

## SHABTEN MANTRAS

*VAJRAKILAYA MANTRA:*

OM BENZAR KILI KILAYA SARWA BINGANYEN BAM HUNG PHET

*AMITAYUS LONG LIFE MANTRA:*

OM AH MA RA NE ZE WEN TEY YE SOHA

*TARA LONG LIFE MANTRA:*

OM TARE TU TARE TURE HRIH DRUM BENZAR JNANA AAYU KHE SOHA

## LIFE MANTRA

OM NAMO BHAGAWATÉ APARIMITA AHYUJANA SUBINI TSITA TÉTSO RASAYA TATHAGATAYA  
ARHATÉ SAMYAKSAM-BUDDHAYA TÉYATA OM PUNYÉ PUNYÉ MAHAPUNYÉ APARIMITA AHYU  
PUNYÉ JANA SABHA ROPA SITÉ OM SARWA SAMKARA PARI SHUDDHA DHARMATÉ GAGANA  
SAMUNGGATÉ SO BHAWA BI SHUDDHÉ MAHANAYA PARIWARÉ SOHA

## THE SEVEN LINE PRAYER

**HUNG** ཨུཾ

**Ögyen yul-gyi nup-chang-tsam** ཨུཾ

In the north-west of the country of Uddiyana,

**Péma késar dongpo-la** ཨུཾ

In the heart of a lotus flower,

**Yamtsen chok-gi ngö-drup-nyé** ཨུཾ

You are endowed with the supreme, wondrous siddhis

**Péma jungné shyé-su-drak** ཨུཾ

And are renowned as the Lotus-Born.

**Khor-du khandro mangpö-kor** ཨུཾ

You are surrounded by a host of many dakinis.

**Khyé-kyi jé-su dag-drup-kyi** ཨུཾ

I will practice by following your example.

**Chin-gyi lap-chir shek-su-sol** ཨུཾ

Please approach and grant your blessings!

**GURU PÉMA SIDDHI HUNG** ཨུཾ