutality and greed.
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

When faced by killers on all sides,
Who threaten us with lethal weapons,
With no trace of doubt or hesitation we pray:

14 O Guru Rinpoche, the protection of your vajra-tent
Will cause killers to panic and weapons to be scattered.
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

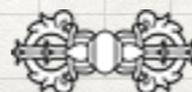


When this life-span is exhausted, and we come to die,
If we are racked by the intense anguish and pain of dying,
With no trace of doubt or hesitation we pray:

- 15 O Guru Rinpoche, as you are the emanation of Buddha Amitabha,
It is certain we will be born in 'The Blissful' pure realm of Dewachen:
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

Once this borrowed and illusory body is destroyed in the bardo realm,
When our deluded experiences, and our further delusions, arise to make us suffer,
With no trace of doubt or hesitation we pray:

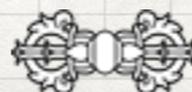
- 16 O Guru Rinpoche, you who know past, present and future, through your compassion,
You will let all delusions be self-liberated—of this we have no doubt.
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!



When we are overwhelmed by karma and circumstance,
And suffer through grasping at delusion as real,
With no trace of doubt or hesitation we pray:

17 O Guru Rinpoche, King of Great Bliss,
You will utterly destroy the delusions that bring suffering.
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!

When beings of all six realms are tormented by immense pain,
And especially when our leaders and people are engulfed in suffering,
With intense longing and devotion, from the depths of our hearts,
18 With no trace of doubt or hesitation we pray:
O Guru Rinpoche, with your unchanging, unwavering compassion—watch over us!
To the Lotus-born Guru of Orgyen we pray!
Grant your blessing, so all our wishes be spontaneously fulfilled!





Padmasambhava Mantra

OM ĀḤ HŪḤ VAJRA GURU
PADMA SIDDHI HŪḤ

(1–2 malas)

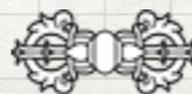
THE HEART OF THE PERFECTION OF WISDOM SUTRA

I prostrate to the Three Noble Rare Sublime Ones.

Thus did I hear at one time. The Bhagavān was dwelling on Mass of Vultures Mountain in Rājagṛha together with a great community of monks and a great community of bodhisattvas.

At that time, the Bhagavān was absorbed in the concentration on the categories of phenomena called “Profound Perception.” Also, at that time, the bodhisattva mahāsattva ārya Avalokiteśvara looked upon the very practice of the profound perfection of wisdom and beheld those five aggregates also as empty of inherent nature.

Then, through the power of Buddha, the venerable Śāriputra said this to the bodhisattva mahāsattva ārya Avalokiteśvara: “How should any son of the lineage train who wishes to practice the activity of the profound perfection of wisdom?”

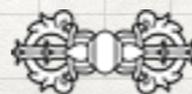


He said that, and the bodhisattva mahāsattva ārya Avalokiteśvara said this to the venerable Śāradvatīputra: “Śāriputra, any son of the lineage or daughter of the lineage who wishes to practice the activity of the profound perfection of wisdom should look upon it like this, correctly and repeatedly beholding those five aggregates also as empty of inherent nature.

Form is empty. Emptiness is form. Emptiness is not other than form; form is also not other than emptiness. In the same way, feeling, discrimination, compositional factors, and consciousness are empty. Śāriputra, likewise, all phenomena are emptiness; without characteristic; unproduced, unceased; stainless, not without stain; not deficient, not fulfilled.

Śāriputra, therefore, in emptiness there is no form, no feeling, no discrimination, no compositional factors, no consciousness;

No eye, no ear, no nose, no tongue, no body, no mind; no visual form, no sound, no odor, no taste, no object of touch, and no phenomenon.



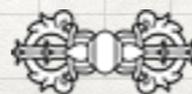
There is no eye element and so on up to and including no mind element and no mental consciousness element. There is no ignorance, no extinction of ignorance, and so on up to and including no aging and death and no extinction of aging and death. Similarly, there is no suffering, origination, cessation, and path; there is no exalted wisdom, no attainment, and also no nonattainment.

Śāriputra, therefore, because there is no attainment, bodhisattvas rely on and dwell in the perfection of wisdom, the mind without obscuration and without fear. Having completely passed beyond error, they reach the end-point of nirvāṇa. All the buddhas who dwell in the three times also manifestly, completely awaken to unsurpassable, perfect, complete enlightenment in reliance on the perfection of wisdom.

Therefore, the mantra of the perfection of wisdom, the mantra of great knowledge, the unsurpassed mantra, the mantra equal to the unequaled, the mantra that thoroughly pacifies all suffering, should be known as truth since it is not false.

The mantra of the perfection of wisdom is declared:

TADYATHĀ GATE GATE PĀRAGATE PĀRASAMGATE BODHI SVĀHĀ

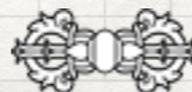


Śāriputra, the bodhisattva mahāsattva should train in the profound perfection of wisdom like that.“

Then the Bhagavān arose from that concentration and commended the bodhisattva mahāsattva ārya Avalokiteśvara saying: “Well said, well said, son of the lineage, it is like that. It is like that; one should practice the profound perfection of wisdom just as you have indicated; even the tathāgatas rejoice.”

The Bhagavān having thus spoken, the venerable Śāradvatīputra, the bodhisattva mahāsattva ārya Avalokiteśvara, and those surrounding in their entirety along with the world of gods, humans, asuras, and *gandharvas* were overjoyed and highly praised that spoken by the Bhagavān.

This completes the Ārya-bhagavatī-prajñapāramitā-hṛdaya-sūtra.



PRAYER IN ACCORDANCE WITH THE TIMES OR BESTOWING THE HIGHEST BLESSINGS

[Homage]

To the root and lineage lamas who bestow the highest blessings,
To meditational deities and to the peaceful and wrathful deities sending down
the rain of spiritual realization,
And to the Dākinīs and Dharma protectors who eliminate all obstacles,
I prostrate with deep respect of the three doors.

[Making Offerings]

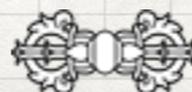
I offer a heap of offerings, both actual and visualized,
Which fill the sky to the extent of space.

[Confession of Sins]

I confess all the sins that I have accumulated since beginning-less time and
vow [not to commit them again].

[Rejoicing in Others' Virtuous Deeds]

I rejoice in all the virtue accumulated by both ordinary and noble beings.



[Requesting the Turning of the Wheel of Dharma]

I encourage the turning of the Wheel of the profound and vast Dharma.

I pray that you [the guru] may enjoy a long life until the end of cyclic existence!

[Requesting Not to Pass into Nirvāna]

I dedicate the heap of all my virtue without exception, starting with this,

In accordance with the aspirations of the buddhas and bodhisattvas of the three times,

For the sake of completely removing the darkness of ignorance in all sentient beings,

And for the spreading of the light of omniscient wisdom.

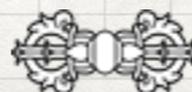
Who are fully affected by the deep darkness of great defilement

And who were born in degenerate times, please save us out of compassion!

By the complete extinguishing of the great fire of manifold sufferings, Which are the
fruits of negative actions and mental afflictions ripened in time,

May, I pray, the perfect bliss and happiness

Of kindness and compassion being free from any mutual enmity spread!



Please, Nondeceptive Protector, rescue us! Protect us!

Please, Treasury of Boundless Compassion (Avalokiteśvara), look upon us!

Care for us!

Ancient tutelary gods and deities of the land, do not be careless! Do not be careless!

Please, care for us, quickly save us!

May the sunlight of the teachings of the Victorious One spread throughout the ten directions!

May all sentient beings forever enjoy the splendor of happiness and joy

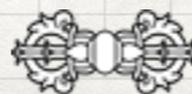
By purifying the [two types of] obscurations and accomplishing the [two] accumulations in the state of omniscience! May they quickly attain awakening!

By the blessings of the truth of the Guru and the Supreme Three Jewels,

By the reliable power of the changeless sphere of reality (dharmadhātu) and interdependent origination,

And by the devotion and the holy deeds of the Dharma protectors,

May all our wishes be fulfilled exactly as desired!



[Dedication of Merit]

By the blessings of the Guru who embodies all protection,
May all temporary and ultimate misfortunes that there are be eliminated!
May we have the auspiciousness of enjoying the perfect splendor
Of the spontaneously generated prosperity and well-being of *samsāra* and *nirvāva*!

[Colophon]

This prayer, titled Prayer in Accordance with the Times, was composed by His
Excellency, the renowned, upon the request of his disciple, the fully ordained monk
Rnam rgyal. It was written down by *ravjamba* Blo gros.



DEDICATIONS

To Actualize Bodhichitta

JANG CHHUB SEM CHHOG RIN PO CHHE

May the precious supreme bodhichitta

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.

To Realize Emptiness

❖ Recite either of these two verses:

TONG NYI TA WA RIN PO CHHE

May the precious view of emptiness

MA KYE PA NAM KYE GYUR CHIG

Not yet born arise.

KYE PA NYAM PA ME PA YI

May that arisen not decline,

GONG NÄ GONG DU PHEL WAR SHOG

But increase more and more.



For the Long Life of His Holiness the Dalai Lama

GANG RII RA WÄ KOR WÄI ZHING KHAM DIR

In the land encircled by snow mountains,

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ

You are the source of all happiness and good.

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

All-powerful Chenrezig, Tenzin Gyatso,

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

Please remain until samsara ends.

A Short Long Life Prayer for Lama Zopa Rinpoche

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN

You who uphold the Subduer's moral way, who serve as the bountiful bearer-of-all,

DZIN KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ

Sustaining, preserving, and spreading Manjunath's victorious doctrine;

CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA

Who masterfully accomplish magnificent prayers honoring the Three Jewels:

DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG

Savior of myself and others, your disciples, please, please live long!

