

A Daily Sadhana of Dorje Shugden

Refuge

I take refuge in the Guru
I take refuge in the Buddha
I take refuge in the Dharma
I take refuge in the Sangha (3x)

Generating Bodhicitta

In the Buddha, Dharma, and Sangha
Until enlightened, I seek refuge.
Through giving and other perfections,
To aid all, may I become Buddha! (3x)

The Four Immeasurables

May all sentient beings have happiness and the causes of happiness!
May all sentient beings be free of suffering and the causes of suffering!
May all sentient beings never be parted from happiness free of suffering!
May all sentient beings abide in equanimity free from bias, attachment and aversion!

Praise to Buddha Shakyamuni

O Blessed One, Shakyamuni Buddha,
Precious treasury of compassion,
Bestower of supreme inner peace,

You, who love all beings without exception,
Are the source of happiness and goodness;
And you guide us to the liberating path.

Your body is a wishfulfilling jewel,
Your speech is supreme, purifying nectar,
And your mind is refuge for all living beings.

With folded hands I turn to you,
Supreme unchanging friend,
I request from the depths of my heart:

Please give me the light of your wisdom
To dispel the darkness of my mind
And to heal my mental continuum.

Please nourish me with your goodness,
That I in turn may nourish all beings
With an unceasing banquet of delight.

Through your compassionate intention,
Your blessings and virtuous deeds,
And my strong wish to rely upon you,

May all suffering quickly cease
And all happiness and joy be fulfilled;
And may holy Dharma flourish for evermore.

Composed by Venerable Geshe Kelsang Gyatso

Buddha Shakyamuni's Mantra

OM MUNI MUNI MAHA MUNI SHAKYAMUNI YE SOHA
(Recite 7x or more, depending on time)

Lama Tsongkhapa's Name Mantra

OM AH GURU BENZA DHARA SUMATI KIRTI SIDDHI HUNG HUNG
(Recite 7x or more, depending on time)

Guru Rinpoche's Mantra

OM AH HUNG BENZA GURU PEMA SIDDHI HUNG
(Recite 7x or more, depending on time)

Offering Cloud Dharini

Recite the following mantra once or three times, to bless all the offerings and make them pure for offering to the Buddhas and bodhisattvas.

OM NAMO BHAGAVATE VAJRA SARA PRAMARDANE / TATHAGATAYA / ARHATE SAMYAKSAM
BUDDHAYA / TADYATHA / OM VAJRE VAJRE / MAHA VAJRE / MAHA TEJA VAJRE / MAHA VIDYA
VAJRE / MAHA BODHICITTA VAJRE / MAHA BODHI MÄNDO PASAM KRAMANA VAJRE / SARVA
KARMA AVARANA VISHO DHANA VAJRE SVAHA

Invocation of Dorje Shugden

With the invocation verses, we request Dorje Shugden and his entourage to come from Gaden (Tushita) Heaven from under the throne of Lama Tsongkhapa and various other holy places, e.g. Sakya, Tashi Lhunpo, Kechara, Shambhala, Five Peaked Mountain (Wutaishan), etc where Dorje Shugden resides as taught by the great masters. Recite the following clearly and well, and visualise Dorje Shugden appearing in front of us.

OM AH HUM (3x to consecrate offerings)

HUM!

Before myself as the yidam deity,
In the midst of a wind swept dark red fire,
On a terrifying magnificent lion,
Trampling enemies and obstructors on a lotus and sun,

Is our supreme heart jewel, Dharmapala,
Mighty Gyalchen Dorje Shugden,
Adorned with robes of a monk on his body,
Wearing the golden domed hat on his head,
Holding razor sword and enemy heart in his hands,
With a manner of delight towards the practitioner,
And a fierce expression which destroys enemies and obstructors.
He is surrounded by an ocean-like host of retinue
Such as chief attendant, Kache Marpo.
Rays of light from my heart invite
From the natural sphere
And the individual palaces wherever they abide,
The wisdom beings who in one instant are invited
And become inseparable with the commitment beings.

HUM!

With devotion I prostrate with body, speech, and mind, and make offerings,
Both outer and inner, with flowers, incense, and light, perfume, food, and sacred substancesⁱ,
Collections of tormas, strong drinksⁱⁱ, tea, buttered tsampa, milk, and yoghurt,
Actually arranged and mentally visualised, filling the whole of space.

Samaya substances, fulfillment substances, basal substances, and mantric substances,
Outer, inner, and secret favourite visual objects and fragrant smoke offering;
With my offering of these, filling space, O entourage,
May you be satisfied and restore degenerated commitments!

All of our mistaken actions of body, speech, and mind,
Which have contradicted the mind of the great Dharmapala,
We confess from the heart; quickly purify them
And care for us with compassion like a mother for her child!

This heart-felt exhortation of you, supreme deity,
Is to spread and increase the Victorious Lozang's tradition,
To extend the life and dominion of the glorious Gurus,
And to increase the study and practice of the communities of Sangha.

Never separated from me, like my body and its shadow,
May you dispel adverse conditions and obstructors without exception,
Accomplish favourable conditions and desires as I wish,
And protect and care for me without ever a break!

Especially, the time has now come to show directly
Your unobstructed might in quick, decisive enlightened conduct
Of the four activities to swiftly accomplish
Our deepest heart-felt desires according to our wishes!

The time has come to judge the truth in accord with the law of causality!
The time has come to clear the innocent of accusations!
The time has come to protect the humble who are without a protector!

The time has come to nurture Dharma practitioners like your children!

In short, from now until attaining the essence of enlightenment,
Since we venerate you as the embodiment of the Guru and Protector,
May you protect us uninterruptedly with your enlightened activity,
And watch over us during the three periods of day and three of night!

Making Offerings

Sensory Offerings

OM DHARMAPALA MAHA RADZA BENDZA BEGAWAN
RUDRA PANTSAL KULA SAPARIWARA ARGHAM PADYAM PUPE DHUPE ALOKE GHANDE NEWIDE
SHAPTA PRATICHAYE SOHA!

Inner Offering

OM DHARMAPALA MAHA RADZA BENDZA BEGAWAN
RUDRA PANTSAL KULA SAPARIWARA OM AH HUM!

Praise

By just recollecting you for an instant,
Outer and inner obstructions are dispelled.
O powerful five families of Gyalchen Shugden,
Bestower of the four activities,
To the Dharmapala and his entourage I bow down.

(If time permits)

A Daily Request for Wealthⁱⁱⁱ, Peace^{iv} and Protection^v

In the heavens^{vi} there are myriad manifestations of the divine. All those manifestations specifically show us different aspects of divinity^{vii} in order to be of benefit to all living beings. All the rupakaya^{viii} forms of the divine have compassion, skillful means and wisdom. We invoke upon them whether we are happy, sad, down, lost, fulfilled, confused, empty, and during the whole range of emotions we constantly experience due to an untrained mind.

Understanding our nature, Great Wisdom Being Dorje Shugden, therefore all the more so, please hold us close to your bosom as an only child to a parent.

Though the manifestations of the divine need no offerings and gifts from us, we offer you supreme Manjushri^x Dorje Shugden a libation of tea, incense and mantras, in order to ask you to bless us, to be a part of our lives, to abide in our dwellings and to give us signs, omens and portents of both good and bad. When the negative arises, quell them immediately. Please increase the positive for my weary and worn mind as I lay my hopes in you.

When difficulties, problems and confusion arise, we ask you, who is but the culmination of all that is powerful, holy and omniscient to bless myself, family, loved ones, environment and even my pets. May I see wisdom, find hope, and be at peace.

I request you, O Divine Bhagavān^x Dorje Shugden, who wears a round dome hat and the three robes of a saffroned bhikshu^{xi}, who wields a sword of liberty, justice and wisdom and clutches a wish-fulfilling jewel, who rides on a supreme lion of subjugation of all that is negative, to fulfill my wishes. I understand my wishes may not be the best, so I surrender to your wisdom for the outcome though it may not be what I have in mind. Please bless myself and everyone that we may enter into the supreme city of liberation.

Great Bhagavān Dorje Shugden, I request you sincerely from my heart to be a part of my life, bless my home, and grant me wisdom, solace and comfort, that I might be of service to others without agenda, and that I may focus out onto others and not be fixated on myself, creating more problems for all that I hold dear.

Bless me to become kinder, wiser, more compassionate, tolerant and very forgiving to all those who hurt and love me. In order to become close to you, Dorje Shugden, we must surrender the banal. We must abandon fixed views, projections and rigidity. Lastly, in my final moment when I leave this plane of existence, only the positive actions I have done will matter as everything and everyone will be left behind. Let me realise this and act upon this now! At this crucial moment, please may I have a vision of yourself, the powerful and merciful Dorje Shugden, to take me to where I may course in the sky^{xii} to continue my journey of spiritual waxing.

I offer you saffron-coloured tea and my faith to fulfill my prayers and gain siddhis^{xiii}. By reciting your mantra, may healing, peace, love, long life, protection and perfect view of sunyata^{xiv} arise.

Mantra of fulfillment, peace and wisdom: OM BENZA WIKI BITANA SOHA

(It is good to recite this mantra one rosary or more per day. Occasionally, engage in retreats where you recite the mantra 100,000 times or more per year, every year. Consistency brings results!)

I dedicate this supreme heartfelt prayer to the all-knowing Celestial and Supreme Protector Dorje Shugden, that I may quickly become a being of light, compassion, love and enlightenment.

This daily prayer to Dorje Shugden was composed by H.E. Tsem Rinpoche on February 26, 2015 at 2:03am.

[Alternative Prayer] Melody of the Unceasing Vajra

As an alternative to the prayer above, you may wish to recite instead this prayer to Dorje Shugden composed by His Holiness the 14th Dalai Lama, titled 'Melody of the Unceasing Vajra'.

**A Propitiation of Mighty Gyalchen Dorje Shugden, Protector of Conqueror Manjusri
Tsongkhapa's Teachings**

By the Supreme Victor, the Great 14th Dalai Lama

HUM

Glory of the wisdom, compassion and power of infinite Buddhas

Miraculously powerful protector of Manjusri Tsongkhapa's Teachings

Arisen as a lord of all wrathful worldly hosts

Come from the abodes of Tushita, Kechara (Paradise or pure land), and so forth!

Prostrating with devotion of body, speech, and mind
I confess all mistakes and faults in which
Out of delusion, I have contradicted your holy mind:
Accept with forbearance and show your smiling face!

Arising from the sport of non-dual bliss and void
Are offerings and torma of flesh and blood heaped like a mountain
First portions of milk, yogurt, beer and tea swirling like the ocean
Auspicious signs and substances and various animals
Peaceful and wrathful ornaments, enemy-destroying weapons and armor
Amassed samaya substances, outer, inner, and secret, without exception!

Having fulfilled your heart commitment and purified degeneration
By making these actually arranged and visualized offerings
Increase Lozang the Victorious One's Teachings
And the life span and activities of the Teachings' upholders!
Further the happiness of beings in the Gaden [Podrang] dominion!

Especially pacify all harm to us, the yogis and entourages
That arises because of previous karma and immediate conditions
And spontaneously accomplish, just as we wish
All good things, both spiritual and temporal!

Grind to dust without remainder
Enemy hordes that think and act perversely
Towards the teachings and lay and ordained people
With potent, accurate, powerful great vajra fire!

Especially, cause the saffron-clad community of Dungkar Monastery
Brightly beautiful in bonds of pure morality
To soar the path of immortal liberation
On unified wings of Sutra and Tantra!

In brief, we enthrone you, O Deity, as the supreme
Collected nature of all Gurus and Protective Deities!
From densely gathered clouds of the four activities
Pour down a cool rain of the two siddhis!

This, A Propitiation of World Peace Protector Dorje Shugden, protector of the defenceless was composed by His Holiness the 14th Dalai Lama while he was in staying in Dungkar Monastery, Tibet 1951. His Holiness was 16 years old at the time and He had already manifested great wisdom and the power of composition. Having met Dorje Shugden through the famed Dungkar Monastery's oracle, His Holiness the Dalai Lama was very moved and gained great confidence in Dorje Shugden to compose this prayer spontaneously to the delight of many.

Serkym

The serkym offering can be done as part of the short or condensed sadhana to Dorje Shugden, or as a special exhortation for activities. The offering substance can be tea, milk, yoghurt, soya milk, carbonated drinks, herbal drinks, or any kind of pure drink, and is poured at the third line of verse 1-8 and throughout verse 9. Perform the serkym offering with the conviction that Dorje Shugden and his entourage have actually come before oneself and is partaking of the drink you are offering. This is to make a strong connection to this divine being as per tradition.

OM AH HUM (3x to consecrate the serkym)

HUM!

O Gurus who rain down accumulations of excellence fulfilling our own and others' purposes,
And Yidams who bestow all ordinary and supreme attainments,
Through offering you this ambrosial drink which bestows bliss,*
May you, having partaken, swiftly and spontaneously accomplish our wishes!

O all hosts of heroes and dakinis of the three places,
And ocean of powerful, oath-bound Dharma Protectors,
Through offering you this ambrosial drink which bestows bliss,*
May you, having partaken, swiftly and spontaneously accomplish our wishes!

And especially, supreme, supramundane Dharmapala,
Forcefully powerful, strict, and swift Dorje Shugden,
Through offering you this ambrosial drink which bestows bliss,*
May you, having partaken, swiftly and spontaneously accomplish our wishes! (7x)

O five families who unobstructedly bestow
Infinite activities of peace, increase, power, and wrath,
Through offering you this ambrosial drink which bestows bliss,*
May you, having partaken, swiftly and spontaneously accomplish our wishes!

O nine beautiful consorts, eight guiding monks,
And ten fierce, attendant young guardians, and so on,
Through offering you this ambrosial drink which bestows bliss,*
May you, having partaken, swiftly and spontaneously accomplish our wishes!

(This verse below can be omitted depended on timing)

HRI

Especially, principal guardian of the Conquerors' Teachings,
Setrap Chen along with entourage to you
This golden drink replete with all one could wish is offered;*
Never waver in your protection! (7x)

O extremely fierce Kache Marpo, the strict attendant,
Executioner of those with degenerated samaya,
Through offering you this ambrosial drink which bestows bliss,*
May you, having partaken, swiftly and spontaneously accomplish our wishes! (3x)

Vow-breakers' heart-blood purified like gold,

This drink of fully boiling serkym,
I offer to Namka Bardzin and entourage*
Accepting, accomplish the yogi's intended purpose!

As well as the inconceivable emanations and their emanations,
Attendant deities and demons who shake the three thousand worlds,
Through offering you this ambrosial drink which bestows bliss,
May you, having partaken, swiftly and spontaneously accomplish our wishes!

Thus, by the force of this offering and exhortation,
May you grant your activity throughout the six time periods
And, without wavering, always protect me
And care for me like a father for his son!

And you hosts of wrathful attendants, as well,
Remember your sworn oaths of promise to Lord Dülzin
And accomplish swiftly now, without distraction,
Whatever activities I have requested!

* *pour serkym while reciting this line*

FURTHER NOTES ON VISUALISATION

At the end of your prayers, you can engage in the following visualisation for protection, blessings, the healing of diseases and for blessing the environment that you are living in or occupying.

Visualise Dorje Shugden dissolving into golden light which is the essence of Manjushri. It turns into an orb the size of your thumbnail. This light comes to the top of your head and dissolves into your crown. Entering your crown, the light goes to your heart, and your mind and Manjushri-Dorje Shugden's essence merge and become one.

If you have a particular disease, visualise the light going to the afflicted area. The light becomes very strong and powerful, thus dissolving and purifying that illness, and your body becomes whole and well.

For protection, visualise that the lights surround you completely. You are inside the orb; both you and your environment are protected, and you glow.

Dedication

At the conclusion of any meritorious activities such as making offerings, prayers, etc., it is essential to dedicate the merits that we have accumulated for the benefit of all sentient beings.

Completion Dedication

Precious supreme Bodhimind,
May it, where unborn, arise,
And, where born, never decline,
But increase forever more!

Precious view of Shunyata
May it, where unborn, arise,
And, where born, never decline,
But increase forever more!

Dedication of Virtue

Through this virtue may I swiftly
Attain the Guru Buddha's state,
And place each and every being,
Without exception, in that state!

Auspicious Dedication

May all be auspicious, day and night!
May auspiciousness increase both day and night
Like the sun rising to its highest in the heavens!
Three Jewels of Refuge, please bless us!
Three Jewels of Refuge, please bestow attainments!
May there be auspiciousness of the Three Jewels!

ⁱ Changed for updated understanding of offerings

ⁱⁱ Changed to 'strong drinks' as opposed to drinks of Tibet

ⁱⁱⁱ Sampatti

^{iv} Śānti

^v Surakṣā

^{vi} Various realms manifested from enlightenment

^{vii} A superior being who has the six paramitas. In Tibetan and Sanskrit, these are: (1) Jinpa (dana, "generosity"), (2) Tsultrim (shila, "ethics"), (3) Zopa (kshanti, "forbearance, acceptance, patience, forgiveness"), (4) Tsondru (virya, "joyful endeavour, diligence, zeal"), (5) Samten (dyana, "meditative concentration"), and (6) Sherab (prajna, "discriminating wisdom-awareness, insight").

^{viii} Avatars / emanations / tulkus

^{ix} An Arya Bodhisattva who is the culmination of all the enlightened beings' wisdom.

^x An epithet for God, In Buddhism's Pali scriptures, the term is used with Gautama Buddha, referring to him as Bhagavān Buddha (translated with the phrase 'Lord Buddha' or 'The Blessed One') The term Bhagavān is also found in other Theravadin, Mahayana and Tantric Buddhist texts. Bhagavān is generally translated as Lord or God.

^{xi} Fully ordained monk

^{xii} Positive future rebirths in existence and/or a pure land of an enlightened being

^{xiii} Common attainments that bring mental quiescence and extraordinary abilities such as removing obstacles, bringing/stopping rain, subjugating negative invisible beings, bringing resources, higher clairvoyance, etc.

^{xiv} Correct view of our existence; emptiness