

## **DAILY PROTECTOR PRAYERS**

*Updated Feb. 22, 2010*

The *Daily Protectors Prayers* are generally started after one has received the Three Roots transmission and started the Sadhana practice. However, as many people are inspired to do this practice early on in their path, Rinpoche has made it available to anyone who has completed the Sangha Ceremony. The transmission is not necessarily needed to begin this daily practice, though one should aim to receive it when it is offered.

One can do either the abbreviated General Protector Prayers or the Extended Protector Prayers. The most important thing is that, in order to receive the benefit of the practice, one should make sure to recite the chants every day. It will not be helpful to do it sometimes or on and off. They can be done anytime of the day if necessary, but traditionally it is best to do them around dusk or evening. When doing the Extended Protector Prayers, unless one has a large offering, the Nga Sol and Phushter are optional. Also Entrusting the Protectors prayer can be recited once instead of six times. Extended Protector Prayers can be recited either by oneself or along with a recording of Rinpoche reciting them. Ritual instruments are not used when practicing along with the recording. To purchase this recording, see "Internet Resources" below.

In 2006, Rinpoche made the following comments about Protector practice:

"Once you've become a sangha member through the Sangha Ceremony, the lineage blessings and thus the protection of that will be there. You can then do the short or long version of the protectors starting then. Many people like doing these prayers as it makes them feel secure. Especially for those who feel shaky or can't settle their minds the long protector chants seem to have a positive effect. You should do the prayers with simple faith and trust that, since you are part of this lineage the protectors will honor you. You also honor them by consistently making offerings and doing the chants. Though you don't need the transmission to start the practice, you should eventually receive the empowerments the next time they are offered."

## OFFERINGS



Serkyem

Before reciting the Protector Prayers, you have to make a serkyem (serkyem means ‘cup of gold’). This can be done in the morning when you open your shrine or just before you do the protectors. To make the serkyem, pour fresh black tea into the cup of the serkyem and place a generous amount of cookies in the bowl portion of the serkyem. You can also place some gold leaf in the tea and dutsi. The tea and cookies should be fresh and specially designated for protector offerings. They should not be mixed in with your own food or eaten by people. The serkyem should be placed on your shrine.

Recite the Protector Prayers.

Offer the tea and cookies outside in a clean place that will not be walked over, or double bag the offerings and put them in your regular waste receptacle to be taken out with your regular household waste.

Place the cup part of the serkyem either upside down in the bowl or sideways. Never leave the cup standing upright and empty. The empty cup should be placed in the bowl so that the bowl is not empty either.

## INTERNET RESOURCES

Order Protector liturgies at the MSB Liturgy Webpage:

[http://www.mangalashribhuti.org/html/study\\_practice/liturgies.html](http://www.mangalashribhuti.org/html/study_practice/liturgies.html) (see #23 and #29 under “Purchasing Liturgies”).

Order a copy of Rinpoche’s Extended Protector Prayers recording from Susan Martich at: [events@mangalashribhuti.org](mailto:events@mangalashribhuti.org).

Order a serkyem from Tibetan Treasures:

<http://www.tibetan treasures.com/tthtml/ttmerch/Shrine%20pages/brass.html>