

༄། ལྷོ་བ་དཔོན་པདྨ་ས་མཛད་པའི་ལྷོ་ན་ལམ་ཕྱོགས་བཅུ་དུས་བཞི་བཞུགས། །།

THE TEN DIRECTIONS AND
THE FOUR TIMES

A Prayer of Aspiration

by

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ན་མོ་གུ་རུཾ་ སྤྲེལ་ལོ་སྤྲེལ་ལྷ་ར་བའི་ཚོས་བཅུ་ལཾ་ བསམ་ཡས་བར་ཁང་གཡུ་ཞལ་ཅན་
 དུ་རྩོ་རྩེ་དབྱིངས་ཀྱི་དབྱིལ་འཁོར་ཞལ་སྤྲེས་ཚོ་ཨོ་རྒྱན་གྱིས་སྣོན་ལམ་འདི་གསུངས་པས་རྩེ་
 འབངས་ཐམས་ཅད་ཀྱིས་སྤྲུགས་དམ་ནར་མར་མཛོད་ཅེ་ སྤྱི་རབས་རྣམས་ཀྱིས་འདི་ལ་
 སྤྲུགས་དམ་ཅེ་གཅིག་དུ་མཛོད་ཅེ་

Salutation to the Guru. On the tenth day of the monkey month in the monkey year, in the green-floored middle story of Samye monastery when the Vajradhatu mandala was meditated on and revealed by Padma Sambhava, he spoke this prayer of aspiration (for the benefit of beings) and said that the king and all his subjects (King Trisong Deutsan and the rest of the twenty-five inner disciples) should practise it with vigour. Those who come in future times must also always practise it one-pointedly.

སྤྲུགས་བཅུ་དུས་བཞིའི་རྒྱལ་བ་སྤྲུལ་དང་བཅས་ཅེ་

CHO<	CHU	DU	ZHI	GYAL WA	SAE	DANG CHE
<i>directions</i>	<i>ten</i>	<i>times</i>	<i>four</i>	<i>Buddhas</i>	<i>Bodhisattvas</i>	<i>with</i>
<i>(4 cardinals, 4 intermediate and)</i>		<i>(past, present, future)</i>				
<i>(up and down - i.e. everywhere)</i>		<i>(and time beyond time)</i>				

Buddhas and Bodhisattvas of the ten directions and the four times, with

སྤྲུལ་ཡི་དམ་མཁའ་འགོ་ཚོས་སྤྲོད་ཚོགས་ཅེ་

LA MA	YI DAM	KHA DRO	CHO KYONG	TSO<
<i>gurus</i>	<i>path deities</i>	<i>dakinis</i>	<i>dharma protectors</i>	<i>hosts</i>

The hosts of gurus, path deities, dakinis and dharma protectors,

མ་ལུས་ཞིང་གི་རྒྱལ་སྤྲེད་གཤེགས་སུ་གསོལ་ཅེ་

MA LUS	ZHING	GI	DUL	NYE	SHE< SU SOL
<i>without exception,</i>	<i>realm, the</i>	<i>of</i>	<i>dust</i>	<i>as much as</i>	<i>come please</i>
<i>everybody</i>	<i>universe</i>			<i>there is</i>	

All without exception, as numerous as the particles of dust in the universe—please come here!

Buddhas and Bodhisattva of the ten directions and the four times, with the hosts of gurus, path deities, dakinis and dharma protectors, all without exception, as numerous as the particles of dust in the universe—please come here!

མདུན་གྱི་ནམ་མཁའ་པད་ལྷའི་གདན་ལ་བཞུགས་ཅེ་

DUN GYI	NAM KHAR	PAE	DAI	DEN	LA	ZHU<
<i>in front</i>	<i>sky</i>	<i>lotus</i>	<i>moon</i>	<i>seat, cushion</i>	<i>on</i>	<i>sit</i>

Please sit in the sky before me upon cushions of sun and moon.

ལུས་ངག་ཡིད་གསུམ་གྱས་པས་སྐྱབ་འཚལ་ལོ།

LU NGA< YI< SUM GUE PA E CHA< TSHAL LO
body speech mind three devotion, by, with make salutation, obeisance, prostration

With body, speech and mind I devotedly make obeisance, and

སྤྱི་ནང་གསང་བ་དེ་བཞིན་ཉིད་གྱིས་མཚོན།

CHI NANG SANG WA DE ZHIN NYI< KYI CHO<
outer inner secret tathata, the direct thusness by offer
(the universe) (my friends.) (my own body) of actuality
(possessions etc.)

Make the outer, inner and secret offerings within the presence of openness.

རྗེ་མཚོག་བདེ་གཤེགས་རྣམས་ཀྱི་སྐྱོན་སྤྲུལ་རྩེ།

TEN CHO< DE SHE< NAM KYI CHE< NGA RU
great ones Sugatas, Buddhas of before

Before the great ones, the Sugatas,

སྤྱོད་གྱི་སྤྱི་གུ་པའི་ཚོགས་ལ་བདག་གཞོང་ཞིང།

NGON GYI DIG PAI TSHO< LA DAG NONG ZHING
former harmful errors accumulation to I shame and sadness

I feel shame and sorrow at the harmful errors I have accumulated in the past.

ད་ལྟའི་མི་དགེ་འགྲོད་པས་རབ་ཏུ་བཤགས།

DAN TAI MI GE GYOE PAE RAB TU SHA<
present unvirtue regret, with repentance fully, greatly confess and beg to be excused

With regret I truly confess and beg forgiveness for my present unvirtues, and

སྤྱི་ཆད་དེ་ལས་ལྷོག་སྤྱིར་བདག་གིས་བསྐྱམ།

CHIN CHA< DE LAE DO< CHIR DA< GI DAM
in future these from give up, turn from I, me by promise, firmly decide
harmful errors and not do again

I promise that in future I will abandon these ways.

བསོད་ནམས་དགེ་ཚོགས་ཀུན་ལ་ཡི་རང་ངོ།

SO NAM GE TSHO< KUN LA YI RANG NGO
merit virtue accumulation all to, with sympathetically rejoice
(all the good deeds of others)

I rejoice at the merit and virtue accumulated by all beings.

ཀྲུལ་བའི་ཚོགས་རྣམས་སྲུང་ན་མི་འདའ་བར་ཅེ།

GYAL WAI TSHO< NAM NYA NGAN MI DA WAR
Jinas hosts nirvana not pass into, get
 (all gurus etc.) (not die)

I request the hosts of enlightened ones not to pass into nirvana but

སྡེ་སྡོད་གསུམ་དང་སླ་མེད་ཚོས་འཁོར་བསྐྱོར་ཅེ།

DE NO< SUM DANG LA ME CHO KHOR KOR
pitaka, baskets three and unsurpassed dharmachakra turn
 (vinaya, sutra, abhidharma) (mahayana) (teach the dharma)

To teach the foundational and mahayana doctrines.

དགེ་ཚོགས་མ་ལུས་འགོ་བའི་རྒྱུད་ལ་བསྐྱོར་ཅེ།

GE TSHO< MA LU DRO WAI GYU< LA NGO
virtues without exception beings, those moving minds, to give, dedicate
 (especially those coming) (from this prayer) in samsara continuity

All virtues without exception I dedicate to the mind-streams of all beings —

འགོ་རྣམས་སླ་མེད་ཐར་པའི་སར་སྤྱིན་ཤོག་ཅེ།

DRO NAM LA ME THAR PAI SAR CHIN SHO<
beings unsurpassed liberation stage, rank get they must
 (the mahayana nirvana which does not rest anywhere)

They all must gain the stage of unsurpassed liberation.

Please sit in the sky before me upon cushions of sun and moon. With body, speech and mind I devotedly make obeisance, and make the outer, inner and secret offerings within the presence of openness. Before the great ones, the Sugatas, I feel shame and sorrow at the harmful errors I have accumulated in the past. With regret I truly confess and beg forgiveness for my present unvirtues, and I promise that in future I will abandon these ways.

I rejoice at the merit and virtue accumulated by all beings. I request the hosts of enlightened ones not to pass into nirvana but to teach the foundational and mahayana doctrines. All virtues without exception I dedicate to the mind-streams of all beings — they must gain the stage of unsurpassed liberation.

སངས་རྒྱས་སྲས་བཅས་བདག་ལ་དགོངས་སྲུག་གསོལ་ཅེ།

SANG GYE SAE CHE DAG LA GONG SU SOL
Buddhas Bodhisattvas with, etc me to listen, pay heed

Buddhas, Bodhisattvas, please listen to me!

བདག་གིས་བཅུམས་པའི་སྨོན་ལམ་རབ་བཟང་འདི།

DA< GI TSAM PAI MON LAM RAB ZANG DI
me, by writing prayer of very good this
Padma Sambhava aspiration
(we also follow him by reciting this and using it as a basis for our study)

By making this excellent prayer of aspiration,

རྒྱལ་བ་ཀུན་ཏུ་བཟང་དང་དེ་སྤྱིས་དང་།

GYAL WA KUN TU ZANG DANG DE SAE DANG
Jina, Buddha Samantabhadra and Bodhisattvas and

May a knowledge similar to that of Buddha Samantabhadra, the Bodhisattvas and

འཕགས་པ་འཇམ་དཔལ་དབྱུངས་ཀྱིས་མ་བྱེན་པ་ལྟར།

PHAG PA JAM PAL YANG KYI KHYE< PA TAR
Arya, noble Manjughosa by known, knowledge like, that, similar to
Arya Manjughosa

དེ་དག་ཀུན་གྱི་རྗེས་སུ་བདག་སློབ་ཤོག།

DE DA< KUN GYI JE SU DA< LOB SHO
that all of following after I study will!

Be gained by me through study and practice.

Buddhas, Bodhisattvas, please listen to me! By making this very good prayer of aspiration, may a knowledge similar to that of Buddha Samantabhadra, the Bodhisattvas and Arya Manjughosa be gained by me through study and practice.

བསྟན་པའི་དཔལ་གྱུར་སྤྲེལ་མ་རིན་ཆེན་རྣམས།

TEN PAI PAL GYUR LA MA RIN CHEN NAM
Buddha's doctrines glory, excellence is guru precious (pl.)

The precious gurus who are the glory of the doctrine,

ནམ་མཁའ་བཞིན་དུ་ཀུན་ལ་སྤྲེལ་པར་ཤོག།

NAM KHA ZHIN DU KUN LA KHYA< PAR SHO
sky like all to pervade, spread must be!

May they spread everywhere like the sky.

ཉི་ཟླ་བཞིན་དུ་ཀུན་ལ་གསལ་བར་ཤོག།

NYI DA ZHIN DU KUN LA SAL WAR SHO
sun moon like, similar to all to clear, shining must be!
(shining with clear understanding of the dharma)

May they illuminate in all places like the sun and moon.

རི་བོ་བཞིན་དུ་རྟག་དུ་བརྟན་པར་ཤོག།

RI WO ZHIN DU TAG TU TEN PAR SHO
Mt Meru like always firm, steady must be!
(steady with clear understanding of the dharma)

May they always be firm and steady like Mt. Meru.

May the precious gurus who are the glory of the doctrine spread everywhere like the sky. May they illuminate in all places like the sun and moon. May they always be firm and steady like Mt. Meru.

བསྟན་པའི་གཞི་མ་དག་འདུན་རིན་པོ་ཆེ།

TEN PAI ZHI MA GEN DUN RIN PO CHE
doctrines' ground, foundation sangha, precious
(they maintain the direct understanding of the dharma) the assembly of the practicers

May the precious sangha who are the foundation of the doctrine

སྤྱད་ས་མཐུན་ཁྲིམས་གཙང་བསྐྱབ་གསུམ་གྱིས་ལྷན་ཤོག།

THU< THUN TRIM TSANG LAB SUM GYI CHU< SHO
minds harmonious morality, ethical practice pure three studies by become rich
(morality, contemplation, wisdom)

Have harmonious minds and pure morality and be rich in the three studies.

བསྟན་པའི་སྣང་པོ་གསང་སྤྱད་ས་སྐྱབ་པའི་སྡེ།

TEN PAI NYING PO SANG NGA< DRU< PAI DE
doctrines' essence vajrayana, tantra practising group, people

May those who practise the essence of the doctrine, the vajrayana,

དམ་ཚིག་ལྷན་ཞིང་བསྐྱེད་རྫོགས་མཐར་ཕྱིན་ཤོག།

DAM TSHIG DEN ZHING KYE DZO< THAR CHIN SHO
vows, promises, having developing system perfecting system, fulfill, complete they must!
firm intent

Have pure vows and complete the developing and perfecting systems.

May the precious sangha who are the foundation of the doctrine have harmonious minds and pure morality and be rich in the three studies. May those who practise the essence of the doctrine, the vajrayana, have pure vows and complete the developing and perfecting systems.

བསྟན་པའི་སྤྱིན་བདག་ཚོས་སྐྱོང་རྒྱལ་པོ་ཡང་།

TEN PAI JIN DA< CHO KYONG GYAL PO YANG
doctrines' sponsors, patrons dharma helping, protecting king also

Also for the patron of the doctrine, the king who helps the dharma,

ཆབ་སྲིད་རྒྱས་ཤིང་བསྟན་ལ་སྦྱོན་པར་ཤོག།

CHAB SI GYAE SHING TEN LA MEN PAR SHO<
rule, administration spreading doctrine to medicine do!
(i.e. be helpful for it)

May his administration spread and be like a medicine for the doctrine.

བསྟན་པའི་ཞབས་འདེགས་རྒྱལ་རིགས་སློན་པོ་ཡང་།

TEN PAI ZHAB DE< GYAL RIG LON PO YANG
doctrines' protect king's family ministers also

For the king's family and ministers who protect the doctrines

སློ་གྲོས་རབ་འཕེལ་ཚུལ་དང་ལྡན་པར་ཤོག།

LO DRO RAB PHEL TSAL DANG DEN PAR SHO
intellect greatly increase become powerful must be!

With their intellects greatly increasing may they become powerful.

Also for the patron of the doctrine, the king who helps the dharma, may his administration spread and be like a medicine for the doctrine. For the king's family and ministers who protect the doctrines, with their intellects greatly increasing may they become powerful.

བསྟན་པའི་གསོས་བྱེད་བྱིས་བདག་འབྱོར་ལྡན་ལྗམས་།

TEN PAI SOE JE CHIM DAG JOR DEN NAM
doctrines' who is offering, sponsor householder rich people

For those who are sponsors of the doctrine, the householders and rich people,

ལོངས་སྤོང་ལྡན་ཞིང་ཉེར་འཚོ་མེད་པར་ཤོག།

LONG CHO< DEN ZHING NYER TSHE ME PAR SHO
wealth having troubles, difficulties without must be!

May they have wealth and be free of troubles.

བསྟན་ལ་དད་པའི་ཡངས་པའི་རྒྱལ་ཁམས་ཀུན་།

TEN LA DAE PAI YANG PAI GYA< KHAM KUN
doctrine to faith vast kingdom's people (everyone) all

For all beings everywhere who have faith in the dharma,

བདེ་སྐྱིད་ལྷན་ཞིང་བར་ཆད་ཞི་བར་ཤོག།

DE KYI< DEN ZHING BA< CHAD ZHI WAR SHO
happiness having obstacles, obstructions pacified must be!

May they have happiness and the cessation of all obstacles.

For those who are sponsors of the doctrine, the householders and rich people, may they have wealth and be free of troubles. For all beings everywhere who have faith in the dharma, may they have happiness and the cessation of all obstacles.

ལམ་ལ་གནས་པའི་རྣམ་འབྱོར་བདག་ཉིད་ཀྱང་།

LAM LA NAE PAI NAL JOR DA< NYI< KYANG
 path on staying yogi, strong practitioner I also
 (i.e. do practice)

Also for me, the yogi abiding on the path,

དམ་ཚིག་མི་ཉམས་བསམ་པ་འགྲུབ་པར་ཤོག་།

DAM TSIG MI NYAM SAM PA DRU< PAR SHO
 vows not lose thoughts, wishes accomplished must be

With my vows not being lost, all my wishes must be accomplished.

བདག་ལ་བཟང་ངན་ལས་གྱིས་འབྲེལ་གྱུར་གང་།

DA< LA ZANG NGAN LAE KYI TREL GYUR GANG
 me to good bad actions, karma by connection whatever
 (whether they have helped me or harmed me)

All beings who are connected with me, whether by good or by bad actions,

གནས་སྐབས་མཐར་ཐུག་རྒྱལ་བས་རྗེས་འཛིན་ཤོག་།

NAE KAB THAR THUG GYAL WAE JE DZIN SHO
 temporary ultimately Buddhas, gurus hold they must
 (till the attainment of the stage of Dorje Chang)

Must be held by the Buddhas both at the present time and until the ultimate attainment.

འགྲོ་རྣམས་སླ་མེད་ཐེག་པའི་སློར་ཞུགས་ནས་།

DRO NAM LA ME THEG PAI GOR ZHU< NAE
 beings, those wandering in samsara unsurpassed yana, vehicle door enter then
 (annuttara, vajrayana and atiyoga)

All beings must enter the door of the unsurpassed vehicle, and then

ཀུན་བཟང་རྒྱལ་སྲིད་ཆེན་པོ་ཐོབ་པར་ཤོག་། །།

KUN ZANG GYAL SI CHEN PO THO< PAR SHO
 Samantabhadra, dharmakaya kingdom great get must!
 (dharmadhatu)

Gain the vast kingdom of Kuntuzangpo.

Also for me, the yogi abiding on the path, with my vows not being lost, all my wishes must be accomplished. All beings who are connected with me, whether by good or by bad actions, must be held by the Buddhas both at the present time and until the ultimate attainment. All beings must enter the door of the unsurpassed vehicle, and then gain the vast kingdom of Kuntuzangpo.

དེ་ལྟར་གྱི་སྒོན་ལམ་དུས་དུག་དུ་བཙོན་པར་བྱེ་ས་མ་ཡ་རྒྱེ་ལྷ་སྲས་མུ་རུབ་རྣམ་འཕྲུལ་
 གཏེར་ཆེན་མཚོག་གྲུར་བདེ་ཆེན་གླིང་པས་གནས་མཚོག་སེང་ཆེན་གནམ་བྲག་གི་གཡས་རྒྱར་
 བྲག་རི་རིན་ཆེན་བརྟེན་པའི་གོང་མོ་འགོ་མ་ནས་སྦོམ་གཏེར་དུ་སྦྱོན་བྲངས་པའི་བེ་རིའི་སྐྱ་
 ཚོས་དར་ཤོག་ངོས་མཚོ་རྒྱལ་ཕྱག་བྲེས་བོད་ཡིག་བཤུར་མ་ལས་། དེ་འཕྲུལ་ཉིད་དུ་བརྩེ་
 གར་དབང་སློབ་གྲོས་མཐའ་ཡས་གྱིས་དག་པར་བཤུས་པ་དགེ་ལེགས་འཕེལ།། །།

Diligently practice this prayer of aspiration during the six periods of the day and night. Vows. Seal.

The incarnation of King Trisong Deutsan’s son, Murub Tsadpo, the great Tertön Dechen Lingpa, at the great holy place of Sengchen Namdrag from the right side of the rock hill called Rinchen Tsempai Gongmo Ogma for the welfare of beings (took out the treasure).

There was some cloth from Vairocana (the translator), some silk paper upon which Yeshe Tsogyal had written in the handwriting script.

He gave it immediately to Padma Garwang Lodro Thayae who made a correct copy. May virtue spread.

Typed by Ruth Rickard