

## Mikha Prayer

*(Mi-Kha Dha-Dhok Dor-Du Sok-So)*

Rang-Nyi Tho-Je Chen-Po Tho-Ka-Nay Wo-Ser Jiang-Gu  
Trol-Pay Tham-Nyen Mi-Kha Tham-Che-Dhok Par-Yur

*Generating as Chenrizig, from one's white heart, green lights emanate out. Dispelling  
all gossips and negativities, from all those who dislike us.*

Om Ah Hur Thum

Mi-Kha Tham-Nyen Tham-Che Dhok

Ri-Le Ri-Le

Om Ma-Ha De-Wa Dha-Wo Nir-Ter-Ne

Sok-La Bay-Cho Jho

Mi-Kha Nyen-Pa Gyur

Mi-Kha Nyen-Pa Dha-Wo Ma-Ra-Ya

Thom-Thom Shik-Shik Bay-Bay

Dril-Dril Jho-Jho Dhok

Jha-Ye Mi-Kha Dhok

Tong-Gi Dral-Chu Dhok

Jha-Kha Ye-Ye Dhok

Tong-Kha Mir-Mir Dhok

Nhe-Dhok Dha-Na Dhok

Gyud-Na Dhok

Kuen-Na Dhok

Mak-Na Dhok

Nyi-Ma Chok-Shay Jam-Jhe Kyi

Mi-Kha Tham-Nyen Tham-Che-Dhok

Nyen-Sem Chur-La Chiang-Way Dra-Dray

Tham-Che

Bay-Bay Dril-Dril Thom-Thom Shik-Shik

Jho-Jho Dhok-Dhok Jho-Dhok Chik

### Dependent Arising Mantra

Om Ye Dhar-Ma He-Tu Par-Ba-Wa,

He-Tun Te-Shan Ta-Tha-Ga-To He-Wa-Dat,

Te-Shan Tsa-Yo Ni-Ro-Da Ye-Wa Wa-Di Ma-

Ha Sra-Ma-Na-Ye So-Ha