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Plegarías de Bardo

(Compuesto por Kunga Paljor)

NAMO MAHA MU DRA YA,

CHOE KUN GYU MA TA BUR THUK CHUD PE

MA DAG GYU MA LE DROL DAG PA YI

KU ÑYE GYU MAI DRO WA DREN DZED PE

DREN DZED GYU MAI KU LA KYAB SU CHI

GYU MAI LUE CHEN GOEN PO KHYE KYI NI

GYU ME LUE PEIDAG SOK SEM CHEN NAM

GYU MAI NANG WE LHU WAR MI GYUR SHING

GYU MA RANG NGO SHE PAR JIN GYI LOB

MI TAG GYU MAI LUE DI BOR WE TSE

CHAK DANG SHEN PAI TRI PA KUN CHED NE

SEM ÑYI MA CHO RANG SAR SHAG PA YI

CHI WA LAM DU LONG PAR JIN GYI LOB

CHI TSE CHIÍ YI NANG WA GAK PA NI

MIG SOK WANG PO NGA NI RIM PE GAK

SUK SOK YUL NGA CHIG LA CHIG THIM DUE

THIM RIM RANG NGO SHE PAR JIN GYI LOB

SA CHU ME LUNG NAM SHE LA THIM PA

LUE KYI SUNG SHOR KOM SHING ÑA YANG KAM

DROE YEL THUNG LA TSUB PE UK ÑYOD TSE

NAD CHOD LAM DU LONG WAR JIN GYI LOB

NAM SHE O SEL LA THIM CHI UK CHED
NANG UK NEY PE KYE CHIG SHI LA NI
NANG CHED THOB PA O SEL CHEN PO SHI
RIM PAR RANG NGO SHE PAR JIN GYI LOB
NANG WEI NANG TAK DU WA CHI TAK NI
DA WA SHAR DRA SHE DANG LE GYUR PE
TOG PA SUM CHU TSA SUM GAK PE TSE
SEL DANG DREN DUEN THOK PAR JIN GYI LOB
CHED PE NANG TAK ME KHYER CHI YI TAK
ÑYIMA SHAR DRA DOD CHAK LE GYUR PE
TOG PA SHI CHU GAK PAR GYUR PA NA
SHE SHIN DREN PE SIN PAR JIN GYI LOB
THOB PE NANG TAK MAR ME BAR DRA LA
CHI TAK NANG LAM DRA CHEN TA BU TE
TI MUG LE GYUR TOG PA DUEN GAK TSE
YANG DAG DREN PE SIN PAR JIN GYI LOB
SHI PA O SEL CHEN PO SHAR WE TSE
NANG TAK TRIN DREL NAM KHA TA BU LA
CHI TAK KYA RENG SHAR WA TA BUI DUE
O SEL MA BU DRE PAR JIN GYI LOB
DE LA MI NEY NAM SHE PHO WA NA
TE WA MIN TSAM TSOG MA NA NA WA
MIG DANG CHU LAM SHANG LAM KHA DANG GU
KAG NE GO CHIG YE WAR JIN GYI LOB
DOD SUK SUK MED NOD JIN MI AM CHI

MI DANG DUD DRO NGAL WA YI DAK SU
KYE WE KYE GO KAG NE KHA CHOD DU
PA WO KHAN DROE SU WAR JIN GYI LOB
GEL TE NAM SHE BAR DOR KHYAM PA NA
RANG ÑYI SHI WAR MA SHE ÑYEN DROK DANG
DROK PAR SEM KYANG LEN CHIG YI CHED TSE
CHAK DANG TRI WA CHOD PAR JIN GYI LOB
WANG PO KUN TSANG LE WANG DZU TRUL DEN
RI RAB DOR JE DEN DANG MA YI NGA
MA TOK KUN LA THOK MED DROD PE TSE
THAM CHE GYU MAR SHE PAR JIN GYI LOB
ÑYI DA MI NANG LUE LA DRIB MA MED
SAM PA TSAM GYI TONG SUM KOR WAR NUE
WANG MED JA DRO LUNG KHYER TA BUI DUE
RANG SEM RANG WANG THOB PAR JIN GYI LOB
SE SU DRI SA YED YUD CHA MA CHO
TRUL WE NANG WA DU MAR SHAR WE TSE
JIK SHING KYO WE ÑYING LUNG LANG PA NA
TRUL NANG RANG NGO SHE PAR JIN GYI LOB
RE GA DREN PA SHIN TU SEL GYUR LA
DE MA THAG TU JED OAR GYUR NE NI
SHI SON THÉ TSOM KYE PAR GYUR PE TSE
NGE PAR SHI WA SHE PAR JIN GYI LOB
CHE DANG SHI YI CHI MA PHEN CHE NE
RANG ÑYI SHI WAR YIN PAR NGO SHE SHING

YI MUG GA CHED KYAB NEY TSOL WE TSE
RANG RIG KYAB SU SHE PAR JIN GYI LOB
BAR DO BAR DO YIN PAR SHE PE TSE
RANG LUE LHAR GOM DE NE O SEL GOM
LAR YANG SUNG ZUG ÑYI DU GOM PA YI
DAG PE GYU LUE CHAR WAR JIN GYI LOB
RI ÑYIL GYA TSO CHOL DANG NAK TSEL SEK
DUE THAI LUNG CHEN LANG PA TA BUI DRA
DRUG TONG DUE CHIG DIR WA LA JIK TSE
CHOE ÑYI RANG DRAR SHE PAR JIN GYI LOB
KHA DOG NGA DEN O SER TRUK SHING BAR
O DANG THIG LE THIG TRN TA BU LE
JIK PE TRO TSOK GYOB SOD DRA DROK TSE
RANG NANG LHA RU SHE PAR JIN GYI LOB
DOD CHAK SHE DANG TI MUG LE GYUR PE
KAR DANG MAR DANG NAG POI CHONG YANG LA
RANG ÑYI LUNG ÑYAM RAB TU JIK PE TSE
RANG NANG DAG TU SHE PAR JIN GYI LOB
GANG DU KYE WE LUE KYI SUK DRUB CHING
KAR MAR SER DANG NGO WA NAG POI OD
LHA MI DUD DRO YI DAG NGEL WA YI
LAM NGA RIM SHIN SHE PAR JIN GYI LOB
SHEL MED KHANG DANG LHA BU DOD CHOD DANG
NGANG PA KHYU CHOG TA YI GYEN PAI TSO
KHANG SANG PHA MAI DU TROD THONG GYUR NA

CHAK DANG MIG SER DAG PAR JIN GYI LOB
LUNG MAR CHAR TRIN TSA DRANG GYI DE PE
PHUG PA DROG PO SONG DUM LA SOK TSAR
KYAB CHIR JUG PEI NANG WA JUNG GYUR NA
KYE NEY NGEN PA SHE PAR JIN GYI LOB
SOG CHOD ME DANG CHAK KYI KHANG SANG THONG
DAG PE YI KYI NEY DER JUG SEM ÑA
RANG NGO SHE SHING JIK PA ME PA YI
NEY NGEN DE LE DOG PAR JIN GYI LOB
NGEL DANG GONG KYE MIG SER TRAG DOG DANG
DROD SHER LE KYE DRI DANG RO LA CHAK
DZUE KYE NEY LA CHAK PA KYE PE TSE
CHAK DANG SED PA MED PAR JIN GYI LOB
PHA MA LA SOK KYE NEY THONG WE TSE
CHAK DANG MED CHING GYU MAR SHE PA DANG
NEY LUK RANG NGO SHE PE DREN PA YI
SHEN MED NGEL GO KHEK PAR JIN GYI LOB
GEL TE MA KHEK KYE WA LEN PA NA
DE WA CHEN DANG GA DEN NGOEN GA AM
KHOR LOI GYUR GYAL DRAM SEI RIK DAG TU
SAM SHIN KYE WALEN PAR JIN GYI LOB
KYE MA THAG TU NGOEN GYI NEY DREN CHING
THEG CHEN CHOE LA CHOD PAI KAL WAR DEN
TSE WE SHEN DOEN BA SHIG SEM KYED CHING
TSON PE JANG CHUB ÑYUR DU DRUB PAR SHOG

GYAL WA SEY DANG CHE PE JIN LAB DANG
CHOE ÑYID RANG SHIN NAM PAR DAG PA DANG
DAG KYANG SAM PA NAM PAR DAG PAI THUE
JI TAR MON PA DE SHIN DRUB PAR SHOG //. //

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LAS PLEGARIAS DEL BARDO

Toma de Refugio y Generación de Bodhicitta:

SANGYE CHOE DANG TSOK KYI CHOG NAM LA
JANG CHUB BAR DU DAG NI KYAB SU CH
DAG GI JIN SOK GYI PE TSOK NAM KYI
DRO LA PHEN CHIR SANGYE DRUB PAR SHOG // 3X

CHOK CHU NA SHUK PE SANGYE DANG JANG CHUB SEM PA, THUK JE
DANG DEN PA, KHYEN PA DANG DEN PA, CHEN DANG DEN PA, TSE WA
DANG DEN PA, DRO WE KYAB SU GYUR PA NAM, THUK JEI WANG GI
NEY DIR JOEN CHIG, NGOE SU JOR WA DANG YI KYI TRUL PE CHOE PA
SHE SHIG / THUK JE CHEN NAM LA KHYEN PE YE SHE, TSE WE THUK JE
DZED PE TRIN LE, KYOB PE NUE THU SAM GYI MI KHYAB PA NGA WA
LAK PE, THUK JE CHEN KHYE NAM KYI (Víctimas de Coronavirus) SHE
JA WA DI NI, JIG TEN DI NE PHA ROL TU NI DRO, JIG TEN DI NI BOR, KYE
CHEN PO NI DEK, DROK NI MED, DUG NGEL NI CHE, KYAB NI MED, GOEN
NI MED, PUNG ÑYEN NI MED, TSE DII NANG WA NI NUB, DRO WA SHEN
DU NI DRO, MUN NAG THUG POR NI JUG, YANG SA CHEN POR NI TUNG,
NAK TROD THUG POR NI JUG, LE KYI WANG GI NI DED, GOEN PA CHEN
POR NI DRO, GYA TSO CHEN POR NI KHYER, LE KYI LUNG GI NI DE, SA
TSUK MED PE CHOK SU NI DRO, YUL NGO CHEN POR NI JUG, DOEN
CHEN POE NI SIN, SHIN JEI PHO ÑYA LA NI JIK SHING TRAG, LE KYI SI PA

NA YANG SI PA LA NI JUG, WANG NI MED, CHIG POR DROK ME PAR
DROGOE PE DUE LA BAB ÑA, THUK JE CHEN KHYE NAM KYI (Víctimas
de Coronavirus) KYAB MED PA DI LA KYAB DZOD CHIG, GOEN DZOD
CHIG, PUNG ÑYEN DZOD CHIG, BAR DOI MUN NAG CHEN PO LE DOG
CHIG, SHIN JEI JIK TRAK CHEN PO LE KYOB SHIG, BAR DOI TRANG RING
CHEN POR LE DROL CHIG, THUK JE CHEN KHYE NAM THUK JE MA
CHUNG SHIG, RA DA DZOD CHIG, NGEN SONG SUM DU MA TANG SHIG,
NGOEN GYI DAM CHE MA YEL WAR THUK JEI SHUK ÑYUR DU CHUNG
SHIG, SANGYE DANG JANG CHUB SEM PA NAM KYI, DI LA THUK JE
THAB DANG NUE PA MA CHUNG SHIG, THUK JE SUNG SHIG, SEM CHEN
LE NGEN PEI WANG DU MA TANG SHIG, KON CHOG SUM KYI BAR DOI
JIK PA LE KYAB TU SOL //

Las Plegarías del texto raíz de los Seis Bardos

KYE MA,

DAG LA KYE NEY BAR DOR CHER DUE DIR

TSE LA LONG MED LE LO PANG JE NE

THOE SAM GOM SUM MA YENG LAM LA JUG

NANG SEM LAM LONG KU SUM NGOEN GYUR CHA

MI LUE LEN CHIG THOB PE DUE TSOD DIR

YENG MA LAM LA DOD PAI DUE TSOD MIN //

KYE MA,

DAG LA MI LAM BAR DO CHAR DUE DIR

TI MUG RO ÑYEL BAG MED PANG JED NE

DREN PA YENG MED NEY LUK NGANG LA JUG

MI LAM SUNG NE TRUL GYUR O SEL JANG

DUD DRO SHIN DU ÑYEL WAR MA JED CHIG

ÑYID DANG NGOEN SUM DRE PAI ÑYAM LEN CHE //

KYE MA,

DAG LA SAM TEN BAR DOR CHAR DUE DIR
NAM YENG TRUL PE TSOK NAM PANG JED NE
YENG MED ZIN MED THA DREL NGANG LA JOG
KYE DZOK ÑYI LA TEN PA THOB PAR JA
JA WA PANG NE TSE CHIG GOM DUE DIR
ÑYON MONG TRUL PE WANG DU MA TONG SHIG //

KYE MA,

DAG LA CHI KHA BAR DOR CHAR DUE DIR
KUN LA CHAK SEM SHEN ZIN PANG JED NE
DAM NGAK SEL WE NGANG LA MA YENG JUG
RANG RIG KYE MED NAM KHAI YING SU PHO
DUE JE SHA TRAG LUE DANG DREL LA KHED
MI TAG GYU MA YIN PAR SHE PAR JA //

KYE MA,

DAG LA CHOE ÑYID BAR DO CHAR DUE DIR
KUN LA NGANG DRAG JIK NANG PANG JED NE
GANG SHAR RANG NANG RIG PA NGO SHE JUG
BAR DOI NANG TSUL YIN PAR SHE PAR JA
DOEN CHEN GAK LA THUG PE DUE SHIG ONG
RANG NANG SHI TROI TSOK LA MA JIK SHIG //

KYE MA,
DAG LA SI PA BAR DOR CHAR DUE DIR
DUEN PA TSE CHIG SEM LA SUNG JE NE
SANG PO LE KYE TRO LA ÑEN GYI THUD
NGEL GO GAK NE RU LOG DREN PAR JA
ÑYING RUE DAG NANG GOE PE DUE SHIG YIN
MIG SER PANG LA LAMA YAB YUM GOM
CHI WA ONG ÑYAM MED PE LO RING PO
DOEN MED TSE DII JA WA DRUB DRUB NE
DA RE TONG LOG JE ÑA SHIN TU TRUL
GOE NGO SHE PA DAM PAI LHA CHOE YIN
DA TA ÑYID DU LHA CHOE MI JED DAM
DRUB CHEN NAM KYI SHEL NE DI KED SUNG
LA MAI DAM NGAG SEM LA MA SHAG NA
RANG GI RANG ÑYID LU WAR MI GYUR RAM //

Plegaria del Bardo que nos libera

LAMA YI DAM KHAN DROI TSOK LA CHAG TSEL LO
TSE WA CHEN PO LAM NA DRANG TU SOL
DAG NI TRUL PE KHOR WAR KHYAM PE TSE
THOE SAM GOM SUM MA YENG OE LAM LA
KAGYU LAMA NAM KYI LAM NA DRONG
YUM CHOG KHAN DROI TSOK KYI GYAB NE KYOR
BARDO JIK PE TRANG LE DREL DU SOL
YANG DAG DZOK PE SANGYE SA RU KYOL

TI MUG DRAG POE KHOR WAR KHYAM PE TSE
CHOE YING YESHE SEL WE OE LAM LA
CHOM DEN NAM PAR NANG DZE LAM NA DRONG
YUM CHOG YING CHUG MA YI GYAB NE KYOR
BAR DOI JIK PAI TRANG LE DREL DU SOL
YANG DAG DZOK PE SANGYE SA RU KYOL

SHE DANG DRAG PO KHOR WAR KHYAM PE TSE
ME LONG YE SHE SEL WE OE LAM LA
CHOM DEN DOR JE SEM PE LAM NA DRONG
YUM CHOG SANGYE CHEN ME GYAB NE KYOR
BAR DOI JIK PAI TRANG LE DREL DU SOL
YANG DAG DZOK PE SANGYE SA RU KYOL

DOD CHAK DRAG POI KHOR WAR KHYAM PE TSE
SOR TOK YE SHE SEL WAI OE LAM LA
CHOM DEN NANG WA THA YE LAM NA DRONG
YUM CHOG GOE KAR MO YI GYAB NE KYOR
BAR DOI JIK PE TRANG LE DREL DU SOL
YANG DAG DZOK PE SANGYE SA RU KYOL

TRAG DOG DRAG POE KHOR WAR KHYAM PE TSE
JA DRUB YE SHE SEL WE OE LAM LA
CHOM DEN DOEN YOD DRUB PE LAM NA DRONG

YUM CHOG DAM TSIG DROL ME GYAB NE KYOR
BAR DOI JIK PAI TRANG LE DREL DU SOL
YANG DAG DZOK PE SANGYE SA RU KYOL

BAG CHAG DRAG POI KHOR WAR KHYAM PE TSE
LHEN KYE YA SHE SL WE OE LAM LA
PA WO RIG ZIN NAM KYI LAM NA DRONG
YUM CHOG KHAN DROI TSOK KYI GYAB NE KYOR
BAR DPO JIK PAI TRANG LE DREL DU SOL
YANG DAG DZOK PE SANGYE SA RU KYOL

TRUL NANG DRAG POE KHOR WAR KHYAM PE TSE
NGANG TRAG JIK NANG SEL WE OE LAM LA
CHOM DEN SHI TROI TSOK KYI LAM NA DRONG
YING CHUG KHAN DROI TSOK KYI GYAB NE KYOR
BAR DOI JIK PE TRANG LE DREL DU SOL
YANG DAG DZOK PE SANGYE SA RU KYOL //

KYE MA/
NAM KHAI KHAM NAM DRA RU MI DANG SHING
SANGYE THING KHAI SHING KHAM THONG WAR SHOG
CHU YI KHAM NAM DRA RU MI DANG SHING
SANGYE KAR POI SHING NAM THONG WAR SHOG
SA YI KHAM NAM DRA RU MI DANG SHING
SANGYE SER POI SHING KHAM THONG WAR SHOG

ME YI KHAM NAM DRA RU MI DANG SHING
SANGYE MAR POI SHING NAM THONG WAR SHOG
LUNG GI KHAM NAM DRA RU MI DANG SHING
SANGYE JANG KHUI SHING NAM THONG WAR SHOG
JA TSON KHAM NAM DRA RU MI DANG SHING
SANGYE NA TSOK SHING KHAM THONG WAR SHOG
DRA OE SER SUM DRA RU MI DANG SHING
SHI TRO RAB JAM SHING KHAM THONG WAR SHOG
DRA NAM THAM CHE RANG DRAR SHE PAR SHOG
OE NAM THAM CHE RANG OED SHE PAR SHOG
SER NAM THAM CHE RANG SER SHE PAR SHOG
BAR DO RANG NGO RANG GI SHE PAR SHOG
KU SUM SHING KHAM NGOEN DU GYUR WAR SHOG //

La plegaria que protege de los miedos del Bardo

KYE MA,
DAG NI TSE YI PHEN PA SED PE TSE
JIG TEN DI NE ÑYE DUE MI TONG TE
RANG ÑYI CHIG PUR BAR DOR KHYAM TSA NA
GYAL WA SHI TROE THUK JEI SHUK CHUNG NE
MA RIG MUN PAI MAG RUM SEL WAR SHOG
GA WE DROK DANG DREL NE CHIG PUR KHYAM
RANG NANG TONG PAI SUK ÑYEN CHAR DUE DER
SANGYE NAM KYI THUK JEI SHUK CHUNG NE
NGANG TRAK BAR DOI JIK PA MI JUNG SHOG

YE SHE SEL WAI OE NGA CHAR DUE DER
MI JIK MI TRAG RANG NGO SHE PAR SHOG
SHI DANG TRO WOI KU SUK CHAR DUE DER
MI JIK DENG THOB BAR DO NGO SHE SHOG
LE NGEN WANG GI DUG NGEL ÑYONG TSA NA
GYAL WA SHI TROE DUG NGEL SEL WAR SHOG
CHOE ÑYI RANG DRA DRUG TONG DIE TSA NA
THEG CHEN CHOE KYI DRA RU GYUR WAR SHOG
KYAB ME LE KYI JE SU DRANG DUE DER
GYAL WA SHI TROE DAG SOK KYAB TU SOL
BAG CHAK LE KYI DUG NGEL ÑYONG TSA NA
OE SEL DE WE TING ZIN CHAR WAR SHOG
SI PA BAR DOR DZUE TE KYE TSA NA
CHIR LOG DUD KYI LUNG TEN MI JUNG SHOG
GANG DU SAM PAI WANG GI LEH TSA NA
LE NGEN TRUL WE JIK TRAG MI JUNG SHOG
CHEN ZEN TRO WE NGAR KED DOEN PE TSE
YI GE DRUG PAI CHOE DRAR GYUR WAR SHOG
KHA CHAR LUNG DANG MUEN PE DED PAI TSE
YE SHE SEL WE LHA MIG THOB PAR SHOG
RIK THUN NANG TSEN BAR DOI SEM CHEN NAM
MIG SER MED CHING THO RIR KYE WAR SHOG
SHIN TU ÑYON MONG TRE SHING KOM PAI TSE
TOG KOM TSA DRANG DUG NGEL MI JUNG SHOG
CHI MAI PHA MA DU TROE THONG TSA NA

GYAL WE SHI TRO YAB YUM ÑYI THONG SHOG
GAR KYE RANG WANG THOB NE SHEN DOEN DU
TSEN PAI GYEN PAI LUE CHOG THOB PAR SHOG
DAG ÑYI KYE PAI LUE CHOG THOB GYUR NE
THONG THOE THAM CHE ÑYUR DU DROL WAR SHOG
LE NGEN THAM CHE JE SU MI DRANG SHING
SO NAM GANG YOE PHEL SHING JE DRANG SHOG
GANG DANG GANG DU KYE WA DE DANG DER
TSE RAB YI DAM LHA DANG JEL WAR SHOG
KYE MA THAG TU MA SHING DRO SHE TE
KYE WA DREN CHING MI JED SUNG THOB SHOG
YOEN TEN CHE CHUNG DRING DANG NA TSOK PA
THOE SAM THONG WA TSAM GYI SHE GYUR CHIG
GANG DU KYE PAI YUL DER TASHI SHOG
SEM CHEN THAM CHE DE DANG DEN GYUR CHIG
GYAL WA SHI TRO KHYE KU CHI DRA DANG
KHOR DANG KU TSEI TSED DANG SHING KHAM DANG
KHYE KYI TSEN CHOG SANG PO CHI DRA WA
DE DRA KHO NAR DAG SOK GYUR WAR SHOG
KUN SANG SHI TRO RAB JAM THUK JE DANG
CHOE ÑYI NAM PAR DAG PAI DEN TOB DANG
NGAK CHANG TSE CHIG DRUB PAI JIN LAB KYI
MON LAM TAB PA DE SHIN DRUB GYUR CHIG //.

AMITABHA BUDA: Plegaria para renacer en el DEWACHEN

E MA HO

NGO TSAR SANGYE N ANG WA THAYE DANG

YE SU JO WO THUK JE CHEN PO DANG

YOEN SU SEM PA THU CHEN TOP NAM LA

SANGYE JANG SEM PÁG MED KHOR GYI KOR

DE KYID NGO TSAR PÁG TU MED PA YI

DE WA CHEN SHE JA WEI SHING KHAM DER

DAG SHEN DI NE TSE PHOE GYUR MA THAG

KYE WA SHEN GYI BAR MA CHOD PA RU

DI RU KYE NE NANG THAI SHEL THONG SHOG

DE KED DAG GI MON LAM TAB PA DI

CHOK CHUI SANGYE JANG SEM THAM CHE KYI

GEG MED DRUB PAR JIN GYI LAB TU SOL //.

TAYATHA, PENTSA DRIYA AWA BODHA NAYE SOHA //

Mantra del Buda Amitabha

OM A MI DE WA HRI //

Dedicación de los Méritos

SO NAM DI YI THAM CHE SIK PA YI

THOB NE ÑEY PAI DRA NAM PHAM JE NE

KYE GA NA CHIÍ BA LAB TRUK PA TI

SI PAI TSO LE DRO WA DROL WAR SHOG

JAM PAL PA WOI JI TAR KHYEN PA DANG
KUN TU SANG PO DE YANG DE SHIN TE
DE DAG KUN GYI JE SU DAG LOB CHING
GE WA DI DAG THAM CHE RAB TU NGO

GE WA DI YI KYE WO KUN
SO NAM YE SHE TSOK DZOK NE
SO NAM YE SHE LE JUNG WA
DAM PA KU ÑYI THOB PAR SHOG

SANGYE KU SUM ÑYE PAI JIN LAB DANG
CHOE ÑYI MI GYUR DEN PAI JIN LAB DANG
GE DUEN MI CHED DUEN PAI JIN LAB KYI
JI TAR NGO WA MON LAM DRUB PAR SHOG //
JANG CHUB SEM CHOG RINPOCHE
MA KYE PA NAM KYE GYUR CHIG
KYE WA ÑYAM PA MED PA YANG
GONG NE GONG TU PHEL WAR SHOG

(Corta oración de larga vida a Su Santidad el Dalai Lama)

GANG RI RA WE KOR WE SHING KHAM DIR
PHEN DANG DE WA MA LUE JUNG WE NEY
CHENRESIK WANG TENZIN GYA TSO YI
SHAB PED SI THAI BAR DU TEN GYUR CHIG

PHA MA SEM CHEN THAM CHE DE DANG DEN GYUR CHIG
NGEN DRO THAM CHE TAG TU TONG WA DANG
JANG CHUB SEM PA GANG NA SU SHUK PA
DE DAG KUN GYI MON LAM DRUB GYUR CHIG

TON PA JIG TEN KHAM SU JOEN PA DANG
TEN PA ÑYI OED SHIN TU SEL WA DANG
TENZIN PHU NU SHIN DU THUN PA DANG
TEN PA YUEN RING NEY PAI TASHI SHOG

KYE WA KUN TU YANG DAG LAMA DANG
DREL MED CHOE KYI PAL LA LONG CHOD CHING
SA DANG GYI YOEN TEN RAB DZOK NE
DOR JE CHANG GI GO PHANG ÑYUR THOB SHOG

MON LAM LOG PAI GYAL WE TEN PA LA
KHU WE NAG CHOK SUK CHEN SUK MED TE
SAM JOR NGEN PAI JUG PA MA LUE PA
CHOG SUM DEN PAI CHE NE CHOD GYUR CHIG //.