



# Chenrezig Mantra and Request

## *Brief Praise*

KYÖN GYI MA GÖ KU DOG KAR  
DZOG SANG GYÄ KYI U LA GYÄN  
THHUG JEI CHÄN GYI DRO LA ZIG  
CHÄN RÄ ZIG LA CHHAG TSHÄL LO

**Your body is white in color, unsoiled by faults;  
A complete buddha adorns your head;  
You look at living beings with eyes of compassion;  
To you, Chenrezig, I prostrate.**

## *Chenrezig Short Mantra*

OM MAṆI PADME HÜM

## *Request*

PHAG PA CHÄN RÄ ZIG WANG THUG JEI TER  
KHOR DANG CHÄ PA DAG LA GONG SU SÖL  
**Ārya Chenrezig, treasure of compassion,  
Together with your retinue, please pay attention to me.**

DAG DANG PHA MA RIG DRUG SEM CHÄN NAM  
NYUR DU KHOR WÄI TSHO LÄ DRÄL DU SÖL  
ZAB CHING GYA CHHE LA ME JANG CHHUB SEM  
NYUR DU GYÜ LA KYE WAR DZÄ DU SÖL  
**Please quickly free me and all mother and father sentient  
beings  
Of the six realms from the ocean of saṃsāra.  
Please enable the profound and extensive peerless bodhicitta  
To quickly grow in our mindstreams.**

THOG ME NÄ SAG LÄ DANG NYÖN MONG NAM  
 THUG JEI CHHAB KYI NYUR DU DAG DZÄ NÄ  
 THUG JEI CHHAG KYANG DAG DANG DRO WA NAM  
 DE WA CHÄN GYI ZHING DU DRANG DU SÖL

**Please quickly cleanse our delusions and karma collected  
 From beginningless time, with the water of compassion,  
 And, with your compassionate hand, lead me  
 And all transmigratory beings to the Blissful Pure Land.**

Ö PAG ME DANG CHÄN RÄ ZIG WANG GI  
 TSHE RAB KÜN TU GE WÄI SHE DZÄ NÄ  
 MA NOR LAM ZANG LEG PAR TÄN NÄ KYANG  
 NYUR DU SANG GYÄ SA LA ZHAG TU SÖL

**May Amitābha and Chenrezig act  
 As our virtuous friends in all lifetimes,  
 Show us the excellent unmistakable path,  
 And quickly place us in the state of buddhahood.**

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Chantable Version

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**O Ārya Compassionate-Eyed One,  
 Who is the treasure of compassion.  
 I request you please listen to me.  
 Please guide myself mothers and fathers**

**In all six realms to be freed quickly  
 From the great ocean of saṃsāra.  
 I request that the vast and profound  
 Peerless awakening mind may grow.**

**With the tear of your great compassion  
 Please cleanse all karmas and delusions.  
 Please lead with your hand of compassion  
 Me and migrators to fields of bliss.**

**Please, Amitābha and Chenrezig,  
In all my lives be virtuous friends.  
Show well the undeceptive pure path  
And quickly place us in Buddha's state.**

### *Dedications*

CHÄN RÄ ZIG WANG KHYE KU CHI DRA DANG  
KHOR DANG KU TSHE TSHÄ DANG ZHING KHAM SOG  
KHYE KYI TSHÄN CHHOG ZANG PO CHI DRA WA  
DE DRA KHO NAR DAG SOG GYUR WAR SHOG

**Chenrezig, whatever your holy body,  
Retinue, life span, realm, and so forth,  
Whatever your supreme and beneficial holy name,  
May I and others become exactly like that.**

KHYE ZHING KYE WA DAG NI THAM CHÄ DU  
RIG ZANG LO SÄL NGA GYÄL ME PA DANG  
NYING JE CHHE ZHING LA MA LA GÜ DÄN  
CHÄN RÄ ZIG KYI DAM TSHIG LA NÄ SHOG

**In all my lifetimes, may I be of good caste,  
Have a clear mind and by without pride,  
Have great compassion and devotion to my gurus,  
And abide in the samaya of Chenrezig.**

### *Colophons:*

*Brief Praise* excerpted from *The Welfare of Living Beings that Pervades Space: The Meditation-Recitation of the Great Compassionate One*, 2020, transl. by Ven. Steve Carlier, Portland: FPMT Education Services, 4. *Request* excerpted from *A Nyung Nä Ritual Sadhana of the Eleven-Faced Great Compassionate One in the Pälmo Tradition with the Requests to the Lineage Gurus*, 2015, transl. by Lama Zopa Rinpoche and Ven. George Churinoff, Portland: FPMT Education Services, 108–109. *Dedication* verses: First verse was translated by Ven. George Churinoff, in the *Nyung Nä Ritual Sadhana*, revised by Lama Rinpoche Rinpoche, July 2020. Second verse, translated by Lama Zopa Rinpoche, Aug 2020. Sequence of prayers done by Lama Zopa Rinpoche at the Thought Transformation Teachings during time of Covid-19 at Kopan Monastery, Nepal, 2020.