

Simple Tsok Practice

Table of Contents

The Seven Line Prayer.....	3
Long Invocation Mantra of Guru Rinpoche...4	
The Vajra Guru Mantra.....	4
Tsok Prayer by Jikmé Lingpa.....	4
The Prayer in Six Vajra Lines.....	6
The Prayer to Guru Rinpoche for Attainments.....	7
The Dedication of Merit.....	8
Dedication from ‘Samantabhadra’s Aspiration to Good Actions’.....	9
A Great Drum to Invoke Compassion A Prayer for Sogyal Rinpoche’s Swift Rebirth	11
Prayer for the Swift Rebirth of Sogyal Rinpoche.....	14

The Seven Line Prayer

hung ॐ orgyen yul gyi nubjang tsam ॐ

Hūṃ! In the north-west of the land of Oḍḍiyāna,

pema gesar dongpo la ॐ

In the heart of a lotus flower,

yatsen chok gi ngödrub nyé ॐ

Endowed with the most marvellous attainments,

pema jungné shyé su drak ॐ

You are renowned as the ‘Lotus-born’,

khor du khandro mangpö kor ॐ

Surrounded by many hosts of ḍākinīs.

khyé kyi jesu dak drub kyi ॐ

Following in your footsteps,

jīngyi lab chir shek su sol ॐ

I pray to you: Come, inspire me with your blessing!

guru pema siddhi hung ॐ

guru padma siddhi hūṃ

Long Invocation Mantra of Guru Rinpoche

**om ah hung benza guru pema tötrenḡ tsal benza samaya
dza siddhi pala hung ah**

om āḥ hūṃ vajra guru padma tötrenḡtsal vajra samaya ja
siddhi phala huṃ āḥ

The Vajra Guru Mantra

om ah hung benza guru pema siddhi hung ॐ

om āḥ hūṃ vajra guru padma siddhi hūṃ

Tsok Prayer by Jikmé Lingpa

a terma revealed by Rigdzin Jikmé Lingpa

ram yam kham ॐ om ah hung ॐ

raṃ yaṃ khaṃ | om āḥ hūṃ

tsokdzé dōyön yeshe rolpé gyen ॐ

This desirable feast substance is an embellishment
of wisdom play.

tsokjé tsokdak rigdzin lama dang ॐ

Lord of the feast, master of the feast, Guru Vidyādhara,

den sum kyilkhör neyul nyershyi dak ॐ

Possessors of the three realms of the mandala and of the twenty-four sacred places,

pawo khandro damchen chösung nam ॐ

Dākas, ḍākinīs, samaya-bound Dharma protectors:

dir shek longchö tsok kyi chöpa shyé ॐ

Approach and accept this enjoyable feast offering.

galtrul nong dang damtsik nyamchak shak ॐ

I confess my transgressions, confusions, errors and corruptions of samaya.

chi nang barché chö kyi ying su drol ॐ

Destroy outer and inner obstacles into dharmadhātu.

lhaktor shyé la trinlé drubpar dzö ॐ

Accept the leftovers and accomplish all actions.

om guru deva dakini ganatsakra pudza ho utsita balingta khahi

om guru deva ḍākkiṇī gaṇacakra pūjā hoḥ ucchiṣṭa balingta khāhi

English translation by Nalanda Translation Committee.

The Prayer in Six Vajra Lines

a revelation of Chokgyur Dechen Lingpa

dü sum sangye guru rinpoche ཨྌ

Embodiment of buddhas of past, present and future, Guru Rinpoche;

ngödrub kün dak dewa chenpö shyab ཨྌ

Master of all siddhis, Guru of Great Bliss;

barché kün sel düdul drakpo tsal ཨྌ

Dispeller of all obstacles, Wrathful Subjugator of Māras;

solwa deb so jingyi lab tu sol ཨྌ

To you I pray: inspire me with your blessing,

chi nang sangwé barché shyiwa dang ཨྌ

So that outer, inner and secret obstacles are dispelled

sampa lhün gyi drubpar jingyi lob ཨྌ

And all my aspirations are spontaneously fulfilled.

Discovered by the great terma-revealer Chokgyur Dechen Lingpa, from the right-hand side of the Sengchen Namdrak rock on Mount Rinchen Tseka, 'The Pile of Jewels'. Because the blessing of this prayer, one intended for this present time, is so immense, it should be treasured by all as their daily practice.

Revised translation by Patrick Gaffney, 2015

The Prayer to Guru Rinpoche for Attainments

by the First Dodrupchen Rinpoche

orgyen rinpoche la solwa deb

To Orgyen Rinpoche we pray,

galkyen barché minjung shying

Grant us—without impediment or obstacles arising—

tünkyen sampa drubpa dang

Favourable circumstances, the fulfilment of our aspirations,

chok dang tünmong ngödrub tsol

And attainments, ordinary and supreme.

The precious master Guru Rinpoche appeared in a vision to Dodrupchen Rinpoche Jikmé Trinlé Özer while he was visiting Khachö Palgyi Tsaridra. Immediately, he spoke the words of this prayer; such is its blessing. Maṅgalam!

The Dedication of Merit

sönam di yi tamché zikpa nyi

Through this merit, may all beings attain the omniscient state of enlightenment,

tob né nyepé dra nam pamjé shing

And conquer the enemy of faults and delusion,

kyé ga na chi balong trukpa yi

May they all be liberated from this ocean of samsara

sipé tso lé drowa drolwar shok

And from its pounding waves of birth, old age, sickness and death!

Dedication from ‘Samantabhadra’s Aspiration to Good Actions’

jampal pawö jitar khyenpa dang

Just as the bodhisattva Mañjuśrī attained omniscience

kuntuzangpö deyang deshyin té

And Samantabhadra too,

dedak kün gyi jesu dak lob ching

All these merits now I dedicate

gewa didak tamché rabtu ngo

To train and follow in their footsteps!

dü sum shekpé gyalwa tamché kyi

As all the victorious buddhas of past, present and future

ngowa gangla chok tu ngakpa dé

Praise dedication as supreme,

dak gi gewé tsawa di kün kyang

So now I too dedicate all these sources of merit of mine,

zangpo chö chir rabtu ngowar gyi

For all beings to perfect ‘Good Actions’.¹

1 These two famous verses come from Samantabhadra’s *Aspiration to Good Actions—the King of Aspiration Prayers*, the *Ārya Bhadracarya Prañidhāna Rāja*, which is the final part of the *Gaṇḍavyūha Sūtra*, the last section of the *Avatamsaka Sūtra*.

A Great Drum to Invoke Compassion A Prayer for Sogyal Rinpoche's Swift Rebirth

by His Holiness Sakya Gongma Trichen Rinpoche

wangchuk gyeden drukpa dorjé chang

Vajradhāra,² sixth lord endowed with eight special powers,³

chak na pemo pakma drolmé shyab

Avalokiteśvara and Tārā sublime,

tsokyé gyalwa terchen sé ché la

Lotus-born Buddha, great treasure-revealers and your heirs—

solwa dep so dengdir yütsam gong

To you all we pray: think of us this very instant!

lek jé sönam pemö dang sal shying

The *merit* you gathered so completely is like
a brilliant lotus flower

mindrol gyüpe gesar gyi pü dé

Its heart adorned with a lineage that matures and liberates,

2 Vajradhāra is often described as the sixth lord, or lord of the sixth family, since he embodies and encompasses the five buddha families: tathāgata, vajra, ratna, padma and karma.

3 The eight special powers (or forms of mastery) relate to: 1) enlightened body, 2) enlightened speech, 3) enlightened mind, 4) miraculous abilities, 5) omnipresence, 6) wish-fulfillment, 7) enlightened activity, and 8) enlightened qualities.

dampa gyatsö ü na lham mewa

And resplendent on a vast ocean of instructions—

tenpé gyaltsen dreng la solwa dep

You that raised the *victory banner* of Buddha's teachings,
to you we pray!

natsok chö tsul tönpé tuden kyang

Though you have the power to teach Dharma in all
kinds of ways,

kyema dü dir penpar ma zik né

You saw no way to bring further benefit at a time such as this.

tindzin shyiwé ro la shyol dö shyin

You chose instead to seek the tranquillity of samādhi,
and let

yowé tuk ni chöying nak su shyü

Your vibrant wisdom mind enter the still forest of the
dharmadhātu.

zab dang gyacher möpé gangzak la

For all those who are drawn to what is profound and vast,

gyé tri shyi tong dampa lha yi chö

We pray that you return swiftly, a youthful sun,
a supreme emanation,

dü su dom dzé özer tong denpé

With a thousand rays of light bringing teachings
for this time—

choktrul nyinjé shyönnu nyur jön sol

The divine and sacred eighty-four thousand teachings of
Dharma!

jön né tertön drubwang gongmé lü

And when you return, in a form to match your predecessor,
tertön and lord of siddhas,

namtar tsangmé gyen gyi rab gyen té

Adorned with all the beauty of a perfect life of liberation,

chokdral kalden dulja tongtrak gi

May you ripen into a splendour to behold,
a vision for the eyes

dren jé zung gi pal du min gyur chik

Of thousands of receptive and fortunate disciples!

*This was composed by the Sakya Trichen in response to a request from those
with eager aspiration. May it prove meaningful!*

Prayer for the Swift Rebirth of Sogyal Rinpoche

Composed by Orgyen Tobgyal Rinpoche

kyé ho, gyalwa sé dang chepé triné pa

Kye' o! You embody the enlightened action
of buddhas and bodhisattvas,

tsokyé pema karé yeshe zuk

You are the wisdom emanation of the Lotus-born
Guru Padmakara,

kyab chok khorlö gönpo rinpoche

Supreme refuge, precious lord of the mandala,

drinchen sönam gyaltsen deng dir gong

Sonam Gyaltzen, with all your kindness,
think of us right now!

khyö ni döma nyi né changchub kyang

Even though primordially enlightened,

dak sok drowé nang ngor mi yi zol

You appeared to beings like us in a human guise,

damchö char chen beb shyin shyukpa la

And during your life poured down a great rain of Dharma.

lobur ngayab palri podrang du

Sadness struck us when suddenly you left, for the palace
on the Copper Coloured Mountain of Glory in Chamara,

khandrö tsok pön dzé chir shek di kyo

To preside there over a vast throng of dakinis.

ön kyang pema karé trinlé gar

However, since the play of Guru Rinpoche's actions

mizé gyen gyi khorlor tak shar na

Unfolds endlessly as an inexhaustible wheel of adornment,

lar yang trulpé dögar nyur jön né

So be reborn once again, we pray, and swiftly!

rigdzin gongmé namtar jishyin du

And then, following the vidyadharas of the past,

khé tsün zangpö pal gyi jorpé chuk

With your wealth of learning, discipline and good heart,

dak sok duljé semchen malüpa

Lead all sentient beings to be trained—me and all others—

namdak changchub chenpor gö dzé sol

To the perfect purity of great enlightenment!

When the supreme incarnation Sonam Gyaltzen Rinpoche, the heart son of the protector and all-pervasive lord of the mandalas of the hundred families Pema Yeshe Dorje, passed away and continued on his mission to benefit other beings, a gathering for intensive group practice of The Quintessence of Vajrasattva's Wisdom Mind took place as a memorial ceremony in the temple of Shechen Tennyi Dargye Ling at the Vajrasana in the Land of Aryas. On that occasion, the main representatives of the Rigpa Dharma community worldwide presented me with a white scarf of excellent silk and a ring with a vajra design that had belonged to the supreme tulku. They made this request: "Please write a prayer for the swift birth of Sogyal Rinpoche's incarnation". In response to their plea, I dictated this prayer and offered it to them. May its meaning come true! Orgyen Tobgyal, October 17th, 2019.



RIGPA

www.rigpa.org

On account of the prayers, practices and line drawings it contains, this text should be treated with respect. Please keep it off the floor and places where people sit or walk and ensure that it is not stepped on or over. It is best to keep it covered and protected for transportation and stored in a high, clean place separate from ordinary materials. If you should wish to dispose of it, please burn it rather than throw it away.