

Olmo Ling
Daily Prayers

Contents

Supplication To Nyamed Sherab Gyaltzen	4
Guru Yoga.....	5
Taking Refuge.....	6
Generating the Heart and Mind of Compassion.....	7
The Three Heart Mantras of Bon	9
The Healing Mantra of Sidpa Gyalmo	9
Dedication of Merit	10

མཉམ་མེད་གསོལ་འདེབས།

Supplication To Nyamed Sherab Gyaltzen

DE CHEN GYAL PO KUN ZANG GYAL WA DUE
Samantabhadra, source of all Buddhas and of great bliss

MI JE ZUNG DEN SHE RAB MA WE SENG
*Mawe Senge, the source of wisdom who has overcome
forgetfulness*

ZAM LING BON GYI TSUG GYEN NYAM MED PA
*Nyamed Sherab Gyaltzen, crown of the Bon tradition of the
world*

SHERAB GYALTSEN SHAB LA SOL WA DEB
I offer my prayer to you Sherab Gyaltzen.

སླ་མའི་རྣལ་འབྱོར།

Guru Yoga

CHI TSUK DE WA CHHEN POI PHO DRANG DU

In the palace of great bliss above the crown of my head

DRIN CHHEN TSA WE LAMA LA SOL WA DEP

I pray to you benevolent root teacher

SAN GYE SEM SU TON PA RIN PO CHHE

Precious one who is the embodiment of Buddhanature

RANG NGO RANG GI SHE PAR JIN GYI LOP

Bless me that I may recognize my own true nature.

སྐྱབས་འགོ།

Taking Refuge

DAG DANG DRO WA SEM CHEN THAM CHED KYI

Together with all sentient beings

KYAB KYI DANG PO LAMA DAMPA NAM LA KYAP
SU CHHI WO

I take refuge in the great teachers

SANG GYE LA KYAB SU CHHI WO

I take refuge in the Buddha

BON LA KYAB SU CHHI WO

I take refuge in the Dharma

SHEN RAB YUNG DRUNG SEM PI TSOG LA KYAB SU
CHHI WO

I take refuge in the community of all compassionate beings

KA KYONG YE SHE KYI WAL MO LA SOG

I take refuge in the protectors of the Dharma

TEN SUNG YE SHE KYI LHA TSOK NAM LA KYAB
SU CHHI WO

I take refuge in the protectors of wisdom.

སེམས་སྐྱེད།

Generating the Heart and Mind of Compassion

LAMA SANG GYE BON DANG SHEN RAB LA

In the Buddha, Dharma, and Sangha

JANG CHUB MA THOP BAR DU DAG KYAB CHHI

I take refuge until complete enlightenment.

MAR GYUR DRO NAM SID TSOR LE DRAL CHIR

Until all beings are free from the cyclic continuum of suffering

DAG NI JANG CHUB CHOG TU SEM KYED DO

May I cultivate the heart and mind of compassionate beings.

KHA NYAM SEM CHEN THAM CHED DE WA DANG

DE WE GYU DANG DHEN PAR GYUR CHIG

May all sentient beings throughout space have complete happiness

SEM CHEN THAM CHED DUG NGAL DANG DUG

NGAL GYI GYU DANG DRAL WAR GYUR CHIG

May all sentient beings be free from suffering and the causal seeds of suffering

SEM CHEN THAM CHED DUG NGAL MED PI DE WA

DANG GYUN DU ME DRAL WAR GYUR CHIG

May all sentient beings never be separate from the happiness that is free from suffering.

SEM CHEN THAM CHED DE DUG NYI DANG DRAL
WE TANG NYOM TSE MED PA LA SEM NE PAR
GYUR CHIG

*Being free from the duality of happiness and suffering, may
we realize the immeasurable mind of equanimity.*

The Three Heart Mantras of Bon

ཨ་ཨྲི་ཧྲཱི།

A OM HUNG

ཨ་ཨ་དཀར་ས་ལེ་འོད་ཨ་ཡི་ཨྲི་འདྲ།

AH A KAR SA LE ÖD A YANG OM DU

ཨྲི་མ་རྟི་སྲུ་ཡེ་ས་ལེ་འདྲ།

OM MA TRI MU YE SA LE DU

ཨ་དཀར་ཨ་མད་དུ་རྟི་སྲུ་ནག་པོ་ཞི་ཞི་མལ་མལ་སྐད།

A KAR A ME DU TRI SU NAG PO ZHI ZHI MAL
MAL SO HA

The Healing Mantra of Sidpa Gyalmo

ཨྲི་ཨ་བྱི་ཡ་ནག་པོ་བད་སོད་སྐད།

OM AH BIYA NAGPO BE SOD SOHA

སྨོན་ལམ།

Dedication of Merit

GO SUM DAG PI GE WA GANG GYI PA

*All the virtues that I have performed with my body, speech
and mind*

KHAM SUM SEM CHEN NAM GYI DON DU NGO

I dedicate to the welfare of all beings of the three realms.

DU SUM SAG PI LE DRIP KUN JANG NE

Having purified all karmic obscurations of the three times

KU SUM DZOG PI SANGYE NYUR THOP SHOG

*May we swiftly achieve the complete Buddhahood of the
three bodies.*



Founded by Tempa Dukte Lama, Olmo Ling Bon Center & Institute is a non-profit organization dedicated to preserving the teachings of the ancient Tibetan Bon tradition and making them available and accessible in the West. Based in Pittsburgh, Pennsylvania, Olmo Ling offers a program of practice and studies in the three Bon paths of liberation: Sutra, Tantra, and Dzogchen.

In order to preserve the wisdom of the Bon tradition, Olmo Ling is dedicated to publishing Bon teachings, including new commentary texts and translations of essential Bon practices. Through the Olmo Ling Project on Death and Dying, Olmo Ling offers training and practice in healing, compassionate care, and spiritual support for the dying.

If you would like more information about the teachings of Tempa Dukte Lama or the activities of Olmo Ling Bon Center & Institute, please visit us at:

Olmo Ling Bon Center & Institute
1101 Greenfield Avenue
Pittsburgh, PA 15217

Phone: 412-904-1112
Email: bon@olmoling.org
www.olmoling.org

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