

*Prière de la Lignée / Mahamudra Lineage Prayer*

ஓ| ଦ୍ରୁଦ୍ଧିକାନ୍ତିଶ୍ଵରଦନ୍| ।

**DOR JE CHANG CHEN TE LO NA RO DANG**

Grand Vajradhara, Tilopa, Naropa,  
*Great Vajradhara, Tilopa, Naropa,*

ମର୍ପାମିତିକଣାହ୍ରମାଧିପା| ।

**MAR PA MI LA CHÖ JE GAM PO PA**

Marpa, Milarépa, Gampopa, Seigneur-du-Dharma,  
*Marpa, Milarepa, Lord of Dharma Gampopa,*

କୃଷାଣୁମାତ୍ରେତାତ୍ମନମାତ୍ରେଗମପା| ।

**DÜ SUM SHE JA KUN KYHEN KAR MA PA**

Omniscient Karmapa, Celui qui connaît les Trois Temps,  
*knower of the three times, omniscient Karmapa,*

କୈବିତ୍ତଦ୍ସତ୍ତ୍ଵଦ୍ସତ୍ତ୍ଵଦ୍ସତ୍ତ୍ଵଦନ୍| ।

**CHE SHI CHUNG GYE GYÜ PA DZIN NAM DANG**

Ô détenteurs des quatre grandes et des huit petites lignées:  
*lineage holders of the four great and eight lesser schools,*

ଏତ୍ତିଷ୍ଠାକର୍ତ୍ତାମନୁମଦନମାତ୍ରାତ୍ମନମାତ୍ରାତ୍ମନା| ।

**DRI TAK TSAL SUM PAL DEN DRUK PA SOK**

Drikung, Taklun, Palden Drukpa, ces trois ;  
*Drikung, Taklung, Tsalpa, these three, Glorious Drukpa, and so on;*

ତ୍ରୟିମୁଖମାତ୍ରାକୈତ୍ତମଦନମାତ୍ରାତ୍ମନା| ।

**ZAB LAM CHAK GYA CHE LA NGA NYE PAY**

La glorieuse lignée Drukpa et les autres,  
*masters of the profound path of mahamudra,*

ମହାମାତ୍ରାତ୍ମନମାତ୍ରାତ୍ମନମାତ୍ରାତ୍ମନା| ।

**NYAM MAY DRO GÖN DAK PO KA GYÜ LA**

Ô Takpo Kagyus, incomparables protecteurs de tous les êtres,  
*unrivalled protectors of beings, the Dakpo Kagyü*

ଶାଶ୍ଵତମାତ୍ରାତ୍ମନମାତ୍ରାତ୍ମନମାତ୍ରାତ୍ମନା| ।

**SOL WA DEB SO KA GYÜ LA MA NAM**

Je vous supplie, gurus de la lignée Kagyu  
*I supplicate you, Kagyu lamas.*

॥ ཨତୁଦ୍ୟାଦହିନ୍ଦକ୍ଷମବସ୍ତୁପ୍ରିଣ୍ଶିଷ୍ଠନା ।

### **GYÜ PA DZIN NO NAM THAR JIN GYI LOB**

Je détiens votre lignée, accordez votre grâce pour que je suive votre exemple.  
*Grant your blessing that following your example, I hold your lineage.*

ବୈଶାଙ୍କମଶ୍ରିତଦ୍ୟବସନ୍ଧନାଦବିନ୍ଦୁ । ।

### **SHEN LOK GOM GYI KANG PAR SUNG PA SHIN**

Le dégoût est le pied de la méditation, ainsi qu'il est dit.  
*Detachment is the foot of meditation as it is taught.*

ଯଶକ୍ରମଗୁର୍ଯ୍ୟକଣାଶବୈଦ୍ୟଦା ।

### **ZE NOR KUN LA CHAK SHEN MAY PA DANG**

Au méditant détaché des nourritures de des richesses,  
*To this meditator who is not attached to food or wealth,*

କେବ୍ଦିତ୍ସନ୍ଦନଶବୈଦ୍ୟଦିଙ୍ଗମକୈଯା ।

### **TSE DIR DÖ THAK CHOD PAY GOM CHEN LA**

qui rompt les liens avec cette existence,  
*who cuts the ties to this life,*

ଏହେନ୍ଦ୍ୟଗୁର୍ଯ୍ୟକୈଦ୍ୟମେଦ୍ୟଦ୍ୟପ୍ରିଣ୍ଶିଷ୍ଠନା ।

### **NYE KUR SHEN PA MAY PAR JIN GYI LOB**

accordez votre grâce pour qu'il cesse de désirer honneurs et gains.  
*grant your blessings that I have no attachment to honour or gain.*

ମେଶଗୁର୍ଯ୍ୟଶ୍ରିମର୍ତ୍ତନଶନ୍ଦନାଦବିନ୍ଦୁ ।

### **MÖ GÜ GOM GYI GO WOR SUNG PA SHIN**

La dévotion est la tête de la méditation, ainsi qu'il est dit ;  
*Devotion is the head of meditation as it is taught.*

ମନ୍ଦରାଶବୈଦ୍ୟଦିଙ୍ଗମକୈଯା ।

### **MEN NGAK TER GO JE PAY LA MA LA**

C'est le Guru qui ouvre la porte du trésor des instructions orales.  
*The guru opens the gate to the treasury of oral instructions.*

ଶୁଦ୍ଧାଶକ୍ଷୟଦିଵଶଦିଙ୍ଗମକୈଯା ।

### **GYUN DU SOL WA DEB PAY GOM CHEN LA**

Au méditant qui toujours le supplie,  
*To this meditator who continually supplicates you,*

ଏତ୍ତମିନ୍ଦମେଶଗୁର୍ଯ୍ୟଦ୍ୟପ୍ରିଣ୍ଶିଷ୍ଠନା ।

### **CHÖ MIN MÖ GÜ KYE WAR JIN GYI LOB**

accordez votre grâce pour que naisse en lui une dévotion authentique.  
*grant your blessings that uncontrived devotion be born within.*

ཡෙංමයෝගි තුන්සා සූද්ධා මානුද්‍රා පාත්‍රිතා ।

### **YENG MAY GOM GYI NGÖ SHIR SUNG PA SHIN**

La vigilance est le corps de la méditation, ainsi qu'il est dit.  
*Non-distraction is the body of meditation as it is taught.*

ගංශර්තා පරිද්‍ර්ව්‍යා මදා ।

### **GANG SHAR TOK PAY NGO WO SO MA DE**

Tout ce qui émerge, cette fraîcheur est l'essence de la pensée.  
*Whatever arises is fresh, the nature of thought.*

මාත්‍රිකා මාත්‍රිකා පරිද්‍ර්ව්‍යා මදා ।

### **MA CHÖ DE KAR JOK PAY GOM CHEN LA**

Au méditant qui y repose tel quel,  
*To the meditator who rests simply without altering it,*

ශ්‍රීම තුන්සා පරිද්‍ර්ව්‍යා මදා ।

### **GOM JA LO DANG DRAL WAR JIN GYI LOP**

accordez votre grâce pour que sa méditation soit libre de concepts.  
*grant your blessing that meditation is free from conception.*

ක්‍රියා ද්‍රාව්‍ය ක්‍රියා මානුද්‍රා පාත්‍රිතා ।

### **NAM TOK NGO WO CHÖ KUR SUNG PA SHIN**

L'essence des pensées est le dharmakaya, ainsi qu'il est dit.  
*The nature of thought is dharmakaya as it is taught.*

ම්‍යා මාත්‍රිකා මාත්‍රිකා මදා ।

### **CHI YANG MA YIN CHIR YANG CHAR WA LA**

Rien n'émerge, pourtant tout en émerge.  
*Nothing whatsoever, it arises as everything.*

මාත්‍රිකා පරිද්‍ර්ව්‍යා මදා ।

### **MA GAK ROL PAR CHAR WAY GOM CHEN LA**

Au méditant qui émerge dans un jeu sans entrave,  
*To this meditator for whom all arises as unceasing play,*

ව්‍යුත්‍ය දාන්ත ප්‍රිය මානුද්‍රා පාත්‍රිතා ।

### **KHOR DE YER MAY TOK PAR JIN GYI LOB**

accordez votre grâce pour qu'il réalise l'inséparabilité du samsara et du nirvana.  
*grant your blessings that I realize samsara and nirvana as inseparable.*

ශ්‍රීම තුන්සා පරිද්‍ර්ව්‍යා මදා ।

### **KYE WA KUN TU YANG DAK LA MA DANG**

Au long de toutes mes naissances, puissé-je ne pas être séparé du parfait guru  
*Through all my births, may I not be separated from the perfect guru,*

ସ୍ଵପ୍ନମୈଦିକ୍ଷାଶ୍ରୀଦୟତାଧିଦଶାଶ୍ଵରତିଦା । ।

**DRAL ME CHÖ KYI PAL LA LONG CHOD CHING**

et ainsi jouir de la splendeur du Dharma.

*and so enjoy the splendour of Dharma.*

ଶାନ୍ତିଧାରାପ୍ରୀଣ୍ଵିତବ୍ୟାହାରାଶାନ୍ତିରାତା ।

**SA DANG LAM GYI YÖN TEN RAB DZOK NE**

Puissé-je accomplir les vertus des voies et des bhumis

*Perfecting the qualities of the paths and stages,*

ଶାନ୍ତିଧାରାପ୍ରୀଣ୍ଵିତବ୍ୟାହାରାଶାନ୍ତିରାତା ।

**DOR JE CHANG GYI GO PHANG NYUR THOB SHOK**

et ainsi promptement atteindre l'état de Vajradhara.

*may I quickly attain the state of Vajradhara.*

Le Trésor de bénédictions  
Une pratique de Bouddha Shakyamuni

**॥३॥सुष·क्षण्विव्यवस्थागतेर्वर्णद्वयवान्॥**

The Treasury of Blessings:  
A Practice of Buddha Śākyamuni

**ॐ शुभ्रमुखे**

Namo gourou shakya mounayé !

*Namo guru śākyamunaye!*

**ॐ अर्द्धक्षेत्रस्तुप्स्त्रियामित्रांश्चतुर्भावांगं द्वयवान्॥४॥**

हश्चुर्क्षेत्रप्लववान्मित्रांश्चतुर्भावांगं द्वयवान्॥५॥  
वर्त्तम्बुद्धक्षेत्रांश्चतुर्भावांगं द्वयवान्॥६॥  
शुद्धस्त्रियामित्रांश्चतुर्भावांगं द्वयवान्॥७॥  
शुद्धस्त्रियामित्रांश्चतुर्भावांगं द्वयवान्॥८॥  
शुद्धस्त्रियामित्रांश्चतुर्भावांगं द्वयवान्॥९॥  
शुद्धस्त्रियामित्रांश्चतुर्भावांगं द्वयवान्॥१०॥

Dans le Samādhirāja Sūtra, il est dit : « Ceux qui, lorsqu'ils marchent, sont assis, se tiennent debout ou dorment, se souviennent du Bouddha semblable-à-la-lune, seront toujours en Sa présence et parviendront au vaste nirvāṇa ».

Et : « Son Corps pur est couleur d'or ; beau est le Protecteur du monde. Quiconque le visualise ainsi, pratique la méditation des bodhisattvas. » Conformément à cela, pratiquons en gardant à l'esprit notre maître incomparable, le Seigneur des sages, de la manière suivante :

*In the Samādhirāja Sūtra it is said: ‘Those who, while walking, sitting, standing, or sleeping, recollect the moon- like Buddha, will always be in Buddha’s presence and will attain the vast nirvāṇa.’ And: ‘His pure body is the colour of gold, beautiful is the Protector of the World. Whoever visualizes him like this practises the meditation of the bodhisattvas.’ In keeping with this, we should practise remembering our incomparable teacher, the Lord of Sages, in the following way:*

សង્ગે ທો ଦଙ୍ଗ ତ୍ୱା କ୍ୟା ନାମ ଲା ।

**sangye chö dang tsok kyi chok nam la**

Dans le Bouddha, le Dharma et la Suprême assemblée,

*In the Buddha, the Dharma and the Supreme Assembly*

ଶୁଦ୍ଧିତ୍ୱରେ ପରିଚ୍ଛନ୍ନାମକି ।

**changchub bardu dak ni kyab su chi**

Je prends refuge jusqu'à l'Éveil.

*I take refuge until I attain enlightenment.*

ଶୁଦ୍ଧିତ୍ୱରେ ସମ୍ମାନାମକି ।

**dak gi jin sok gyipé sönam kyi**

Par le mérite des pratiques telles que la générosité,

*Through the merit of practising generosity and so on,*

ଶୁଦ୍ଧିତ୍ୱରେ ସମ୍ମାନାମକି ।

**dro la pen chir sangye drubpar shok**

*Puissé-je atteindre l'état de bouddha pour le bien de tous les êtres !*

May I attain buddhahood for the benefit of all beings.

ଅବ୍ୟାକ୍ଷରଣା

Récitez cette strophe trois fois.

*Recite this verse three times*

ହରିଦରିଷ୍ଟବ୍ରଦ୍ଧିତ୍ୱରେ ପରିଚ୍ଛନ୍ନାମକି ।

Puis engendrez les quatre incommensurables, en disant :

*Then cultivate the four immeasurables by saying:*

សេមសារពុជ្យសារចុប្លិយកុដ្ឋិសាស្ត្រិកុទ្ទិត្យុប្បជ្ជុរកិន

**semchen tamché dewa dang dewé gyu dang denpar gyur chik**

Puissent tous les êtres jouir du bonheur et des causes du bonheur !

*May all sentient beings enjoy happiness and the causes of happiness!*

ខ្សោយស្ម័គ្រុយស្ម័គ្រិត្យុប្បជ្ជុរកិន

**dukngal dang dukngal gyi gyu dang dralwar gyur chik**

Puissent-ils être libres de la souffrance et des causes de la souffrance !

*May they be free from suffering and the causes of suffering!*

ខ្សោយស្ម័គ្រុយស្ម័គ្រិត្យុប្បជ្ជុរកិន

**dukngal mepé dewa dang mindralwar gyur chik**

Puissent-ils ne jamais être séparés du grand bonheur dénué de souffrance !

*May they never be separated from the sacred happiness devoid of suffering!*

ពិនិត្យកសាស្ត្រិយកុដ្ឋិសាស្ត្រិយកុទ្ទិត្យុប្បជ្ជុរកិន

**nyering chakdang nyi dang dralwé tang nyom tsemepa la nepar gyur chik**

Et puissent-ils demeurer dans l'infinie équanimité qui est libre d'attachement et d'aversion !

*And may they dwell in boundless equanimity that is free from attachment and aversion!*

កសាស្ត្រិយកុដ្ឋិសាស្ត្រិយកុទ្ទិត្យុប្បជ្ជុរកិន

En évoquant la façon dont les phénomènes apparaissent, tout en étant dépourvus d'existence inhérente, récitez ce qui suit :

*Bringing to mind how all phenomena appear and yet lack inherent existence, recite the following:*

羌· ཤྒྱྲେ དྷୋ ། ພଶ୍ଚିମ ། རେ རୁଦ୍ଧ ། ।

**ah, kyemé tongpanyi dang tenjung gi**

Āh ! L'union de la vacuité non-née et des continues

Āh ! As the union of unborn emptiness and the ceaseless

ସୁଦ୍ଧା ରାତରା ପେଦି କୁନ୍ତା ଶ୍ଵାମରି ରୂପୀ ।

**nangwa gakmé zungjuk gyumé tsul**

Apparitions de l'interdépendance, apparaît magiquement là,

Appearances of interdependence, magically there appears

କୁନ୍ତା ରାତରା ପେଦି ଶ୍ଵାମରି ରୂପୀ ।

**rang dün namkhar chötrin gyatsö ü**

Devant moi dans le ciel, au sein de vastes nuées d'offrandes,

Before me in the sky, amidst vast clouds of offerings,

ଶ୍ଵାମରି ରୂପୀ ପେଦି ଶ୍ଵାମରି ରୂପୀ ।

**rinchen sengtri pé nyi dawé teng**

Sur un trône de lion serti de joyaux, et des sièges de lotus, de soleil et de lune,

On a jewelled lion throne, and lotus, sun and moon disc seats,

ଶ୍ଵାମରି ରୂପୀ ପେଦି ଶ୍ଵାମରି ରୂପୀ ।

**tönpa tsungmé shakya sengé ni**

Le maître incomparable, le Lion des Śākyas.

The incomparable teacher, Lion of the Śākyas.

ଶ୍ଵାମରି ରୂପୀ ପେଦି ଶ୍ଵାମରି ରୂପୀ ।

**ser gyi dokchen tsen dang pejé den**

Son Corps, couleur d'or, est paré des marques majeures et mineures.

His body the colour of gold, adorned with major and minor marks.

ଶ୍ଵାମରି ରୂପୀ ପେଦି ଶ୍ଵାମରି ରୂପୀ ।

**chögö sum sol dorjé kyiltrung shyuk**

Vêtu des trois robes du Dharma, il est assis dans la posture de vajra,

Clad in the three Dharma robes, he sits in vajra posture.

ਮੁਖ ਸਾਧਨ ਸਾਰ੍ਕ ਮੁਸਾਤੁ ਐਸਾਨ ਵਕੁਦਸਾਂ ਰੰਗ ।।

### **chak yé sa nön chakgya lek kyang shing**

La main droite, gracieuse, dans le mudrā de « toucher la terre »

His right hand gracefully poised in the earth-touching mudrā,

ਮੁਸਾਤੁ ਅਥਰਵਾਨ ਵਕੁਦਸਾਂ ਰੰਗ ਇੰਡ ਵਕੁਦਸਾਂ ਰੰਗ ਮਸਾਂ ।

### **chak yön nyamshyak dütsi lhungzé nam**

Et la gauche dans le geste de la méditation, tenant un bol à aumônes rempli de nectar.

And his left hand is in the gesture of meditation, holding an alms-bowl full of nectar.

ਸਾਨੁ ਚੁਣੀ ਲੁਹ ਸਾਂਗ ਇੰਡ ਦ ਪਾਂਧ ਰਾਨੁ ਸਾਂਗ ।

### **ser gyi ri tar ziji pal barwa**

Tel une montagne d'or, magnifique, il est resplendissant

Like a mountain of gold, magnificent, he shines in splendour,

ਘੁੰਘੁ ਰੰਗ ਇੰਡ ਦ ਪਾਂਧ ਰਾਨੁ ਸਾਂਗ ।

### **yeshe özer drawé khaying khyab**

Et émane des rayons de lumière de sagesse qui emplissent l'étendue de l'espace.

Spreading beams of wisdom light across the whole expanse of space.

ਫੈਲੀ ਸਾਂਗ ਇੰਡ ਦ ਪਾਂਧ ਰਾਨੁ ਸਾਂਗ ।

### **nyewé sé gyé neten chudruk sok**

Les Huit Fils proches, les seize Anciens et les autres,

The Eight Close Sons, Sixteen Elders and the like—

ਅਥਾਨ ਕੋਈ ਸਾਂਗ ਇੰਡ ਦ ਪਾਂਧ ਰਾਨੁ ਸਾਂਗ ।

### **pak tsok gyatsö khor gyi yong kor shying**

Une suite immense d'êtres nobles, semblable à l'océan, l'entoure.

A vast, ocean-like retinue of noble beings encircles him all around.

ਭੁਨ ਕੋਈ ਸਾਂਗ ਇੰਡ ਦ ਪਾਂਧ ਰਾਨੁ ਸਾਂਗ ।

### **drenpa tsam gyi sishyi ta nyi lé**

Il suffit de penser à lui, et il accorde la gloire de la félicité suprême :

Simply think of him and he grants the glory of the highest bliss:

ਕੁਅਖੁਭਵਦੇਵਾਲਕੋਸਾਤੀਦਿਵਾਫੁਝਾਏ।

### **namdrol dewa chok gi pal tsolwa**

La libération du samsāra et du nirvāṇa, les deux extrêmes.

Liberation from samsāra and nirvāṇa, the two extremes.

ਖੁਵਾਗੁਕੁਨਾਪੰਦਾਲ੍ਹਿਦਕੋਵਧੇਸਾਸਾ

### **kyab kündüpé daknyi chenpor sal**

Il est l'Être Sublime, l'incarnation parfaite de toutes les sources de refuge.

He is the Great Being, perfect embodiment of every source of refuge.

ਕੇਵਾਦੇਖੁਦਾਨਾਕੁਏਕ੍ਰਿਅਦਵੀਤਾਨਾਹੈਨੈਕਦੁਨਾਨਾਵਾਨਾਵਾਨਾਵਾ  
ਬਸਾਨ੍ਤੁ। ਸਾਦਾਕੁਏਕੁਵਾਨਾਉਂਘੇਵੇਂਕ੍ਰਿਅਦੁਨਾਨਾਵਾਨਾਵਾਨਾਵਾ  
ਛੀਵਾ ਸਾਦੁਦਵੀਤਾਨਾਹੈਨੈਕਦੁਨਾਨਾਵਾਨਾਵਾਨਾਵਾ। ਪਾਦੁਅਥਾ ਸਾਦਕੀਵਾਨਾਨਾਕੁਏਂ  
ਘਿਨੁਦੇਵਾ। |ਦੇਖੀਅਨੁਕਾਵਾਨਾਵਾਨਾਵਾ। |ਹਾਵਾਹੁਕ੍ਰਿਅਵੀਨਾਵਾਨਾਵਾਨਾਵਾ। |ਨੇਵਾਹੁਕਾਵਾ  
ਕੁਅਧੁਖੁਵਾ ਕੇਵਾਨਾਵਾਨਾਵਾ। ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾਨਾਵਾਨਾਵਾਨਾਵਾ  
ਪਹੀਨੁਦੇਵਾ। ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾ। ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾਨਾਵਾ  
ਗੁਨ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾ  
ਬਸਾਨੁਦੁਨਾਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾ  
ਕੁਅਧੁਖੁਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾ। |ਕੁਅਧੁਖੁਵਾਨਾਵਾ।

Visualisez la forme du Bouddha de cette façon, et considérez qu'il est vraiment là devant vous. Dès que vous formulez cette pensée, le corps de sagesse des bouddhas n'étant aucunement restreint par les limites du temps ou de l'espace, il le sera certainement. Un des sūtra dit : « Quiconque pense au Bouddha, il est là, présent juste

devant lui, accordant constamment ses bénédictions et la libération de tout mal. Le mérite obtenu quand on visualise le Bouddha est inépuisable ; c'est une source de vertu qui ne se tarira jamais. » Et comme il est dit dans le Sūtra Avataṃsaka : « Voir, entendre ou faire des offrandes au Bouddha permet d'accumuler un immense trésor de mérite. Jusqu'à ce que vous soyez entièrement débarrassé des émotions destructives et de la souffrance du saṃsāra, ce mérite accumulé ne s'épuisera jamais. » Et aussi : « Toute prière d'aspiration faite devant le Bouddha sera exaucée. »

Comme il est dit dans l'Enseignement sur les qualités de la terre pure de Mañjuśrī : « Tout est circonstanciel et dépend entièrement de notre aspiration. Les résultats obtenus concorderont avec nos aspirations. » Arrivez à une ferme conviction dans ces déclarations et récitez ce qui suit :

*Visualize the form of the Buddha in this way, and imagine that he is actually there, in front of you. The instant that you generate this thought—as the buddhas' wisdom body is not constrained by limits like time or location—he will certainly be there. One of the sūtras says: Should anyone think of the Buddha, he is there, right in front of them, constantly granting his blessings and freedom from all harm. The merit gained through visualizing the Buddha is inexhaustible; it is a source of virtue that will never go to waste. As it says in the Avataṃsaka Sūtra: By seeing, hearing or offering to the buddhas, a boundless store of merit is amassed. Till we are rid of all the destructive emotions and the suffering of saṃsāra, this compounded merit will never go to waste. Also, whatever prayers of aspiration we make before the Buddha will be fulfilled.*  
*As it says in the Teaching on the Qualities of Mañjuśrī's Pure Land: Everything is circumstantial and depends entirely on our aspiration. Whatever prayers of aspiration we make the results we will gain accordingly. Generate firm conviction in these statements, and recite the following:*

སྒྲ୍ଦେହେବ୍ରନ୍ତଜ୍ଞଶ୍ଵରବନ୍ଦିତ । ।

**nyingjé chenpö tsöden nyikmé shying**

Par grande compassion, tu as choisi ce monde turbulent et dégénéré

With your great compassion, you embraced this turbulent and degenerate world,

ସୁଦ୍ଧାକର୍ଷବ୍ୟାକେତ୍ପର୍ମିଳାନ୍ତା ।

### **zung né mönlam chenpo ngabgya tab**

Et formé cinq cents puissantes aspirations.

And made five hundred mighty aspirations.

ସୁଦ୍ଧାକର୍ଷବ୍ୟାକେତ୍ପର୍ମିଳାନ୍ତା ।

### **pekar tar ngak tsen tö chir mindok**

Tu es aussi loué que le lotus blanc ; quiconque entend ton nom ne retombera plus jamais dans le samsāra :

You are as exalted as the white lotus; whoever hears your name shall never return to samsāra—

କୃତ୍ତବ୍ୟାକର୍ଷବ୍ୟାକେତ୍ପର୍ମିଳାନ୍ତା ।

### **tönpa tukjé chen la chaktsal lo**

À toi, le plus compatissant des maîtres, je rends hommage !

Most compassionate teacher, to you I pay homage!

ସୁଦ୍ଧାକର୍ଷବ୍ୟାକେତ୍ପର୍ମିଳାନ୍ତା ।

### **dakshyen go sum gé tsok longchö ché**

Toutes les vertus du corps, de la parole et de l'esprit, les miennes et celles d'autrui, et toutes nos possessions,

All my own and others' virtues of body, speech and mind, together with all our possessions,

ଗୁଣପର୍ମାର୍ଥକର୍ମପର୍ମିଳାନ୍ତା ।

### **kunzang chöpé trin du mik né bul**

Visualisées comme les nuées d'offrandes de Samantabhadra, je te les offre.

Visualized like Samantabhadra's offering clouds, I offer to you.

ଶାନ୍ତିକର୍ମପର୍ମିଳାନ୍ତା ।

### **tokmé né sak diktung malüpa**

Toutes les actions nuisibles et les transgressions que j'ai commises depuis des temps sans commencement,

All the harmful actions and transgressions I have committed throughout beginningless time,

ਨ੍ਯਿੰ ਵਸਾਡੁਦ ਪਦਮ ਘੰਨ ਸੰਗ ਮਾਸਾ॥ ।

### **nying né gyöpa drakpö sosor shak**

Sans en omettre une seule, je les confesse à présent de tout cœur, avec un regret intense.

Each and every one I now confess, with intense and heartfelt regret.

ਭਏਸਾਦ ਸਾਵਨੀ ਸਾਵਨੀ ਦਸੋ ਸਾਵਨੀ ।

### **pak dang sosö kyewö gewa ni**

De toutes les actions vertueuses, des êtres nobles et des êtres ordinaires,  
In all virtuous actions, of the noble ones and ordinary beings,

ਕੁਣ ਸਾਨੂਰ ਪਸ਼ਾ ਅਤੇ ਸਾਨੂਰੀ ਹਦਦੀ ।

### **dü sum sak la jesu yi rang ngo**

Accumulées par le passé, à présent et dans le futur, je me réjouis.

Accumulated throughout the past, present and future, I rejoice.

ਥਾਂਤੇਦ ਕੁਝ ਕੋਈ ਸਾਨੂਰੀ ਹਦਦੀ ਹੋਣੂਹਾ ।

### **zab ching gyaché chö kyi khorlö tsul**

Tourne la Roue des vastes et profonds enseignements du Dharma  
Turn the Wheel of the profound and vast Dharma teachings,

ਤ੍ਰਿਸਾਵਨੁਦ ਸ਼੍ਵੇਤ ਕੰਦ ਪਦ ਸਾਨੀ ਹਦਦੀ ।

### **chok chur gyün michepar kor du sol**

Sans relâche et dans toutes les directions, je t'en prie !

Ceaselessly and in every direction, I pray!

ਤ੍ਰਿਕੰਕਾ ਵਾਵਨ ਦੱਖ ਸੁਵੰਧ ਪੇਂਖ ਜੁਹਾ ।

### **khyö ni namkha tabü yeshe ku**

Ton corps de sagesse comparable à l'espace

Your wisdom body is like space

ਕੁਣ ਸਾਨੂਰ ਅਥੇ ਦੁਨੀਦ ਪਦ ਸਾਨੀ ਹਦਦੀ ।

### **dü sum pogyur mepar shyuk mö kyi**

Demeure inchangé dans le passé, le présent et le futur.

And remains changeless throughout past, present and future.

དඹ་འདි་ෂ්වද්දේෂ·ශ්ලේෂීය·ක්රුජ්ජ්වලු මා ।

### **duljé nang ngor kyé jik tsul tön kyang**

Toutefois, dans la perception des êtres à entraîner, tu sembles manifester la naissance et la mort ;

Yet in the perception of those to be guided, you go through the display of birth and death;

ශ්ලේෂීයුණුදාන්ද්‍ර්‍යඩ්‍ර්යු මා ।

### **trulpé zukku taktu nangwar dzö**

Même ainsi, laisse éternellement ton corps d'apparition se manifester.

Even so, let your form body continue always to appear.

දානා සිස්තුෂානුම් දානා ප්‍රිදාන් ක්රාන් මා ।

### **dak gi dü sum sakpé gé tsok kyi**

Par toutes les vertus que j'ai accumulées dans le passé, que j'accumule à présent et que j'accumulerai à l'avenir,

Through all the virtues I have accumulated in the past, am accumulating now and will accumulate in the future,

වෘත්තාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ।

### **khakhyab drowa kün la pen ledu**

Pour le bien de tous les êtres, en nombre aussi infini que l'espace est vaste,

For the sake of benefitting all beings, who are as infinite as space,

ක්‍රාන් ක්‍රාන් ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ।

### **chö kyi gyalpo taktu nyé gé ching**

Puisse-tu, souverain du Dharma, être toujours satisfait

May you, the sovereign of Dharma, be forever pleased,

ක්‍රාන් ක්‍රාන් ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ප්‍රාත්‍ර්‍යා ।

### **chöjé gyalwé gopang tobpar shok**

Et puissent tous atteindre l'état du Victorieux, le seigneur du Dharma.

And may all attain the state of the victorious one, the Lord of Dharma.

བද୍ୟା ར୍ୟା ༐ ཤ୍ୱିତ୍ସନ ལ୍ହି ར୍ୟା ས୍ୱର୍ଗ ད୍ୱାକ ད୍ୱାକ ད୍ୱାକ |

### **dakchak nyikmé drowa gönmé nam**

Nous autres, à la dérive dans cet âge décadent, n'avons ni guide, ni protection.

Living beings like us, adrift in this degenerate age, have no guidance and protection.

ସ୍ଵତ୍ସନ ହେତୁ ଜ୍ଞାନ ପରମାପଦ ନାହିଁ ବିଶ୍ୱାସ କରିବାକୁ ଅନ୍ତର୍ଭାବ |

### **tukjé lhakpar zungwé kadrin lé**

Par bonté, tu prends soin de nous avec une telle compassion

Because of your kindness, caring for us with surpassing compassion,

ବିଦ୍ୟା ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ |

### **shying dang dü dir rinchen nam sum gyi**

Que chaque manifestation des Trois Joyaux, en ce monde, maintenant,

Every manifestation, in this world now, of the Three Jewels

ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି |

### **nangwa jinyé khyé kyi trinlé nyi**

Est ton activité éveillée.

Is your enlightened activity.

ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ |

### **dechir kyab chok tsungmé chikpu ru**

Ainsi, tu es notre refuge unique, incomparable, suprême,

You are then our only refuge, incomparable, supreme;

ଚିନ୍ତା କରିବାକୁ ଆପଣଙ୍କ ଦ୍ୱାକ ଦ୍ୱାକ ଦ୍ୱାକ |

### **yiché depé nyding né soldeb na**

Et nous te prions du fond du cœur, avec une foi et une confiance sans partage

*So from our hearts we pray, with total confidence and faith:*

ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି ଶୁଦ୍ଧି |

### **ngön gyi damcha chenpo manyelwar**

Ne néglige pas les grandes promesses jadis prononcées,

*Do not neglect the great promises you made in times gone by.*

ਓਦੁਕੂਵਨਾਦੁਸ਼ਣਾਨਾਈਨਾਵੰਵੰਦੁ

**changchub bardu tukjé jedzin dzö**

Mais considérez-nous avec compassion, jusqu'à ce que nous parvenions à l'Éveil.

*But hold us, until we attain enlightenment, with your compassion.*

ਤੇਲਾਧਿਦੁਕੋਨਾਉਦੁਦੁਪਾਦੁਨਾਈਨਾਵੰਵੰਦੁ  
ਹੈ।

Avec une foi et une conviction des plus fermes, considérez que le Bouddha est effectivement là, présent devant vous. Concentrez-vous sans distraction sur sa forme. Et récitez ce qui suit autant de fois que possible :

*With the strongest possible confidence and faith, consider that the Buddha is actually there, in front of you. Concentrate one-pointedly on his form. And recite the following as many times as you can:*

ਹਾਮਾਵੰਵੰਦੁਕੋਨਾਉਦੁਦੁਪਾਦੁਨਾਈਨਾਵੰਵੰਦੁ  
ਕੁਨਾਦੁਦੁਖਾਕੁਨਾਵੰਪ੍ਰਾਨਾਵੰਪ੍ਰਾਨਾਕੁਨਾਕੁਨਾਵੰਵੰਦੁ।

**lama tönpa chomdendé deshyin shekpa drachompa yangdakpar  
dzokpé sangye pal gyalwa shakya tubpa la chak tsal lo chö do kyab  
su chi o**

Maître suprême, bhagavān, tathāgata, arhat, bouddha parfait et complet, glorieux conquérant, Bouddha Śākyamuni, à toi je rends hommage ! À toi je fais des offrandes ! En toi je prends refuge !

*Supreme teacher, bhagavan, tathāgata, arhat, complete and perfect Buddha, glorious conqueror, Śākyamuni Buddha, to you I pay homage! To you I make offerings! In you I take refuge!*

ସମ୍ବନ୍ଧରେ ପଞ୍ଚମୀ ଅଳ୍ପିକ୍ଷା ଶବ୍ଦରେ ଏହା ପରିବାରରେ ପରିବାରରେ

Puis, pour invoquer son esprit de sagesse, récitez autant de fois que possible la dhāraṇī suivante, qui est enseignée dans la Prajñāpāramitā condensée :

*Then, as a means of invoking his wisdom mind, recite as many times as you can the following dhāraṇī, which is taught in the abridged Prajñāpāramitā:*

ॐ ଅଣ୍ଜନେ ଶୁଦ୍ଧିଶଶ୍ଵର

**teyata om muné muné maha munayé soha**

téyata | om mouné mouné maha mounayé soha

*tadyathā om mune mune mahāmunaye svāhā*

ବେଶ୍ଟି ରେଖାଙ୍କା

Then recite, as many times as possible, the same mantra from om onwards:

ଅଣ୍ଜନେ ଶୁଦ୍ଧିଶଶ୍ଵର

**om muné muné maha munayé soha**

om mouné mouné maha mounayé soha

*om mune mune mahāmunaye svāhā*

ସମ୍ବନ୍ଧରେ ପଞ୍ଚମୀ ଅଳ୍ପିକ୍ଷା ଶବ୍ଦରେ ଏହା ପରିବାରରେ ଏହା ପରିବାରରେ ଏହା ପରିବାରରେ ଏହା ପରିବାରରେ

Pendant ce temps, tout en vous remémorant les qualités du Bouddha, avec un esprit rempli de dévotion, concentrez-vous sans distraction sur la claire visualisation de sa forme. Puis, par le pouvoir de la récitation des noms du Bouddha et de sa dhāraṇī, considérez que :

*During all this, bring to mind the Buddha's qualities and, with a mind full of devotion, concentrate one-pointedly on the clear visualization of his form. Then, through the power of uttering the names of the Buddha and reciting his dhāraṇī, imagine that:*



*Diligently apply yourself to this practice, as much as you can. In between sessions, practise mandala offering, and recite, to the best of your ability, whichever sūtras you prefer, such as the Praises of the Buddha, White Lotus of Compassion, Lalitavistara, Jātaka Tales, or The One Hundred and Eight Names of the Tathāgatas. Dedicate your sources of virtue towards unsurpassable awakening and recite prayers of aspiration.*

༄ ། ས୍ତୋରେଣ୍ଟୁଷ୍ମାନତନ୍ତ୍ରାଗୁର୍ବ୍ରିଷ୍ମାନପଞ୍ଚେଦ୍ଦତ୍ତା ।

### **deshek sé ché kün gyi tukkyé dang**

À l'instar de tous les bouddhas et de leurs héritiers – prenant exemple sur leur intention éveillée, et

Like all the buddhas and their heirs — in enlightened intention,  
ଓହ୍ମଦ୍ବାବ୍ରିଷ୍ମାନପଞ୍ଚେଦ୍ଦତ୍ତା ।

### **dzepa mönlam khyen tsé nüpé tsul**

Sur leurs activité, aspiration, sagesse, amour et capacité,

And in activity, aspiration, wisdom, love and capacity,

ଓହ୍ମଦ୍ବାବ୍ରିଷ୍ମାନପଞ୍ଚେଦ୍ଦତ୍ତା ।

### **lamé yeshe gyutrul chindrawa**

Sur tout cela et sur toute la diversité des manifestations de la sagesse insurpassable –

In these and all the ways unsurpassable wisdom manifests —

ଓହ୍ମଦ୍ବାବ୍ରିଷ୍ମାନପଞ୍ଚେଦ୍ଦତ୍ତା ।

### **dendra khonar dak sok gyurwar shok**

Que moi-même et tous les êtres sans exception deviennent exactement comme eux !

May I and every other being too come to be exactly as they are! (1)

ଶ୍ରୀରୂପକଣାନ୍ତାଙ୍କାରୀଜନନ୍ତ୍ରାଗୁର୍ବ୍ରିଷ୍ମାନପଞ୍ଚେଦ୍ଦତ୍ତା ମର୍କବର୍ଯ୍ୟଦ  
କ୍ରମଦର୍ଶନଶୁଭବ୍ରାତାପରିଜ୍ଞାନିଦ୍ଵିତୀୟଶୁଭବ୍ରାତାପରମାତମାତରିକର୍ମପରିବର୍ତ୍ତନାପରିଜ୍ଞାନାତ୍ମକମାତ୍ରା  
ଶୁଦ୍ଧପରିଜ୍ଞାନଶୁଦ୍ଧପରିବର୍ତ୍ତନାପରିବର୍ତ୍ତନାପରିଜ୍ଞାନାତ୍ମକମାତ୍ରା  
ପରିଜ୍ଞାନଶୁଦ୍ଧପରିବର୍ତ୍ତନାପରିବର୍ତ୍ତନାପରିଜ୍ଞାନାତ୍ମକମାତ୍ରା

एवं ब्रह्मन्मारुद् शुश्रावर्णम् कुम्हनी सेवनं चेत् एकेदम् विषयत विक्षेपत्वा एवं परिदद्धसा  
 विकृतप्रवासो विकृतप्रवासी विकृतप्रवासी विकृतप्रवासी विकृतप्रवासी विकृतप्रवासी  
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De manière générale, dans toutes vos actions, que ce soit bouger, marcher, dormir ou être assis, ayez constamment le Bouddha à l'esprit. Même la nuit, au moment de vous endormir, considérez que l'éclat de la forme du Bouddha inonde de lumière l'espace tout entier, dans toutes les directions, lui conférant la clarté d'un jour radieux. À tout moment, faites vous l'émule des actes du Bouddha, depuis le tout premier instant où il donna naissance à l'esprit d'Éveil, et prenez exemple sur les bouddhas et les grands bodhisattvas du passé, du présent et du futur. Maintenez votre engagement envers la précieuse bodhicitta, sans jamais la laisser faiblir, exercez-vous autant que possible à la conduite des bodhisattvas en général et aux pratiques de śamatha et devipaśyanā en particulier, afin de donner pleinement sens aux libertés et aux richesses de cette existence humaine. Plusieurs sūtra mentionnent que le simple fait d'entendre le nom de notre maître, le Bouddha, garantit que nous progresserons sur le chemin du grand Éveil, irréversiblement. Il est aussi dit que la dhāraṇī citée plus haut est la source de tous les bouddhas. C'est grâce à la force de la découverte de cette dhāraṇī que le Roi des Śākyas lui-même parvint à l'Éveil, et qu'Avalokiteśvara devint le plus excellent des bodhisattvas. Par le simple fait d'entendre cette dhāraṇī, on acquiert facilement une

vaste accumulation de mérites et on pacifie tous les obscurcissements karmiques ; et quand on la récite, aucun obstacle ne survient. Voilà ce qu'enseigne la Prajñāpāramitā condensée. D'autres enseignements disent qu'en récitant cette dhāraṇī ne serait-ce qu'une fois, on purifiera tous les actes négatifs accumulés pendant 800 000 kalpa. On y lit qu'elle possède d'incommensurables qualités telles que celles-ci et qu'elle est l'essence du cœur du Bouddha Śākyamuni. La façon de cultiver la foi et de s'efforcer aux pratiques de śamatha et de vipaśyanā est expliquée ailleurs.

In general, whatever you are doing, whether it is moving, walking, sleeping or sitting, you should constantly remember the Buddha. Even at night, when you go to sleep, consider that the radiance of the Buddha's form illuminates the whole of space in every direction, lighting it up as brightly as during the day. At all times, emulate the buddha's actions from the moment he first generated the mind of awakening, and follow the example of the buddhas and great bodhisattvas of the past, present and future. Maintaining your commitment to precious bodhicitta, without ever allowing it to waver, exert yourself as much as possible in the bodhisattvas' conduct in general, and in the practices of śamatha and vipaśyanā in particular, so as to make meaningful the freedoms and advantages of this human existence. It is said in several sūtras that merely hearing the name of our teacher, the Buddha, ensures that one will gradually progress along the path to great enlightenment, without ever falling back. It is also said that the dhāraṇī revealed above is the source of all the buddhas. It was through the force of discovering this dhāraṇī that the King of Śākyas himself attained enlightenment, and that Avalokiteśvara became the supreme of all the bodhisattvas. Through simply hearing this dhāraṇī, a vast accumulation of merit will easily be gained and all karmic obscurations will be purified, and when it is recited, obstacles will not occur. This has been taught in the Abridged Prajñāpāramitā. Other teachings say that by reciting this dhāraṇī only once, all the harmful actions you have committed throughout eight hundred billion kalpas will be purified. They say that it possesses boundless qualities such as these and is the sacred heart-essence of Buddha Śākyamuni. The ways to generate faith and exert oneself in the practices of śamatha and vipaśyanā are explained elsewhere.

唵~阿~底~迦~尼~婆~羅~尼~佛~世~尊~大~悲~願~大~菩~薩~無~能~敵~  
 普~廣~  
 菩~提~廣~  
 菩~提~廣~  
 菩~提~廣~

වා ස්ක්‍රුජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා දුන්මයසර්ක්සාශ්‍යමධිඩ්ත්‍යාද්‍රේජ්‍ය  
අුහුරිදෙෂාශ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ද්‍රේජ්‍යාච්ඡාභම්පූද්‍යරිද්‍යඩ්බ්‍රේෂ්නීදා ||

L'intention de composer ce texte s'éleva en premier en raison de l'encouragement persistant de Ön Orgyen Tenzin Norbou, un détenteur du trésor du triple entraînement, qui accompagna sa requête de l'offrande de substances de bon augure. Plus récemment, ce même Ön Rinpoche envoya Tulkou Jigmé Péma Déchen avec des cadeaux d'or et autres substances de bon augure avec pour message : « Merci d'accomplir cela rapidement. ». À l'insistance de ces deux grands maîtres, moi, Mip'am Jamyang Gyatso, un disciple de Śākyamuni, qui possède une foi inébranlable dans le maître suprême et n'est instructeur du Dharma qu'en nom, en cette ère des derniers temps, ai composé ceci à Phuntsok Norbüi Ling, au pied du mont Dza Dordjé Penchouk. Ce texte fut terminé le huitième jour du mois des miracles de l'année du Rat de fer (2). Puisse ceci faire continuellement et sans interruption le bien des enseignements et des êtres, de manière merveilleusement vaste, et puissent tous ceux qui voient, entendent, se rappellent ou entrent en contact avec ce texte de quelque façon que ce soit, recevoir les incomparables bénédictions de notre maître, le Seigneur des sages.

*The intention to compose this text first arose due to the persistent encouragement of Ön Orgyen Tenzin Norbu, who is a holder of the treasury of threefold training, and who accompanied his request with the offering of auspicious substances. More recently, the same Ön Rinpoche sent Tulku Jikmé Pema Dechen, with gifts of gold and other auspicious substances, saying, “Please finish it quickly.” At the urging of these two great masters, I, Mipham Jamyang Gyatso, a follower of Śākyamuni with unshakeable faith in the supreme teacher and is a Dharma teacher in name only during this final age, composed this at Phuntsok Norbüi Ling at the foot of Mount Dza Dorje (2). May this benefit the teachings and beings continuously, without interruption, on a marvellous scale, and may all who see, hear, think of, or come into contact with it in any way, truly receive the incomparable blessings of our teacher, the Lord of Sages.*

Traduction Padmakara.

Traduit en français par le Comité de traduction française Rigpa, sur la base de l'anglais et en se référant à la version française du Comité de traduction Padmakara.

1. ↑ c.-à-d. 1900. Cela signifierait qu'il termina le texte seulement l'année du décès d'Orgyen Tenzin Norbou.

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miracles de l'année du Rat de fer .

*Translated by Rigpa Translations, with reference to existing versions by Tulku Thondup Rinpoche and the Padmakara Translation Group.*

1. ↑ These four lines are not part of the original text but are added here in most recent editions
2. ↑ i.e., 1900. This would mean he only completed the text in the year of Orgyen Tenzin Norbu's death.

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*PDF document automatically generated on Wed Apr 21 02:29:47 2021 GMT from <https://www.lotsawahouse.org/tibetan-masters/mipham/treasury-blessings-practice-buddha-shakyamuni> Penchuk. It was completed on the eighth day of the Month of Miracles in the Iron Rat year.*

## Prières de longue vie pour les Gurus et dédicaces *Long Life Prayers for Gurus and Dedication*

Prière de longue vie pour Sa Sainteté le Dalaï Lama  
*Long Life Prayer for His Holiness the Dalai Lama*

༄༅ ། ພ ར ໃ ຮ ໃ ວ ສ ວ ຂ ສ ວ ຊ ຮ ຂ ດ ຜ ທ ຊ ດ ບ ຊ ।

### **GANG RI'I RA WE KOR WAI ZHING KHAM DIR**

En cette terre pure entourée de montagnes enneigées,  
*In this pure land surrounded by snow mountains,*

අ ວ ດ ຎ ວ ຂ ດ ວ ຍ ດ ຕ ດ ຈ ດ ດ ດ ।

### **PEN DANG DE WA MA LU JUNG WAI NE**

vous êtes la source de tout bien et de tout Bonheur.  
*You are the source of all benefit and happiness,*

ං ອ ດ ດ ກ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ।

### **CHEN RE ZIG WANG TEN DZIN GYAM TSO YI**

Tout-Puissant Chenrézik, Tenzin Gyamtso,  
*Powerful Chenrezik Tenzin Gyamtso,*

ං ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ।

### **SHAB PE SI TAY BAR DU TEN GYUR CHIK**

Puissiez-vous demeurer immuablement jusqu'à l'épuisement du devenir.  
*May your lotus feet remain firm until the end of existence.*

Prière pour la longue vie de Sa Sainteté le Karmapa  
*Long Life Prayer for His Holiness the Gyalwang Karmapa*

༄༅ ། ສ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ।

### **GYAL KUN NYING JE'I RANG ZUK KAR MA PA**

Karmapa, compassion incarnée de tous les Vainqueurs ;  
*Karmapa, embodiment of the compassion of all the Buddhas;*

ං ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ດ ।

### **GYAL KUN TRIN LE CHIK DU KAR MA PA**

Karmapa, union de toutes les activités éclairées de tous les Vainqueurs ;  
*Karmapa, union of awakened activity of all the Buddhas;*

ស្តីពីសាស្ត្រនៃកៅល់សាធារណ៍សាស្ត្ររាជ្យមាបី ।

### **GYAL KUN DUNG TSOB WANG KUR KAR MA PA**

Karmapa, Régent consacré par tous les Vainqueurs ;  
*Karmapa, empowered as regent of all the Buddhas,*

អ៊ិតុវិជ្ជិតិវិជ្ជិតិវិជ្ជិតិវិជ្ជិតិ ।

### **OR GYEN DRO DUL TRIN LE SHAB TEN SOL**

Orgyen Drodul Trinley, je prie pour vous demeurez en ce monde !  
*may your life be long!*

Prière de longue vie pour Son Éminence Taï Situ Rinpoche

*Long Life Prayer for His Eminence Tai Situ Rinpoche*

អិតុវិជ្ជិតិវិជ្ជិតិវិជ្ជិតិវិជ្ជិតិ ।

### **PE MAY GYAL TSAB TEN DANG DRO WAY GON**

Représentant de Padmasambhava et protecteur des êtres et du Saint Dharma, vous êtes Gyalsab  
*Representative of Padmasambhava and protector of beings and sacred Dharma, you are Gyalstab*  
 ម៉ានំដសាសនាំស្តីពីសាស្ត្ររាជ្យមាបី ।

### **MA ONG SANG GYE GYAL TSAB MA PHAM PA**

Maphampa, le prochain bouddha (Maitréya).  
*Maphampa, the next Buddha (Maitreya).*

ឯុងិត្តិច្បាប់បុរិយិត្តិ ।

### **TA YI SI TU PE MA DON YO KYI**

Pema Donyo, le Taï Situpa,  
*Pema Donyo, the Tai Situpa,*

រិទាសាធារណ៍សាស្ត្រនៃកៅល់សាធារណ៍សាស្ត្ររាជ្យមាបី ।

### **SHAB PE TEN CHING DZE TRIN GYE GYUR CHIK**

Nous prions pour que votre vie soit longue et que la doctrine soit florissante pour le bien de tous les êtres.

*We pray for your long life and the flourishing of the doctrine for the sake of all beings.*

Prière de longue vie pour Son Éminence Jamgon Kongtrul Rinpoché  
*Long life prayer for His Eminence Jamgon Kongtrul Rinpoche*

༄༅། ། ພେ མସ གྱନ བ୍ରିମ ພେ ພେ གୁ ཉ ང ཕ ད ບେ གୁ ཉ ང ཏ ཉ ང ।

**TA YE MIK MAY TSE WAY TER CHEN PO**

Grand trésor de bienveillance non conceptuelle et sans limite,  
*Great Treasury of limitless non-conceptual loving-kindness,*

ଶବ୍ଦାଧାରିତାଦିମନ୍ଦିରାଶିଶୁରାପରିଜ୍ଞା ।

**NAM PAR NANG DZE RIK DROL TRUL PAY KU**

corps d'émanation omnisciente de Vairocana,  
*omniscient emanation body of Vairocana,*

ବ୍ୟାପାରାଶ୍ରଦ୍ଧାକଣାଶ୍ରଦ୍ଧାପାପି ।

**JAM GON LO DRO CHO KYI NYI MA YI**

protecteur bienveillant, Jamgon Kongtrul Lodreu Chökyi Nyima,  
*loving protector Jamgon Kongtrul Lodro Chokyi Nyima,*

କରଣାଧାରିତାଦିମନ୍ଦିରାଶିଶୁରାପରିଜ୍ଞା ।

**SHAB PE TEN CHING DZE TRIN GYE GYUR CHIG**

puissiez-vous vivre longtemps et que votre activité soit florissante.  
*May you live long and your activity flourish.*

ଓঁ। ॥ବ୍ୟାପାରାଶ୍ରଦ୍ଧାକଣାଶ୍ରଦ୍ଧାପାପିକାରିତାଦିମନ୍ଦିରାଶିଶୁରାପରିଜ୍ଞା ॥

ବ୍ୟାପାରାଶ୍ରଦ୍ଧାକଣାଶ୍ରଦ୍ଧାପରିଜ୍ଞା ।

Prière de longue vie pour le quatrième Jamgon Kongtrul, intitulé  
“Brève mélodie du nectar d’immuabilité”

*The long life prayer for the Fourth Jamgon Kongtrul, called:  
“The short Melody of the Nectar of Immutability”*

ଜୀବନାଶିଶୁରାପରିଜ୍ଞା ।

**OM DE LEK SU GYUR CHIK**

Om. Que tout soit de bon augure !

OM. May all be auspicious!

କୃଷ୍ଣାଶିଶୁରାପରିଜ୍ଞା ।

**GYAL WAY WANG PO PAL DEN KARMA PAY**

Les trois secrets du glorieux seigneur et vainqueur Karmapa,  
The three secrets of the glorious lord and victor Karmapa

শশদ'শনুম'শ্রি'ব'ব'প'দ'শ'ক'ন'শু'দ'ব' ।

**SANG SUM TRIN LE JE PO ME JUNG WA**

sont les actions éclairées, merveilleusement executés  
are the enlightened deeds, marvelously performed

ও'ব'ম'শ'ক'ন'শ'ক'ন'গ'ন'শ' ।

**JAM GON LO DRO CHO KYI NYI MA YI**

par Jamgon Lodreu Chökey Nyima. Puissent ses pieds de lotus  
by Jamgon Kongtrul Lodro Chokyi Nyima,

ବ'ବ'ବ'ଦ'ବ'ହ'ତ'ି'ଦ'ମ'ହ'ଦ'ଶ'ର'କ'ନ'ଶ'ଶ' ।

**ZHAB PE TEN CHING DZE TRIN GYE GYUR CHIK**

demeurer fermement parmi nous et puisse son activité de bouddha s'intensifier sans cesse.  
may his lotus feet remain firmly among us and may his Buddha activities ever increase.

ଶ'ଶ'ବ'କ'ନ'ଶ'ଶ'ନ'ମ'କ'ନ'ପ'ର'ି'ଶ'ବ'ବ'ବ'ଦ'ବ' ।

**CHOK CHU DU SUM GYAL WAI TUK KYE DANG**

Puissent être générés, à travers les dix directions et les trois temps, le Coeur d'éveil du Vainqueur  
Throughout the ten directions and the three times, may the Victor's heart of Awakening.

କ'ଶ'ତ'ି'ଦ'ଶ'ବ'ଦ'ବ'ଶ'ପ'ର'ି'ଶ'ବ'ବ'ବ'ଦ'ବ' ।

**CHO NYI NAM PAR DAK PAI DEN TOB KYI**

et le pouvoir de l'ainsit , la v rit  parfaiteme t pure.  
And the power of suchness, the totally pure truth, be generated.

ଶ'ମ'ଦ'ବ'ଶ'ବ'ଦ'ବ'ଶ'ପ'ର'ି'ଶ'ବ'ବ'ଦ'ବ' ।

**NAM DAK MON PAY DEN TSIK JI SHIN DU**

De meme, que soit exauc e la pri re d'aspiration pure, recit e sinc rement,  
Just so, may the pure aspiration prayer, spoken sincerely, be fulfilled.

ମ'କ'ଶ'ଶ'ବ'ଦ'ବ'ଶ'ପ'ର'ି'ଶ'ବ'ବ'ଦ'ବ' ।

**CHOK GYI TRUL KUI ZHAB PE TEN GYUR CHIK**

puissant les pieds de lotus de son corps d'emanation supr me demeurer fermement parmi nous.  
May the lotus feet of his supreme emanation body remain firmly among us.

Prière de longue vie pour Son Éminence Gyaltsab Rinpoché  
*Long Life Prayer for His Eminence Gyaltsab Rinpoche*

༄༅། ། གྱାଲ୍-ତ୍ୱା-ରୀ-ସେ-ଦ୍ୱା-ଶ୍ରୀ-କେ-ମ୍-ବ୍ରା-ହ୍ ।

**SI DAND ZHI WAY PAL GYI TSE MO LE**

De l'apogée glorieuse du samsara et du nirvana,  
*From the glorious pinnacle of samsara and nirvana*

ଶ୍ରୀ-ଶୁଦ୍ଧ-ଗଣନ-ସେ-ଦ୍ୱା-ଶ୍ରୀ-କେ-ମ୍-ବ୍ରା-ହ୍ ।

**PHUL JUNG SANG WAI DAG POY NAM TRUL CHOK**

suprême émanation du seigneur des secrets, Atisha,  
*Supreme emanation of the lord of secrets, Atish,*

ଶ୍ରୀ-କେ-ଶୁଦ୍ଧ-ଗଣନ-ସେ-ଦ୍ୱା-ଶ୍ରୀ-କେ-ମ୍-ବ୍ରା-ହ୍ ।

**GYAL TSAB DRAK PA MIN GYUR GO CHA YI**

vous êtes connu sous le nom de Gyaltsab Mingyur Gocha.  
*You are the one known as Gyaltsab Mingyur Gocha.*

ଶୁଦ୍ଧ-ଗଣନ-ସେ-ଦ୍ୱା-ଶ୍ରୀ-କେ-ମ୍-ବ୍ରା-ହ୍ ।

**SHAB PE TEN CHING DZE TRIN GYE GYUR CHIK**

Puissiez-vous vivre longtemps et que votre activité soit florissante.  
*May you live long and your activity flourish.*

Prière pour la longue vie de Karmapa et ses Fils de Coeur  
*Long life prayer for Karmapa and his Heart Sons.*

༄༅། ། ສେ-କେ-ଶୁଦ୍ଧ-ଗଣନ-ସେ-ଦ୍ୱା-ଶ୍ରୀ-କେ-ମ୍-ବ୍ରା-ହ୍ ।

**DE CHEN TSOK KYI KHOR LO TAK ROL PA**

Vous qui jouissez continuellement du mandala de la grande félicité,  
*You who continuously enjoy the mandala of great bliss,*

ଶୁଦ୍ଧ-ଗଣନ-ସେ-ଦ୍ୱା-ଶ୍ରୀ-କେ-ମ୍-ବ୍ରା-ହ୍ ।

**DU SUM GYAL WAY TER CHEN KAR MA PA**

Karmapa, grand trésor de toute activité de bouddha,  
*Karmapa, great treasury of all buddha activity,*

ଶୁଦ୍ଧ-ଗଣନ-ସେ-ଦ୍ୱା-ଶ୍ରୀ-କେ-ମ୍-ବ୍ରା-ହ୍ ।

**YAP SE GYU PAR CHE PAY SI TSO DIR**

avec vos Fils de Coeur et votre lignée,  
*with your heart sons and lineage*

པ་ཞེ་པ་མ་ན་པ་དུ་པ་ན་འི་ཤེས་པ་ད༦་པ་གྱེ་ཤེས་ |

### **KAL PA KAL PAY BAR DU ZHAP TEN SOL**

veuillez demeurer dans cet océan d'existence pendant des kalpas et des kalpas.  
*may you remain in this ocean of existence for kalpas and kalpas.*

དྷ་ཤེ་ཐེ་པ་ན་པ་ད༦་ཤེ་ཐེ་པ་གྱེ་ |

### **GANG GYI ZAP SANG SUNG GYI SANG WA LA**

Pour ceux qui s'engagent dans l'activité essentielle  
*Whoever engages in the essential activity*

ཤྣ་པଶମାଙ୍କୁପାଧାନ୍ତିର୍ବ୍ରଦ୍ଧିଦ୍ୱାରାପ୍ରେଦାଯାଏଣ୍ଟି |

### **THO SAM DRUP PAY NYING POR JE PA YI**

de l'écoute, de la réflexion et de la mise en pratique  
*of listening, reflecting, and practicing*

ଶ୍ଵରଦ୍ଵାରାପ୍ରେଦାଯାଏଣ୍ଟି |

### **PONG DANG LOK PAY DE NAM THAM CHE NI**

des enseignements secrets de votre message profond, puissant leur pratique et leurs études  
*the secret teachings of your profound speech, may all their practice and study*

ପ୍ରଦ୍ଵାରାପ୍ରେଦାଯାଏଣ୍ଟି |

### **YAR GYI CHU WO TA BUR GYE GYUR CHIK**

prendre de l'ampleur comme les rivières déferlantes en été.  
*increase like the surging rivers of summer.*

Prière générale pour la longue vie du lama / *A general prayer for the Lamas' long life*

ସ୍ଵାମୀଙ୍କୁପଶମାପଦାନ୍ତିର୍ବ୍ରଦ୍ଧିଦ୍ୱାରାପ୍ରେଦାଯାଏଣ୍ଟି |

### **LAMA KU KHAM ZANG WAR SOL WA DEP**

Puisse la santé des lamas être excellente.  
*I pray that the lamas' health be excellent,*

ପକ୍ଷଶାହୁକେନ୍ଦ୍ରାଧାନ୍ତିର୍ବ୍ରଦ୍ଧିଦ୍ୱାରାପ୍ରେଦାଯାଏଣ୍ଟି |

### **CHOK TU KU TSE RING LA SOL WA DEP**

Puissent leur vie exemplaire être longue  
*That their supreme lives be long,*

ଶ୍ରୀଅଶାଦରାନ୍ତିର୍ବ୍ରଦ୍ଧିଦ୍ୱାରାପ୍ରେଦାଯାଏଣ୍ଟି |

### **TRIN LE DAR ZHING GYE LA SOL WA DEP**

et leur activité s'étendre et se propager.  
*And that their activities increase and spread.*

ଶ୍ଵରଦ୍ଵାରାପ୍ରେଦାଯାଏଣ୍ଟି |

### **LA MA DANG DRAL WA ME PAR JIN GYI LOP**

Puissé-je demeurer inséparable du Gourou. / *Bless us that we remain inseparable from the lamas.*

དཔལ་འབྱུང་གྲྙ ཡା ໃନ୍ଦଶ ପଦି ସହର ପଦିରା ।

### **PAL DEN LA MA ZHAPPE TENPA DANG**

Glorieux Lama, puissent vos pieds semblables au lotus demeurer fermement en ce monde.  
*May the glorious lamas live long.*

ସମ୍ବନ୍ଧମାଞ୍ଚଦଶ ଏତି ଶ୍ରୀଗୁର ପଦିରା ।

### **KHA NYAM YONG LA DE KYI JUNG WA DANG**

Puissent bonheur et bien-être advenir pour tous les êtres aussi innombrables que vaste est l'espace.  
*May happiness and wellbeing arise for all sentient beings, present throughout space.*

ଏତିଶାକ୍ତମାୟୁଷକଣଶପଶମାଶ୍ରୀଗୁର ପଦିରା ।

### **DAK ZHEN MA LU TSOK SAK DRIP JANG NE**

Puissé-je, de même que tous les êtres sans exception, ayant parfait les deux accumulations  
*May I and all beings without exception, having gathered the two accumulations and purified the two obscuration,*

ଶୂନ୍ୟଶବ୍ଦଶ୍ରୀଶାପଦିରାଶ୍ରୀଗୁର ପଦିରା ।

### **NYUR DU SANG GYE SA LA GO PAR SHOK**

et purifié les deux obscurcissements, être promptement établis en l'état de bouddha.  
*be swiftly established in the state of Buddha.*

Prières de dédicace / *Dedication prayers*

ୟ କରମାଦପଦିରାଶ୍ରୀଗୁର ପଦିରା ।

### **JAM PAL PA WO JI TAR KHEN PA DANG**

Je dédie toute vertu complètement ;  
*The courageous Manjushri, who knows everything as it is,*

ଶୁଭ୍ରଶବ୍ଦଶ୍ରୀଶାପଦିରାଶ୍ରୀଗୁର ପଦିରା ।

### **KUN TU ZANG PO DE YANG DE ZHIN TE**

Puissé-je suivre la voie du courageux Manjusrhi  
*Samantabhadra, who also knows in the same way,*

ଶୁଭ୍ରଶବ୍ଦଶ୍ରୀଶାପଦିରାଶ୍ରୀଗୁର ପଦିରା ।

### **DE DAK KUN GYI JE SU DAK LOP CHING**

qui connaît toute chose telle qu'elle est, et celle de Samantabhadra qui a la même connaissance,  
*And all the bodhisattvas – that I may follow in their path,*

ଶୁଭ୍ରଶବ୍ଦଶ୍ରୀଶାପଦିରାଶ୍ରୀଗୁର ପଦିରା ।

### **GE WA DI DAK THAM CHE RAP TU NGO**

et la voie de tous les bodhisattvas.  
*I completely dedicate all this virtue.*

ྱ ଶର୍ଣ୍ଣକୁଶାଶ୍ଵରାମାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **SAN GYE KU SUM NYE PAY JIN LAP DANG**

Par la grâce du Bouddha qui obtint les trois corps,  
Through the blessing of the buddhas' attainment of the three bodies,  
ଶର୍ଣ୍ଣକୁଶାଶ୍ଵରାମାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **CHO NYI MIN GYUR DEN PAY JIN LAP DANG**

par la grâce de l'immuable vérité du Dharma-en-soi  
through the blessing of the unchanging truth of dharmata  
ଶର୍ଣ୍ଣକୁଶାଶ୍ଵରାମାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **GYEN DUN MI CHE DUN PAY JIN LAP KYI**

et par la grâce de l'inafflable aspiration de la Sangha,  
and through the blessing of the unwavering aspiration of the sangha,  
ଶର୍ଣ୍ଣକୁଶାଶ୍ଵରାମାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **JI TAR NGO WA MON LAM DRUP GYUR CHIK**

puisse cette prière de dédicace s'accomplir telle qu'elle est.  
may this dedication prayer be accomplished.

ྱ ସନ୍ଦର୍ଭମନ୍ତର୍ମାତ୍ରାଚୀରଣାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **SO NAM DI YI THAM CHE ZIK PA NYI**

Par ce mérite, puissent tous atteindre l'omniscience.  
*By this merit may all attain omniscience.*

ଶର୍ଣ୍ଣକୁଶାଶ୍ଵରାମାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **THOP NE NYE PAY DRA NAM PHAM JE NE**

Puisse-t-il vaincre l'ennemi, la malfaiseance  
*May it defeat the enemy, wrongdoing.*

ଶର୍ଣ୍ଣକୁଶାଶ୍ଵରାମାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **KYE GA NA CHI BA LAP TRUK PA YI**

des vagues houleuses de la naissance, de la vieillesse, de la maladie et de la mort,  
*From the stormy waves of birth, old age, sickness and death*

ଶର୍ଣ୍ଣକୁଶାଶ୍ଵରାମାପତ୍ରିଷାଧର୍ମପତ୍ରନାମଃ ।

### **SI PAY TSO LE DRO WA DROL WAR SHOK**

de l'océan du samsara, puissé-je délivrer tous les êtres.  
*from the ocean of samsara, may I free all beings.*

॥ ལྕ གྱନ୍ སବ୍ ལଶ୍ ངྱନ୍ ངྱନ୍ ངྱନ୍ ངྱନ୍ ॥

**DU ZHI LE GYAL GYAL WAY TRIN LE PA**

Le Karmapa, incarnation de l'activité de tous les bouddhas, a vaincu les quatre maras ;  
*Karmapa, who is the activity of all the buddhas, victorious over the four maras,*

॥ ངྱନ୍ ངྱନ୍ ངྱନ୍ ངྱନ୍ ॥

**KAR MA PA TEN TEN PAY NYING PO DI**

puissent ses enseignements, essence du Dharma,  
*may his teachings, this heart of the Dharma,*

ସୁରଷାମସର୍ ଗୁଣାତ୍ମକାତ୍ମକାତ୍ମକାତ୍ମକା ॥

**CHOK THAR KUN KHAP KHAP CHING GYUN MI CHE**

se propager sans cesse jusqu'aux dernières limites de toutes les directions,  
*continuously spread to the far limit of all directions,*

ହୃଦୟମଧ୍ୟମଧ୍ୟମଧ୍ୟମଧ୍ୟମଧ୍ୟମଧ୍ୟ ।

**TAK PAR RAP PHEL PHEL WAY TA SHI SHOK**

toujours plus intensément, toujours plus florissants et de bon augure.  
*always increase, and flourish, ever auspicious.*