

# The Prayers of the Seven Deities of Dharma Sangha

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The Prayer 1  
**Maitri Guru**

## Maitri Guru

### Verse 1

Treating every countless being equal to ones child,  
Always caring with kindness and compassion,  
The Creator of the True Way<sup>1</sup> in the Golden Age yet to come,  
Bowing to the Great Maitri Guru.  
Poised upon the exquisitely pure and perfect nine petalled lotus,  
The colour of sacred ash, wearing white robes.

### Verse 2

Standing gracefully with feet and hands in equipoise,  
Bowing to the lustrous form.  
Wandering on Earth due to the fruits of unskillful actions,  
Not having acquired virtue, isolated from Dharma Gurus,  
The suffering living creatures are impoverished.  
May the sweet light of the Dharma rain down upon them.

### Verse 3

The many faults, the three kinds of defilements<sup>2</sup>,  
And also other impieties accumulated knowingly or unknowingly,  
Regretting these, and vowing not to repeat from now on.  
Giving all these teachings before you one by one,  
And to those who, having obtained human life by the accumulation of virtue,  
Are wandering, by considering transitory happiness as the ultimate.

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<sup>1</sup> Nep. *Satya Margha*

<sup>2</sup> Nep. *Klesha*

### Verse 4

In order to reach the supreme enlightenment  
The heart and mind<sup>3</sup> has to be lead by kindness and compassion,  
Ceaselessly immersed for the sake of the sentient beings of the 21 worlds,  
Without consideration of time.  
I am also endorsing the Buddhas and Bodhisattvas of the ten directions.

### Verse 5

Giving up discrimination, respect all religions and beliefs.  
Giving up devaluing, blaming, counter argument and ignorance<sup>4</sup>.  
Whilst on the True Way, never accept religions and ways of dissent.  
Giving up negative actions, live within the True Way.

### Verse 6

Dissolving into the Guru Essence<sup>5</sup>  
Always remain in Samadhi.  
Not having accomplished enlightenment<sup>6</sup> oneself,  
Do not search for alluring words to explain it.  
Giving up violence and killing living beings, and all such diabolical behaviour,  
Take pure nourishment<sup>7</sup>.

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<sup>3</sup> Nep. *Chitta*

<sup>4</sup> Nep. *Brahm*

<sup>5</sup> Nep. *Guru Tattva*

<sup>6</sup> Nep. *Tattva*

<sup>7</sup> Nep. *Samyak Ahaar*

Verse 7

Do not hold narrow minded views  
About people and countries on the basis of national identity.  
Following the True Way,  
Work for the benefit of the whole world as well as yourself.  
In the deepest and highest heart and mind,  
Achieve enlightenment for the salvation of all sentient beings.

Verse 8

Always being absorbed,  
Through self realization of the diverse precepts<sup>8</sup>,  
Be liberated from all bondage.  
Having accepted the precepts with the intention of surrender,  
Praying with pure heart and mind,  
Without the three feelings of pain, worry and tension,  
May the True Way spread the reign of the Buddha in every direction.

Verse 9

In countries always in a state of war  
And in all countries without the words of the Dharma,  
In Kali Yuga lacking merit and longevity,  
May the sun of the True Dharma always rise.  
After the final stage of death from this world,  
May one immediately realize birth in a joyful heavenly palace.

Verse 10

There, Maitri Guru being pleased;  
May the divine words of the precious Bodhisattva be heard.  
In that way, by the grace of this prayer,  
The plant of the True Dharma having now grown,  
Entering the True Way with loving faith and devotion,  
May all living beings swiftly benefit from the Way of the Bodhisattva.

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<sup>8</sup> Nep. *Shila*



The Prayer 2  
Mra Mra Phen Buddha

## Mra Mra Phen Buddha

### Verse 1

In the midst of a pure place with many hillocks and springs,  
Water of eight qualities is cascading.  
In this place the God of Nagas <sup>9</sup>is seated.  
Bowing reverently to Mra Mra Phen Buddha,  
With one face, two hands and topknot,  
Wearing white robes.

### Verse 2

Having been in Samadhi <sup>10</sup> in the direction of the east,  
Bowing at the lotus feet of Mra Mra Phen Buddha,  
His form emanating loving compassion and kindness.  
Assembling a puja in this place to receive the remedy  
To root out our illnesses and afflictions,  
Gathering the necessary elements to fulfill our wishes.

### Verse 3

All of us are before Guru  
From the birth of this world until the end of this time  
Here in the shrine of the Nagas, the Nagas together with every living being.  
Teaching about disasters created knowingly or unknowingly,  
Such as polluting the atmosphere and the aquatic environment.

### Verse 4

Also teaching that extracting soil and stones is ruining the earth,  
Along with cutting wood, leaves and grass.  
Through loving faith and devotion to Guru in the four times,  
Always adoring, worshipping, prostrating,  
May we swiftly be freed from causing harm to the God of Nagas,  
Or any other living being.

### Verse 5

Deva, Naga-Deva, demons along with ghosts,  
Are also dwelling in this place.  
May all be peaceful, without any kind of obstacles or disorder.  
In this way may they instantly be joyful.

### Footnote:

1. Naga – type of snake (pertaining to Eastern mythology)
2. Samadhi – the accomplishment of the practice of meditation

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<sup>9</sup> Nep. *Naga*

<sup>10</sup> Nep. *Samadhi*



The Prayer 3  
Bhaitri Guru

## Bhaitri Guru

### Verse 1

In the forest where nobody goes, in a cave  
On a white disc, two forms are being shown, yet there is only one.  
Being within meditation, the various forms vanishing.  
Bowing in the refuge of Bhaitri Guru.  
On the right side, touching the forehead with extended right toes.  
On the left side, standing in simple straight form.

### Verse 2

Holding a trident of sky blue colour in both right hands,  
The yellow robe of Bhaitri Guru is wrapped around the lower body.  
From body, speech and mind arise the six disciples  
Wearing red and yellow robes,  
Always in unbroken Samadhi:  
Also bowing to these.

### Verse 3

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Shyia ka ra Shyia ka ra Shyia ka ra dha na yay swo ha

Always repeating this powerful mantra,  
Being freed from the destructive ties of body, speech and mind,  
By achieving control and happiness of body, heart and mind,  
By eradicating blaming, counter argument and enemies, realize spiritual strength.  
Accomplish these actions right now.

### Verse 4

Being in sudden terror of enemies,  
And anywhere the four kinds of obstacles arise,  
Remembering Him, lighting a lamp, freeing oneself  
From all hosts of wrathful enemies.  
Turning towards Him to attain victory in war.  
Accomplish these actions being fully absorbed in devotion and praise.

### Verse 5

Through the strong repetition of His powerful and true mantra,  
Surely triumphing over enemies, obstacles and mara <sup>11</sup>,  
By Dharma followers spreading Truth and Dharma in every direction  
May one swiftly realize the Essence of Bhaitri Guru.

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<sup>11</sup> Nep. *Mara*





The Prayer 4  
Pema Dhakpo Guru

Prayer 4

Pema Dhakpo Guru

Verse 1

Pema Dhakpo Guru standing on a white disc.  
One face: wearing gold bracelets on two wrists.  
Three rays of light, red, yellow and green, appearing from the eyes,  
With eyebrows raised, strands of black hair spreading out.  
In the right hand, raising a yellow vajra towards the sky.  
Extending the left hand, holding a bell.

Verse 2

Wrapping a tiger skin around the neck by two of its legs,  
Surpressing a demon with two sides of the extended left foot,  
Pema Dhakpo Guru, blazing from the centre.  
By the power of the body of fire,  
Reducing to ashes the host of demons pulling towards the path of wrong conduct.  
Bowing to Pema Dhakpo Guru.

Verse 3

Pema Dhakpo Guru, blazing from the centre.  
By the power of tongue of fire,  
Destroying profanity of voice, speech and word.  
Bowing to Pema Dhakpo Guru.  
Pema Dhakpo Guru, blazing from the centre.  
By the power of spirit of fire, destroying impurity of heart and mind.

Verse 4

Bowing to Pema Dhakpo Guru.  
Having manifest from body, speech and mind, the Buddhas of all the ages,  
Being masters of all the mantras within this place,  
Release the deluded world from destruction.  
Bowing to Pema Dhakpo Guru.

Verse 5

Holding the ultimately powerful vajra,  
Turning it only three times,  
Releasing the hosts of harmful gods.  
Bowing to Pema Dhakpo Guru.  
Having seen the whole universe through the three rays of light,  
Rooting out all forms of speech that are hostile and not peaceful.

Verse 6

Defeating the harsh and merciless hordes.  
Bowing to Pema Dhakpo Guru.  
Taking the boundless energy of the Buddhas of all time,  
And the collected strength and power of all Jin Buddhas,  
Liberating sentient beings through skilful means and one form of wisdom,  
Bowing to Pema Dhakpo Guru.

Verse 7

Always protecting those in meditation on the subtle truth,  
And for the sake of destroying all immorality in the three worlds,  
Having shown the wrathful form through the action of compassion,  
Bowing to Pema Dhakpo Guru.



The Prayer 5  
Senghye and Singhi

Prayer 5  
Senghye and Singhi

Verse 1

The head afire: the circle of the moon in the wrinkle of the forehead.  
Wrathful black eyebrows raised.  
In the right hand, raising a white sword towards the sky.  
Standing poised, left hand extended in Prithvi Mudra <sup>12</sup>.  
Upper body bare, lower, in white robes.  
Suppressing a long haired demon with the right foot.

Verse 2

The wrathful form poised upon a white disc.  
Bowling first to Senghye Nath <sup>13</sup>.  
Goddess, upper body bare, lower, wrapped in white robes.  
The stability of Her form dependant on Senghye Nath.  
Two hands embracing; clasping around the waist with left foot.  
Now bowing to the two of them, God and Goddess.

Verse 3

Senghye Nath and the Goddess, releasing from harsh mara <sup>14</sup>  
Through the extremely wrathful body.  
Destroying all evil spirits and ghosts, their possessions and toxins,  
And obstacles of the days, months and years connected with all the planets.  
May they become as ash.  
May all melt away; may all be balanced.

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<sup>12</sup> Nep. *Prithvi Mudra*

<sup>13</sup> Nep. *Senghye Natha*

<sup>14</sup> Nep. *Mara*



The Prayer 6  
Singhye Guru

Prayer 6  
Singhye Guru

Verse 1

Red and yellow face: circle of the moon in the wrinkle of the forehead.  
Wrathful black eyebrows raised.  
In the right hand, a white sword being raised towards the sky.  
Left hand extended in Shunya Mudra<sup>15</sup>.  
Wrathful pose poised upon a white disc.  
Furious fire flaming from the body.

Verse 2

The single form turning enemies into ash.  
Bowing to the blazing Singhye Guru.  
The terrifying form destroying mara;  
Red and black flames coming forth from that.  
May the wicked endeavours of human beings and ghosts,  
And all harmful obstacles, equally be consumed into ash like dust.

Verse 3

The terrifying form destroying mara;  
Red and black flames coming forth from that.  
May all wicked endeavors of human beings,  
Ghosts, nightmares, bad omens, fear and ignorance,  
Interdependent negative actions and their unhealthy symptoms,  
Become as ash.

Verse 4

All those being balanced,  
May all benefit from these favourable conditions right now.

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<sup>15</sup> Nep. *Shunya Mudra*



The Prayer 7  
Dhakpo Guru



## Dhakpo Guru

### Verse 1

Set on the side of a serene hill, removed from crowded places.  
Red and yellow body standing upon a white disc.  
In order not to frighten disciples,  
Showing a peaceful form.  
For the sake of immediate release for the raging masses,  
And those creating obstacles for themselves by being quick to anger.

### Verse 2

Strands of black hair spread,  
Circle of the moon in the wrinkle of the raised eyebrows.  
Upper body bare,  
Lower body, wearing yellow robes.  
Poised, showing peaceful and wrathful form.  
Bowing reverently with body, speech and mind to Dhakpo Guru.

### Verse 3

For the sake of release from worldly karma and pain,  
Please bestow the True Dharma and the True Way,  
To those who want to follow, and those already following,  
Give endless selfless service with compassion.  
Transitory obstacles and troubles  
Of the confused living beings will occur until obtaining enlightenment.

### Verse 4

In order to be free from the two kinds of obscurations <sup>16</sup>,  
Be dissolved in this with one heart and mind:

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Om yag gya yag gya yag gya hum hum phet phet swo ha

Thus by the strength of prayer, repetition and meditation,  
Being released from birth, old age, illness and fear of death,  
Fulfill all aspirations as soon as possible.

### Verse 5

Being freed from the two obscurations ,  
May the two merits be accumulated.  
May living beings follow the True Dharma forever,  
In all directions, places, times and ages.  
Do not forsake Dhakpo Guru even for one instant.  
Please bestow perfection by always protecting all efforts and actions.  
May all stages be completely aligned, like the white side of the moon.  
Entering the meditation through the repetition,  
May the realization of Dhakpo Guru be immediately accomplished.

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<sup>16</sup> Nep. *Avaran*