

ଓঠা। এন্দুই শ্বেত পুরুষ নামে গুণাত্মক

The Precious Garland

The Prayer of the Intermediate State



Gyalshen Institute

ଆଜ୍ଞାନ୍ତୁ

ଦ୍ଵାରା ମନୁଷୀଯକାରୀ ହିଂସା କରିବା ଅପରିଚିତ ହେଲା । ମିଥିକା କାହିଁ ମାତ୍ର କିମ୍ବା କିମ୍ବା ଶୁଣା
ଏଥାକୁ କାହିଁ କିମ୍ବା ଶୁଣାଇଲୁଛନ୍ତି । ଶୁଣାଇଲୁଛନ୍ତି କାହିଁ କାହାର ମନୁଷୀଯକାରୀ କାହିଁ କାହିଁ

**Da ta né pa tsé yi bar do la
Rang sem ma tok khorwé lé la yeng
Mi tak chiwa ma dren di dön drup
Duk ngel kyé ga na chi drok su tsü
Gyu lü lo bur né kyi tep tsa na
Zundzin zhen chak rang sar drölwar shok**

At this time, in the bardo of this life
We do not understand our minds, are distracted by the pursuits of samsara
Do not remember impermanence and death, and focus only on samsaric goals
And are trapped in the suffering of birth, aging, sickness, and death
When this illusory body suddenly falls ill
May grasping of subject and object naturally liberate

ମାତ୍ର କାହିଁ କାହିଁ

**La ma khyen no tuk jé zung du söl
Bar dö trül nang chö par jin gyi lop
Tong rik ma bu trö par jin gyi lop**

Teacher, please know me and hold me with compassion
Bless me to cut the illusions of the bardo
Bless me to recognize emptiness and awareness, the mother and the child

Dé né chi kha dü kyi bar do la
Rang nyi chik pur pa röl drowé tsé
Nyé drung drelwa kün gyi ta kor kyang
Ké chik tsam yang dö pé tap mé pé
Lü kyi trünkhor jung zhi jik pé dü
Zundzin zhen chak rang sar drölwar shok

Thus, in the moment of death
When we travel all alone beyond this world
Though surrounded by dear family and friends
There is no way to remain even a moment longer
When the four elements of the cyclic illusory body dissolve
May grasping of subject and object naturally liberate

La ma khyen no tuk jé zung du söl
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Tong rik ma bu trö par jin gyi lop

Teacher, please know me and hold me with compassion

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Bless me to recognize emptiness and awareness, the mother and the child

ଶ୍ରୀକୃଷ୍ଣାପଦବିରିକେ ଯୁଗଶ୍ରୀଷ୍ଟପଦବିରିକେ ଅନୁମତିଦିନାପଦବୀ ଶ୍ରୀମାନ୍ ଶ୍ରୀକୃଷ୍ଣାପଦବିରିକେ ଏହାପଦବିରିକେ ଯୁଗଶ୍ରୀଷ୍ଟପଦବିରିକେ ଅନୁମତିଦିନାପଦବୀ

Sa yi nü pa chu la tim pé tsé
Lü kyi top shor sa la jing pa dra
Mik gyu gyu dü tsup nangwa char
Rang ö ser po lam lam sharwé tsé
Selwa rang jung ku ru tok par shok

In the moment the earth energy dissolves into water
The body loses power, sinking into earth
Flickering mirages and swirling smoke appear
In the moment that the bright yellow light of my self appears
May I recognize it as the body of Selwa Rangjung (Self-Arising Clarity)

শু'ব'গ'প'ক'র'স'ম'স'ন'হ'স'ন'স'ন'দ'ন'স'ন'য'। এ'ন'দ'র'৭'স'ম'স'ন'ক'র'দ'প'স'প'ক'র'ন'স'ন'। ক'র'দ'ন'স'ন'ব'স'ন'স'ন'।

La ma khyen no tuk jé zung du söl
Bar dö trül nang chö par jin gyi lop
Tong rik ma bu trö par jin gyi lop

Teacher, please know me and hold me with compassion
Bless me to cut the illusions of the bardo
Bless me to recognize emptiness and awareness, the mother and the child

କୁଣ୍ଡିରୁଣାପାବେବସୀମାପରିକୋ ଶୁଣାନ୍ତାପର୍ଵତକିରିତାମାନ୍ତର୍ଯ୍ୟଦିନାଙ୍ଗା ମୁଦ୍ରିତମାନକାରୀକରଣାର୍ଥକୁ କୁଣ୍ଡିରୁଣାପାବେବସୀମାପରିକୋ ଶୁଣାନ୍ତାପର୍ଵତକିରିତାମାନ୍ତର୍ଯ୍ୟଦିନାଙ୍ଗା

Chu yi nü pa mé la tim pé tsé

**Lü trak shor zhing kha kam ché yang kam
Ché chö ben bün chü cher nangwa char
Chu yi dang ma ö ngön charwé tsé
Gawa dön drup ku ru tok par shok**

In the moment the water energy dissolves into fire
The radiance of the body slips away, the mouth and tongue are dry
There are meandering, hazy wisps and eddies, and the feeling of being swept away by
water

In the moment that the blue light of the essence of water appears
May I recognize it as the body of Gawa Dondrup (Joyful Accomplishment)

ਨਾਵ ਅਤੇ ਰੁੱਕਸ਼ਣ ਹੈ ਸਾਡੇ ਦੁਆਰਾ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ। ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ ਜੇ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ। ਜੇ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ।

**La ma khyen no tuk jé zung du söl
Bar dö trül nang chö par jin gyi lop
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Teacher, please know me and hold me with compassion
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Bless me to recognize emptiness and awareness, the mother and the child

ਮੈਂ ਆਪਣੀ ਮਾਂ ਅਤੇ ਬੋਲੀ ਦੀ ਮਾਂ ਹਾਂ ਜੇ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ। ਜੇ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ। ਜੇ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ।

**Mé yi nü pa lung la tim pé tsé
Lü kyi drö yel tsa nam dar ma nü
Sin bu mé khyer ta bü nangwa char
Rang ö mar po lam lam sharwé dü**

Jé drak ngö mé ku ru tok par shok

In the moment the fire energy dissolves into wind
The heat of the body fades away, and stops moving through the channels
There is the feeling of being surrounded by fireflies
When my own red light vividly arises
May I recognize it as the body of Jedrak Ngome (No Essence, No Division)

ଶ୍ଵାମାତ୍ରେବର୍ଷପୁଣ୍ୟମାହେତ୍ରମନ୍ଦିରରେ ଏହାକିମ୍ବନ୍ଦିରରେ ଏହାକିମ୍ବନ୍ଦିରରେ ଏହାକିମ୍ବନ୍ଦିରରେ

La ma khyen no tuk jé zung du söl
Bar dö trül nang chö par jin gyi lop
Tong rik ma bu trö par jin gyi lop

Teacher, please know me and hold me with compassion
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Bless me to recognize emptiness and awareness, the mother and the child

ଶୁଦ୍ଧାଶ୍ରୀକୁଶମନ୍ତରେନ୍ଦ୍ରାଭସ୍ତିବାପରିକୋ ଦ୍ଵାଷାଶାହୁଦକ୍ଷବ୍ରାହ୍ମିଣାଶାହୁଦ୍ରେଷ୍ବରପରିଷ୍ଠା ପରମାଶୁଦ୍ଧପ୍ରେତଙ୍କୁର୍ଦ୍ଧବିଷ୍ଣୁ
ପାଦକର୍ମ ପଦବ୍ରଦ୍ଧିଲ୍ଲାଦାଶ୍ରୀଅଶ୍ରୀଅଶ୍ରୀପରିଦୂଶା ଦ୍ଵାଷାଶ୍ରୀମନ୍ତରୁକୁର୍ଦ୍ଧବାଶପରିଷ୍ଠା

lung gi nü pa nam shé dak la tim pé tsé
Uk kyang ché né mik kyang gyen la dok
Mar mé lung khyer ta bü nangwa char
Rang ö jang khu lam lam sharwé dü
Gé lha gar chuk ku ru tok par shok

In the moment that wind energy dissolves into consciousness
The breath ceases, the eyes roll upwards
There is the feeling of trembling in the wind, like a butter-lamp flame

When my own green light vividly arises
May I recognize it as Gehla Garchuk (Virtuous Dance of Abundance)

ਗੁਰ ਪ੍ਰਸਾਦਿ ਰੋਗ ਸਾਡੇ ਹੋਣ ਵੀ ਆਸਾਨ ਹੈ। ਪ੍ਰਾਤਿ ਵਾਹਿਗੁਰ ਪ੍ਰਸਾਦਿ ਕੁਝ ਬਿਲੌਦਿ ਹੈ। ਜੇ ਪ੍ਰਾਤਿ ਵਾਹਿਗੁਰ ਪ੍ਰਸਾਦਿ ਹੈ।

**La ma khyen no tuk jé zung du söl
Bar dö trül nang chö par jin gyi lop
Tong rik ma bu trö par jin gyi lop**

Teacher, please know me and hold me with compassion
Bless me to cut the illusions of the bardo
Bless me to recognize emptiness and awareness, the mother and the child

ਗੁਰ ਪ੍ਰਸਾਦਿ ਰੋਗ ਸਾਡੇ ਹੋਣ ਵੀ ਆਸਾਨ ਹੈ। ਪ੍ਰਾਤਿ ਵਾਹਿਗੁਰ ਪ੍ਰਸਾਦਿ ਕੁਝ ਬਿਲੌਦਿ ਹੈ। ਜੇ ਪ੍ਰਾਤਿ ਵਾਹਿਗੁਰ ਪ੍ਰਸਾਦਿ ਹੈ।

**Nam par shé pa kün zhir tim pé tsé
Chi yi yül gak nang gi wang po gak
Nam kha trin drel ta bü nangwa char
Rang zhin ö selwar do sharwé tsé
kün nang khyap pé ku ru tok par shok**

In the moment when consciousness dissolves into the base
External objects cease, internal senses cease
There is the feeling of a cloudless sky
When the clear light bardo of the natural state arises
May I recognize it as Kun Nang Khyap Pa (All Pervading Appearances)

ଶ୍ଵାମାପ୍ରତିବେଦମାନାହେତୁମାନାର୍ଥୀ ଏହାହେତୁମାନାର୍ଥୀ ଏହାହେତୁମାନାର୍ଥୀ
ଶ୍ଵାମାପ୍ରତିବେଦମାନାହେତୁମାନାର୍ଥୀ

La ma khyen no tuk jé zung du söl
Bar dö trüл nang chö par jin gyi lop
Tong rik ma bu trö par jin gyi lop

Teacher, please know me and hold me with compassion
Bless me to cut the illusions of the bardo
Bless me to recognize emptiness and awareness, the mother and the child

କ୍ଷେତ୍ରାଦୁଶକ୍ତିରେଣୁମାନୀଯମାନିକୋ ଶୁଭାଚ୍ଛିଵାତ୍ମକାତ୍ମକାଗର୍ଭାଦ୍ସୁମାନୀଯମାନିକୋ ଶ୍ରଦ୍ଧାକ୍ଷେତ୍ରାଦୁଶକ୍ତିରେଣୁମାନୀଯମାନିକୋ

Tsok druk yül druk tsi tar tim pé tsé
Mün tip trak char trak tso khyilwé dü
Dra chen drak dang ö chen sharwé tsé
Rang nang gyu ma yin par ngo shé né
Rang rik bö nyi ying su sang gyé shok

In the moment the six consciousnesses and the six sense objects dissolve in the heart
Clouds of darkness gather, and the rain of blood flows into lakes of blood
When the great sound and the great light arise
By recognizing them as self-manifesting illusion
May I awaken with self-awareness in space, the nature of Bon

ଶ୍ଵାମାପ୍ରତିବେଦମାନାହେତୁମାନୁଦ୍ରମାର୍ଗ୍ୟା ଏତଦେହୀନ୍ତମାନାହେତୁମାନୁଦ୍ରମାର୍ଗ୍ୟା କେତେବେଳେପରିମାଣିତାକୁହେତୁମାନୁଦ୍ରମାର୍ଗ୍ୟା କେତେବେଳେପରିମାଣିତାକୁହେତୁମାନୁଦ୍ରମାର୍ଗ୍ୟା

La ma khyen no tuk je zung du sol

Bar dö trül nang chö par jin gyi lop
Tong rik ma bu trö par jin gyi lop

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Bless me to cut the illusions of the bardo

Bless me to recognize emptiness and awareness, the mother and the child

କୁମରେଶାହେବାବେଦନ୍ତସୁରପୁରିକୋ ଧର୍ମଧର୍ମିଷାସଙ୍ଗାର୍ଥିବିହୀନ୍ଦ୍ରିୟଦର୍ଶକୁ ଶ୍ଵର୍ଦ୍ଧବୈରମାନୁମନଦର୍ଶକ
ଏକମାତ୍ରା ପରଦର୍ଶିକାପରିବର୍ତ୍ତନକୁମରାଜୁରୁଷା

Nam shé ten mé da bur bü pé tsé
Pa röl jik rung shin jé nangwa char
Dra ö zer sum rang nang trül pa nam
Bar do ngé par drölwar jin gyi lop

In the moment consciousness emerges as an orphan, without support

And meets the fearful lord of death in the world beyond

And the delusory self-manifesting sound, light, and rays

By recognizing these as self-arising self-energy

Please bless me to liberate fully in this bardo

ଶ୍ଵାମାଗତ୍ରେ କେବଳ ପାଦାଶ୍ଵରାଜ୍ୟରେ ନାହିଁ ଏହାରେ ପାଦାଶ୍ଵରାଜ୍ୟରେ ନାହିଁ ଏହାରେ ନାହିଁ

La ma khyen no tuk jé zung du söl
Bar dö trül nang chö par jin gyi lop
Tong rik ma bu trö par jin gyi lop

Teacher, please know me and hold me with compassion

Bless me to cut the illusions of the bardo

Bless me to recognize emptiness and awareness, the mother and the child

Nangwa gyu mar tok par jin gyi lop
Né ngen kyé go chö par jin gyi lop
Dü sum nyam nyi tok par jin gyi lop
Ku sum sang gyé top par jin gyi lop
Yé shé nga dang den par jin gyi lop
Dro dön pak mé nü par jin gyi lop
La ma khyen no tuk jé zung du söl

Bless me that I may recognize all illusory appearances
Bless me that I may shut the doors to the three lower realms
Bless me that I may recognize the single essence of the three times
Bless me that I may obtain the three bodies of the Buddha
Bless me that I may be imbued with the five wisdoms
Bless me that I may create limitless benefit for sentient beings
Teacher, please know me and hold me with compassion

by Je Kurzhog Pa

Translated by Chaphur Rinpoche and Anne T. Szostek



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