

༄། བཙམ་ལྷན་འདས་སྐྱེན་སྲིད་མདོ་ཚོགས་སྐྱེད་པོ་བཟུས་པ་ཡིད་བཞིན་ནོར་བུ་ཞེས་བྱ་བ་བརྒྱུགས་སོ།

BUDA DE LA MEDICINA

Toma de la Refugioy Generación de Bodhicitta

CHOK CHU DÜ SUM GYI DE SHIN SHEK PA THAM CHE KYI KU SUNG THUK YOEN TEN
TRIN LEY THAM CHE CHIG TU DÜ PE NGO WOR GYUR PA CHOE KYI PHUNG PO TONG
TRAG GYA CHU TSA SHII JUNG NE PHAK PE GE DUN THAM CHE KYI NGA DAG TRIN
CHEN TSA WA DANG GYU PAR CHE PE PAL DEN LAMA DAM PA NAM LA KYAB SU CHI
O / DZOK PE SANGYE CHON DEN DE NAM LA KYAB SU CHI O / DAM PEI CHOE NAM
LA KYAB SU CHI O / PHAK PE GE DUN NAM LA KYAB SU CHI O / CHOM DEN DE MEN
GYI LHA DE WAR SHEK PA CHE GYE KYI LHA TSOK KHOR DANG CHE PA NAM LA
KYAB SU CHI O / PAL GÖN DAM PA CHÖ KYONG WE SUNG MA YE SHE KYI CHEN
DANG DEN PA NAM LA KYAB SU CHI O // **3X**

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

Los Cuatro Pensamientos Inconmensurables

DAG DANG NANG WA THAM CHE CHOE KYI YING KYI RANG SHIN YIN PA LA, DE TAR
M^a TOK PE SEM CHEN THAM CHE DE WA DANG DE WE GYU DANG DEN PA JA/
DUG NGAL DANG DUG NGAL GYI GYU DANG DREL WAR JA/ DUG NGAL ME PE DE
WA DANG MI DREL WAR JA/ DE DUG GI GYU CHAK DANG ÑYE RING ÑYI DANG
DREL WE TANG ÑYOM LA NEY PAR JA WO // **3X**

Generación de especial motivación

MA SEM CHEN THAM CHE KYI DÖN DU DZOK PE SANGYE KYI GO PHANG THOB PAR
JA/ DEI CHIR DU CHOM DEN DE MEN GYI LHA DE WAR SHEK PA CHE GYE KYI LHA
TSOK KHOR DANG CHE PA NAM LA CHAG CHOE THUK DAM KUL WA LA SOK PE LAM
GYI RIM PA LA JUG PAR GYI O// **3X**

CHOG DEN GYAL WA SE CHE JIN LAB DANG
TSOK ÑYI NGA THANG CHOE YING DAG PE THUE
SHING DIR DE WA CHEN TAR NO CHUD KYI
SI SHII PHUN TSOK DOD GUEI JOR GYUR CHIG
RIN CHEN SA SHI JOEN SHING CHU TSOE GYEN
SER NGUEL MU TIG CHE MA DRAM BUR DEL
ME TOG CHEL TRAM TSEN DEN DRI SUNG DANG
LHA MII LONG CHOD KUN SANG CHOE PE KHYAB
DER NI YI ONG NOR BUI PHO DRANG UE
PE MA SENG TRIR GYAL WA SE CHE NAM
SHUK NE SUNG RIG MOE TOB KYI TRUN PE
CHOE TRIN GYA TSOE GANG SHING CHOD GYUR CHIG
ÑYIK MEI GOEN PO TSE DEN DE SHEK DUEN
THUB WANG DAM CHOE JANG SEM KA DOE CHE
DAG SOK KYOB CHIR GOEN KYAB PUNG ÑYEN DU
CHEN DREN DIR SHEK DEN DZOM JIN LOB DZOE //

Oraciones de las Siete Ramas

KA TRIN ÑYAM ME TSA WE LAMA DANG
SHAKYA GYAL PO JAM YANG SHI TSO SOK
SAB MOE DO DI CHAG TSEN SHE PA YI
NGOE GYU LAMA NAM LA CHAG TSEL LO
ÑYAM THAG DRO NAM DROL WE THUK JE CHEN
DE SHEK DUEN DANG THUB WANG DAM PE CHOE
JAM PAL KYAB DROL SANG DAG TSANG WANG DANG
GYAL TSEN NOÉ JIN NAM LA CHAG TSEL LO /
NGÖ SHAM SUNG RIG MOE TOB KYI TRUN PE
CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA YI RANG KUL SHING SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO
CHOM DEN DEN DZOM CHEN PO GONG SU SOL
DE SHEK DÜN GYI NGÖN GYI MON LAM DAG
SHAKYA TEN PA NGA GYAI THA MA LA
DRUB PAR GYUR PA SHEL GYI SHEPA SHIN

DAG LA DEN PA NGOEN SUM TEN TU SOL //

1. CHOM DEN DE DE SHIN SHEK PA DRA CHOM PA YANG DAG PAR DZOK PE
SANGYE TSEN LEK PAR YONG DRAK PAL GYI GYAL PO LA CHAG TSEL LO, CHOD
DU KYAB SU CHI O // 7X

SER GYI DOG CHEN KYAB JIN CHAG GYA CHEN
MOEN LAM GYE DRUB TSOK NYI PAL GYI JID
SHEN KYI MI THUB SHING GYI PAL GYUR PE
TSEN LEK YONG DAG PAL LA CHAG TSEL LO
TSEN GYI ME TOG GYE SHING DAG PA LA
PE CHE SANG POI DRU CHAK DZE PE KU
GANG GI THONG THOE DREN PE PAL GYUR PA
TSEN LEK YONG DRAL PAL LA CHAG TSEL LO /
NGÖ SHAM YI TRUL MOE TOB KYI TRUL PE
CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA YI RANG KUL SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO
GYAL WE TSEN THOE DREN JOE CHAG CHOE THUE
DAG CHAG LA SOK SEM CHEN GANG DANG GANG
NEY RIM SHE JED DIG CHEN DOEN LE THAR
WANG PO KUN TSANG DUG NGAL DIG GYUEN CHED
NGEN DROR MI TUNG LHA MII DE WA NYONG
TRE KOM ÚL PHONG SHI SHING JOR GYUR CHIG
CHING DANG DEG SOK LUE KYI DUNG WA ME
TAG SENG DRUL GYI TSE DREL THAB TSOE SHI
JAM PE SEM DEN CHU YI TRAG NAM KYANG
UK CHIN JIK ME DE WAR GEL GYUR CHIG
DI NE SHI PHOE GYUR TSE SANGYE KYI
SHING DER PE MO LE KYE YOEN TEN DZOK
TSEN LEK YONG DRAK LA SOK GYAL NAM KYI
KA LUNG NÖ CHING NYE PAR JE GYUR CHIG //

1. CHOM DEN DE DE SHIN SHEK PA DRA CHOM PA YANG DAG PAR DZOK PE
SANGYE RINPOCHE DANG DA WA DANG PE ME RAB TU GYEN PA KHYE PA DZI JID
DRA YANG KYI GYAL PO LA CHAG TSEL L, CHOD DO KYAB SU CHI O// 7X

KU DAG SER PO CHOG JIN CHAG GYA CHEN
 MON LAM GYE DRUB TSOK ÑYI PAL GYI JID
 RIN CHEN DEN PE SHING GI PAL GYUR PE
 RIN CHEN DA WE SHAB LA CHAG TSEL LO
 RIN CHEN DA DANG PE ME RAB GYEN CHING
 SHE JA KUN LA KHYE SHING KHYEN PA GYE
 GYA TSO TA BUR SAB PE THUK NGA WA
 DRA YANG GYAL POE SHAB LA CHAG TSEL LO
 NGÖ SHAM SUNG RIG MOE TOB GYI TRUL PE
 CHOE TSOK KUN PUNG DIG TUNG THAM CHE SHAK
 GE LA YI RANG KUL SHING SOL WA DEB
 DI TSON GE WA JANG CHUB CHEN POR NGO
 GYAL WE TSEN THOE DREN JOD CHAG CHOE THUE
 DAG CHAG LA SOK SEM CHEN GANG DANG GANG
 YENG NAM CHOE PHEL LHA MII TSOG CHOE JOR
 TSA WE DUNG DREL TAG TU KYE WAR GYUR
 JANG CHUB SEM DANG MI DREL GE CHOE GYE
 DRIB JANG LHA MII DE WA THOB GYUR CHIG
 SHE DREL MUN PAR DOEN TSE CHI DANG DRA
 GÖN PE NOÉ ME CHOD DANG RIM DROR TSON
 MEN NAM TENG ZIN DREN TOB SUNG DEN CHING
 SHE RAB CHOG THOB ME ÑYEN SIL GYUR CHIG
 DI NE SHI PHOE GYUR TSE SANGYE KYI
 SHING DER PE MO LE KYE YOEN TEN DZOK
 DRA YANG GYAL PO LA SOK GYAL NAM KYI
 KA LUNG NOÉ CHING ÑYE PAR JED GYUR CHIG //

1. CHOM DEN DE DE SHIN SHEK PA DRA CHOM PA YANG DAG PAR DZOK PE
 SANGYE SER SANG DRI ME RIN CHEN NANG TUL SHUK DRUB PA LA CHAG TSEL
 LO, CHOD DO KYAB SU CHI O// 7X

DZAM BUI SER DRA CHOE TOEN CHAG GYA CHEN
 MON LAM SHI DRUB TSOK ÑYI PAL GYI JID
 POE KYI YONG GANG SHING GI PAL GYUR PE
 SER SANG DRI ME NANG LA CHAG TSEL LO
 DZAM BU CHU WOI SER TAR LHAND NGE WA
 ÑYI MA TONG LE LHAG PE DZI JID BAR

DRI ME SER GYI CHOD DONG TA BUI KU
SER SANG DRI ME NANG LA CHAG TSEL LO
NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA TI RANG KUL SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO
GYAL WE TSEN THOE DREN JOD CHAG CHOD THUE
DAG CHAG LA SOK SEM CHEN GANG DANG GANG
TSE THUNG RING TSO UL NAM WANG CHUG TSANG
THAB TSÖ GYE PA ANG JAM PAI SEM DEN SHING
LAB DREL NGEN SONG MI TUNG DOM PE DHAM
JANG CHUB SEM DANG DREL WA MI GYUR CHIG
DI NE SHI PHOE GYUR TSE SANGYE KYI
SHING DER PE MO LE KYE YOEN TEN DZOK
SER SANG DRI ME LA SOK GYAL NAM KYI
KA LUNG NÖ CHING ÑYE PAR JED GYUR CHIG //

1. CHOM DEN DE DE SHIN SHEK PA DRA CHOM PA YANG DAG PAR DZOK PE
SANGYE ÑYA NGEN ME CHOG PAL LA CHAG TSEL LO, CHOD DO KYAB SU CHI O
// 7X

KU DOG MAR KYA ÑYAM SHAG CHAG GYA CHEN
MON LAM SHI DRUB TSOK ÑYI PAL GYI JID
ÑYA NGEN ME PE SHING GI PAL GYUR PE
ÑYA NGEN ME CHOG PAL LA CHAG TSEL LO
ÑYA NGEN DE SHI DE WE CHOG ÑYE PA
DRO WE DUG SUM DUG NGEL SHI DZED CHING
DRO DRUG GOEN DANG PAL DU GYUR PA YI
ÑYA NGEN ME CHOG PAL LA CHAG TSEL LO
NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
CHOD TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA YI RANG KUL SHING SOL WA DEB
DI TSÖN GE WA JANG CHUB CHEN POR NGO
GYAL WE TSEN THOE DREN JOD CHAG CHOD THUE
DAG CHAG LA SOK SEM CHEN GANG DANG GANG
ÑYA NGEN SOK SHI MI DREL TSE RING DE
ÑYAL WAR GYAL WE O KYI DE GA GYE

DANG DEN DZE JOR JUNG POI MI TSE SHING
PHEN TSÜN JAM DEN NED NAM ME GYUR CHIG
DI NE SHI PHOE GYUR TSE SANGYE KYI
SHING DER PE MO LE KYE YOEN TEN DZOK
ÑYA NGEN ME CHOG LA SOK GYAL NAM KYI
KA LUNG NOÉ CHING ÑYE PAR JED GYUR CHIG //

1. CHOM DEN DE DE SHIN SHEK PAÑ DRA CHOM PA YANG DAG PAR DZOK PE
SANGYE CHÖ DRAK GYA TSOI YANG LA CHAG TSEL LO, CHOD DO KYAB SU CHI O
// **7X**

KU DOG KAR MAR CHOE TOEN CHAG GYA CHEN
MON LAM SHI DRUB TSOK ÑYI PAL KYI JID
CHÖ KYI GYAL TSEN SHING GI PAL GYUR PE
CHÖ DRAK GYA TSOI YANG LA CHAG TSEL LO
CHÖ DRA CHEN POI PHA ROL GOEL WA JOM
GYATSO TA BUR SAB PE SUNG NGA SHING
DRO WE DUG NGEL MA LUE SHI DZED PA
CHÖ DRAK GYA TSOI YANG LA CHAG TSEL LO
NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
CHOD TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA YI RANG KUL SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO
GYAL WE TSEN THOE DREN JOD CHAG CHOD THUE
DAG CHAG LA SOK SEM CHEN GANG DANG GANG
TAG TU YANG DAG TA DANG DED DEN SHING
CHÖ KYI DRA THOE JANG CHUB SEM KYI CHUG
LONG CHOD LE DU DIG PONG JOR WA PHEL
JAM NEY TSE RING CHOG SHE ÑYI GYUR CHIG
DI NE SHI PHOE GYUR TSE SANGYE KYI
SHING DER PE MO LE KYE YOEN TEN DZOK
CHÖ DRAK GYA TSO LA SOK GYAL NAM KYI
KA LUNG NOÉ CHING ÑYE PAR JED GYUR CHIG //

1. CHOM DEN DE, DE SHIN SHAK PA DRA CHOM PA YANG DAG PAR DZOK PE
SANGYE CHOE GYA TSO CHOG GI LOE NAM PAR ROL PAR NGOEN PAR KHYEN PE
GYAL PO LA CHAG TSEL LO, CHOD DO KYAB SU CHI O // **7X**

JU RUI DOG CHEN CHOG JIN CHAG GYA CHEN
 MON LAM SHI DRUB TSOK ÑYI PAL GYI JID
 RIN CHEN GYA TSOI SHING GI PAL GYUR PE
 NGOEN KHTEN GYAL PO DE LA CHAG TSEL LO
 CHOE KYI LO DRO TING PÁG KA WE THUK
 NAM DAG CHOE KYI YING LA ROL DZE CHING
 SHE JA MA LUE NGOEN SUM DZIK PA PO
 NGOEN KHYEN GYAL PO DE LA CHAG TSEL LO
 NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
 CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK
 GE LA YI RANG KUL SHING SOL WA DEB
 DI TSON GE WA JANG CHUB CHEN POR NGO
 GYAL WE TSEN THOE DREN JOD CHAG CHOD THUE
 DAG CHAG LA SOK SEM CHEN GANG DANG GANG
 YENG NAM NOD SEM ME CHING TSOG CHE JOR
 NGEN SONG LAM NGEN SHUK NAM GE CHU THOB
 SHEN WANG GYUR NAM RANG WANG PHUN TSOK SHING
 KUN KYANG TSE RING TSEN THOE GE GYUR CHIG
 DI NE SHI PHOE GYUR TSE SANGYE KYI
 SHING DER PE MO LE KYE YOEN TEN DZOK
 NGOEN KHYEN GYAL PO LA SOK GYAL NAM KYI
 KA LUNG NOÉ CHING ÑYE PAR JED GYUR CHIG //

1. CHOM DEN DE, DE SHIN SHEK PA DRA CHOM PA YANG DAG PAR DZOK PE
 SANGYE MEN GYI LHA BE DRURYA O KYI GYAL PO LA CHAG TSEL LO, CHOD DO
 KYAB SU CHI O // **7X**

KU DOG NGOEN PO CHOG JIN CHAG GYA CHEN
 CHU ÑYI MON DRUB TSOK ÑYI PAL GYI JID
 BE DRURYA NANG SHING GI PAL GYUR PE
 MEN PE GYAL PO DE LA CHAG TSEL LO
 THUK JE KUN LA ÑYOM PE CHOM DEN DE
 TSEN TSAM THOE PE NGEN DROE DUG NGEL SEL
 DUG SUM NED SEL SANGYE MEN GYI LHA
 BE DRUR YA YI O LA CHAG TSEL LO
 NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
 CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK

GE LA YI RANG KUL SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO
GYAL WE TSEN THOE DREN JOD CHAG CHOD THUE
DAG CHAG LA SOK SEM CHEN GANG DANG GANG
TSEN PEI GYE SHING DRO KUN DAG DRAR GYUR
O KYI MUN SEL SHE RAB THAB KHEY KYI
LONG CHOD MI DZED LAM LOG MEN MOE NAM
THEG CHEN LAM SHUK SOM PE DZE GYUR CHIG
TSUL TSEL DUNG DREL WANG PO KUN TSANG SHING
NED ME YO CHED PHEL SHING BUD MED KYI
NGÖ PÖ KYO NAM TAG TU KYE WANG DEN
DUD SHAK TA WA NGEN LE DROL GYUR CHIG
GYAL POI NAR NAM DE SHINRG KYE PE GYUE
DIG PE TSO NAM CHOE JOR SE KYI TSIM
TSA DRANG NGAL SHI SAM PA YONG DZOK SHING
PHAK PA GYE PE TSUL DEN DROL GYUR CHIG
DI NE SHI PHOE GYUR TSE SANGYE KYI
SHING DER PE MO LE KYE YOEN TEN DZOK
MEN PE GYAL PO LA SOK GYAL NAM KYI
KA LUNG NOÉ CHING ÑYE PAR JED GYUR CHIG //

1. CHOM DEN DE, DE SHIN SHEK PA DRA CHOM PA YANG DAG PAR DZOK PE
SANGYE PAL GYAL WA SHAKYA THUB PA LA CHAG TSEL LO, CHOD DO KYAB SU
CHI O // 7X

SER GYI DOG CHEN SA NON CHAG GYA CHEN
MED JUNG THUK JE TSON DRUE CHEN POI THUE
MI JED JIG TEN KHAM KYI PAL GYUR PE
DREN CHOG SHAKYAI TOG LA CHAG TSEL LO
THAB KHAI THUK JE SHAKYAI RIK TRUNG SHING
SHEN GYI MI THUB DUD KYI PUNG JOM PA
SER GYI LHUN PO TA BUR JID PE KU
SHAKYAI GYAL PO DE LA CHAG TSEL LO /
NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA YI RANG KUL SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO

TON PA CHOG DE DO DEI CHO GA LE
JI TAR SUNG PE PHEN YOEN MA LÜ PA
DAG CHAG GÖN ME DRO WA THA DAG GI
DENG DIR TREL DU THOB PAR JIN GYI LOB //

MA RIG MUN SEL DRON ME CHOG
DUG NGEL NED SEL MEN GYI BUL
DAM CHOE KON CHOG THAM CHE LA
CHAG TSEL CHOE CHING KYAB SU CHI // 3X

NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA YI RANG KUL SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO
DAM CHOE KON CHOG DEN PE JIN LAB KYI
DAG SOK DI NE TSE RAB THAM CHE DU
GYAL WA KUN GYI DAM CHOE MA LÜ PA
GYAL WE GONG PA JI SHIN DRUB GYUR CHIG
JAM PAL KYAB DROL CHAG NA DOR JE SOK
DE SHEK SE PO SUM TRI DRUG TONG GI
GYAL WE THUK DAM KUL SHING LENG LANG NE
DO DEI PHEN YOEN JI KED SUNG PA NAM
DENG DIR DAG LANGÖN DU GYUR WAR DZOD
JIG TEN KYONG WA DE PÖN CHE PE KYANG
NGÖN TSE TON PE CHEN NGAR SHEL SHE SHIN
DRA DANG NÖ PA NEY RIM DOG PA DANG
THAB TSOE KUN SHI LÜ SEM DE WA GYE
LONG CHOD WANG CHUG NOR DRU TSE PHEL SHING
SAM PE DON NAM YI SHIN DRUB PA DANG
TAG TU SUNG KYOB YEL WA ME PAR DZOD //

Mantra largo del Buda de la Medicina

OM NAMO BHAGAVATE, BE KHANZE GURÚ BE DRURYA, PA WA RANZA YA,
TATHAGATA YA, ARYA HATE, SAM YAG SAM BUDA YA, TAYATHA, OM BE KHANZE
BE KHANZE, MAHA BE KHANZE BE KHANZE, RANZA SAMU GATE SOHA //

Mantra corto

TAYATHA, OM BE KHANZE BE KHANZE, MAHA BE KHANZE BE KHANZE, RANZA
SAMU GATE SOHA. // **108X**

KA TRIN ÑYAM ME TSA WE LAMA DANG
SHAKYAI GYAL PO JAM YANG SHI TSO SOK
SAB MOE DO DI CHAG TSEN SHE PA YI
NGÖ GYUD LAMA NAM LA CHAG TSEL LO
ÑYAM THAG DRO NAM DROL WE THUK JE CHEN
DE SHEK DUEN DANG THUB WANG DAM PE CHOE
JAM PAL KYAB DROL SANG DAG TSANG WANG DANG
GYAL CHEN NOÉ JIN NAM LA CHAG TSEL LO
NGÖ SHAM SUNG RIG MO TOB KYI TRUL PE
CHOE TSOK KUN BUL DIG TUNG THAM CHE SHAK
GE LA YI RANG KUL SHING SOL WA DEB
DI TSON GE WA JANG CHUB CHEN POR NGO //

MAJOR WA DANG ÑYAM PA DANG
GANG YANG DAG MONG LO YI NI
GYI PA DANG NIGYI TSEL GANG
DE YANG SO PAR DZED DU SOL

DIR NI TEN DANG LHEN CHIG TU
DRO WE DOEN DU SHUK NE KYANG
NED ME TSE DANG WANG CHUG DANG
CHOG NAM LEK PAR TSEL DU SOL /

OM SU PA TI TRA BEN ZA YE SOHA. //

Versos Auspiciosos

PHUN TSOK CHOK KYI KHOR LO CHI MED LAM
LEK PAR GANG WE MEN LHAI LHA YI TSOK
GA SHIG CHU KYE NE TSOK CHAR BEB SHING
LA LA GE LEK TSOL WE LU YANG LEN

SHEN DAG DUD GEK JOM PE TRIN LE DZE
KUN KYANG KHYE LA KAL SANG CHOG TER WAR
YONG SHE KYI LA RAB GA KYE CHIG DANG
SHI JOE DANG ÑYEN DAG GI DRAG PAR JA
GANG GI SHAB SEN NOR BUI O KAR CHEN
CHI WOR REG PE KAL SANG KU MU TA
SHED PE PAL TER LHA MII TON PA CHOG
THUB WANG MA WE DA WA LA CHAG TSEL
JAM PAL YANG DANG KHEN CHEN SHI WA TSO
TRI SONG DEU TSEN JO WO YAB SEY DANG
GYAL WA ÑYI PA LOBSANG DRAK PA SOK
TSA WA GYUE PE LAMA CHOG NAM LA
LEK TSOK JI ÑYE CHI PE TASHI DE
KHYE KYI MI THUN GUE PA KUN SED CHING
DE LEK YAR NGOE DA TAR PHEL GYUR NE
PHUN TSOK PAL LA ROL WE TASHI SHOG //

GYAL WE ÑYI MA SHEN GYI MI THUL WA
GÖN ME NGA GYAI THA MEI DRO WA LA
DEN TSIG MON LAM GYA TSOI CHOG DRUBPA
ÑYIK MEI GOEN PO DE SHEK DUEN NAM LA
LEK TSOK JI ÑYE GYI PE TASHI DE
KHYE KYI MI THUN GUE OA KUN SED CHING
DE LEK YAR NGOE DA TAR PHEL GYUR NE
PHUN TSOK PAL LA ROL WE TASHI SHOG //

THUB PEI WANG POI JAK YANG PE MO LE
LEK ONG SHAKYAI TEN PEI THA MAR YANG
MED JUNG DRUB NA DRUB PEI DUD TSII CHUD
SAB DANG GYA CHE DO DEI GYAL PO LA
LEK TSOK JI ÑYED CHI PE TASHI DE
KHYE KYI MI THUN GUE PA KUN SED CHING
DE LEK YAR NGOE DA TAR PHEL GYUR NE
PHUN TSOK PAL LA ROL WE TASHI SHOG //

CHOK CHUI SHING NA MEN PEI GYAL PO YI
TSEN TSAM DZIN DANG TON PA DE SHEK KYI

MON LAM KHYE PAR GYE PE DO CHOG LA
THUK DAM DZED PE RIK KYI BU NAM LA
LEK TSOK JI NYED CHI PE TASHI DE
KHYE KYI MI THUN GÜ PA KUN SED CHING
DE LEK YAR NGOE DA TAR PHEL GYUR NE
PHUN TSON PAL LA ROL WE TASHI SHOG //

DE SHEK THUK JE SUNG MOI TING ZIN DANG
DEN TSIG GI DRUB RIN CHEN LE DRUB PA
KHAM SUM LE DE KON CHOG SUM GYI NEY
DE WA CHEN DANG TSUNG PE SHING CHOG LA
LEK TSOK JI NYE CHI PE TASHI DE
KHYE KYI MI THUN GUE PA KUN SED CHING
DE LEK YAR NGOE UDA TAR PHEL GYUR NE
PHUN TSOK PAL LA ROL WE TASHI SHOG //

Dedicación de Méritos

JANG CHUB SEM CHOG RIN PO CHE
MA KYE PA NAM KYE GYUR CHIG
KYE PA NYAM PA ME PA YANG
GONG NE GONG TU PHEL WAR SHOG //

GANG RI RA WE KOR WE SHING KHAM DIR
PHEN DANG DE WA MA LUE JUNG WE NEY
CHENRESIK WANG TENZIN GYATSO YI
SHAB PE SI THAI BAR TU 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 NYI O SHIN DU SEL WA DANG
TEN ZIN PHU NU SHIN TU THUN PA YI
TEN PA YUEN RING NEY PE TASHI SHOG //

KYE WA KUN TU YANG DAG LAMA DANG
DREL ME CHOE KYI PAL LA LONG CHOD NE
SADANG LAM GYI YOEN TEN RAB DZOK TE
DOR JE CHANG GI GO PHANG ÑYUR THOB SHOG //

MÖN LAM LOG PE GYAL WE TEN PA LA
KHU WE NAG CHOG SUK CHEN SUK ME DE
SAM JOR NGEN PE JUK PA MA LÜ PA
CHOG SUM DEN PE TSE NE CHOD GYUR CHIG //