

# **TRAKZE PRACTICE**

## **A Practice to Dispel Black Magic and Spirits**

*This practice was compiled from traditional sources by His Eminence Tsem Rinpoche.  
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**[Recite the prayer in either Tibetan or English]**

**[NOTE: This is a commentary on Trakze's practice and can be done daily by anyone who wants to receive protection even if you are not afflicted by black magic and spirits. This practice does not require any initiations]**

### **PROSTRATIONS**

*(Make 3 prostrations to the altar)*

### **TAKING REFUGE**

*(Recite 3x)*

**NAMO GURUBEH  
NAMO BUDDHAYA  
NAMO DHARMAYA  
NAMO SANGHAYA**

I take refuge in the Guru.  
I take refuge in the Buddha.  
I take refuge in the Dharma.  
I take refuge in the Sangha.

### Visualization

*Visualize Lama Tsongkhapa very strongly, by his 8 or 2 main disciples sitting in Ganden Heaven.*

*From under Lama Tsongkhapa's throne (seat), a powerful dark red light, emanates out and descending from Ganden Heaven in front of you.*

*Visualize a virulent, powerful, tumultuous, black-grey clouds with thunder and lightning, and very strong sounds. Amidst the dark clouds are virulent animals like vultures, eagles and other very wrathful animals, and surrounding these is Trakze himself.*

*In Trakze's heart on a sun disc is a syllable letter "Hung" red in color. From the "Hung", light emanates into the 10 directions and invites all the Buddhas, Bodhisattvas and deities, dissolving back into the "Hung", becoming one in nature with Trakze who becomes firm in front of you.*

*A portion of this very virulent, powerful storm swept cloud goes back underneath Lama Tsongkhapa's throne in Ganden Heaven, which meaning the source of this practice is Lama Tsongkhapa again.*

## **THE FOUR IMMEASURABLES**

*(Recite 3x)*

**SEM CHEN TAM CHAY DE WA DANG DE WAY GYU DANG DEN PAR GYUR CHIG  
SEM CHEN TAM CHAY DUG NGEL DANG DUG NGEL KYI GYU DANG DEL WAR GYUR CHIG  
SEM CHEN TAM CHAY DUG NGEL ME PAY DE WA DANG MI DREL WAR GYUR CHIG  
SEM CHEN TAM CHAY NYE RING CHAG DANG NYI DANG DREL WAY DANG NYOM LA NAY PAR  
GYUR CHIG**

May all sentient beings have happiness and its causes,  
May all sentient beings be free of suffering and its causes,  
May all sentient beings never be separated from bliss without suffering,  
May all sentient beings be in equanimity, free of bias, attachment and anger.

## **GURU YOGA OF LAMA TSONGKHAPA**

### **INVOCATION**

GA-DEN HLA-JI NGON-JYI THUG-KA NEY  
RAP-KAR SHO-SAR PUNG-DEE CHU-DZIN TSER  
CHO-KYI GYEL-PO KUN-CHEN LOZANG DRAG  
SEY-DANG CHE-PA NE-DIR SHEG SU SOL

### **REQUESTING TO STAY**

DUN-JYI NAM-KHAR SING-TI PEE-DEE TENG  
JE-TSUN LA-MA JYEH-PI DZUM-KAR CHYEN  
DAG-LO DE-PE SO-NAM SHING-CHOG TU  
TAN-PA JYEH-SHIR KAL-DJAR JUG-SU SOL

### **PROSTRATION & PRAISE**

SHE-JYEH CHON-KUN JAL-WEY LO-DO THUG  
KAL-ZANG NA-WEY JYIN-JUR LIK-SHEY SUNG  
DRAG-PI PEL-JYI HLAM-MER DZEY-PI KU  
THONG-THO DRAN PI DON DHAN LA-CHAG TSAL

### **OFFERING**

YIH-WONG TCHO-YON NA-TSOG ME-TOG DANG  
DRI-JEM DUG-PO NANG-SAL DRID-CHAB SOG  
NGO-SHAM YIH TUL TCHO-TIN GYA-TSO DI  
SO-NAM SHING-CHOG CHE-LA CHO-PA BUL

### **CONFESSION**

DAG-GI TO-MEY DU-NEH SAG-PA YI  
LU-NGAG YIH-KYI DIG-PA CHI-JYI DANG  
CHEY-PA DOM-PA SUM-JI MI-TUN SHO  
NYING-NEH JO-PA TRAH-PO SO-SOR SHAG

### **REJOICING**

NIK-MI DU-DIR MANG-THO DRUP-LA TSON  
CHO-JYED PANG-PI DAL-JOR DON-YO SHYE  
NGON-PO CHEY-KYI LAP-CHEN DZE-PA LA  
DAG-CHAG SAM-PA TAG-PEH YI RANG NGO

### **REQUESTING TO TURN THE WHEEL OF DHARMA**

JE-TSUN LA-MA DAM-PA CHEY-NAM KYI  
CHO-KU KA-LA CHEN-TI TIN-TIK NEY  
JI-TAR TSAM-PI DUL-SHIH DZIN-MA LA  
ZAB-JI CHO-KYI CHAR-PA WHAP-TU SOL

### **REQUESTING TO REMAIN**

NAM-DAG WO-SAL YING-LEY JING-PA YI  
ZUNG-JUG KU-LA CHAR-NUB MI-NGA YANG  
THA-MAL HNANG-NGOR ZUG-KU RAG-PA NYI  
SEE-THEE BAR-DU MI-NUB TAN-PA SHUG

### **DEDICATION**

DAG-SOG JIN-NYEH SAG-PA GE-WA DEE  
TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG  
CHE-PA JE-TSUN LO-ZANG DRAG-PA YI  
TAN-PI NYING-PO RING-DU SAL-SHEH SHOG

### **INVOCATION**

From the heart of the Protector of the hundreds of deities of the Joyful Land,  
To the peak of a cloud, which is like a cluster of fresh, white curd,  
All-knowing Losang Dragpa, King of the Dharma,  
Please come to this place together with your two main disciples.

### **REQUESTING TO STAY**

In the space before me on a lion throne, lotus, and moon,  
The Venerable Gurus smile with delight.  
Supreme Field of Merit for my mind of faith,  
Please remain for a hundred aeons to spread the teaching.

### **PROSTRATIONS & PRAISE**

Your minds of wisdom realize the full extent of objects of knowledge,  
Your eloquent speech is the ear-ornament of the fortunate,  
Your beautiful bodies are ablaze with the glory of renown.  
I prostrate to you, whom to see, to hear, and to remember is so meaningful.

### **OFFERINGS**

Pleasing water offerings, various flowers,  
Sweet-smelling incense, lights, scented water and so forth,  
A vast cloud of offerings both set out and imagined,  
I offer to you, Supreme Field of Merit.

### **CONFESSION**

Whatever non-virtues of body, speech and mind  
I have accumulated since time without beginning,  
Especially transgressions of my three levels of vows,  
With great remorse I declare each one from the depths of my heart.

### **REJOICING**

In this degenerate age you strove for much learning and accomplishment.  
Abandoning the eight worldly concerns, you made your leisure and endowment meaningful.  
Protector, from the very depths of my heart,  
I rejoice in the great wave of your deeds.

### **REQUESTING TO TURN THE WHEEL OF DHARMA**

From the billowing clouds of wisdom and compassion  
In the space of your enlightened minds, venerable and holy Gurus,  
Please send down a rain of vast and profound Dharma  
Appropriate to the disciples of this world.

### **REQUESTING TO REMAIN**

May your Vajra Body, created from the purity of clear light,  
Free of the rising and setting of cyclic existence,  
But visible to the ordinary viewer only in its unsubtle, physical form,  
Stay on unchanging, without waning, until samsara ends.

### **DEDICATION**

Through the virtues I have accumulated here,  
May the teachings and all living beings receive every benefit.  
Especially may the essence of the teaching  
Of Lama Je Tsong Khapa shine forever.

## **MIGTSEMA**

### Visualization

*Visualize Trakze in front of you very strongly, in 3-Dimension. Think Trakze is in front of you and is very powerful and protective*

**MIGME TZEWA TERCHEN CHENREZIG  
DRIME KYENPAI WANGPO JAMPEL YANG  
DUPUNG MALU JOMDZE SANGWAI DAG  
GANGCHEN KAYPAI TZUG GYAN TSONGKHAPA  
LOZANG DRAGPAI ZHABLA SOL WA DEB**

*(Recite Migtsema mantra at least 21 times)*

You are Avalokitesvara, great treasure of unimaginable compassion,  
And Manjushri, master of flawless wisdom,  
And Vajrapani, Lord of the Secret and destroyer of hordes of maras without  
exception.

Tsong Khapa, crown jewel of the sages of the land of snows,  
Lozang Dragpa, I make requests at your lotus feet.

*(Recite Migtsema mantra at least 21 times)*

## **DORJE SHUGDEN PRACTICE**

**OM AH HUM (3x)**

*(to consecrate offerings)*

### **INVITATION TO DORJE SHUGDEN & RETINUES**

**HUM!**

**RANG NYI YIDAM HLAR SEWAY  
DUN DU MAR NAG ME LUNG U  
PE NYI DRA GEG TZI PA YI  
JIG RUNG NGAM JI SENGE TENG  
TEN SUNG NYING GI NORBU CHOG  
GYELCHEN DORJE SHUGDEN TSEL  
KU LA RAB JUNG CHE KYI TZE  
U LA TANG ZHA SER DOG SOL  
CHAG NA PU DRI DRA NYING TOG  
DRUB PA PO LA GYE PAY TSUL  
TRO TUM DRA GEG DROL WAY NYAM  
LEJE KACHE MARPO SOG  
KOR TSOG GYATSO KOR WAR GYUR  
DAG NYI TUG KAY OZER GYI  
RANG ZHIN YING DANG TEN PAY NE  
GAR ZHUG PODRANG SO SO NE  
YESHE PA NAM KE CHIG LA  
CHEN DRANG DAM YE TER ME GYUR**

**HUM**

**GO SUM GU PE GO NE CHAG TSEN ZHING  
CHI NANG NYER CHO SHA TRAG TOR TSOG DANG  
KYEM CHANG GYA JA CHE MAR O ZHO CHE  
NGO SHAN YI TRUL NAM KA KANG TE BUL**

**DAM TSE KANG TZE TEN TZE TUN TZE DANG  
CHI NANG SANG WAY CHEN ZIG SANG CHO CHE  
NAM KA KANG TE BUL GYI KOR CHE NAM  
TUG DAM KANG ZHING NYAM CHAG SO GYUR CHIG**

**DAG CHAG SAM JOR JA CHO NONE PA YI  
TEN SUNG CHENPO TUG DANG GEI GYI KUN  
NYING NE SHAG SO NYUR DU JANG TZO LA  
MA YI BU ZHIN TSE WE JE ZUNG TZO**

**HLA CHOG KYE LA NYING NE KUL WA NI  
LOZANG GYEL WAY RING LUG DAR ZHING GYE  
PELDEN LAMAY KU TSE CHAB SI PEL  
GENDUN DE NAM SHE DRUB PEL WAR TZO**

DAG GI LU DANG DRI ZHIN MIN DREL WAR  
GEL KYEN PAR CHO MA LU SEL WA DANG  
TUN KYEN DO DON YI ZHIN DRUB PA YI  
SUNG KYOB NYER KA NAM YANG MI YEL TZO

KYE PAR YI LA NAG PAY DO DON NAM  
SAM PA U ZHIN NYUR DO DRUB PA YI  
LE ZHIY TRINLE NO NYUR TOG ME KYI  
TU TSEL NGON SUM TON PAY DU LA BAB

GYUN DRE DEN SHEN JE PAY DU LA BAB  
MA NYE KA YOG SEL WAY DU LA BAB  
NYAM CHUNG GON ME KYOB PAY DU LA BAB  
CHO DEN BU ZHIN KYONG WAY DU LA BAB

DOR NA DI NE JANG CHUB NYING PO BAR  
LAMA HLA SUNG DU KUR NGA SOL NA  
NYIN SUM JA RA TSEN SUM MEL TSE YI  
SUNG KYOB TRINLE NAM YANG MI YEL SHOG

TAG TU LU DANG DRI ZHIN MIN DREL WAR  
GANG DANG GANG CHOL YI LA GANG RE WA  
DE DANG DE ZHIN NYUR DU DRUB PA YI  
DONG DROG NYER KA NAM YANG MI YEL TZO

LOZANG TEN LA DANG WAY YI SUB SANG  
NEL JOR GO LA TSE WAY DAM NYAM KYI  
NYING TRAG HUB KYI DREN PAY NGON CHO LE  
LO DANG DA WAR MA GYANG DA LA DRUB

PUN TSOG DO GU RAB KYIL DRUB NE DIR  
GYUN DU CHO TOR DRON DU TAG ZHUG NE  
MI NOR LONG CHO SUNG WAR NYER TE NA  
NYIN TSEN DU DRUG JA RA MA YEL TZO

HUM

Unimpeded in power and miraculous emanation,  
Unrivaled in wisdom and compassion,  
Great King of Dharma Protectors whose time has come,  
Dorje Shugden, Five Families and Principal,  
And hundreds of thousands of millions of billions of entourage,  
Offerings, tormas, and samaya substances covering the earth,  
Basal substances filling the expanse of space,  
Actually arranged and mentally emanated,  
I offer, please accept with compassion!  
Spread Lozangs' Teachings and for its upholders,  
Committed patrons and entourages,  
Increase their lifespans, merit, and wealth like the waxing moon!  
Bring under control whatever they wish,

And, like the jewel that fulfills all wishes,  
Spontaneously accomplish all of their Dharmic activities  
In this and future lives!

HUM

With three doors I prostrate reverently,  
Make outer and inner offerings,  
Flesh, blood, tormo, tsog, tsampa, butter,  
Milk and curd, set out and envisioned!

Tantric, base, fulfillment, commitment,  
Favorite visual, and sang offerings,  
Filling space, thus, may heart commitments  
Be fulfilled, broken bonds be restored!

All our mistakes of thought or deed that  
Transgress the great Dharmapala's mind,  
Confessed from the heart, purify us;  
Like a mother, care for your children!

Supreme Protector, we beseech you:  
Spread Conqueror Losang's tradition!  
Extend Lama's life and influence!  
Increase Sangha's teaching and practice!

Like my shadow, never part from me!  
Clear every hindrance and obstacle!  
Make conditions favorable, as wished!  
Nurture and protect us, without break!  
The time has come to show your might,  
With four conducts, swift and decisive,  
Swiftly accomplishing, just as wished,  
Deeply heart-felt aims, especially!

Now is time to judge the karmic truth!  
Time to clear the innocent of blame!  
Time to guard weak, protectorless beings,  
Time to protect your dharma children!

Henceforth until great enlightenment,  
Enthroned as Guru and Protector,  
Watching over us both day and night,  
Ever unslackingly protect us!

Never separated from me, like a body and its shadow,  
Help and care for me without ever a break,  
By swiftly accomplishing exactly whatever I request,  
And whatever hopes I have in mind!



Accomplish now, without delay of months or years,  
The wrathful activity of gulping the heart's blood,  
Of maras who hate Lozang's teachings and of those,  
With degenerate samaya who harm this particular practitioner!

By always staying as a guest for tormas and offerings,  
In this place of practice swirling with all perfect delights,  
Since I entrust to your care and protection the people, livestock, and wealth,  
Watch over us without interruption throughout the six periods of day and night!

## KANSHAG

(Recite 3, 7 or 21 times during the practice, depending on how strong your affliction is)

### Visualization:

Visualize the wrathful environment which is the manifestation of our negative karma. In this space, massive human-like figures, as huge as a mountain, manifest before you. This human-like figures is all of our negative karma and negative qualities that hinder our spiritual growth.

Visualize Trakze and his wrathful entourage, descend onto this human-like figure and dismember it, forming countless complete sets of wrathful offerings.

The wrathful offering consists of:

1. 'Argham' (tea) – visualize all the blood from the being is emptied into the first bowl and offered up.
2. 'Phupe' (flower) – visualize the skull over turned. In the skull is placed the heart. On the heart, are the eyes, ears, tongue and nose; all symmetrically arranged on the heart.
3. 'Duphe' (incense) – visualize the bones of the body is taken and burnt. The smoke arising from this is offered to Trakze.
4. 'Aloke' (light) – visualize all the fat of the body taken out and made into a butterlamp and offered up to Trakze.
5. 'Gyende' (tea) – visualize all the remaining liquids in the body such as urine, bile, pus and others, emptied into this bowl and offered up.
6. 'Niweide' (food) – visualize all the flesh of the body being cut up and offered.
7. 'Shapta' (sound) – visualize the thighbone, carved into a wind instrument.

Upon ending the Kanshag prayer, visualize that all these negative manifestations have been destroyed by Trakze and entourage.

## HUM!

**GANG GAI GYUN TSHUNG NYING TRAG CHÖD YÖN DRENG  
NAM TRA WANG POI ME TOG DÜD TRIN TRIG  
TRI CHEN DRI CHAB SHA RÜ KANG LING DRA  
ZAG MED DÜD TSU GYA TSHO GYE ZHIN ZHĚ  
ZHÄN YANG DÖD YÖN GYÄL SID RIN CHEN DÜN  
CANG SHĚ TA LANG JIG RUNG YAG LUG KHYI  
NGUR MIG LA GÖ SA TÄN GO TRAB PHUB  
DA DUNG RÄL DRI CHI NANG SANG WAI TĚN  
JIG TĚN DÄ DANG MA DÄ CHÖD TRIN GYI  
DO JE SHUG DÄN NANG SID DREG PAI TSHOG  
THUG DAM KÄNG ZHING NYAM CHÄG SÖ GYUR CIG  
KHYÄD PAR DAG CAG MA RIG ZHÄN WANG GYUR  
GO SUM JA WAI NYE TSHOG CI CHI PA  
SUNG MA KHYĚD KYI THUG DANG GÄL GYUR PA  
THAM CÄD NONG ZHING GYÖD PAI SEM KYI SHAG  
ZHÄN YANG TÄN SUNG CHEN PO KHOR CÄ LA  
DAM TSHIG LÄ DÄ NYEN DRUB CHÖD TOR SOG  
NÄL JOR DAG CAG NYAM CHAG CI CHI NAM  
KHOR SUM MIG MED YING SU SHAG PAR GYI**

HUM!

Heart's blood drinking offerings set out like the flow of the Ganges,  
Flowers of the sense organs blossoming and clouds of smoke gathering,  
Human bile perfume, flesh and blood, and the sound of thigh bone trumpets,  
Please accept these as well as an ocean of undefiled nectar!  
Also sensual objects and the seven royal objects,  
The intelligent horse, elephants, frightful yaks, sheep, and dogs,  
Saffron robes, strong, hard armour and shields,  
Arrows, spears, swords, and outer, inner, and secret bases,  
With these clouds of offerings, both supramundane and worldly,  
O Dorje Shugden and all your wrathful entourage,  
May your heart commitment be fulfilled and degeneration restored!  
Especially, each accumulated faulty deed of body, speech and mind  
We have committed under the influence of ignorance,  
Which goes against your mind, protector,  
We confess with a mind of remorse and regret.  
Furthermore, transgressions of our commitments to the protector  
And entourage, neglect or degeneration of retreat practice,  
Torma, offerings, and so on,  
We practitioners confess all of these  
Within the unobjectifiable emptiness of the three spheres.

## **TORMA** (Optional)

(2 large tormas for Lama Tsongkhapa and Trakze each; and 1 small torma for the entourage.)

**TEN SUNG GYELPO CHENPO DORJE SHUGDEN RIG NGA DRAGPO TSEL KOR DANG CHE PA NAM  
KYI JAG HUM LE KYE PAY DORJE TSE CHIG PA MARPO O KYI BUGU CHEN DU GYUR PE TORMA  
CHU TAMCHE DRANG TE SOL WAR GYUR**

Hums on the tongues of the great king of Dharmapalas, Dorje Shugden fierce five families and entourage are generated as red single-pronged vajras with straws of light by which they draw up the entire essence of the torma and partake.

### **OFFERING OF TORMAS TO THE FIVE LINEAGES**

**OM DHARMAPALA MAHA RADZA BENZA BEGAWÄN RUDRA PÄNTSA KULA SAPARIWARA SARWA  
BIGNÄN SHA TRUM IDAM BALINGTA KHA KHA KHAHI KHAHI (3X)**

### **OUTER OFFERINGS**

**OM DHARMAPALA MAHA RADZA BENZA BEGAWÄN RUDRA PÄNTSA KULA SAPARIWARA  
AHRGHAM, PADÄM, PUPE, DHUPE, ALOKE, GÄNDHE, NEWIDE, SHAPTA PARTITZA HUM SÖHA  
(3X)**

### **INNER OFFERING**

**OM DHARMAPALA MAHA RADZA BENZA BEGAWÄN RUDRA PÄNTSA KULA SAPARIWARA OM AH  
HUM**

## **SPECIAL REQUEST TO DORJE SHUGDEN**

**HUM**

**JAMGON GYEL WAY TEN SUNG DORJE SHUGDEN RIG NGA DRAG-PO TSEL**

**KOR DANG CHE PA NAM KYI SHA TRAG MAR GYI TORMA DI ZHE LA**

**SANGYE KYI TEN PA CHI DANG**

**KYE PAR JAMGON CHO KYI GYELPO TSONG KHAPA CHENPO DO NGAG KYI TEN PA SUNG**

**KON CHOG GI U PANG TO**

**GENDUN GYI DE KYONG**

**LAMAY KU TSE SING**

**NELJOR PA DAG CHAG PON LOB YON CHO KOR DANG CHE PA NAM KYI CHO DRUB PAY GEL KYEN**

**TAMCHE SOL**

**TUN KYEN TAMCHE DRUB**

**NO CHING TSE WAR JE PAY DAM NYAM DRA GEG TAMCHE DRAGPO CHEPE KE CHIG NYI LA TEL**

**WAR DUL TREN ZHIN DU LAG PAY TRINLE TZO CHIG (Clap)**

**HUM**

O Five lineages of Dorje Shugden together with your retinues, Protectors of the doctrine of Je Tsongkhapa, please accept these blissful tormas. Please protect the doctrine of Buddha, and especially the Sutra and Tantra teachings of the Protector Manjushri, King of the Dharma, the great Tsongkhapa. Please increase the renown of the Three Jewels, protect the community of the Sangha, and extend the life of the Gurus. For myself, the practitioner, and all of us disciples, our benefactors, and others, please dispel all adverse conditions that obstruct the practice of Dharma. Please establish favorable conditions and subdue immediately all traitors, enemies and obstructers who cause harm and injury, by performing the appropriate actions swiftly and without delay!  
(Clap)

**OM DHARMAPALA MAHA RADZA BENZA BEGAWÄN RUDRA PÄNTSA KULA SAPARIWARA DRA  
GEG AH MU KA MARAYA PHAT! (Clap)**

## **GOLDEN DRINK OFFERING**

(\* Pour some tea or any beverage you like into serkyem set)

### Visualization

Visualized the beverage as divine nectar that expands to fill an entire ocean which represents all the desirable things in the world that pleases the 5 senses.

**HUM!**

**DÖN NYI LEG SOG CHAR BEB LAMA DANG  
CHOG TÜN NGÖ DRUB KÜN TSÖL YIDAM HLAR  
\* DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

**NE SUM PAWO KANDRÖ TSOG KÜN DANG  
TU DEN TEN SUNG DAM CHEN GYATSO LA  
\* DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

**KYE PAR JIG TEN LE DE TEN SUNG CHOG  
TU TOB NYEN NYUR DORJE SHUGDEN LA  
\* DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**  
*(Repeat 7x, 21x, 108x or more)*

**ZHI GYE WANG DANG NGÖN CHÖ RAB JAM LE  
TOG ME TSÖL TZE NAM GYUR RIG NGA LA  
\* DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

**TZE DUG YUM GU NA DREN GELONG GYE  
LE KEN TUM PAY TAG SHAR CHU SOG LA  
\* DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

**HRI KYE PAR GYEL WAY TEN PA SUNG WAY TSO  
SE YI TRAB CHEN KOR DANG CHE NAM LA  
DO GU TSANG WAY SER KYEM CHO PA DI  
BUL LO SUNG KYOB YEL WA ME PAR TZO**  
*(Repeat 3x)*

**KA KOR NYEN PO DAM NYAM SOG GI SHE  
SHINTU TRO TUM KACHE MARPO LA  
\* DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ**

**DAM NYAM NYING TRAG SER TAR JANG WA YI  
SER KYEN RAB TU KÖL WAY TUNG WA DI  
NAM KA BAR TZIN KOR DANG CHÄ LA BÜL  
SHE NÄ NÄL JOR SAM DÖN DRUB PAR TZÖ**

ZHEN YANG TRÜL PA YANG TRÜL SAM YE DANG  
KA DÖ HLA SIN TONG SUM YO WA LA  
\* DE TER DÜTSIY TUNG WA DI BÜL GYI  
ZHE NE SAM DÖN NYUR DU HLÜN DRUB TZÖ  
*(Finish pouring all the tea at this verse)*

DE TAR CHÖ CHING TRINLE KÜL WAY TÜ  
NAM ZHIY TRINLE DÜ DRUG KE CHIG KYANG  
YEL WA ME PAR PA YI BU ZHIN DO  
TAG TU KYONG SHING TAG TU JE ZUNG TZÖ

KA DÖ DREG PAY TSOG KYANG DÜLTZIN JE  
YAR DAM NYEN PÖ TA TSIK DREN TZÖ LA  
DAG GI GANG DANG GANG CHÖL LE DI NAM  
DA TA NYUR DU DRUB LA MA YEL CHIG

HUM!  
TÜN PAY NGÖ DRUB MA LÜ PA  
DENG DIR DAG LA TSEL DU SÖL  
KOR DANG TEN PA LONG CHÖ NAM  
GYE PAR TZÖ CHIG SHUGDEN TSEL

HUM  
Gurus who rain down two purposes,  
Yidams who bestow the two siddhis,  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!

Three places' heroes and dakinis,  
Mighty hosts of sworn dharmapalas,  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!

Transcendent supreme dharmapala,  
Dorje Shugden, strict and swift of power  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!  
*(Repeat 7x, 21x, 108x or more)*

Five types that bestow unimpeded  
Acts of peace, increase, control, and wrath,  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!

Nine beautiful consorts, eight guide monks,  
Ten young wrathful agents, and the rest,  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!

Especially, principal guardian of Buddhadharma,  
Setrab Chen and your entourage,  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!  
***(Repeat 3x)***

Life-taker of those with broken bonds,  
Fierce Kache Marpo, invincible,  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!

Vow-breakers' heart-blood purified like gold,  
This drink of fully boiling serkyem,  
\* I offer to Namka Bardzin and entourage  
Accepting, accomplish the yogi's intended purpose!

Emanations, beyond thought, as well,  
Attendants that rock the billion worlds,  
\* Offering you nectar that bestows bliss,  
Spontaneously grant our every wish!  
***(Finish pouring all the tea at this verse)***

Being thus honored and exhorted,  
Unslacking in four activities,  
Through the six times, always protect us  
Like a father caring for his son!

Hosts of fierce attendants, remember  
Your sworn oaths before Lord Dulzin and,  
Swiftly, now, perform, unslackingly,  
Each and every action I request!

HUM!  
Grant me here and now,  
Appropriate attainments without exception!  
Grant increase of the entourage, teachings, and wealth,  
O mighty Shugden!



## Mantra Recitation

### Visualization

Now, then you visualize the light protecting and blessing you and Dorje Shugden all around you. Nothing can penetrate or disturb you while you are doing this mantra.

While reciting the mantra, visualize Dorje Shugden emanating trillions of likewise emanations of himself in the 10 direction (north, south, east, west, intermediate, up and down) surrounding you and your environment and nothing can penetrate this wall of protection.

Then from the central image of Dorje Shugden, from his heart, visualize many lights from the red "Hung" coming into your body, washing over you. Then, the powerful dark red light from Dorje Shugden enters your heart, pervading your body completely, causing all impurities comes out through your orifices in the form of scorpion, snake, insects and lizards. Immersed in Dorje Shugden's red wisdom light, the inside of your body is now clean and crystal clear. Think that your body is blessed with wisdom, omniscience, compassion, effort and all the qualities of a Buddha to be and all the qualities are sealed.

**RANG YIDAM DU SEL WAY TUG KAY SABÖN LE ÖZER TRÖ CHÖ KYONG  
GYELCHEN SUGDEN RIG NGA DRAG PO TSEL NAM KYI TUG KAR NYI DEN  
GYI TENG DU HUM YIG GI TAR NGAG TRENG RANG RANG GI KADOG  
DANG TSUNG PE KOR WA LA POG PE TUG GYU RANG WANG ME PAR KÜL  
TE CHI DÖ PAY ZHI GYE WANG DRAG GI LE TAMCHE  
TOG PA ME PAR DRUB PAR GYUR**

From the heart syllable of myself visualized as the Yidam, light rays emanate. They strike the HUM syllables and surrounding mantra garlands which, matching each deity in color, stand upon the sun seats at the hearts of Dharmapala Gyalchen Shugden's five fierce families, exhorting them without choice to perform whatever desired peaceful increasing, powerful, or wrathful activity, without obstruction.

**OM BENZA WIKI BITANA RAKYA RAKYA HUNG**

*(Recite this protection mantra 1, 3 or 7 malas or as much as possible)*

**OM DHARMAPALA MAHA RADZA BENDZA BEGAWANA RUDRA PÄNTSA KULA SARVA SHATRUM  
BIGHANANA MARAYA HUM PHAT!**

*(Recite this mantra 7 or 21 times for Protector's entourage)*

**VAJRASATTVA PURIFICATION MANTRA**

*(Recite this mantra 21 times)*

**OM BENZASATO SAMAYA MANU PALAYA, BENZASATTO TENO PATITA,  
DIDRO MAY BHAWA, SUTO KAYO MAY BHAWA,  
SUPO KAYO MAY BHAWA, ANU RAKTO MAY BHAWA,  
SARWA SIDDHI ME PAR YATSA, SARWA KARMA SUT TSA ME,  
TISHTAM SHRIYAM KURU HUM, HA HA HA HA HO,  
BHAGAWAN SARWA TATAGATA, BENZA MA MAY MUN TSA,  
BENZA BHAWA MAHA SAMAYA SATTO, AH HUM PHET**

## **DOTHEY**

*(Praise to Dorje Shugden by H.H. Kyabje Trijang Rinpoche)*

**KYE!**

**JAM PÄL TRÖ PAY KU  
JIG TZÄ PA WÖ GAR  
TU DÄN DRA LHAY TSO  
DOR JE SHUG DÄN TSÄL**

**TEN NA NYING NYE ZHING  
DAM DÄN BU ZHIN KYONG  
BÄ NA TU CHE ZHING  
DRAG SHUL TOG LÄ CHE  
DRA LA TRÖ PAY TSE  
DÜN GYÜ TSÄ NÄ CHÖ**

**NÄL JOR DAG CHAG GI  
TOR MA RI TAR PUNG  
MÄN RAK TSO TAR KYIL  
TEN TZÄ KAR TAR TRAM  
ZA TUNG PÜ KYI CHÖ  
CHI DÖ GYE PA KANG**

**DUNG WÄ KYÖ BÖ NA  
NYÄN GYI WANG PO SÖN  
TAG TU KYÖ DRUB NA  
DRUB PAY TAG CHUNG SHIG**

**KA DANG TÄN PA SUNG  
GYE PAY ZHÄL TÖN CHIG  
KYOB PAY DRA LHA TZÖ  
PO NYA NGAG ZHUG TZÖ  
SUNG WAY KAR TZONG TZÖ  
MI NOR NYER KA TZÖ  
NYIN GYI JA RA DANG  
TSÄN GYI MEL TSE TZÖ  
GYAB KYI LOG PA TZÖ  
DÜN GYI KAR WA TZÖ  
CHU LA ZAM PA DANG  
DRAG LA TEM KÄ TZÖ  
PAR DRÖ KYEL MA DANG  
TSUR YONG SU MA TZÖ  
GYEL NA KYO KYI LONG  
JE NA KYÖ KYI KÜL  
NA NA MÄN PA TZÖ  
DUG NA TSI MÄN TONG**

**PO LA DAR CHOR CHIG  
TROM LA DUNG BÜ SHIG  
NYAM NYI SHAG GYE NA  
SHAG KA KYÖ KYI TOB  
NYAM NYI TSÄL DRÄN NA  
TSÄL KA KYÖ KYI TÖ  
NYAM NYI GYÄN GYE NA  
GYÄN GYI NO GYOG TÖN  
NYAM NYI PÄL DRÄN NA  
PÄL GYI RU DAR DRENG  
DANG WAY DRA WO SÖ  
NÖ PAY GEG TSOG TÜL  
LOG PAR TA WA DRÖL  
JUR DANG TÄ NGÄN DOG  
LEG PA GYA DANG TRÖ  
NYE PA TONG DANG NÖL  
RE WAY BAR CHÄ SÖL  
SAM DÖN MA LÜ DRUB**

KYE!

Manjushri in angry form,  
You are the hero in terrifying role.  
Main of my powerful war gods,  
You are the mighty Dorje Shugden.

Affectionate when cultivated,  
You treat the commitment-abiding like a son (or daughter).  
Powerful when beseeched,  
Your ferocity is swifter than lightning.

When angry at the enemy,  
You obliterate him to the seventh generation.  
We your practitioners,  
Pile tormas (Wylie: gtor ma) like mountains;  
Gather medicinal blood (sman rak) like sea;  
Spread base substances (rten rzas) like the stars.  
We honour you with the first part of food and drink;  
We fulfill all that you want.

I am calling you from my heart;  
Lend me your ear.  
I practice you all the time;  
Show me sign that I have succeeded.

Protect the command and the Teaching;  
Show me your smiling face.  
Be the war god in my protection;  
Be my messenger and servant.  
Be the fort of my protection;

Be the storekeeper of my people and possessions.  
Be the day's bodyguard;  
Be the night's watchman.  
Be the cloak on my back;  
Be my staff in the front.  
Be the bridge over water,  
And stairs on the rock.  
Be those who see me off;  
Be those welcoming me.  
Raise me if I fall;  
If I forget, remind me.  
Be the doctor when I fall sick;  
If poisoned, give me potent remedy.

For me, raise banners on the high points;  
Blow conch-shell in cities.  
If two equals debate, you should make the victor;  
If two equals wrestle, you should determine the winner.  
If two equals wager, you tip the winning edge;  
If two equals compete in greatness, raise banners of greatness.  
Kill the vengeful enemy;  
Subdue obstructers.  
Liberate those holding wrong views;  
Prevent ill luck and ill omen.  
Introduce me to a hundred advantages;  
Foil a thousand disadvantages.  
Remove obstacle of my hopes;  
Fulfil all objectives.

## **LAMA TSONGKHAPA DISSOLUTION**

### Visualization

*Visualize all the emanated Trakze dissolve into you. Then do Lama Tsongkhapa dissolution, and visualize Lama Tsongkhapa dissolve into you.*

**PAL-DAN TSA-WEY LA-MA RINPOCHE  
DAG-SOG CHI-WOR PE-ME DAN-JUG LA  
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE  
KU-SUNG THUG-KYI NGO-DRUP TSAL-DU SOL**

**PAL-DAN TSA-WEY LA-MA RINPOCHE  
DAG-SOG NYING-KHAR PE-ME DAN-JUG LA  
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE  
CHO-DANG THUN-MONG NGO-DRUP TSAL-DU SOL**

**PAL-DAN TSA-WEY LA-MA RINPOCHE  
DAG-SOG NYING-KHAR PE-ME DAN-JUG LA  
KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE  
JANG-CHUB NYING-PO BAR-DU TAN-PAR SHUG**

Glorious, precious root Guru,  
Please come to the lotus and moon seat at my crown,  
And in your great kindness, please remain with me.  
Please bestow upon me the blessings of your body, speech and mind.

Glorious, precious root Guru,  
Please descend to the lotus and moon seat in my heart,  
And in your great kindness, please remain with me.  
Please grant me the common and supreme realizations.

Glorious, precious root Guru,  
Please remain on the lotus and moon seat in my heart,  
And in your great kindness, please remain with me.  
Please remain until I achieve the essence of Enlightenment.

## **DEDICATION**

**JANG-JUB SEM-CHOK RINPOCHE  
MA-KYE PA-NAM KYE-GYUR CHIK  
KYE-PA NYAM-PA ME-PA YANG  
GONG-NA GONG-DU PEL-WAT SHUG**

**GE-WA DI-YI NYUR-DU DAK  
LA-MA SANG-GYE DRUP-GYUR NA  
DRO-WA CHIK-KYANG MA-LU PA  
DE-YI SA-LA GO-PAR SHUG**

**CHO KHI GYAL PO TSONG KHA PA  
CHO TSUL NAM PAR PHEL WA LA  
GEK KI TSHAN MA ZHI WA DANG  
THUN KYIN MA LU TSHANG WAR SHOK**

May the most precious and supreme Boddhicitta awakening mind  
Which has not yet been generated now be generated.  
And may the precious mind of Boddhicitta which has been generated  
Never decline, but always increase.

By this virtue may I quickly  
Attain the state of a Guru-Buddha (Enlightenment),  
And then may I lead every being,  
Without exception, into that state.

May only conducive conditions arise  
May all obstacles be pacified  
In order to increase forever more,  
The doctrine of the spiritual king, Tsongkhapa.

*(After you finish, you make a dedication that these being who afflict others may be free and may be liberated. Generate compassion and then you do a dedication that you may be free and your practice is finished. )*

- END -