



新加坡大乘禅寺
THEKCHEN CHOLING
(SINGAPORE)

Connecting All With Divine Hearts
心系慈爱心

Golden Nectar Offerings To Dharma Protectors



14 March 2019 (V.6)

Golden Nectar Offerings To Dharma Protectors

Taking Refuge and Generating Bodhicitta

Sang-Gye	Cho-Dang	Tsog-Kyi	Chog-Nam-La
Jang-Chub	Bar-Du	Dag-Ni	Kyab-Su-Chi
Dag-Gi	Jin-Sog	Gyi-Pay	So-Nam-Kyi
Dro-La	Pen-Chir	Sang-Gye	Drub-Par-Shog

To the Buddha, Dharma and Aryan Sangha

I go for refuge until I am enlightened

By the merit of giving and other perfections

May I attain Buddhahood for the sake of benefiting all mother
sentient beings

Kon-Chog	Sum-La	Kyab-Su-Dro
Sem-Chen	Tam-Che	Dag-Gi-Drol
Jang-Chub	Nay-La	Go-Par-Gyi
Jang-Chub	Sem-Ni	Yang-Dag-Kye

I go for refuge to the Supreme Triple Jewels

And shall liberate all living beings

To lead them towards enlightenment

I now arise the pure mind of awakening

Instantaneous Yamantaka self-generation

Rang-Nyid	Ke-Chig-Gi	Pal	Dor-Je	Jig-Je
Shal-Chig	Chag-Nyi-Kyi	Dri-Gug-Dang	Tho-Pa	
Dzin-Pay	Kur	Sheng-Par-Gyur		

Instantaneously, I arise in the form of Vajrabhairava, with one
face and two arms holding a cleaver and a skullcup

*(Use incense to bless the serkyem set, put some rice and a piece of
goldleaf and pour nectar with 25 precious substances into the
serkyem cup)*

Blessing the Golden Nectar

Om Hrih Shtrih Vikrita-Nana Hung Phet

Om Svabhava Shuddhah Sarva Dharma Svabhava

Shuddho Ham

Tong-Pa-Nyid Du-Gyur

Tong-Pay	Ngang-Lay	Yam -Lay	Lung-Gi
Kyil-Khor	Ngon-Po	Shu-Yi-Yib	Ta-Bu
Ba-Den-Gyi	Tsen-Pa		
Day-Yi	Teng-Du	Ram -Lay	Maid Kyil-Khor
Mar-Po	Dru-Sum-Pa		
Day-Yi	Teng-Du	Ah -Lay	Mi-Go Gyed-Pu
Sum-Gyi	Teng-Du		
Ah -Lay	Jung-Way	Tho-Pa	Kar-Po Day-Yi
Nang-Gi	Shar-Du		
Bhrum -Lay	Jung-Way	Ba-Lang	Gi-Sha Go
Tsen-Pa			
Lhor	Am -Lay	Jung-Way	Kyi-Sha Ku
Tsen-Pa			
Nub-Tu	Jrim -Lay	Jung-Way	Lang-Po
Che-Sha	Da	Tsen-Pa	
Jang-Du	Kham -Lay	Jung-Way	Ta-Yi-Sha Ha
Tsen-Pa			
U-Su	Hung -Lay	Jung-Way	Mi-Sha Na
Tsen-Pa			
Shar-Lhor	Lam -Lay	Jung-Way	Drin-Chen Bi
Tsen-Pa			
Lho-Nub-Tu	Mam -Lay	Jung-Way	Ra-Ta Ra
Tsen-Pa			
Nub-Jang-Du	Pam -Lay	Jung-Way	Jang-Sem
Kar-Po	Shu	Tsen-Pa	
Jang-Shar-Du	Tam -Lay	Jung-Way	Kang-Mar Ma

Tsen-Pa				
U-Su	Bam-Lay	Jung-Way	Dri-Chu	Mu
Tsen-Pa				
Day-Dag-Gi	Teng-Du	Om	Kar-Po	Ah
Mar-Po				
Hung	Ngon-Po	Sum	Teng-Nay	Teng-
Du	Tse-Par-Gyur			
Rang-Gyi	Thug-Kay	Hung-Lay	Wo-Tro	
Lung-La	Phog-Pay	Lung-Yo	May-Bar-Te	
Tho-Pay	Tze-Nam	Shu-Shing	Khol	
War-Gyur	Yi-Ge	Sum-Lay	Wo-Dzer	
Rim-Pa	Shin-Du	Tro-Pay		
Ku-Do-Je	Sung-Do-Je	Thug-Do-Je	Nam	
Kug-Nay	Yi-Ge	Sum-La		
Rim-Gyi	Thim-Pa-Nam	Tho-Par	Lhung-Nay	
Shu-Way				
Hung-Gi	Kha-Dog	Dri-Nu	Kyi-Kyon-Jang	
Ah-Du-Tsir	Tog-Par-Je			
Om-Gyi	Mang-Por	Bar-Shing	Pel-War-Gyur	
Om Ah Hung	(3x)			

Everything becomes void.

From the state of voidness appears **Yam**, from which comes a blue bow-shaped wind mandala marked by banners. Above that appears **Ram**, from which arises a red triangular fire mandala. Above that, from three **Ahs** appear a tripod of human heads; above that, from **Ah** appears a white skullcup. Inside the skullcup, in the east from **Bhrum** comes bull flesh marked by **Go**.

In the south, from **Am**, dog flesh marked by **Ku**

In the west, from **Jrim**, elephant flesh marked by **Da**

In the north, from **Kham**, horse flesh marked by **Ha**
 In the center, from **Hung**, human flesh marked by **Na**
 In the southeast, from **Lam**, excrement marked by **Bi**
 In the southwest, from **Mam**, blood marked by **Ra**
 In the northwest, from **Pam**, white bodhicitta marked by **Shu**
 In the northeast, from **Tam**, marrow marked by **Ma**
 And in the centre, from **Bam**, urine marked by **Mu**
 Above these stand a white **Om**, a red **Ah**, and a blue **Hung**,
 one above the other.

Lights emanate from the **Hung** at my heart and strike the
 wind. The wind moves, the fire blazes, and all the substances
 in the skullcup melt and boil. Light radiates from the three
 letters successively, drawing forth the vajra body, vajra
 speech, and vajra mind, which the three letters respectively
 absorb. These descend into the skullcup and all melt. **Hung**
 purifies all faults of colour, odour, and potential; **Ah**
 transforms it into nectar; **Om** multiplies and increases it.

Om Ah Hung (3x)

Blessing The Golden Nectar (Short Version)

Om Hrih Shtrih Vikrita-Nana Hung Phet
 Om Svabhava Shuddhah Sarva Dharma Svabhava
 Shuddho Ham

Tong-Pa-Nyid	Dhu-Gyur		
Tong-Pay	Ngang-Lay	Yam-Lay-Lung	Ram-Lay-
Mey			
Ah-Lay	Mi-Goi	Gyed-Pu	Sum-Gyi
Teng-Du			
Ah-Lay	Jung-Wai	To-Pa	Kar-Po
Day-Yi	Nang-Du	Sha Nga	Du-Tsi Nga
De-Dak-Gi	Teng-Du	Om Ah Hung	

Rang-Gi	Tuk-Kyi	Hung -Lay	O-Zer	Tro
Lung-Yo	May-Bar	To-Pay	Nang-Gi	
Dze-Nam	Zhu-Zhing	Kol		
Yi-Ge	Sum-Lay	O-Zer	Tro-Pay	
Dor-Je	Sum	Kuk-Nay	Tim-Pa	
To-Par	Lhung-Te	Zhu-Way		
Hung -Gi	Ka-Dok	Dri	Nu-Kyi	
Kyon Jang				
Ah -Du-Tsir	Tok-Par-Jey			
Om -Gyi	Mang-Por	Bar-Zhing	Pel-War-Gyur	
Om Ah Hung (3x)				

Om All Dharma are pure of own-being, I am pure of own-being. All is void.

From the state of voidness, from **Yam** comes wind.

From **Ram**, fire. From **Ah**, a fireplace of three human heads, above which, from **Ah**, comes a white skullcup.

Inside it are five meats and five nectars. Above these are **Om Ah Hung**.

From the **Hung** at my heart light rays emanate.

The wind moves. The fire blazes. The substances in the skullcup melt and boil.

From the three syllables, light rays emanate, hooking back the three vajras which dissolve into them. These fall into the skullcup and melt.

The **Hung** purifies faults of colour, odour and power.

The **Ah** transforms the substances into nectar. The **Om** greatly multiples and increases it. **Om Ah Hung** (3x)



000000000... 0 000000000... 0 000000000... 0 000000000... 0 (4,4,2)

Offering and Requesting Prayer to Palden Lhamo

Jho 0

Rab-Jam	Gyal-Wa	Kun-Gyi	Trin-Le-La
Mag-Zor	Gyal-Mo	She-Jar	Tsen-Sol-Wa
Tse-Chig	Mo-Pe	Wang-Gi	Chen-Dren-Na
Tog-Pa	Me-Par	Nyur-Du	Sheg-Su-Sol

Jho! 0 To you, the enlightened conduct of all the Victorious Ones,

The holy name “Queen of the Armed Warriors’ was given
 Having invoked you with powerful single-pointed devotion
 Please come quickly without obstruction

Dun-Gyi	Nam-Khar	Lung-Mag	Tsub-May-U
Be-Chon	To-Trag	Dzin-Pa	Sin-Mo-Zug
Dre-U	Teng-Shug	Dug-Pa	Tsar-Cho-Ku
Ji-Si	Dren-Pa	De-Si	Tag-Tu-Shug

In the space in front, in the centre of a black tornado
 You appear in the form of a female cannibal holding a vajra
 club and blood-filled skullcup
 Seated upon a young mule, your body destroys all evil
 For as long as I recall, please remain forever

Chi-Yi	Chen-Zig	Nam-Kye	Khyon-Gang-Shing
Nang-Gi	Dam-Dze	Sa-Zhi	Ma-Lu-Kyab
Yi-Kyi	Trul-Pe	Cho-Trin	Shing-Kham-Kun
Gye-Par	Geng-Pa	Khor-Dang	Che-La-Bul

Outer offerings filling the vast extent of space;
 Inner samaya substances pervading the whole earth;
 Clouds of mentally transformed objects filling all the realms;
 I offer these to Palden Lhamo and all your entourage

Pal-Den	Tub-Pai	Ka-Sung	Tu-Tsel-Chen
Khyo-Nyi	Nyen-Ching	Drub-Dang	Tse-Chig-Tu
Sol-Wa	Deb-Pe	Nal-Jor	Pon-Lob-Kyi
Gal-Kyen	Kun-Sol	Tun-Kyen	Ma-Lu-Drub

You, who powerfully protect the words of the glorious Muni
We yogis, teachers, and disciples single-pointedly request you
to approach and complete your activities:

Please eliminate all adverse conditions
And complete every condition beneficial to us

Sha-Trag	La-Sog	Du-Tsi	Nga-Dang-Che
Tu-Na	Nga-Dang	Jar-Way	Tor-Ma-Di
Pal-Den	Mag-Zor	Gyal-Mo	La-Bul-Gyi
Sang-Gye	Ten-Pa	Sung-Chir	She-Su-Sol

This tormas, composed of flesh and, blood, and so on,
The five nectars of five types of grains
To you, Glorious Queen of the Armed Warriors, I offer these
Please accept them in order to protect the teachings of
Buddha

Ku-Sum	Lhun-Drub	Tug-Je	Tar-Chin-Kyang
Si-Sum	Dug-Pa	Dul-Chir	Tro-Pe-Ku
Du-Sum	Gyal-Way	Ten-Sung	Chen-Mo-La
Go-Sum	Gu-Pa	Chen-Po	Chag-Tsal-Lo

Your three bodies arise spontaneously and your compassion
is fully developed

Yet manifest a wrathful body to subdue the evil of the three
realms

To you, great protectress of the doctrine of the Victorious
Ones of the three times,

With my three doors I respectfully prostrate

Dag-Sog	Nam-Kyi	Cho-Dang	Tun-Pe-Don
Ji-Tar	Sam-Pa	Yi-Zhin	Drub-Pa-Dang
Ne-Don	Geg-Sog	Bar-Du	Cho-Pe Tsog
Nye-War	Zhi-War	Jin-Gyi	Lab-Tu-Sol

Please bestow your blessings that all our aims
 Be accomplished just as we desire in accord with the Dharma
 And please bless us that all hindrances-sicknesses, demons
 And interfering spirit, be pacified completely

Lhag-Sam	Da-Pe	Tsul-Dir	Tson-Pa-Na
Tsang-Dang	Wang-Po	Jig-Ten	Kyong-Wa-Tar
Mag-Zor	Gyal-Mo	La-Sog	Sung-Me-Tsog
Yel-Pa	Me-Par	Tag-Tu	Drog-Je-Shog

By our striving in this way with a pure selfless wish
 Just as Brahma and Indra protect the world
 May you, Queen of the Armed Warriors, and the other protectors
 Never abandon but always help us
 (4,4,2)

Seven Limb Prayer to Glorious Palden Lhamo

Jho ◎

Pal-Den	Lho-Mo	Pak-Par	Kah-Wa-Kyo
Tab-Kyi	Cho-Trul	Nam-Kha	Tha-La-Cho
Jang-Chub	Sem-Pay	Trul-Pa	Khyo-Nyid-La
Lu-Ngag	Yid-Sum	Gu-Pay	Chag-Tsal-Lo

Jho! ◎ Magnificent Goddess, hard to fathom
 Enjoying the expanse of space with your magical means
 To yourself, manifestation of Bodhisattvas
 With body, speech and mind I respectfully prostrate

Khyo-Ni	Dag-Ni	Cho-Pay	Ma-Drib-Kyang
Pal-Den	Ngo-Drub	Dam-Pa	Thob-Ja-Chir
Do-Pay	Yon-Tem	Kha-La	Char-Phab-Nay
Cho-Pay	Tsog-Di	Wang-Po	Gye-Gyur-Chig

Although you are not polluted by my offerings
 In order to obtain the magnificent holy attainments
 A rain of desired qualities falling from the sky,
 By these assembled offerings, may the senses be developed

Pal-Den	Khyo-Ni	Ge-Dig	Bang-Po-Te
Dag-Gi	Lu-Ngag	Yi-Kyi	Nye-Pay-Tsog
Khyo-Kyi	Te-Du	Gyo-Pay	Rab-Shag-Na
Thug-Je	Shug-Kyi	Drib-Pa	Jang-War-Dzo

Magnificent lady, you have the power over virtue and non-virtue
 The evils of my body, speech and mind
 I perfectly confess to you with regret
 By the strength of your compassion, purify my obscurations

Khyo-Kyi	Kye-Par	Yong-Su	Phag-Pa-Ni
Dro-Way	Don-Dze	Dag-Don	Phun-Sum-Tsog
Ga-Thun	Trag-Dog	May-Pay	Tro-Wa-Ni
Je-Su	Yi-Rang	Khyo-Kyi	Gyu-La-Bul

You are the perfectly Exalted Lady
 Accomplishing the purpose of transmigrators, my own and all
 others
 Delighting in happiness and harmony without jealousy
 I rejoice and offer to your lineage

Yang-Dag	Yon-Ten	Den-Pay	Ku-Chog-Ni
Nag-Dang	Zang-Mo	Jig-Pay	Cha-Je-Chen
Chog-Chu	Du-Sum	Kun-Tu	Dro-Don-La
Gyu-Trul	Dra-Way	Tsul-Ton	Ten-Du-Sol

Supreme body having the complete qualities holding
terrifying black and good implements
For the purpose of all transmigrators in the ten directions and
the three times
Please show a net of magical apparitions

Day-Tar	Yang-Dag	Den-Pay	Ku-Chog-Ni
Dro-Way	Don-Dang	Ten-Pa	Sung-Je-Chir
Nam-Kha	Ze-Pa	Ma-Gyur	Bar-Du-Yang
Nya-Ngen	Mi-Da	Tag-Par	Zhug-Su-Sol

Supreme and complete body
For the purpose of transmigrators and to protect the Doctrine
Until the sky becomes exhausted
Don't pass into nirvana but remain firmly, we pray

De-Tar	Chag-Tsal	Cho-Ching	Shag-Pa-Dang
Je-Su	Yi-Rang	Kul-Zhing	Sol-Wa-Yi
Ge-Wa	Di-Yi	Ngen-Song	Tong-Gyur-Nay
Tham-Che	Dag-Gi	Jang-Chub	Chir-Ngo-O

By this virtue of prostrations, offerings, confession
Rejoicing, summoning and praying
May all the evil realms become empty
May I lead all beings to enlightenment
(4,4,2)

Palden Lhamo Mantra

Jho Rakmo / Jho Rakmo / Jho Jho Rakmo /
T'un Jho / Khalarakchenmo / Rakmo Adya Tadya /
Thun Jho Rulu Rulu Hung Jho Hung

00000000... ◎ (2,6,2)

Praise to Palden Lhamo: Requesting the Four Activites

Jho ◎

Sem-Nyid	Trin-Lay	Nam-Shi	Kye-Par-Ni
Sem-Nyid	Gü-Na	Maid-Ching	Sem-Kyang-Maid
Don-Dam	Yer-Maid	Kha-Dog	Dzug-Kyang-Maid
Tzu-Trul	Gyu-Ma	Tsam-Du	Rang-Gi-Sem
Thun-Par	Ten-Pa	Shi-Way	Pal-Lha-Mo
Shi-Tze	Shi-Gyur	Shi-Way	Ngang-Tsul-Chen
Shi-Way	Khor-Kyi	Kor-Way	Tso-Mo-Ni
Tag-Kyi	Ku-Dog	Kar-Mo	Shin-Tu-Dang
Kun-Tu	Shi-Tze	Ma-La	Chag-Tsal-Lo
Dak-Gi	Nay-Don	Bar-Che	Shi-Par-Tzo

Jho! ◎ The four types of actions are mind itself

They do not exist apart from mind and mind does not exist

Ultimately, there are no distinctions

And neither do colour nor form exist

The four actions are miraculously shown as mere illusions

By the glorious goddess of peace, in accordance with our needs

Principal lady amidst an assembly of pacifiers

Distinguished by a very brilliant white body

You have pacified, will pacify, and are in a pacifying mood

I prostrate to her who always pacifies

Please pacify my illness, evil spirits, and interferences

Jho! ◎

Sem-Nyid	Trin-Lay	Nam-Shi	Kye-Par-Ni
Sem-Nyid	Gu-Na	Maid-Ching	Sem-Kyang-Maid
Don-Dam	Yer-Maid	Kha-Dog	Dzug-Kyang-Maid
Tzu-Trul	Gyu-Ma	Tsam-Du	Rang-Gi-Sem

Thun-Par	Ten-Pa	Gye-Pay	Pal-Lha-Mo
Gye-Tze	Gye-Gyur	Gye-Pay	Ngang-Tsul-Chen
Gye-Pay	Khor-Kyi	Kor-Way	Tso-Mo-Ni
Tag-Kyi	Ku-Dog	Ser-Mo	Shin-Tu-Jid
Kun-Tu	Gye-Tze	Ma-La	Chag-Tsal-Lo
Dag-Gi	Tse-Dang	So-Nam	Gye-Par-Tzo

Jho! ☉ The four types of actions are mind itself
They do not exist apart from mind and mind does not exist
Ultimately, there are no distinctions
And neither do colour nor form exist
The four actions are miraculously shown as mere illusions
By the glorious goddess of increase, in accordance with our needs
Principal lady amidst an assembly of increasers
Distinguished by a very magnificent yellow body
You have increased, will increase, and are in an increasing mood
I prostrate to her who always increases
Please increase my life span and develop my merits

Jho! ☉

Sem-Nyid	Trin-Lay	Nam-Shi	Kye-Par-Ni
Sem-Nyid	Gu-Na	Maid-Ching	Sem-Kyang-Maid
Don-Dam	Yer-Maid	Kha-Dog	Dzug-Kyang-Maid
Tzu-Trul	Gyu-Ma	Tsam-Du	Rang-Gi-Sem
Thun-Par	Ten-Pa	Wang-Gi	Pal-Lha-Mo
Wang-Tze	Wang-Gyur	Wang-Gi	Ngang-Tsul-Chen
Wang-Gi	Khor-Gyi	Kor-Way	Tso-Mo-Ni
Tag-Kyi	Ku-Dog	Mar-Mo	Shin-Tu-Chag
Kun-Tu	Wang-Tze	Ma-La	Chag-Tsal-Lo
Kham-Sum	Sem-Chen	Tham-Che	Wang-Du-Du

Jho! ☉ The four types of action are mind itself
They do not exist apart from mind and mind does not exist

Ultimately, there are no distinctions
 And neither do colour nor form exist
 The four actions are miraculously shown as mere illusions
 By the glorious goddess of conquest, in accordance with our needs
 Principal lady amidst an assembly of conquerors
 Distinguished by a very sensual red body
 You have conquered, will conquer, and are in a conquering mood
 I prostrate to her who always conquers
 Please conquer all being of the three realms

Jho! ◎

Sem-Nyid	Trin-Lay	Nam-Shi	Kye-Par-Ni
Sem-Nyid	Gu-Na	Maid-Ching	Sem-Kyang-Maid
Don-Dam	Yer-Maid	Kha-Dog	Dzug-Kyang-Maid
Tzu-Trul	Gyu-Ma	Tsam-Du	Rang-Gi-Sem
Thun-Par	Ten-Pa	Drag-Po	Pal-Lha-Mo
Drag-Tze	Drag-Gyur	Drag-Po	Ngang-Tsul-Chen
Drag-Po	Khor-Gyi	Kor-Way	Tso-Mo-Ni
Tag-Kyi	Ku-Dog	Nag-Mo	Shin-Tu-Ngam
Kun-Tu	Drag-Tze	Ma-La	Chag-Tsal-Lo
Dag-Gi	Nay-Don	Dra-Geg	Drag-Po-Drol

Jho! ◎ The four types of action are mind itself
 They do not exist apart from mind and mind does not exist
 Ultimately, there are no distinctions
 And neither do colour nor form exist
 The four actions are miraculously shown as mere illusions
 By the glorious goddess of wrath, in accordance with our needs
 Principal lady amidst an assembly of terrifiers
 Distinguished by a very fierce black body
 You have terrified, will terrify, and are in a terrifying mood

I prostrate to her who always terrifies
Please with your wrath, eliminate my sickness, evil spirits,
enemies and misfortunes

Jho! ☉

Kyod-Gyi	Rang-Shin	Chir-Yang	Ma-Drub-Kyang
Di-Tar	Tsen-Nyid	Chir-Yang	Nang-Wa-Yid
Trin-Lay	Nam-Shi	Dro-Don	Tze-Pa-La
Dag-Gi	Drim-Te	Rab-Tu	To-Gyid-Na
Dag-Kyang	Lay-Shi	Rang-Shin	Lhun-Drub-Te
Kyod-Tar	Dro-Pay	Don-La	Tson-Par-Shog

Jho! ☉ Although you appear with such varied characteristics
Your nature has no concrete existence
Yet you benefit transmigrators with your four actions
By thoroughly praising you with full attention
I also spontaneously achieve the state of the four actions
And, like you, strive to benefit all sentient beings
(2,6,2)

Blessing the Golden Nectar

Om Hrih Shtrih Vikrita-Nana Hung Phet

Om Svabhava Shuddhah Sarva Dharma Svabhava

Shuddho Ham

Tong-Pa-Nyid Du-Gyur

Tong-Pay	Ngang-Lay	Yam -Lay	Lung-Gi
Kyil-Khor	Ngon-Po	Shu-Yi-Yib	Ta-Bu
Ba-Den-Gyi	Tsen-Pa		
Day-Yi	Teng-Du	Ram -Lay	Maid Kyil-Khor
Mar-Po	Dru-Sum-Pa		
Day-Yi	Teng-Du	Ah -Lay	Mi-Go Gyed-Pu
Sum-Gyi	Teng-Du		
Ah -Lay	Jung-Way	Tho-Pa	Kar-Po Day-Yi
Nang-Gi	Shar-Du		
Bhrum -Lay	Jung-Way	Ba-Lang	Gi-Sha Go
Tsen-Pa			
Lhor	Am -Lay	Jung-Way	Kyi-Sha Ku
Tsen-Pa			
Nub-Tu	Jrim -Lay	Jung-Way	Lang-Po
Che-Sha	Da	Tsen-Pa	
Jang-Du	Kham -Lay	Jung-Way	Ta-Yi-Sha Ha
Tsen-Pa			
U-Su	Hung -Lay	Jung-Way	Mi-Sha Na
Tsen-Pa			
Shar-Lhor	Lam -Lay	Jung-Way	Drin-Chen Bi
Tsen-Pa			
Lho-Nub-Tu	Mam -Lay	Jung-Way	Ra-Ta Ra
Tsen-Pa			
Nub-Jang-Du	Pam -Lay	Jung-Way	Jang-Sem
Kar-Po	Shu	Tsen-Pa	
Jang-Shar-Du	Tam -Lay	Jung-Way	Kang-Mar Ma

Tsen-Pa				
U-Su	Bam-Lay	Jung-Way	Dri-Chu	Mu
Tsen-Pa				
Day-Dag-Gi	Teng-Du	Om	Kar-Po	Ah
Mar-Po				
Hung	Ngon-Po	Sum	Teng-Nay	Teng-
Du	Tse-Par-Gyur			
Rang-Gyi	Thug-Kay	Hung-Lay	Wo-Tro	
Lung-La	Phog-Pay	Lung-Yo	May-Bar-Te	
Tho-Pay	Tze-Nam	Shu-Shing	Khol	
War-Gyur	Yi-Ge	Sum-Lay	Wo-Dzer	
Rim-Pa	Shin-Du	Tro-Pay		
Ku-Do-Je	Sung-Do-Je	Thug-Do-Je	Nam	
Kug-Nay	Yi-Ge	Sum-La		
Rim-Gyi	Thim-Pa-Nam	Tho-Par	Lhung-Nay	
Shu-Way				
Hung-Gi	Kha-Dog	Dri-Nu	Kyi-Kyon-Jang	
Ah-Du-Tsir	Tog-Par-Je			
Om-Gyi	Mang-Por	Bar-Shing	Pel-War-Gyur	
Om Ah Hung	(3x)			

Everything becomes void.

From the state of voidness appears **Yam**, from which comes a blue bow-shaped wind mandala marked by banners. Above that appears **Ram**, from which arises a red triangular fire mandala. Above that, from three **Ahs** appear a tripod of human heads; above that, from **Ah** appears a white skullcup. Inside the skullcup, in the east from **Bhrum** comes bull flesh marked by **Go**.

In the south, from **Am**, dog flesh marked by **Ku**

In the west, from **Jrim**, elephant flesh marked by **Da**

In the north, from **Kham**, horse flesh marked by **Ha**
 In the center, from **Hung**, human flesh marked by **Na**
 In the southeast, from **Lam**, excrement marked by **Bi**
 In the southwest, from **Mam**, blood marked by **Ra**
 In the northwest, from **Pam**, white bodhicitta marked by **Shu**
 In the northeast, from **Tam**, marrow marked by **Ma**
 And in the centre, from **Bam**, urine marked by **Mu**
 Above these stand a white **Om**, a red **Ah**, and a blue **Hung**,
 one above the other.

Lights emanate from the **Hung** at my heart and strike the
 wind. The wind moves, the fire blazes, and all the substances
 in the skullcup melt and boil. Light radiates from the three
 letters successively, drawing forth the vajra body, vajra
 speech, and vajra mind, which the three letters respectively
 absorb. These descend into the skullcup and all melt. **Hung**
 purifies all faults of colour, odour, and potential; **Ah**
 transforms it into nectar; **Om** multiplies and increases it.

Om Ah Hung (3x)

Blessing The Golden Nectar (Short Version)

Om Hrih Shtrih Vikrita-Nana Hung Phet
 Om Svabhava Shuddhah Sarva Dharma Svabhava
 Shuddho Ham

Tong-Pa-Nyid	Dhu-Gyur		
Tong-Pay	Ngang-Lay	Yam-Lay-Lung	Ram-Lay-
Mey			
Ah-Lay	Mi-Goi	Gyed-Pu	Sum-Gyi
Teng-Du			
Ah-Lay	Jung-Wai	To-Pa	Kar-Po
Day-Yi	Nang-Du	Sha Nga	Du-Tsi Nga
De-Dak-Gi	Teng-Du	Om Ah Hung	

Rang-Gi	Tuk-Kyi	Hung -Lay	O-Zer	Tro
Lung-Yo	May-Bar	To-Pay	Nang-Gi	
Dze-Nam	Zhu-Zhing	Kol		
Yi-Ge	Sum-Lay	O-Zer	Tro-Pay	
Dor-Je	Sum	Kuk-Nay	Tim-Pa	
To-Par	Lhung-Te	Zhu-Way		
Hung -Gi	Ka-Dok	Dri	Nu-Kyi	
Kyon Jang				
Ah -Du-Tsir	Tok-Par-Jey			
Om -Gyi	Mang-Por	Bar-Zhing	Pel-War-Gyur	
Om Ah Hung (3x)				

Om All Dharma are pure of own-being, I am pure of own-being. All is void.

From the state of voidness, from **Yam** comes wind.

From **Ram**, fire. From **Ah**, a fireplace of three human heads, above which, from **Ah**, comes a white skullcup.

Inside it are five meats and five nectars. Above these are **Om Ah Hung**.

From the **Hung** at my heart light rays emanate.

The wind moves. The fire blazes. The substances in the skullcup melt and boil.

From the three syllables, light rays emanate, hooking back the three vajras which dissolve into them. These fall into the skullcup and melt.

The **Hung** purifies faults of colour, odour and power.

The **Ah** transforms the substances into nectar. The **Om** greatly multiples and increases it. **Om Ah Hung** (3x)



000000000... 0 000000000... 0 000000000... 0 000000000... 0 (2,10,2)

Ser-Kyem

La-Ma	Yi-Dam	Kun-Chog-Sum
Gyu-Day	Shi-Yi	Lha-Tsog-Dang
Kye-Par	Chom-Den	Shin-Jei-Shad
Ser-Kyem	Cho-Pay	Di-Shay-La
Dag-Gi	Dzu-Dang	Pang-Tzo-Chig
Chol-Way	Trin-Lay	Drub-Par-Tzo



Lama, Yidam, Three Precious Jewels

Four Tantra classes' gathered gods

Specially blessed Yamantaka:



Accept this offered golden nectar

Please be my unbiased witness

Accomplish all entrusted deeds

Shin-Jei	Shad-Kyi	Ka-Do-Chog
Cho-Kyi	Gyal-Po	Khor-Dang-Che
Shen-Yang	Dam-Chen	Gya-Tso-Tsog
Ser-Kyem	Cho-Pay	Di-Shay-La
Dag-Gi	Dzu-Dang	Pang-Tzo-Chig
Chol-Way	Trin-Lay	Drub-Par-Tzo



Yamantaka's supreme servant

Dharma-Lord with your retinue

And oath-bound ocean of assembly



Accept this offered golden nectar

Please be my unbiased witness

Accomplish all entrusted deeds

Yug-Gu	Drug-Chu	Tsa-Shi-Sog
Lo-Da	Shag-Du	Lha-Nam-Dang

	Kye-Par	Yul-Chog	Dir-Nay-Pay
	Lha-Lu	Shi-Dag	Khor-Che-Nam
	Ser-Kyem	Cho-Pay	Di-Shay-La
	Dag-Gi	Dzu-Dang	Pang-Tzo-Chig
	Chol-Way	Trin-Lay	Drub-Par-Tzo

God of the year, month, day and time

Of sixty-four Yug-Gu's and such


Especially Gods, nagas, landlord and retinue

That dwell in this region

 Accept this offered golden nectar

Please be my unbiased witness

Accomplished all entrusted deeds


	Dzu-Dang	Pang-Lay	Tho-Wa-Maid
	Nam-Par	Dag-Pay	Thug-Kyi-Dzig
	Ser-Kyem	Cho-Pay	Gya-Ray-Che
	Dru-Men	Na-Tsog	Rin-Che-Way
	Day-Rin	Dag-Gi	Drog-Tzo-Chig

None tops the unbiased witness


Behold me with a most pure mind

 Golden nectar gift, how extensive!

Through grain, diverse linctus so prized

Assist me now, please be here today!  (2,10,2)

Jho! ◉

	Nam-Den	Ten-Pa	Sung-Way	Cho-Kyong-Chog
	Nal-Jor	Bu-Shing	Kyong-Tze	Thu-Tsal-Chen
	Do-Kham	Dag-Mo	Pal-Gyi	Lha-Mo-La
	Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo

Jho! ◉ Supreme Dharma protector guarding the Doctrine of the Guide

Who protects yogis like her son and is skilled in magic powers
To the ruler of the desired realm, the glorious goddess Palden Lhamo



I request and make offerings; please perform the entrusted actions (This verse x3)

Don-Dam	Shi-Way	Ngang-Lay	Ma-Yo-Kyang
Ten-Dra	Dul-Chir	Dra-Mo	Kur-Sheng-Pa
Ma-Chig	Pal-Den	Sid-Sum	Gyal-Mo-La
Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo



Though not disturbed from the state of ultimate peace
You arose in a fierce form to subdue enemies of the doctrine
To the sole mother, queen of the three existences



I request and make offerings; please perform the entrusted actions (This verse x3)

Sin-Mo	Drag-Tu	Tro-Pay	Nam-Gyur-Gyi
Tso-Moi	Nga-Chir	Gyug-Pay	Lay-Khen-Dzung
Chu-Sin	Seng-Ge	Dong-Chen	Nam-Nyi-La
Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo




The action-performing pair who dash before and after the principal lady


And who are in the aspect of very wrathful female rakshas
To the sea-monster-faced and lion-faced ones




I request and make offerings; please perform the entrusted actions


Dra-Shi	Tse-Ring	Thing-Gi	Shal-Dzang-Ma
Mi-Yo	Lo-Dzang	Cho-Pen	Drin-Dzang-Ma
Te-Kar	Dro-Dzang	Kha-Dro	Che-Nga-La
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


Auspicious Long-Life Lady, Blue Sumukhi
 Immovable Sumati, Crown Sukanthi, and
 White-bestowing Sugati, to the five dakini sisters

 I request and make offerings; please perform the entrusted actions


Do-Je	Kun-Drag	La-Sog	Du-Mo-Shi
Do-Je	Chen-Chig	La-Sog	No-Jin-Shi
Kong-Tsun	Day-Mo	La-Sog	Men-Mo-Shir
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


To Vajra All-famed and so forth, the four female maras
 To Vajra One-Eyed and so forth, the four female yakshas
 To Demo, the queen of Kun, and so forth, the four female
 medicine spirits

 I request and make offerings; please perform the entrusted actions


Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Lha-Chen	Tsang-Pa	Yum-Say	Lon-Po-Che
Drul-Pa	Yang-Drul	Je-Way	Tsog-Nam-La
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


This exquisite, pure offering of golden nectar
 To the great deva Brahma, consorts, sons, and ministers
 To the assembly of ten million emanations and re-emanations

 I request and make offerings; please perform the entrusted actions

Shen-Yang	Sa-Shi	Bar-Nang	Kyon-Gang-Wa
Lha-Lu	No-Jin	Sin-Moi	Dzug-Tzin-Pa
Ka-Nyen	Khor-Tsog	Gya-Tso	Tsog-Nam-La
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


Further, filling the expanse of land and sky and
 Bearing the forms of devas, nagas, yakshas, and rakshas
 To the host of fierce spirits and the assembly of your retinue

 I request and make offerings; please perform the entrusted actions


Cho-Khor	Ka-Sung	Lu-Tsen	Wang-Gi-Dog
Kog-Ma	Drib-Tsen	Do-Je	Chog-Go-Tsal
Tsen-Khor	Sum-Gya	Drug-Chu	Che-Pa-La
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo

To the power-coloured naga-demon guarding the Dharma
 wheel teachings


To the Kog-Ma pollution demon, Dorje Chog-Goe-Tsal
 To the demons and your retinue of three hundred and sixty


 I request and make offerings; please perform the entrusted actions

Hung! ◉


Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
U-Chog	Thug-Kyi	Gyal-Poi	Trul-Pa-Yum
Lon-Po	Khor-Dang	Che-Pa	Ma-Lu-Pa
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


Hung! ◉ This exquisite, pure offering of golden nectar
 To the mother, emanation of the Mind-King in the Central
 Direction. Along with ministers and retinue, excluding none

 I request and make offerings; please perform the entrusted actions

Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Shar-Chog	Ku-Yi	Gyal-Poi	Trul-Pa-Yum
Lon-Po	Khor-Dang	Che-Pa	Ma-Lu-Pa
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


This exquisite, pure offering of golden nectar
 To the mother, emanation of the Body-King in the Eastern
 Direction. Along with ministers and retinue, excluding none


 I request and make offerings; please perform the entrusted
 actions

Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Lho-Chog	Yon-Ten	Gyal-Poi	Trul-Pa-Yum
Lon-Po	Khor-Dang	Che-Pa	Ma-Lu-Pa
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo

This exquisite, pure offering of golden nectar
 To the mother, emanation of the Qualities-King in the
 Southern Direction,


Along with ministers and retinue, excluding none,


 I request and make offerings; please perform the entrusted
 actions

Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Nub-Chog	Sung-Gi	Gyal-Poi	Trul-Pa-Yum
Lon-Po	Khor-Dang	Che-Pa	Ma-Lu-Pa
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo

This exquisite, pure offering of golden nectar
 To the mother, emanation of the Speech-King in the Western
 Direction.


Along with ministers and retinue, excluding none


 I request and make offerings; please perform the entrusted
 actions

Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Jang-Chog	Trin-Lay	Gyal-Poi	Trul-Pa-Yum
Lon-Po	Khor-Dang	Che-Pa	Ma-Lu-Pa
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


This exquisite, pure offering of golden nectar
 To the mother, emanation of the Activities-King in the
 Northern Direction


Along with ministers and retinue, excluding none

 I request and make offerings; please perform the entrusted
 actions


Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Bar-Wa	Pun-Dun	Noid-Jin	Yang-Lay-Wa
Kye-Cho	Ging-Sum	Ten-Ma	Chu-Nyi-Sog
Ka-Do	Dam-Chen	Gya-Tso	Tsog-Nam-La
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


This exquisite, pure offering of golden nectar
 To the assembly of oceans of pledge holding protectors
 Such as seven blazing siblings and the Yaksha Yang-Lay-Bar
 The great beings, the three kings and the twelve Tenmas

 I request and make offerings; please perform the entrusted
 actions


Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Yul- Lha	Shi-Dag	Nam-Je	Trul-Pa-Yum
Lon-Po	Khor-Dang	Che-Pa	Ma-Lu-Pa
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


This exquisite, pure offering of golden nectar
 To the mother, emanation of the divine landlords of this
 region. Along with ministers and retinue, excluding none

 I request and make offerings; please perform the entrusted
 actions

Ser-Kyem	Tsang-Ma	Pho-Kyi	Cho-Pa-Di
Thu-Den	Sung-Ma	Nam-Kyi	Trul-Pa-Yum
Lon-Po	Khor-Dang	Che-Pa	Ma-Lu-Pa
 Sol-Lo	Cho-Do	Chol-Pay	Trin-Lay-Tzo


This exquisite, pure offering of golden nectar
 To the mother, emanation of the mighty protectors
 Along with ministers and retinue, excluding none

 I request and make offerings; please perform the entrusted actions

 (2,10,2) ◎ 000000000... ◎

Request

(While reciting, pour some on serkyem cup and the rest pour on the serkyem bowl)

	Thun-Pay	Ngo-Drub	Ma-Lu-Pa
↓	Du-Dir	Dag-La	Tsal-Du-Sol
	Khor-Dang	Tan-Pa	Long-Cho-Nam
	Gya-Par	Dzo-Chig	Sung-May-Tshog

Please grant all that are appropriate here and now
 O host of protectors
 Increase my retinue, the teachings, and my possessions

Prayer that spontaneously fulfils all wishes

Tong-Nyi	Nying-Jhe	Sung-Du	Jug-Pay-Lam
Che-Cher	Sal-Tza	Gang-Chen	Ten-Droi-Gon
Chag-Na	Ped-Mo	Ten-Zin	Gya-Tso-La
Sol-Wa	Deb-So	Shen-Don	Lhun-Drub-Shog

Saviour of the snow land teaching and transmigratory beings
Who makes extremely clear the path that is unification of
emptiness and compassion

To the lotus holder, Tenzin Gyatso, I beseech

May all your holy wishes be spontaneously fulfilled

Long life prayer of His Holiness the Dalai Lama

Gang-Ri	Ra-Way	Kor-Way	Zhing-Kam-Dir
Pen-Dang	De-Wa	Ma-Lü	Jung-Way-Nay
Chen-Re-Zig	Wang	Ten-Zin	Gya-Tso-Yi
Zhab-Pay	Si-Thay	Bar-Du	Ten-Gyur-Chig

In the land encircled by snowy mountains

You are the source of all happiness and good

All powerful Chenrezig, Tenzin Gyatso

Please remain until Samsara ends

(To recite Singha Rinpoche long life prayer when required)

Long life Prayer of Singha Thekchen Namdrol Rinpoche

Om Svasti

Pay-Rab	Lhun-Po	Wo-Dzer	Bum-Tro-Tar
Rab-Tze	Ta-Way	Mi-Ngom	Tse-Pak-May
Chi-Maid	Du-Tsi	Bum-Gyi	Tsi-Chuk-Pa
Tak-Ten	Dro-Way	Gon-Po	Deng-Dir-Sol

Like the countless light rays that radiate from the ruby mountain;

Exquisite Amitayus, Lord of Everlasting Life,

Who captivates and one does not tire of seeing;

Whose essence is of infinite life, the nectar of immortality;

Please instantly grant our Guru, the Siddhi of Stable and Everlasting Life.

Gang-Lo	Thub-Pay	Ring-Luk	Tzin-Khe-Pa
Shad-Dang	Drub-Pay	Ten-Pa	Pel-Wa-Dang
Dul-Ja	Nam-Drol	Lam-Du	Go-Pa-La
Dren-Pay	Da-Dral	Chok-Gi	Shab-Ten-Shok

You are intelligent and skilful in upholding the traditions
Of Buddha;

Spreading the Holy Dharma through explanations and practices;

In order to lead disciples onto the path to liberation;

You are the one who is an Unequaled Guide,

Please live a long and stable life.

La-Ma	Ku-Kham	Dzang-La	Sol-Wa-Deb
Chok-Tu	Ku-Tse	Ring-La	Sol-Wa-Deb
Trin-Lay	Dar-Shing	Gye-La	Sol-Wa-Deb
La-Ma	Dang-Dral	Wa-Maid-Par	Jin-Gyi

Lab-Tu-Sol

I request respectfully, my Precious and Holy Guru, to enjoy
excellent health;

I request respectfully, my Precious and Holy Guru, to live a
long life;

I request respectfully, my Precious and Holy Guru,
that your Dharma activities spread and flourish far and wide;

I request respectfully, my Precious and Holy Guru,
to bless me to be never separated from you.

Kye-Wa	Kun-Tu	Yang-Dak	La-Ma-Dang
Dral-Maid	Cho-Kyi	Pal-La	Long-Cho-Ching
Sa-Dang	Lam-Gyi	Yon-Ten	Rab-Tzok-Nay
Dor-Je	Chang-Gi	Go-Phang	Nyur-Thob-Shok

In all my future rebirths,
May I never be separated from my perfect Guru;
May I enjoy the magnificent Dharma;
And by completing the qualities of the stages and path;
May I quickly attain the state of Vajradhara.

(To recite Khandro Namdrol Lhamo long life prayer when required)

Long life prayer of Khandro Namdrol Lhamo

Nam-Trang	Gya-Tsay	Rin-Chung	Lha-Yi-Tsog
Khen-Tse	Nu-Pey	Thong-Tho	Thren-Dol-Wa
Lha-Tsog	Nam-Ki	Dhen-Pey	Jin-Thu-Yi
Tse-Ring	Ne-Mey	Dhe-Jor	Pe-Mo-Gye

Homage to the assembly of deities who are the source of a hundred varieties of preciousness.

By your knowledge, compassion and power that liberates from mere seeing and hearing.

From the blessing and power of truth of the assembly of deities.

May the lotus of long life, good health, happiness and prosperity blossom.

Dedication

Jang-Chub	Sem-Chog	Rin-Po-Che
Ma-Kye	Pa-Nam	Kye-Gyur-Chig
Kye-Pa	Nyam-Pa	May-Pa-Yang
Gong-Nay	Gong-Du	Pel-War Shog

May the precious Bodhi mind

Not yet born arise and grow

May that born have no decline

But increase forever more

Jam-Pal	Pa-Wo	Ji-Tar	Khyen-Pa-Dang
Kun-Tu	Zang-Po	De-Yang	De-Zhin-Te
De-Dag	Kun-Gyi	Je-Su	Dag-Lob-Chir
Ge-Wa	Di-Dag	Tham-Che	Rab-Tu-Ngo

Just as the brave Manjushri and Samantabhadra
 Realised things as they are
 I, too, dedicate all these merits in the best way
 That I may follow their perfect example

Du-Sum	Sheg-Pay	Gyal-Wa	Tham-Che-Kyi
Ngo-Wa	Gang-La	Chog-Tu	Ngag-Pa-De
Dag-Gi	Ge-Way	Tsa-Wa	Di-Kun-Kyang
Zang-Po	Cho-Chir	Rab-Tu	Ngo-War-Gyi

I dedicate all these roots of virtue
 With the dedication praised as the best
 By the victorious ones thus gone of the three times
 So I might perform good works

Chö-Kyi	Gyal-Po	Tsong-Kha-Pay
Chö-Tsul	Nam-Par	Phel-Wa-La
Geg-Kyi	Tsen-Ma	Shi-Wa-Dang
Thun-Kyen	Me-Lü	Tsan-War-Shog

May the King of Dharma, Tsongkhapa's
 Way of the Dharma practice flourish
 May the omens of obstacles be pacified
 And all the conducive circumstance be complete

Dag-Dang	Shen-Gyi	Dhü-Sum-Dang
Drel-Way	Tsog-Nyi	La-Ten-Ney
Gyal-Wa	Lo-Sang	Drag-Pa-Yi
Ten-Pa	Yun-Ring	Bar-Gyur-Chig

By relying on the two accumulations
Of myself and others in the three times
May the teaching of conqueror, Losang Dragpa
Blazes for a long time

May All Be Auspicious!

About Thekchen Choling

Thekchen Choling (Singapore) is a temple which operates 24 by 7 daily. Our services include blessing for newborn babies, marriage blessings, pujas for quick recovery from illness and career success, Chinese and Tibetan funeral services and

so on.

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