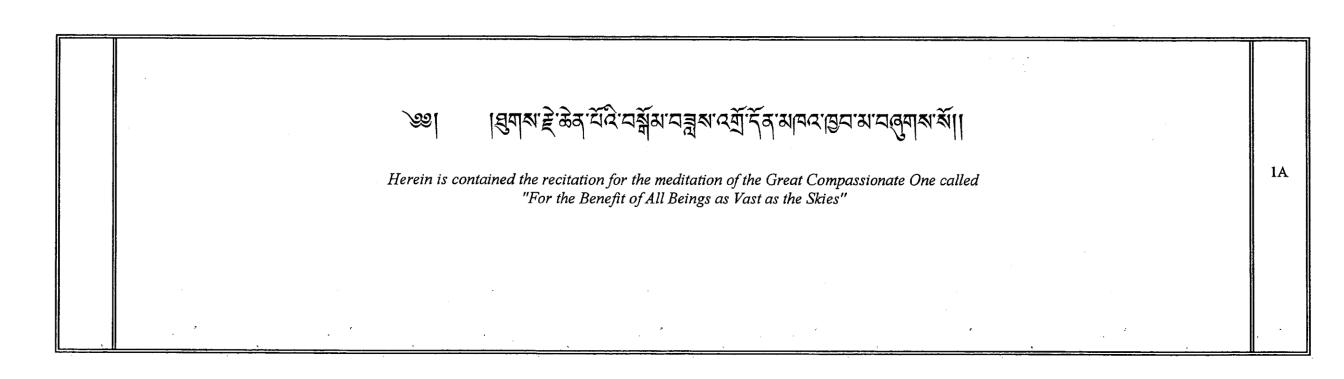


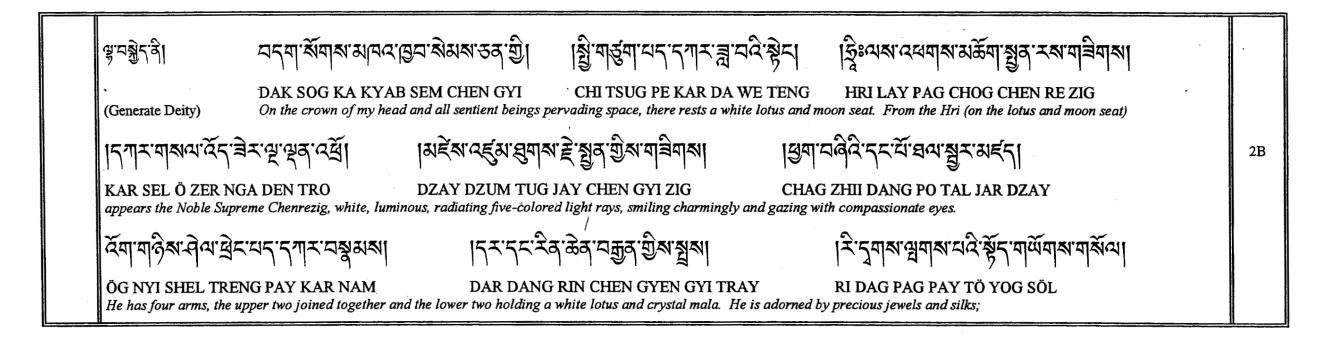
গ্রুব নমানার

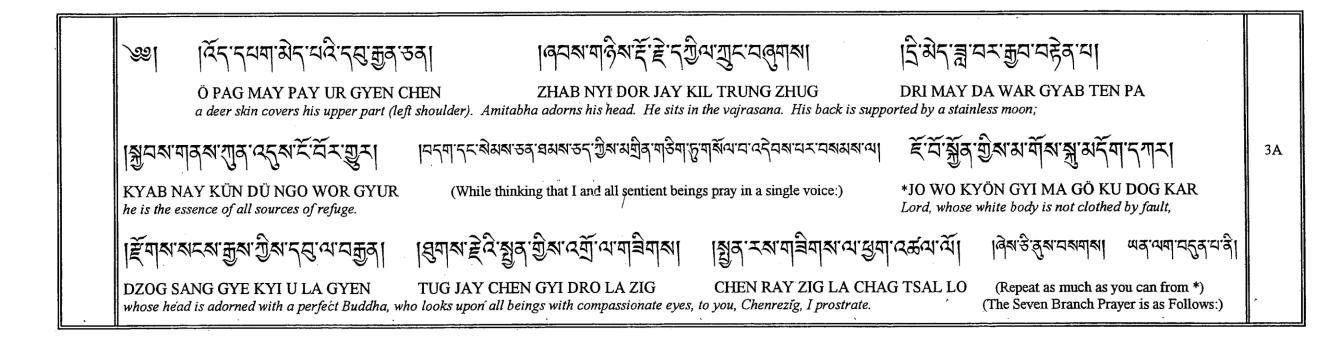


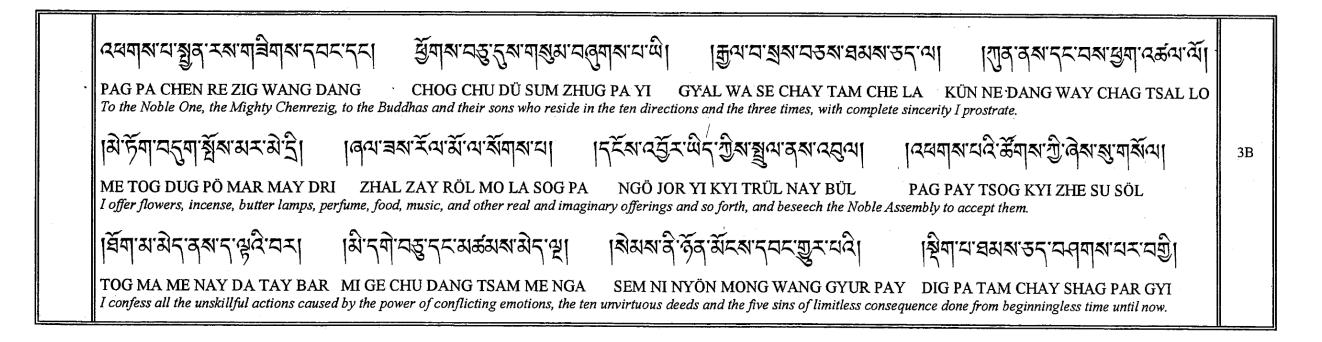
Chenrezig Sadhana

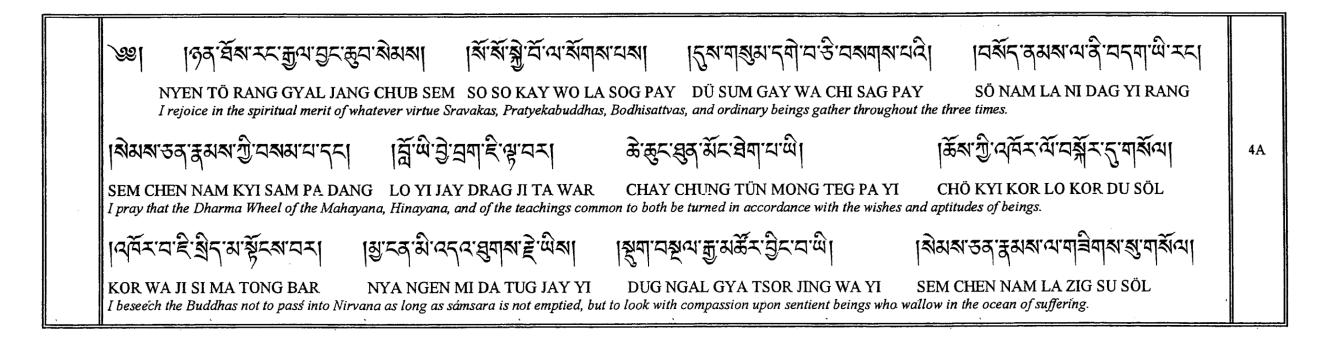


เพรงาสูงาสังารระสัญงาฏิเมส์ญาสุมงาน <u>૱ૻૡૢ૱૱૱ૼૢૻ૱૱</u>ૡ૽૽ૼ૱૱૱ **3**8 55.4.304.444 *SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA JANG CHUB BAR DU DAG NI KYAB SU CHI (First, Refuge and Bodhicitta) I go for refuge until enlightenment to the Buddha, Dharma, and Supreme Assembly. เกรตาที่สาสู้สาลักสาวยิสานนิวนสัราสมสายิสเ ูเลฏิ์ ณ ผล ผิ x พร พ สู พ ล ฏ พ เล ฏ น ห . คุ้ ๆ 2A অব ন ধ্রম DAG GI JIN SOG GYI PAY SÖ NAM KI DRO LA PEN CHIR SANG GYE DRUB PAR SHOG May I, through the merit gained by generosity and so on, accomplish Buddhahood for the sake of all beings. (Repeat three times from *)

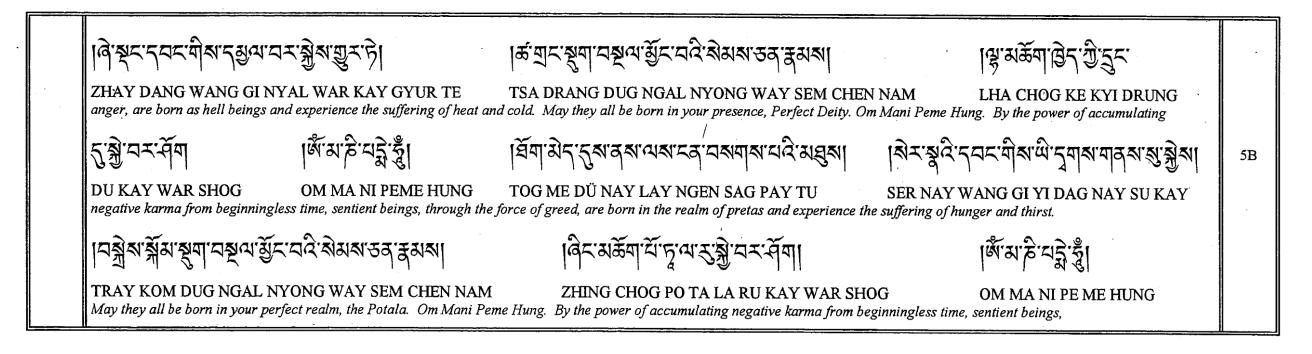


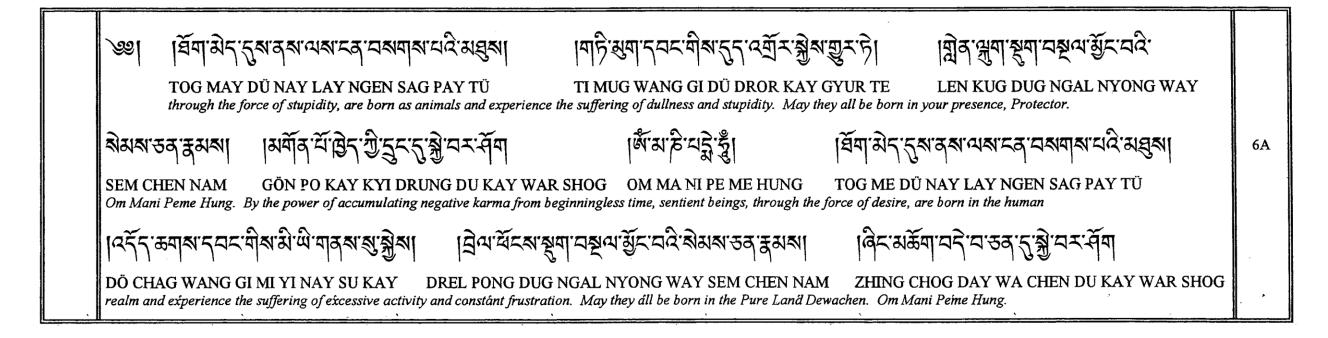


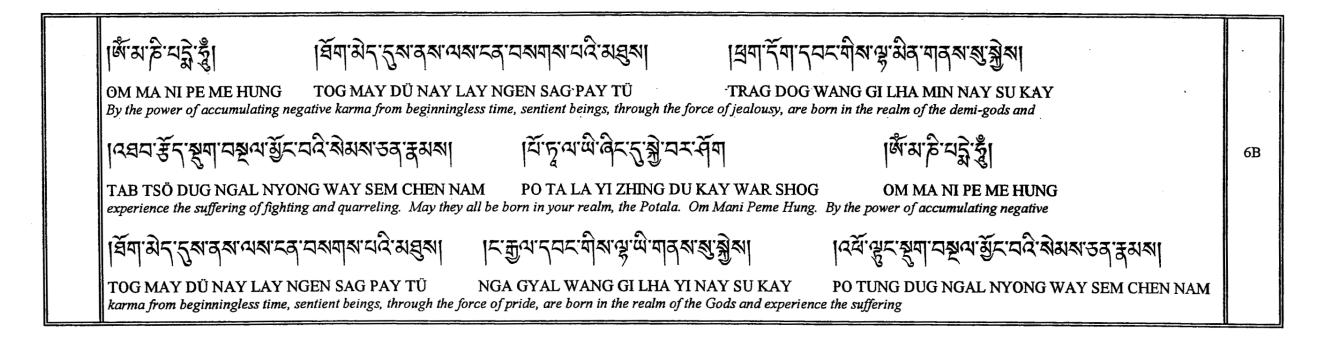


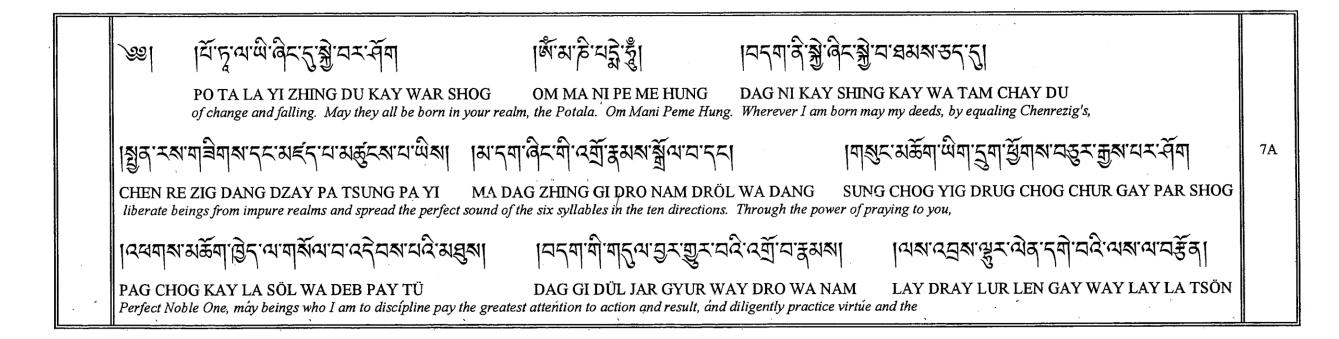


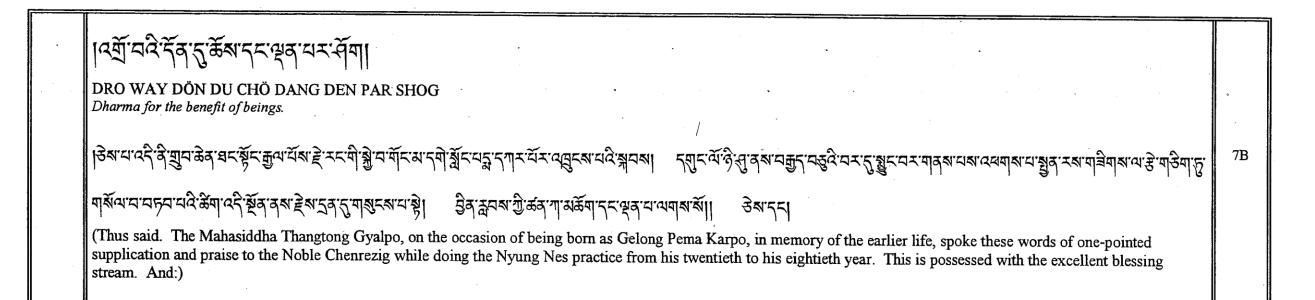
175ๆ ที่สาวสีราสมสาชาวสกุลาม 175-นี้รามิชัญเลยี้เกาพิ বিপরার্থ-এ-এ-প্রি-রি-রি-রি-রি DAG GI SÖ NAM CHI SAG PA TAM CHE JANG CHUB GYUR GYUR NAY **RING POR MI TOG DRO WA YI** May whatever merit I have accumulated be the cause for the enlightenment of beings; may I quickly become a splendid leader of beings. 1233 मदेन्मयर् मन्मा सूरुकेग ૾ર્શે ૱ઽૡૺૹ૾ૣૼઽૻૡઽૢઽૼૼૼૼૻૻ૱ૻૻૼૡ૽૾ૺૹૄૡૹઽ૱ૹૄ૾૱ૻૹ૾ૡ૽૽૱ૡ૽૾૱ૹ૽૾ૡ૽ DREN PAI PEL DU DAG GYUR CHIG (If you wish, [do] the Chenrezig prayer, Gelong Pema Karpo's daily practice, as follows:) ๆสิ้งนานาวรินสาสังสูามาฐารสายสิยสม SÖL WA DEB SO LA MA CHEN RE ZIG SÖL WA DEB SO YI DAM CHEN RE ZIG SÖL WA DEB SO PAG CHOG CHEN RE ZIG I pray to you Lama Chenrezig. I pray to you Yidam Chenrezig. I pray to you Perfect Noble Chenrezig.

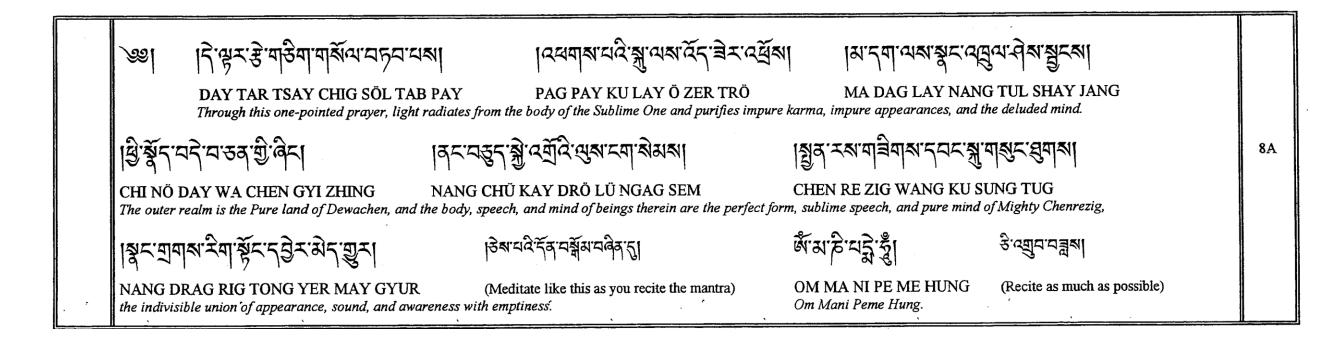






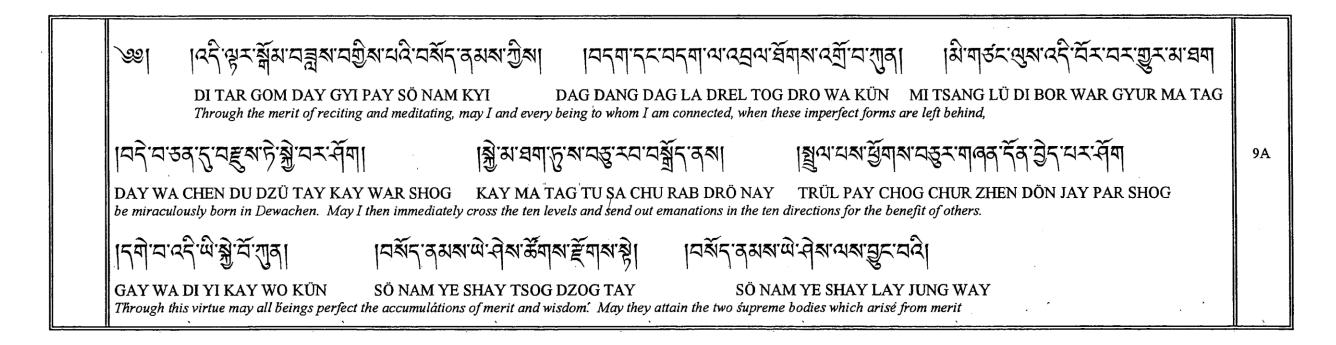






17मामवन खुझ झूट त्यम् मायते हा สามาสามา สามาร์ สามาร์ เป็นสาย DAG ZHEN LÜ NANG PAG PAY KU (Finally; let the mind remain absorbed without distinguishing DRA DRAG YI GAY DRUG PAY YANG My body, the bodies of others and all appearances are the perfect form of the Sublime One, all sounds the melody of in its own essence between the three spheres.) 15मोग्नावरी सिकासुरातु महाम าลูสางสามส์มาสารุกราวสู่นา<u>ม</u>ราสุม 15व हेग्राबायोः से बा कव में दे ग्री*म* DREN TOG YE SHAY CHEN PÖ LONG CHEN RE ZIG WANG DRUB GYUR NAY GAY WA DI YI NYUR DU DAG the six syllables, all thoughts the vastness of the great jnana. Through this virtue, may I quickly achieve the realization of Mighty Chenrezig and may I bring 1रे चे साथ दर्गे र यर में ग เวข้าวาทอี่ทายรามาผูญาน DAY YI SA LA GÖ PAR SHOG DRO WA CHIG KYANG MA LÜ PA (This text, called "The Recitation and Meditation of the Great Compassionate One for the Benefit of Beings as Vast as the Skies," has the blessing of the speech of Mahasiddha Tangtong Gyalpo) every single being to that same state.

8B



เรมนาฐากสุ่งเล็กนาร ลิก

ู่ มีนางที่สาย เป็นเป็น เป็น

DAM PA KU NYI TOB PAR SHOG JANG CHUB SEM NI RIN PO CHE MA KAY PA NAM KAY GYUR CHIG and wisdom. Bodhicitta is precious; may it arise in those who have not cultivated it. In those who have cultivated it,

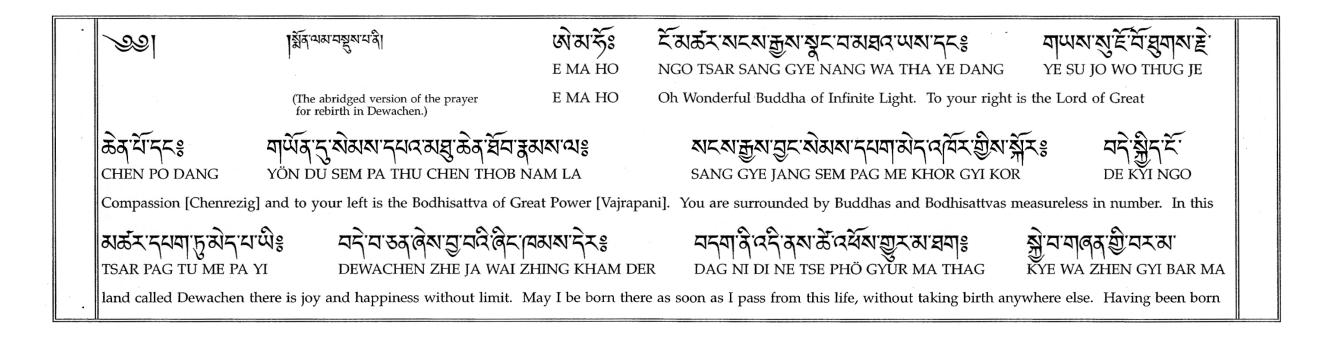
<u>ାଞ୍</u>କାୟ'ନ୍ୟକ୍ଷୟ'ୟ'ର୍ଯ୍ୟ'ମ୍ମା

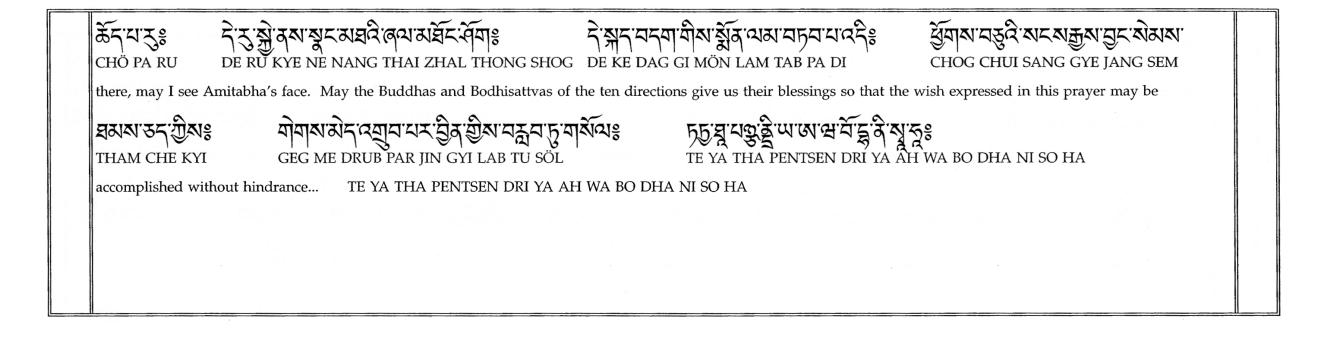
ส์โร:สุฆาส์โร:ราวนิณาวระสิสา

KAY PA NYAM PA ME PA DANG may it not diminish. May it ever grow and flourish. GONG NAY GONG DU PEL WAR SHOG

JA'ÀÀN'L'ZANN'ÀA'UZ X'SA

9B







© 2021 Kagyu Droden Kunchab Buddhist Church San Francisco, CA

This is the Chenrezig self-visualization practice condensed and abridged by Lama Lodu Rinpoche. Please do not distribute without permission.