

The Great Compassionate One Chenrezig



CHENREZIG PRAYER

७। हिंचें क्रेंब के अयों अस् सुर से वादगार।

JOWO KYON-GYIY MA GÖ KU-DHOK KAR O Illustrious Guide unsullied by the stains of faults, white in color,

र्हेव्ययः यदयः क्रुयः ग्रीयः द्वः यः चक्रुव

DZOK SANG-GYAY-KYIY U-LA GYEN crowned by the fully perfected Buddha,

भ्रवायः हेते : शुरु : शुरु त्या विषया ।

THUK-JHEI CHEN-GYIY DRO-LA ZIK you gaze upon beings with eyes of compassion—

शुक्रम्याम्बर्गायायायायम्यात्रक्रायो । । व्यवमासुस

CHEN RE ZIK-LA CHHAG-TSAL-LO Chenrezig, to you I prostrate!

(Recite three times.)

भू मा है माई हैं हैं। इब्यान स्थाय स्थ

OM MANI PADME HUNG HRIS (Recite as many times as possible)

DEDICATION

७। । प्रमोत्त्रायदे धेशसुर प्रमानम

GHE WA DHI-YIY NYUR DU DHAG
By this virtue, may I swiftly

श्चेव:रश्याचीचेवाय:र्यट्यंत:ब्रुट:व्या

CHEN RE ZIK WANG DRUB GYUR NAY accomplish Chenrezig,

वर्ते चन्निका सारा स्थाप

DRO WA CHIG-KYANG MA LÜ PA and may I place all beings without exception

ने धिराधावर्गेन्यर विवा

DE YI SA-LA GHÖD PAR SHOG in that state.





"America's Tibet"
Transformation through kindness and compassion.

Ari Bhöd was founded by Venerable Lama Chödak Gyatso Nubpa Rinpoche to preserve the ancient Nyingma wisdom tradition of Tibet. The Nyingma tradition, known as the Ancient One, is the original Vajrayana tradition developed by the great spiritual adept Padmasambhava in the ninth century. These teachings were preserved in an unbroken transmission for more than one thousand years. Its benefits have stood the test of time, the methods proven effective in developing positive qualities, especially altruism and compassion. It is our aim to preserve, in a living environment, all essential aspects of this endangered world heritage so that it remains a source of benefit for future generations of Tibetans and non-Tibetans alike.

With a center located on 475 acres in the Tehachapi mountains, Ari Bhöd's four areas of focus are: Traditional Tibetan Art and Architecture; Meditation Practice and Geremonies; Text Translation and Publishing, and; Tools for Peace, a secular mindfulness and meditation program.

Ari Bhöd's programs foster and preserve the 1200 year old cultural tradition of Tibet—an authentic Buddhist lineage focused on enduring peace, kindness and compassion—providing a focal point for fully directing ourselves toward positive transformation.