



Carrying Joy and Sorrow Onto the Path

I take refuge in the Buddha, the Dharma and Sangha

I take refuge in the Lama, Yidam and Khandro

I take refuge in the channels, winds, centers, and their nature, the bodhicitta,

I take refuge in complete openness, lucid presence and compassion

Ho! Mesmerized by the sheer variety of appearances, which are like the illusory reflections of the moon in water,

Beings wander endlessly astray in samsara's vicious cycle.

In order that they may find comfort and ease in the luminosity and all-pervading space of the true nature of their minds,

I generate the immeasurable love, compassion, joy and equanimity of the awakened mind, the heart of bodhicitta.



Sentient beings are numberless, I train in order to free them

Delusions are inexhaustible, I train in order to transform them

Reality is boundless, I train in order to realize it

The awakened way is unsurpassable, I train in order to embody it

Padmasambhava's Instructions to Yeshe Tsogyal for Carrying Joy & Sorrow onto the Path

Now is the time to be unconcerned whether you meet happiness or misery on the path

Now is the time to give up all activities and needs

Now is the time to reject your old faults; do not hide them but constantly tear them out

Now is the time to reject all artifice and sham; do not hold back, but show your perseverance

Longchenpa's Prayer: Assailed by afflictions, we discover Dharma and find the way to liberation. Thank you, negative forces! When sorrows invade the mind, we discover Dharma and find lasting happiness. Thank you, sorrows! Through harm caused by spirits we discover Dharma And find

□ fearlessness. Thank you, ghosts and demons! Through people's hate we discover Dharma and find benefits and happiness. Thank you, those who hate us! Through cruel adversity, we discover Dharma and find the unchanging way. Thank you, adversity! Through being impelled to by others, we discover Dharma and find the essential meaning. Thank you, all who drive us on! We dedicate our merit to you all, to repay your kindness.

Carrying Joy and Sorrow onto the Path – from the Pegyal Treasure

	<p>ཉམ་ལྷོ་ན་དག་ལ་ཉམ་དགེ་བ་ལྷོ་གས་སྤྱོད་པ་སྟོན། Kyi na ga te gewa tsog su / If joy comes, enjoy the opportunity to dedicate all virtue to others</p> <p>ལན་དང་བདེ་བ་ལོ་ན་ལ་ཁབ་གཤམ་བར་སོག་ Ngo — pen dang dewai namka gang war shog / May benefit and joy fill the sky!</p> <p>□ ལྷན་ན་དག་ལ་ཉམ་ལྷོ་ལྷན་སྤྱོད་ལ་ལྷན་པ་བྱུང་། Duk na ga te kün kyi dugngel / If suffering comes, enjoy the opportunity to take on the burden of everyone's suffering</p> <p>ལྷན་པ་ལྷན་པ་བཤོར་བ་ལོ་སྤྱོད་ལྷོ་ལྷན་པ་ར་སོག་ Kur — dug ngel korwai gyatso tong par shog / May the ocean of suffering be emptied!</p> <p>ན་ན་དག་ལ་ཉམ་ལྷོ་ལ་ལྷན་པ་ལ་ན་ལྷན་པ་སྤྱོད། Na na ga te tse rab leh ngen / If sickness come, enjoy the opportunity to exhaust life times of bad karma</p>	∞
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<p>འཇམ་ཚན་ཀུན་གྱི་ན་ལོ་ཚོད་ལ་ར་ལོན། Dze — lü chen kün gi na go cho par shog / May it substitute for any illness that would have come to all embodied beings!</p> <p>ཤི་ན་དག་འཕྲེ་ཚོས་ཉིད་རང་ལ་འཚེ། Shi na ga te cho nyi ngang la/ If death comes, enjoy the opportunity to die in the realization of the authentic reality of being</p> <p>ལྷེ་འཚེ་འཁོར་བའི་རྩ་བ་ཚོད་པ་ར་ལོན། Chi — kye chi korwai tsawa cho par shog / May the cycle of samsaric births and deaths be cut at its very root!</p> <p>མི་ཚེ་རི་དག་དག་འཕྲེ་ཚོན་ས་གཉིས་གྱིས། Mi tse ring na ga te tsok nyi / If long life comes, enjoy the opportunity to gather the two accumulations of merit</p> <p>རང་གཞན་དོན་གཉིས་རྒྱུན་གྱིས་འབྱུང་བ་ར་ལོན། Kyi — rang shen don nyi lhün kyi drub par shog / May benefit for self and others be spontaneously accomplished!</p>	<p>༩</p>
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Calm Abiding Meditation

- Sit silently. Notice your breaths. Count the breaths, counting the exhale only. Count one to twenty one and then backwards down again to zero. If you lose count, start over with the counting from one. Once you reach zero, sit silently and attentively without any specific practice for a few minutes. Sit in the presence of awareness.

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Dedication

May the teachings of the Buddha spread and flourish

May all sentient beings be happy and joyful

May we practice the dharma day and night

May the benefits for self and others be fully accomplished

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