

ཤེས་སྣང་བདུད་བསྐྱེད་  
གི་རིམ་པ་བཀུགས་སོ།

# Heart Sutra

## Prajnaparamita Ritual

Practice To Avert Mara's Forces



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JAM TSE CHO LING  
TIBETAN BUDDHIST TEMPLE

**PRAJNAPARAMITA (HEART SUTRA) RITUAL  
PRACTICE  
TO AVERT MARA'S FORCES**

1. Sa'ng-gye chöe dha'ng tsog kyi chog nam  
la. Ja'ng-chüb bar-dhü dha'g ni kyab sü chio.  
Dha'g ghi jin-sog gyi-pa dhi-dha'g ghi. Dro-la  
phen-chir sang-gye drüb par shog (3 X)

2. Sé m chen tham-che dhé-wa dha'ng, dhé-  
wa'i gyü dha'ng dhen-par gyür chig. Sé m  
chen tham-che dhüg-ngal dha'ng, dhüg-ngal  
gyi gyü dha'ng drel-war gyür chig. Sé m chen  
tham-che dhüg-ngal mé-pa'i, dhé-wa dha'ng  
min-drel wa gyür-chig. Sé m chen tham-che  
nye-ring chag-dha'ng nyi dha'ng drel-wa'i,  
ta'ng-nyom la ney-par gyür chig.

3. Om bendza am-ri ta kün dha-li hana hana  
hüm phey. Om svabhava shüda sarva dha  
ma svabhava shüd ham. Dha'g-dhün mi mig-  
pa'i tong-pa nyi-dhü gyür.

4. Tong pa'i nga'ng ley rinpoche dha'ng  
pema dha'ng dha-wa'i dhen gyi téng-dhü, ten-  
pa'i tso-wo ya'ng dha'g par zog-pa'i sa'ng-gye  
shakya thüp-pa kü-dhog sér-po shel-chig  
cha'g nyi, yey sa-non, yon nyam-sha'g zey-pa  
au-la tsük-tor, shab-la khor-lo la sog-pa, tsen  
za'ng-po süm chü tsa nyi dha'ng. Pé-jé za'ng-  
po gyé-chue trey-shing. Öe-dha'ng öe-zer  
pa'g-tu mé-pa tro wa.

5. Dham tsig pa dha'ng yéshé-pa nyi-su mé-par sel-wa'i khor dhü, yey-sü pha'g-pa chenrezig wa'ng-chüg. Yön-dhu sha-ri'i bhu la sog-pa, cha'ng-chüb sém-pa nyé-wa'i sey-gye. Nyen-thöe chog gyey kyi, khor-gyi kor-wa.

6. Tsö-wo'i thüg-kar pema dha'ng dha-wa'l téng-dhu yüm chén-mo la, sey, chog chü'i sang-gye nam-kyi kor wa. Yüm chén-mo'i thük-kar dha-wa'i kyil-khor gyi üe su ah, dhé'i thar shé-rab nying-po'i do'i yi ghé nam sel-wa ley.

7. Ra'ng-dra dha'ng chey, öe-zer troe pey, gyel-wa sey dha'ng chey pa nam, nyéy-pa'i chöe-pa phül. Jyin lab dha'ng nüe-thu tham-chey dhüe-ney, ra'ng dha'ng süng ja nam kyi tso jey, sém-chen tham-chey la phog-pey, dhig-drib tham-ché dha'g. Ney-dhön bar-chey tham-chey shi-ney, tong-nyi cho-gye kyi dhon gyüe la kyé -par gyür. (While keeping in mind the purpose of 18 emptiness recite Heart Sutra as many as possible.)

8. Om bendza am-ri ta kün dha-li hana hana hüm phet. Om svabhava shudha sarva dha ma svabhava shudha hüm. Tong-pa nyi dhu gyür. Tong-pa'i nga'ng ley om lé rinpoche'i nöe ya'ng shing gya ché wa nam-kyi na'ng dhu. Om ö dhu shu-wa ley jüing-wa'i, lha zey ley drüb-pa'i chö-yon, shab-sil, mé-tog, dhüg-

pöe mar-mé, dri-chab, shal-zey, rol-mo la sog-  
pa nam, dha'ng-shing thog-pa mé-pa nam-kha  
dha'ng nyam-par gyür.

9. Om sarva tathagata ar-gham pratitsa pu-za  
mé-gha samudra pharana samaya hüm. Om  
sarva tathagata pa-dyam pratitsa pu-za mé-  
gha samudra pharana samaya hüm. Om  
sarva tathagata pu-pé pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata dhupé pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata a-lo-ké pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata ghen-dhé pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata neo-dhe pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata shap-ta pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata ru-pa pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata shapta pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata ghen-dhé pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva  
tathagata ra-za pratitsa pu-za mé-gha  
samudra pharana samaya hüm. Om sarva

tathagata par-sha pratitsa pu-za mé-gha  
samudra pharana samaya om hüm.

10. Gha'ng-tsé kang-nyi tso-wo khyoe tam  
tsé. Sa-chen dhi-la ghom-pa dhün bor-ney.  
Nga ni jig-tén dhi-na chog ché süng. Dhé tsé  
khey-pa khyoe la chag-tsel-lo. Nam dha'g ku  
nga chog tü zük za'ng wa. Yé-shé gya-tso sér  
gyi lhün-po drah. Dra'g-pa jigten süm-na lham  
mé-wa. Gon-po chog-nyéy khyoe-la chag-tsel  
lo. Tsen-chog dhen-pa dri-mé dha-wa'i zhel.  
Sér-dhog dra-wa khyoe-la chag-tsel lo. Dhul-  
drel khyoe-dra si-pa süm ma-chi. Nyam-méy  
khyin-chen khyoe-la chag-tsel lo. Gon-po  
thug-jé ché dhen pa. Tham-ché khyén pey  
tön-pa po. Sonam yön-ten gyatso shing. Dhe  
shyin shég-la chag-tsel lo. Dha'g-pey dhoe-  
chag drel-war gyür. Ghé-wey ngen-song ley  
drol-shing. Chig-tu dhon-dham chog gyür pa.  
Zhi-gyür choe-la cha'g-tsel lo. Drol-ney drol-  
wa'i lam-ya'ng ton. Lob-pa dha'g la rab-tu  
ney. Shing ghi dham-pa yön-ten dhen. Tsog-  
chog gay-dhün la cha'g-tsel lo. Ma-sam joe-  
méy shé-rab pha-röl chin. Ma kyey ma ga'g  
nam-kha'i ngo-wo nyi. So so ra'ng-rig yé-shéy  
chöe-yul wa. Dhu süm gyal-wa'i yüm la cha'g-  
tsel lo. (While maintaining the visualization recite  
this)

11. Kyé! Kyé! Lha-yi dhüe-ni karmo té. Lha  
dhüe püng dha'ng chey-pa nam. Chi-ya'ng  
méy-pa'i ney ney ni. Lha düe püng dha'ng trül  
par chey. Dhen sham ra'ng zük dham-pa dhir.

Nga'g cha'ng dha'g ghi chen drén-na. Tha'ng chig yüe tsam dhir shég la. Ra'ng zük dhi-la shük su sol. Zah hüm bam ho. Nyi-méy thim.

12. Kyé! Kyé! Nyön-möng dhüe ni sér po té. Yoe-min mé-min ney-su ni. Sém chen nyön-möng khor-war kyam. Nyon-möng dhüe kyi ma'g-tsog nam. Sém-chen nyön-möng sel wa'i chyir. Ngag cha'ng dha'g-ghi chen-drén na. Tha'ng-chig yue tsam dhir shég-la. Ra'ng zük dhi-la shük su sol. Zah hüm bam ho. Nyi-mé thim.

13. Kyé! Kyé! Phüng-po'i dhüe ni mar-po té. Dhüe pa shi ni jüng-wa yi. Drib tar lhen-chig kyey-pa yi. Nam shé tha-yey ney-su ni. Phüng po'i dhüe kyi ma'g tsog nam. Nga'g cha'ng dha'g ghi chen drén na. Tha'ng-chig yue-tsam dhir shég la. Ra'ng-zük dhé-la shük-su sol. Zah hüm bam ho. Nyi-méy thim.

14. Kyé! Kyé! Chi-dha'g dhüe ni na'g-po té. Sém-chen kyé-wa'i lam jéy-na. Nam-kha tha-yey ney su ni. Chi-dha'g na'g-po'i dhüe kyi tsog. Püng-dha'ng khor-yog chey-pa nam. Nga'g cha'ng dha'g ghi chen drén na. Tha'ng chig yu-tsam dhir shég la. Ra'ng zük dhé la shük su sol. Zah hüm bam ho. Nyi mé thim.

15. Kyé! Kyé! Dhüe shi dhüe kyi ma'g tsog nam. Yon-dha'g dhüe-shi sel-wa'i chir. Yon-chog géy-pa'i lhey-dhu zhug. Dhé-ring yon-

dha'g dhi-dha'g ghi. Choe-pa dham-pa dhi  
shéy la. Dhüe-shi yog khor gyür dhu sol.

16. Gya-gar kay-dhu. Bha-ga wan-ti prajna  
pa-ra mi ta hridh-ya. Bhoe kay dhu. Chom  
dhen dhey-ma shé-rab kyi pha-rol tu chin-pa'i  
nying po. Bahm-po chig-go.

17. Dhi-kay dha'g ghi thoe-pa dhüe chig na.  
Chom dhen dhey gyal-po'i khap ja-goe phung-  
po'i ri la gay-long ghi gay-dhün chén-po  
dha'ng. Cha'ng-chub sé-m-pa'i gay-dhün  
chén-po dha'ng. Thab chig-tu shuk té. Dhé'i  
tsir chom-dhen dhey  
zab-mo na'ng-wa shé ja-wa'l, chöe-kyi nam-  
dra'ng kyi ting ngé zin la nyom par shüg so.

18. Ya'ng dhé'i tsé chang-chüb sémpa sémpa  
chén-po phag-pa chenrezig wa'ng-chüg, shé-  
rab kyi pha-rol tu chin-pa zab-mo'i chopa nyi  
la nam-par ta shing. Püngpo nga-po dhe-  
dha'g la-ya'ng ra'ng-shin gyi tong-par nam-par  
ta-o.

19. Dhé ney sang-gye kyi thüe tsé-dha'ng  
dhen-pa sha-ri'i bhüe chang-chüb sémpa  
sémpa chénpo phag-pa chenrezig wa'ng-chüg  
la, dhé-ké ché mey so. Rig- kyi bhu. Gha'ng la  
la, shé-rab kyi pha-rol tu chin-pa zab-mo'i  
choe-pa jhey-pa dhoe-pa dhéy ji-tar lob par ja.  
Dhé-ké chéy méy pa dha'ng.

20. Chang-chüb sémpa sémpa chénpo phag-  
pa chenrezig wa'ng-chüg ghi, tsé dha'ng dhen  
pa sha ra dha-ta'i bhu la, dhé-key chéy méy  
so. Sha ri'i bhu. Rig kyi bhu-ahm, rig kyi bhu-  
mo gha'ng la la. Shé-rab kyi pha-rol tu chin-  
pa zab-mo'i chöpa, chey par dhoe-pa dhéy  
dhi-ta'r nam-par ta war ja té.

21. Phüng-po ngapo thi-dha'g kya'ng, ra'ng-  
shyin ghi tong-par nampar ya'ng dha'g-par  
jéy-su ta'o. Zük tong pa'o. Tong-pa nyi zük so.  
Zük ley tong-pa nyi shen ma yin. Tong-pa nyi  
ley kya'ng zük shen ma-yin no. Dhé shin-dhu.  
Tsor-wa dha'ng. Dhu shéy dha'ng. Dhu jéy  
dha'ng. Nam-par shé-pa nam tong-pa'o.

22. Sha ri'i bhu. Dhé ta'r chö tham-ché tong-  
pa nyi dhé. Tsen-nyi mé-pa. Ma-kyé pa.  
Ma-ga'g pa. Dri-ma mé-pa. Dri-ma dha'ng  
drel-wa. Dri-wa mé-pa. Gha'ng-wa mé-pa'o.

23. Sha ri'i bhu dhé ta wey na, tong-pa nyi la  
zük-mé. Tsor-wa mé. Dhu-shé mé. Dhu-jé  
nam mé. Nam-par shé-pa mé. Mik mé. Na wa  
mé. Na mé. Ché mé. Lüe mé. Yi mé. Zük mé.  
Dra mé. Dri mé. Ro mé. Rég-ja mé. Choe mé  
dho. Mig ghi kham mé-pa ney. Yi kyi kham  
mé. Yi kyi nam-par shé-pa kham kyi bar-dhu  
ya'ng mé dho. Ma-rig pa mé. Ma-rig pa zey-pa  
mé-pa ney ga-shi mé. Ga shi zey-pa'i bar-dhu  
ya'ng mé dho. Dhé shin-dhu dhüg-ngal wa  
dha'ng. Kün jüng wa dha'ng. Gog pa dha'ng.

Lam mé. Yé-she mé. Thop-pa mé. Ma-thob pa ya'ng mé do.

24. Sha ri'i bhu dhé ta-wey na. Chang-chüb sém-pa nam, thob-pa mé-pa'i chir. Shé-rab kyi pha-rol tu chin-pa la tén-ching ney-té. Sém-la drib-pa mé-ching. Trag pa mé dhé. Chin chi log ley shin-tu dhey ney, nya-ngen ley dhey-pa'i thar chin-tu. Dhue süm dhu nam-par shük-pa'i sang-gye tham-chey kya'ng, shé-rab kyi pha-rol tu chin-pa la tén-ney. La-na mé-pa ya'ng dha'g-par zog-pa'i cha'ng-chüb ngön-par zog-par sang gye-so.

25. Dhé ta-wey na shé-rab kyi pha-rol tu chin-pa'i nga'g. Rig-pa chén-po'i nga'g. La na méy-pa'i nga'g. Mi nyam pa dha'ng nyam-pa'i nga'g. Dhüg-ngel tham-chey rab-tu shi-war jéy-pa'i nga'g. Mi zün pey-na dhén-par shé-par ja té. Shé-rab kyi pha-rol tu chin-pa'i nga'g mey-pa. **TAYATHA GA-TÉ GA-TÉ PA-RA GA-TÉ PA-RA SAM GA-TÉ BOHI SWA-HA.** Sha ri'i bhu, cha'ng-chüb sém-pa sém-pa chén-po dhé-thar shé-rab kyi pha-rol tu chin-pa zab-mo la lob par ja'o.

26. Dhé-ney chom-dhen dhey ting nge dzin dhé ley shéng té. Cha'ng-chüb sémpa sémpa chénpo pha'g-pa chenrezig wa'ng-chüg la. Lég so, shé ja-wa jin ney. Lég so! Lég so! Rig kyi bhu dhé dhé shin-no. Rig kyi bhu dhé dhé shin-té. Ji-tar kyöe kyi ten-pa shin dhu, shé-rab kyi pha-rol tu chin-pa zab-mo la choe-par

ja té. Dhé shin shég-pa nam kya'ng, jé-su yi ra'ng ngo. Chom-dhen dhey kyi dhé-key chéy ka-tsel ney.

27. Tsé dha'ng dhen pa sha ra dha ti'i bhu dha'ng. Cha'ng-chüb sémpa sémpa chénpo phag-pa chenrezig wong-chüg dha'ng. Tham-ché dha'ng dhén pa'i khor, dhé-dha'g dha'ng. Lha dha'ng mi dha'ng. Lha ma-yin dha'ng. Dri-za che-pa'i jig-ten, yi ra'ng té. Chom-dhén dhey kyi sung-pa la ngön-par töe dhu.

28. Na mo lama la cha'g-tsel lo. Sang-gye la cha'g-tsel lo. Cho la cha'g-tsel lo. Gay-dhun la cha'g-tsel lo. Yüm chén mo, shé-rab kyi pha-rol tu chin-pa la cha'g-tsel lo. Dhé nam-la cha'g-tsel wa la tén ney, dha'g-cha'g ghi dhén-pa'i tsik dhi-dha'g drüb par gyür chig. Ji thar, ngön, lha'i wa'ng-po gya jin ghi shé-rab kyi pha-rol dhu chin pa'i dhön zab-mo yi la sam shing. Tsig kha ton dhu jey-pa la tén ney, dhüe dhig-chen la sog-pa'i mi-thün pa'i chog tham-ché dhog pa.

29. Dhé shin-dhu dha'g ghi kya'ng, yüm chén-mo shé-rab kyi pha-rol tu chin-pa'i dhön zab-mo, yi la sam shing. Tsig, kha-ton dhu jey-pa la tén ney, dhüe dhig-chen la sog-pa'i mi-thün pa'i chog tham-ché dha'ng. (insert namé of the sick person). Dhi, shé jha-war dha'ng, nay kyi na drén pa. Bar dhu, dhön ghi tsa'ng cha-wa. Tha-mar, nay-la mi-phen par jé-pa'i dhön-gég gha'ng yin-pa dhé-dha'g

tham-chey, shé-rab nying-po'i dhü-dhog ghi-  
pa dhi dha'ng. Phag-pa kön-chog süm ghi ka'i  
dhén pey. Dha ta nyi dhu chir dhog par gyür  
chig (clap). Mé-par gyür chig (clap). Shi-war  
gyür chig (clap). Rab-tu shi-war gyür chig.  
(clap).

30. Gég-rig tong-trag gye-chu shi-wa dha'ng.  
Mi-thün nöe-pa'i kyén dha'ng drel-wa dha'ng.  
Thün-pa drüb-ching phün-süm tsog gyür-pa'i.  
Ta-shi dhé kya'ng, dhéng dhir dhé-lég shog.  
Om Ah Hüm (3 X) na ma sar wa tathagata  
avalokité om sambhara sambhara hüm. (7 X)

31. Chom dhen dhey dhé-shin shég-pa, gyal-  
wa rin-chén ma'ng-la cha'g-tsel lo. Dhé-shin  
shég-pa, zük zéy dham-pa la cha'g-tsel lo.  
Dhé-shin shég-pa, ku jam ley-la cha'g-tsel lo.  
Dhé-shin shég-pa, jig-pa tham-chey dha'ng  
dral-wa la cha'g-tsel lo.

32. Shel zey ro gya nue-pa tong dha'ng dhen  
pa dhi nyi, lha'i bu'i dhüe kyi ma'g-tsog nam la  
bhül lo. Ra'ng ra'ng so so'i, sam-pa dha'ng  
thüen-pa'i long-choe zey mi-shé pa jüing-war  
gyür chig. Tham-chey nyéy shing tsim ney,  
dhüe shey yue-pa'i, nö-pa tham-chey gyür  
dhu sol. Tham-chey nam-kha zöe zhin dhu.  
Long-choe ché-pa mé-pa dha'ng. Tsoe-pa  
méy ching tsé méy par. Ra'ng wa'ng dhu-ni  
choe-par shog. Dha'g ghi sam-pa'i tob dha'ng  
ni. Dhé-shén shég-pa'i jin tob dha'ng. Choe-  
kyi ying kyi tob nam kyi. Dhon-nam gha'ng-

dha'g sam-pa kün. Dhér dha'g tham-chey chi rig pa. Thog-pa méy-par jüng gyür chig. Om Ah Hüm (3 x) na ma sarwa tathagata avalokité om sam bhara sam bhara hüm (7x).

33. Chom dhen dhey dhé-shin shég-pa gyel-wa rin-chin ma'ng la cha'g-tsel lo. Dhé-shin shég-pa zük zé dham-pa la cha'g-tsel lo. Dhé-shin shég-pa Ku-jam ley la cha'g-tsel lo. Dhé-shin shég-pa jig-pa tham-chey dha'ng drel-wa la cha'g-tsel lo.

34. Tor-ma may-tog ghi yib-chen. Ro gya nüe-pa tong-dha'ng dhen-pa dhi nyi nyön-möng pa'i dhü kyi ma'g tsog nam la bhul lo. Ra'ng ra'ng so-sö'i sam-pa dha'ng thün-pa'i, long choe zey mi shé pa jüng war gyür chig. Tham-chey nyéy shing tsim ney, dhü shyi yue-pa'i no-pa tham-chey gyür dhu sol.

35. Tham-chey nam-kha zöe shin-dhu. Long-chöe chey-pa mé-pa dha'ng. Tsoe-pa mé ching tsé mé par. Ra'ng wa'ng dhu ni chöe-par shog. Dha'g ghi sam-pa'i tob dha'ng ni. Dhé-shin shég-pa'i jin tob dha'ng. Choe kyi ying kyi tob nam kyi. Dhon nam gha'ng-dha'g sam-pa kun. Dhé-dha'g tham-ché chi rig pa. Thog-par mé-par jüng gyür chig. Om Ah Hüm (3x) Na ma sarwa tathagata avalokité om sambhara sambhara hüm (7x)

36. Chom-dhén dhé dhé-shin shég-pa gyalwa rin-chin ma'ng la cha'g-tsel lo. Dhé-shin shég-

pa zük-zé dham-pa la cha'g-tsel lo. Dhé shin shég-pa ku jam ley la cha'g-tsel lo. Dhé shin shég-pa jig-pa tham-ché dha'ng drel-wa la cha'g-tsel lo.

37. Kar-tor ro gya nüe-pa tong dha'ng dhén pa dhi-nyi phung-pö'i dhüe kyi ma'g-tsog nam-la bhul lo. Ra'ng ra'ng so-so'i sam-pa dha'ng thüen-pa'i long-chö zey mi-shé pa jüing war gyür chig. Tham chey nyé-shing tsim ney dhüe shiy yue-pa'i noe-pa tham-chey gyür dhu sol. Tham chey nam-kha zöe shin dhu. Long-Choe chey-pa mé-pa dha'ng. Tsoe-pa méy ching tsé méy par. Ra'ng wa'ng dhu ni Choe-par shog. Dha'g ghi sam-pa'i tob dha'ng ni. Dhé-shin shég-pa'i jin to dha'ng. Choe kyi ying kyi tob nam kyi. Dhon-nam gha'ng-dha'g sam-pa küen. Dhé-dha'g tham-ché chi rig pa. Thog-pa méy-par jüing gyür chig. Om ah hüm (3x) Na ma sarwa tathagata avalokité om sambhara sambhara hüm (7x)

38. Chom-dhén dhé dhé-shin shég-pa gyalwa rin-chén ma'ng la cha'g-tsel lo. Dhé-shin shég-pa zük zé dham-pa la cha'g-tsel lo. Dhé-shin shég-pa ku jam ley-la cha'g-tsel lo. Dhé-shin shég-pa jig-pa tham-chey dha'ng drel-wa la cha'g-tsel lo.

39. Mar-tor ro gya nüe-pa tong dha'ng dhen pa dhé-nyi. Chi-dha'g ghi dhüe kyi ma'g tsog nam la bhül lo. Ra'ng ra'ng so-so'i sampa dha'ng thüen-pa'i long-chöe zey mi shé pa

jüng war gyür chig. Tham chey nyé shing tsim  
ney dhüe shiy yue-pa'i nöe-pa tham-ché gyür  
dhu sol. Tham ché nam-kha zöe-shin dhu.  
Long chöe chey-pa mé-pa dha'ng. Tsoe-pa  
méy ching tsé mé par. Ra'ng wa'ng dhu ni  
chöe-par shog.

40. Dha'g ghi sam-pa'i tob dha'ng ni. Dhé-  
shin shég-pa'i jin-tob dha'ng. Choe-kyi ying kyi  
tob nam kyi. Dhon nam gha'ng dha'g sam-pa  
kun. Dhér dha'g tham-chey chi rig pa. Thog-  
par mé-par jüng gyür chig.

41. Om bendza amri ta kün da-li hana hana  
hüm phé. Om svabhava shudha sarva dha ma  
svabhava shudha ham. Tong-pa nyi dhu gyür.  
Tong pa'i nga'ng ley Om Ah Hüm swaha. Shu-  
wa ley jüng-wa'i ngar mi-phung kham kye-ché  
tham-ché tsa'ng war dhöe-pa'i yön-ten nga  
dha'ng dhén ching, kon-nor long-choe zey mi  
shéy pa'i tér dha'ng chey par gyür. Om Ah  
Hüm. Om sarva béy pura pura sura sura a  
war ta ya ho. Nama sarwa tathagata avalokité  
om sambhara sambhara hüm (7x)

42. Chom-dhen dhey dhé-shin shég-pa  
gyalwa rin-chin ma'ng la cha'g-tsel lo. Dhé-  
shin shég-pa zük zéy dham-pa la cha'g-tsel lo.  
Dhé-shin shég-pa Ku-jam ley la cha'g-tsel lo.  
Dhé-shin shég-pa jig-pa tham-ché dha'ng  
drel-wa la cha'g-tsel lo.

43. Hüm! Ngar-ghi mi po zéy pa dhi. Dhé ring yon-dha'g dhi yi lue. Gyu-ni rin-chin ley drüb wo. Dhar-tsön nam-kyi chöe-kyi gyen. Gyen-cha dhé-ni lhüb sé lhüb. Kha-ru dhé-ni yu ya'ng chüg. La'g-na dhé-ni sér kur ro. Dhue-shi nam-kyi cha'g-tu bhul. La-trey dhé-ni la ru dhog. Lüng-trey dhé-ni lüng dhu dhog. Ma-khey dhé-ni sel la la. Dro-khey dhé-ni dhém sé dhém. Go-la thöe-ching tra'g ré ché. Lue-za'ng dhé-ni gyen ghi gyen. Mi-za'ng dhé-ni tob ché la'g. Zung-wa'i yul-ni ma chi so.

44. Yon-ghi dha'g-po lü-wa'i chir. Dhé-ring dha'g ghi lüe dhé ta'ng. Lüe-dha'g chén-po lüe shéy shig. Nam-shéy tsog-gyey jüng wa nga. Tén-drél ngéy-par jüng-wa'i lüe. Kham-dha'ng kyé-ché nam kyi lüe. Wa'ng-po tsog-drüg nam-kyi lüe. Dru tsom ngar-ghi mi-bo tsé. Rin-chén na-nga'i na-za chen. Khor-wa'i yul-dhog dhar-dhüng yey. Yön-na tha-gu lam sé lam. Ka'ng-pa yey-ni shé-rab za'ng. Ka'ng-pa yön ni thab-chén cha'g. Dhé-dra'i dru-tsom mi bo ché. Dhue-shi'i ma'g-tsog khor-chey la. Yon-dha'g dhi-yi lüe-dhu bhul. Mi-vey lüe-dhi za'ng-vey na. Dhue-shi'i ma'g-tsog tham-ché kyi. Lüe-za'ng zé-pa dhi shé la. Dha ni ra'ng ra'ng né su song. Kon-chog süm-ghi ka ma-cha'g.

45. Lha wa'ng gya-jin ghi kül-vey. Chom-dhen sha-kya thup-pa yi. Dhue-shi kook-ney lüe yey jin. Ka-go dham-sha'g zey-pa yi. Dham-tsig dhé-ni dren ghi la. Khor-dhir nöe-

pa ma-jé chig. Dhue nam ra'ng ra'ng ney su  
song. Dhue kha lüe kyi chöe par ghi. Dhu shi'i  
nöe pa shi gyür chig. Tham-chey nam-kha zöe  
shin dhu. Long-chöe ché-pa mé-pa dha'ng.  
Tsoe-pa mé ching tsé mé par. Ra'ng wa'ng  
dhu ni Choe-par shog. Dha'g ghi sam-pa'i tob  
dha'ng ni. Dhé-shin shég-pa'i jin tob  
dha'ng. Choe-kyi ying kyi tob nam kyi. Dhon  
nam gha'ng dha'g sam-pa kun. Dhé-dha'g  
tham-chey chi rig pa. Thog par mé-par jüng  
gyür chig.

46. Om bendza amri ta kün dha-li hana hana  
hüm phét. Om svabhava shudha sarva dha  
ma svabhava shud hüm. Tong-pa nyi dhu  
gyür. Tong-pa'i nga'ng ley om ley rinpoche'i  
nöe ya'ng shing gya ché wa nam kyi na'ng  
dhu. Om öe dhu shu-wa ley jüng-wa'i lha-zey  
ley drüb-pa'i chöe-yon shab-sil mé-tog dhüg-  
poe mar-mé dri-chab shel-zey rol-mo la sog-  
pa nam, dha'ng- shing thog-pa mé-pa nam-  
kha dha'ng nyam-par gyür. Om sarva  
tathagata ar-gham pa-dyam pu-pé dhu-pé a-  
lo-gé gen-dhé neu-dé shap-ta ah hüm.

47. Hüm! Nga ni Chom-dhen sha-kya thub.  
Nga ni pel-chén sang-wa'i dha'g. Nga ni dhén  
gég gnyén po té. Dhue-chén dhé ni lha dha'ng  
lü. Jüng po yi-dha'g sha za dha'ng. Nay-dha'g  
ma-mo la sog pa. Nga yi ka ley ma-dha shig.  
Ngar-lüe tor-ma dhé shéy la. Dha'g dha'ng  
gyu-jor yon-dha'g ghi. Nay dhüe bar-chey shi-  
war zoe.

48. Zung-wa thong la ching-pa trol. Dham-pa  
lhüe-la nen-pa kyog. Chol-wa'i trin-ley ma  
drüb na. Ngön ghi dhé-shég chey-pa yi. Sém  
chen nyel-wa nam su ya'ng. Ya'ng ne ya'ng  
dhu kyéy gyür shing. Shin-tu ya'ng ni dhug-  
ngel myong. Dhé ney nöe pa ma jé chig.  
Dhue-shi ra'ng ra'ng ney su song. Dhün-ching  
lu-mé sang-gye ka. Dhé-shin drüb dha'ng  
dhé-wa yong. Dha'g-dha'ng gyu-jor yöe dha'g  
nam. Dhue-chén shi-ley thar-wa dha'ng. Bar-  
ché ne-dhön nyur shi-ney. Sam pa'i dhön nam  
drüb par zue.

49. Dhue shi ma'g tsog khéy nam kyi. Ji-shin  
go-shin jey ney ni. Kye chéy mu shi'i ney su  
dhéng. Lha-bü'i dhue-ni kar-pö'i tsog. Chi-  
ya'ng mé-pa'i ney su dhéng. Nyon möng dhue  
ni ser po kyue. Nam-shé tha-yey ney su  
dhéng. Phung-po'i dhü ni marpo kyue. Yue-  
min méy-min ney-su dhéng. Chi-dha'g dhue-ni  
na'g-po'i tsog. Nam-kha tha-yey ney su dhéng

50. She-drib nyön-drib ley jüng wa. Lha-bü'i  
dhue dha'ng nyön-möng dhue. Phung-po'i  
dhue dha'ng chi-dha'g dhue. Dhue-shi dhue  
kyi ma'g tsog nam. Choe-jin torma dhé shé-la.  
Gyu-jor yon-dha'g dhi-dha'g la. Nue-tsé'i sam-  
pa rap-pong la. Ra'ng ra'ng zéy-pa'i pho-  
dra'ng dhu. Dhé-wa'i sém dha'ng dhen-par  
zöe. Khor-dhir noe-pa ma-jéy chig. Ra'ng  
ra'ng ney su dhé-war shég. Sa ma ya tra bé

sha ya phey. (take the torma away a little and leave it facing outward) At this point one can offer sikyim)

51. Om hri shi-tri wi-tri ta na na hüm phet.  
Om so-bhava shud sarwa dhar ma so-bhava  
shudho hüm. Tong pa nyi dhu gyür. Tong-pa'i  
nga'ng ley yam ley lung. Ram ley mé. Ah ley  
mi-go'i kyé-bhu süm ghi téng dhu. Ah ley jüng-  
wa'i thö pa chi kar la. Nang mar wa. Ya'ng-  
shing gya ché-wa nam kyi nang-dhu. Sér-kyim  
nam sha nga. Dhu-tsi nga. Ngo-o ja'ng-tog bar  
süm jhey-pa ley jüng-wa'i zak-pa mé-pa'i yé-  
shé kyi dhue-tsi'i gya-tso chén-por gyür . Om  
Ah Hüm (3x)

52. Lama yi-dham dra'ng-ye kyil-khor lha. Yi-  
dham kön-Chog chöe-woe tham-chey la.  
Dhöe-yön gya-tso'i sér-kyim Choe-pa dhi.  
Bhul lo dhöe-dhon trin-ley drüb-par zue. Ney-  
süm kha-dro kar-Chog kyong-wa yi. Sung-ma  
dham-chen püng-dha'ng chey pa la. Dhöe-yön  
gya-tso'i sér-kyim chöe-pa dhi. Bhul-lo dhöe-  
dhön trin-ley drüb par zue. Mig-yül tso-wo  
drég-pa'i dhé pon sog. Chog-dhir ney-pa'i  
dhé-gyey ma-lüe la. Dhön-yon gya-tsö'i sér-  
kyim chö-pa dhi. Bhul lo dhöe-dhön trin-ley  
drüb par zue. (dhe-gyé offering)

53. Hüm! Ku-süm gyüe-süm lama dha'ng. Yi-  
dham shi-tro'i lha-tsog dha'ng. Kyab-ney kön-  
Chog süm-po dha'ng. Kha-dro nor-lha chöe-  
süng dha'ng. Chue-yul gong ma tham-chey la.

Sér-kyim tsa'ng-ma dhi shéy-la. Dha'g ghi dhöe dhön drüb tu sol.

54. Lha-yi wa'ng-po gya-jin dha'ng. Lha-min wa'ng-po tha'g-za'ng dha'ng. Mi-am chi jon ta-go chen. Nue-jin gha'ng-wa za'ng-po dha'ng. Kha-dhéng sér-mig khyil-wa dha'ng. Sin-po la'ng-ka drin-chu dha'ng. Choe-kyong ma-ha ka-la dha'ng. Dri za zur-phüe nga pa sog. Chi-yi dhé gyey khor-chey la. Choe-pa dham-pa dhi bhul lo. Sér-kyim tsa'ng-ma dhi shé la. Dha'g ghi dhöe dhön drüb tu sol.

55. Yab chig dhüe-jé na'g-po dha'ng. Tsen-gyel yam shue mar-po dha'ng. Yul lha cha-sa'ng lu-sey dha'ng. Sog-dha'g gyalpo nying-jin dha'ng. Choe-kyong nöe-jin mer-po dha'ng. Lha mo jig-pa'i log-jin dha'ng. Gay nyén dorjé lég pa dha'ng. Kar-mo nyi-dha thöe-tréng sog. Na'ng-ghi dhé gyey khor chey la. Choe-pa dham-pa dhi bhul lo. Sér-kyim tsa'ng-ma dhi she la. Dha'g ghi dhöe dhön drüb tu sol.

56. Dhue-po kha thüen rak-sha dha'ng. Shin-jé shéy po mar-na'g dha'ng. Lue-dhüe na-ga ra-za dha'ng. Ngue-jin shen pa dri-thog dha'ng. Ma mo si-pa trom-dhéb dha'ng. Tsen-po yam shue sog len dha'ng. Dhue-po ré té go ya'g dha'ng. Sog-dha'g dhung-ghi thor-tsug sog. Sa'ng-wa'i dhé-gyey khor-chey la. Chue-pa dham-pa dhi bhul lo. Sér-kyim tsa'ng-ma dhi shé la. Dha'g ghi dhö-dhön drüb tu sol.

57. Za-chog gyal-po ra-hu la. Kar Chog tram-shing kha-thor dha'ng. Dhue-Chog ma-no rag-sha dha'ng. Tsen-Chog dri-tsüen thüm-po dha'ng. Ma chog ché-cha'ng chung zin dha'ng. Lu-chog lu-gyel chung-kyong dha'ng. Gon-chog na'g-po té-kar dha'ng. Gyel-chog li-jin ha-ra sog. Chog-ghi dhé-gyey khor-chey la. Choe-pa dham-pa dhi bhul lo. Sér-kyim tsa'ng-ma dhi shé la. Dha'g ghi dhöe-dhön drüb tu sol.

58. Phung-yey dra-lar trul-pa dha'ng. Phung-yön ma-mo trul-pa dha'ng. Chu-so dhüe-dhu trul-pa dha'ng. Go-wo sin por trul-pa dha'ng. Joug ma mu-ru trul-pa dha'ng. La'g-yé shin-jir trul-pa dha'ng. La'g-yön lü tsen trul-pa dha'ng. Mig dha'ng nying dha'ng tsen-ma süm. Za dhüe nyi-dhu trul-pa sog. Trul-pa'i dhé-gyey khor-chey la. Choe-pa dham-pa dhi bhul lo. Sér-kyim tsa'ng-ma dhi shé la. Dha'g ghi dhöe-dhön drüb tu sol.

59. Sa dha'g hell-khyi na'g-po dha'ng. Lu-dhüe dhol pa na'g-po dha'ng. Sa yi lha-mo ten ma dha'ng. Choe-kyong gyel-chin dhé-shi dha'ng. Gon-po dhün-chu tsa-nga dha'ng. Yul-dhi'i shi-dha'g tham-chey dha'ng. Pho-lha dra-lha sog-lha dha'ng. Mo-lha mo-men la sog pa. Na'ng-sing dhé-gyey tham-chey la. Choe-pa dham-pa dhi bhul lo. Sér-kyim tsa'ng-ma dhi she la. Dha'g-ghi dhöe-dhön drüb tu sol. Jin-pa gya-chén gyür-pa dhi-yi thüe. Dro-wa'i dhön-dhu ra'ng-jüng sang-gye ney. Ngon-tsé

gyel-wa nam kyi ma-drol wa'i. Kyo-o'i tsog-  
nam jin-pey drol-gyür chig. (hold up tormas in  
hand)

60. Hoh! Ma-chig yin-dha'g khor-dha'ng chey.  
Khé-kyi la'g-pa yey-pa na. Dhue-kyi tram-bam  
ré-ré yue. Dha'g-cha'g yon-chög khor-chey  
nam. Ghel-té tram-la bab si-na. Tram-kha  
ché-dha'ng ma-chig ma. Küe-kyi la'g-pa yön-  
pa na. Tsen-ghi sho dhéu kar-na'g tram.  
Dha'g dha'ng gyu-jor yon-dha'g nam. Ghel-té  
tsiy-la chüeg-pa na. Sho-dhéu kar-na'g dha-  
khey shig. Ja'ng-mar kyue-ney dha-chung  
shig. Khüe-kyi chen-khüng yön-pa na. Ney-kyi  
kyel-pa na'g-po la. Drül-na'g nga-gya'i kha-  
ching jey. Trul-pa'i ma'g-phung dha chüng  
shig. Yon-dha'g lu-chir dhüe-dhog bhul. Bhul-  
wa dha'g-ghi ma-nor ro. Shé-shig kün-ghi  
gyéy-par rol.

61. Dha'g-dha'ng gyu-jor khor-ché kyi. Ben-  
bon zor-kha dha dhog chig. Lü-nyan tey-tram  
dha dhog chig. Dra-ja'g chom-küen dha dhog  
chig. Mi-kha ngan-pa dha dhog chig. Nor-chüg  
ghöe-kha dha dhog chig. Mi-yi shi tro dha  
Choe chig. Yam-ney rim-ney dha dhog chig.  
Ma-nyé kha-yog dha dhog chig. Mi-thüen nöe-  
pa'i chog nam kuen. Shé-rab nying-pö'i yey-  
dhog ghi. Dha-tha nyi-dhu dhog-gyür chig.

62. Shé-nying dhog chey jin-lob kyi. Sa-chu  
mé-lüng ka-ngen dhog. Ngar-lue yey-sog zük-

drue kyi. Tey-ngen ra'ng-sar shyi-war zue.  
Nay-yam göe-kha dhog-tu sol. Dhé-shin  
gha'ng-la gha'ng tsé wa. Kon-chog süm-ghi  
thug-je dha'ng. Shé-rab nying-pö'i jin-lob  
dha'ng. Nga'g-chang dha'g ghi nüe-thu yi.  
Dhu-shi'i nöe-pa ma-lü pa. So-so ra'ng-ra'ng  
ney-su dhog. Dha-ta nyi-dhu chir dhog chig.  
Sa ma ya, tra be sha ya phét. (for more extensive  
practice read Heart Sutra 9 x).

63. Hüm! ue-kyi chog-ney ta-shi pa. Nam-par  
na'ng-zey ta-shi la. Ku lüe za'ng-po'i ta-shi  
gha'ng yin pa. Za ya dhé-ring jin-dha'g dhi-la  
tsol. Ta-shi dhé kya'ng khyoe-la dhé-lég shog

64. Hüm! Shar ghi chog-ney ta-shi pa. Do-jé  
sém-pa'i ta-shi la'g. Mi-gyür ten-pa'i ta-shi  
gha'ng yin pa. Za ya dhé-ring jin-dha'g dhi la  
tsol. Ta-shi dhé kya'ng khyoe la dhé-lég shog

65. Hüm! Lho-yi chog-ney ta-shi pa. Rin-chén  
jüng dhen ta-shi la'g. Dhöe-gü jüing-wa'i ta-shi  
gha'ng yin-pa. Za ya dhé-ring jin-dha'g dhi la  
tsol. Ta-shi dhé kya'ng khyöe-la dhé-lég shog.

66. Hüm! Nüb kyi chog-ney ta-shi pa. Nang  
wa tha-yey ta-shi la'g. Wa'ng lüing nyen-drak  
ta-shi gha'ng yin pa. Za ya dhé-ring jin-dha'g  
dhi la tsol. Ta-shi dhé-kya'ng khyöe-la dhé-lég  
shog.

67. Hüm! Ja'ng-ghi chog-ney ta-shi pa. Dhon-  
yon drüb-pa'i ta-shi la. Trin-ley lhün-drüb ta-

shi gha'ng yin pa. Za ya dhé-ring jin-dha'g dhé  
la tsol. Ta-shi dhé kya'ng khyöe-la dhé-lég  
shog.

68. Hüm! Og-ghi chog-ney ta-shi pa. Sa-yi  
lha-mo ten-ma'i ta-shi la'g. Tsé-zin dru-na'i ta-  
shi gha'ng yin pa. Za ya dhé-ring jin-dha'g dhi  
la tsol. Ta-shi dhé kya'ng khyöe-la dhé-lég  
shog.

69. Nyin-ya'ng ta-shi jüng-wa ya la la. Tshen  
ya'ng ta-shi jüng-wa kyül li li. Dhue-süm ta-shi  
jüng-wa gha'ng yin pa. Ta-shi dhé kya'ng  
dhéng dhir dhé-lég shog. Thab-dha'ng kyab-  
dha'ng dha'g-pa dha'ng. Théng-chén ngé-par  
jüng-wa yi. Sé m chen nam ni rap lu-wa'i. Dhu-  
kyi ley nam dhog tu sol.

70. Géng-rig tong-trag gyey-chu shi-wa dha'ng  
Mi thuen nöe-pa'i kyén dha'ng dral-wa dha'ng.  
Thuen-par drüb-ching phün-süm tsog-gyür  
pa'i. Ta-shi dhé-kya'ng dhér dhér dhé-lég  
shog.

Prepared by Lynn (Amala) Chazotsang, with the help from Don  
Tu, used phonetics from different sources that best matched the  
pronunciations. I dedicate this to the long life of His Holiness  
the Dalai Lama, the beacon of hope for world peace. May this  
powerful ritual of Perfection of Wisdom protect, heal and grant  
spiritual realizations everyone.

May 12, 2018 (8<sup>st</sup> day of Sakadawa)