



**The Practice Of  
Tsuktor Namgyalma  
(Ushnisha Vijaya)**



## **Altruistic Motivation (3x)**

DAG LA DANG WAR JE PEI DRA/  
NÖ PAR JE PEI GEG/

THAR PA DANG THAM CHE KHYEN  
PEI BAR DU CHÖ PAR JE PA THAM  
CHE KYI TSO JE PEI/

MA NAM KHA DANG NYAM PEI  
SEM CHEN THAM CHE DE WA

DANG DEN/  
DUG NGEL DANG DREL/  
NYUR DU LA NA ME PA YANG  
DAG PAR DZOG PEI JANG CHUB  
RIN PO CHE THOB PAR JA//

All mother sentient beings—  
Especially those enemies who hate  
me,  
Obstructors who harm me,  
And those who create obstacles on  
my path to liberation and all-  
knowingness—  
May they experience happiness,  
Be separated from suffering,  
And swiftly will I establish them  
in the state of unsurpassed,  
perfect, complete, and precious  
Buddhahood.

## **Action Bodhicitta Prayer (1x)**

DEI CHE DU SANG MA GYE KYI  
BAR DU LÜ NGAG YI SUM GE WA  
LA KÖL/

MA SHII BAR DU LÜ NGAG YI  
SUM GE WA LA KÖL/

DÜ DE RING NE ZUNG TE NYI MA  
SANG DA TSAM GYI BAR DU LÜ  
NGAG YI SUM GE WA LA KÖL//

Thus, until I achieve  
enlightenment, I perform virtuous  
deeds with body, speech, and mind.  
Until death, I perform virtuous  
deeds with body, speech, and mind.  
From now until this time  
tomorrow, I perform virtuous deeds  
with body, speech, and mind.

## **Short Refuge Prayer (3x)**

SANG GYE CHÖ DANG TSHOG KYI  
CHOG NAM LA/ JANG CHUB BAR DU  
DAG NI KYAB SU CHI/

DAG GI JIN SOG GYI PEI SÖ NAM KYI/  
DRO LA PHEN CHIR SANG GYE DRUB  
PAR SHOG//

In the Buddha, the Dharma, and the  
Sangha most excellent,  
I take refuge until enlightenment is  
reached.

By the merit of generosity and other  
good deeds,

May I attain Buddhahood for the sake  
of all sentient beings.

## **The Four Immeasurables (3x)**

MA NAM KHA DANG NYAM PEI SEM  
CHEN THAM CHE DE WA DANG DE  
WEI GYU DANG DEN PAR GYUR CHIG/

DUG NGEL DANG DUG NGEL GYI  
GYU DANG DREL WAR GYUR CHIG/  
DUG NGEL ME PEI DE WA DANG  
MIN DREL WAR GYUR CHIG/  
NYE RING CHAG DANG NYI DANG  
DREL WEI TANG NYOM LA NE PAR  
GYUR CHIG//

May all mother sentient beings,  
boundless as the sky, have  
happiness and the causes of  
happiness.

May they be liberated from  
suffering and the causes of  
suffering.

May they never be separated from  
the happiness which is free from  
sorrow.

May they rest in equanimity, free  
from attachment and aversion.

## **The Practice of Ushnisha Vijaya**

PAL DEN LHA MO TÖN KEI DA WEI  
DOG/

ZHAL SUM CHAG GYE RAB DZE ZHI  
WEI KU/

YE SHE PAG YE TSE YI CHOG TSÖL  
MA/

NAM PAR GYAL MEI ZHAB LA  
CHAG TSAL LO/

I prostrate to the All-Victorious One, the glorious goddess tinged like the autumn moon, with three faces and eight arms, who appears with sheer grace and peace, and who bestows wisdom beyond measure and supreme life.

## **Ushnisha Vijaya Long Mantra**

OM NAMO BHAGAVATE  
SARVA TRAILOKYA  
PRATIVISHISHTAYA/  
BUDDHAYA TE NAMA/ TA YA THA/  
OM BHRUM BHRUM BHRUM  
SHODHAYA SHODHAYA/  
VISHODHAYA VISHODHAYA/  
ASAMA SAMANTA AVABHASA  
SPHARANA GATI GAGANA  
SVABHAVA VISHUDDHE/  
ABHISHIN CANTU MAM/ SARVA  
TATHAGATA SUGATA VARA  
VACHANA AMRITA  
ABHIKSHEKARA/ MAHAMUDRA  
MANTRA PADAI/ AHARA AHARA/  
MAMA AYUS SAMDHARANI/  
SHODHAYA SHODHAYA/  
VISHODAYA VISHODAYA/  
GAGANA SVABHAVA VISHUDDHE/  
USHNISHA VIJAYA PARISHUDDHE/

SAHASRA RASMI SANCHO DITE/  
SARVA TATHAGATA AVALOKINI/  
SHAT PARAMITA PARIPURANI/  
SARVA TATHAGATA MATE/  
DASHA BHUMI PRATISHTHITE/  
SARVA TATHAGATA HRIDAYA/  
ADHISHTHANA ADHISHTHITE/  
MUDRE MUDRE MAHA MUDRE/  
VAJRA KAYA SAMHATANA  
PARISHUDDHE/ SARVA KARMA  
AVARANA VISHUDDHE/ PRATINI  
VARTAYA MAMA AYUR/  
VISHUDDHE SARVA TATHAGATA/  
SAMAYA ADHISHTHANA  
ADHISHTHITE/ OMMUNI MUNI  
MAHA MUNI/ VIMUNI VIMUNI  
MAHA VIMUNI/ MATI MATI MAHA  
MATI/ MAMATI SUMATI TATHATA/  
BHUTA KOTI PARISHUDDHE/  
VISPHUTA BUDDHE SHUDDHE/ HE  
HE JAYA JAYA/ VIJAYA VIJAYA/  
SMARA SMARA/ SPHARA  
SPHARA/ SPHARAYA SPHARAYA/

SARVA BUDDHA ADHISHTHANA  
ADHISHTHITE/ SHUDDHE  
SHUDDHE/ BUDDHE BUDDHE/  
VAJRE VAJRE MAHA VAJRE/  
SUVAJRE VAJRA GARBHE JAYA  
GARBHE/ VIJAYA GARBHE/  
VAJRA JVALA GARBHE/ VAJROD  
BHAVE/ VAJRA SAMBHAVE/  
VAJRE VAJRINI/ VAJRAM  
BHAVATU MAMA SHARIRAM/  
SARVA SATTVA NANCHA KAYA  
PARISHUDDHIR BHAVATU/ ME  
SADA SARVA GATI  
PARISHUDDHISHCHA/ SARVA  
TATHAGATASHCHA/ MAM  
SAMASHVAS YANTU/ BUDDHYA  
BUDDHYA/ SIDDHYA SIDDHYA/  
BODHAYA BODHAYA/ VIBODHAYA  
VIBODHAYA/ MOCHAYA  
MOCHAYA/ VIMOCHAYA  
VIMOCHAYA/ SHODHAYA  
SHODHAYA/ VISHODHAYA  
VISHODHAYA/ SAMANTANA

MOCHAYA MOCHAYA/ SAMANTA  
RASMI PARISHUDDHE/  
SARVA TATHAGATA HRIDAYA/  
ADHISHTHANA ADHISHTHITE/  
MUDRE MUDRE MAHA MUDRE/  
MAHAMUDRA MANTRA PADAI  
SVAHA

## **Ushnisha Vijaya Short Mantra**

OM BRUM SVAHA / OM AMRITA  
AYUR DA DAI SVAHA

## **Long Mantra English Translation**

OM, Homage to the Transcendent  
Conqueress, who outshines the three  
worlds,/ and to all Buddhas, please  
heed me!/ OM BHRUM BHRUM  
BHRUM/ Purify, purify,/ utterly  
purify, utterly purify./ Unequaled  
Favored One, dazzling with  
splendor,/ utterly pure and empty,  
come./ Invest me with power./ Fill  
me with the supreme heart-pledge  
nectar of all the transcendent  
conquerors and bliss-gone ones./  
Guide me to the secret of the great  
seal./ Seize me, seize me,/ protect  
my life;/ purify, purify,/ utterly  
purify, utterly purify./ Utterly pure,  
empty/ All-Victorious Crown  
Protuberance, perfectly pure,/

radiating myriad rays of light,/ you  
behold all transcendent conquerors./  
Accomplished in the six perfections,  
you are the mother of all  
transcendent conquerors./ Having  
traversed the ten grounds,/ you  
dwell within and are the heart-  
essence of all transcendent  
conquerors./ Seal, Seal, greatly  
Seal./ Perfectly pure powerful  
adamantine form,/ perfect remover  
of all evil deeds and obscurations,/  
utterly purify the hindrances to my  
life./ You dwell within the heart  
pledge of all transcendent  
conquerors./ OM Sage, Sage, Great  
Sage/ Perfect Sage, Perfect Sage,  
Great, Perfect Sage,/ Seeing One,  
Seeing One, Great Seeing One, look

upon me, all-seeing pure nature./  
Sublime being, perfectly purify,  
utterly subdue, purify completely.  
Oh, oh, Victorious One, Victorious  
One,/ All-Victorious One, All-  
Victorious One,/ think of me, think  
of me,/ enrich, enrich,/ enrich me,  
enrich me,/ you who dwells within  
the hearts of all the buddhas. Pure,  
pure/ Awakened One, Awakened  
One,/ Adamantine, Adamantine,  
Great Adamantine One,/ Excellent  
Adamantine One, endowed with  
adamantine essence, endowed with  
victorious essence,/ endowed with  
all-victorious essence,/ blazing  
adamantine essence,/oh, adamantine  
ground,/ adamantine innate ground,/  
adamantine vajra wielder,/ establish

my body in the adamantine ground,/ establish the bodies of all beings in the perfectly pure ground./ Let my mind be perfectly pure always./ Let me become unified with all transcendent conquerors,/ become awakened, become awakened,/ accomplished, accomplished,/ realized, realized,/ utterly realized, utterly realized, liberated, liberated,/ utterly liberated, utterly liberated,/ purified, purified, utterly purified, utterly purified,/ fully liberated, liberated,/ oh, perfectly pure radiance,/ you dwell within and are the heart-essence of all transcendent conquerors./ Seal, seal, greatly seal./ Please guide me to the secret of the great seal./

PAL MO GANG ZHIG YI LA DREN  
TSAM GYI/  
PHÜN TSOG TSE YI NGÖ DRUB  
NYER TSÖL ZHING/  
CHI DAG DÜ GYI DRA LE NAM  
GYAL WEI/  
DE SHEG TSUG TOR CHE YI TRA SHI  
SHOG/

May the Glorious One fully bestow  
the siddhi of perfect life and victory  
over the hostile mara of the lord of  
death upon all those who merely  
think of her.

May the auspiciousness of the Bliss-  
Gone One, the great Ushnisha, be  
present.

## **A Prayer for the Long Life of Glorious Garchen Rinpoche**

OM SWASTI MIN-GYUR DE-WA  
CHEN-PO CHÖ-KYI KU/  
MIN-GAG NA-TSOK RANG-TSAL  
LONG-CHÖ DZOK/  
MI-MIG NYING-JE DÖ-GAR TRÜL PE-  
KU/  
MI-CHE KU-SUM DAG-NYI KYOP-PE  
KYONG/  
PE-KAR Ü-SU CHU-DRUK CHA-SHE  
DZOK/  
TÖN·DE DOK-KAR UT-PAL  
CHAK·TU DZIN/  
JIK-PA GYE·KYOB DÜ-SUM GYAL-  
WE YUM/  
YI-ZHIN KHOR-LÖ CHI-ME TSE-JIN  
TSÖL/  
PHAK-PE YÜL-NA A-RYA-DE-WA  
ZHE/  
DO-KHAM CHOK-SU GAR-GYI RIK-  
SU TRÜL/

JIK-TEN GÖN-PO THUK-SE CHÖ-  
DING-PA/  
PAL-DEN GAR-CHEN KU-TSE KAL-  
GYAR TEN/  
KÖN-CHOK TEN-PE GYEN-GYUR  
DA-WE NYA/  
SHAR-RI TRAG-LA NGÖN-PAR  
PHAG-GYUR KYANG/  
SIL-ZER MEN-PE SA-ZUNG KU-MUT  
KYONG/  
ZHEN-PHEN DA-WA GAR-CHEN  
ZHAP-TEN SÖL/  
TO GÖ TAM SUM JUNG-WE LUNG-  
LA KUR/  
KHE TSÜN ZANG SUM DRUP-PE GO-  
CHA GÖ/  
TING-DZIN NAM-SUM GYA-TSÖ  
JING-TAR TEN/  
NGE-DÖN DRÖN-ME GAR-CHEN  
ZHAP-TEN SÖL/  
NYIG-DÜ GYAL-TEN NYAK-TRE NE-  
KAB DIR/

THU-TOB DOR-JE TA-BÜ TÜL ZHUK-  
KYI/

RI-ME TEN-PE KHUR-CHI DAG-GIR  
ZHES/

TEN-PE NYI-MA GAR-CHEN ZHAP-  
TEN SÖL/

JIN-LAB DEN-PE LA-ME SANG-SUM  
LA/

DÜ-KYI BAR-CHE JUK-PE KAB-ME  
MÖ/

ÖN-TE TEN-DREL SHI-KYI DRÖ-TÜN  
NE/

YI-ZHIN NOR-BÜ SÖL-DEB DI-NI ME/

CHOK-SUM TSA-SUM THUG JE DEN-  
TOP DANG/

MA-HA-KA-LA CHÖ-KYI DRÖL-ME  
THÜ/

DAG-GI DANG-LÖ MÖN-PE DEN-  
TSIG DI/

JI-ZHIN GEG-ME LHÜN-GYI DRUP  
PAR DZÖ//

## Long Life Prayer (English)

OM SWASTI Unchanging great  
bliss, Dharmakaya, unceasing  
manifold creativity,  
Sambhogakaya,  
Dance of compassion without  
object, Nirmanakaya—protector,  
in nature the indivisible three  
kayas, protect us!

White as the autumn moon replete  
with its sixteen parts,

The protectress from the eight  
fears—mother of the three times'  
victors,

Sits in the center of a white lotus  
holding an utpala.

Wish-granting Chakra, bestow

immortal life!

The one known in the Holy Land  
as Aryadeva emanated into the  
Gar clan of Eastern Tibet as  
Chödingpa,

The heart son of Jigten Sumgön.  
May the life of glorious Garchen  
remain steadfast for a hundred  
aeons!

The full moon, ornament of the  
three jewels' teaching,

Is exalted above the crevasses of  
the eastern mountains,

Yet its cool rays nurture the white  
lilies of the lower slopes.

May Garchen, the moon that  
benefits others, live long!

Casting to the wind all concern for

food, clothing, and fame,

He is girded with the armor of  
wisdom, morality, and a good  
heart.

As firm in the three samadhis as  
the ocean is deep—

May Garchen, lamp flame of  
definitive meaning, live long!

In this age of strife when the  
Victor's teaching faces hardship,  
Through his powerful, vajra-like  
discipline and vows,

He takes on himself the heavy  
responsibility of the unbiased  
teaching.

May Garchen, the sun of the  
teaching, live long!

There is no chance for demonic  
obstacles to affect the three secrets  
of the lama who possesses  
blessings,

Yet, in accord with the principle  
of auspicious interdependence,  
This wish-granting supplication is  
wonderful!

Through the compassionate truth  
and power of the three jewels and  
three roots,

And through the might of  
Mahakala and Chökyi Drölma,  
May these words of benediction  
made with pure heart be  
accordingly and spontaneously  
accomplished without hindrance!

## Dedication Prayers (Tibetan)

DOR JE CHANG CHEN TILLI NA RO  
DANG/

MAR PA MI LA CHÖ JE GAM PO PA/  
PHAG MO DRU PA GYAL WA DRI  
GUNG PA/

KA GYÜ LA MA NAM KYI TRA SHI  
SHOG//

SÖ NAM DI YI THAM CHE ZIG PA  
NYI/

THOB NE NYE PEI DRA NAM PHAM  
JE TE/

KYE GA NA CHI BA LONG TRUG PA  
YI/

SI PEI TSHO LE DRO WA DRÖL WAR  
SHOG//

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

LA MA KU KHAM ZANG WAR SÖL

WA DEB/  
CHOG TU KU TSHE RING WAR SÖL  
WA DEB/  
TRIN LE DAR ZHING GYE PAR SÖL  
WA DEB/  
LA MA DANG DREL WA ME PAR JIN  
GYI LOB//  
JAM PAL PA WÖ JI TAR KHYEN PA  
DANG/  
KÜN TU ZANG PO DE YANG DE  
ZHIN TE/  
DE DAG KÜN GYI JE SU DAG LOB  
CHING/  
GE WA DI DAG THAM CHE RAB TU  
NGO//  
SANG GYE KU SUM NYE PEI JIN  
LAB DANG/  
CHÖ NYI MIN GYUR DEN PEI JIN  
LAB DANG/  
GEN DÜN MI CHE DÜ PEI JIN LAB  
KYI/  
JI TAR NGÖ ZHIN MÖN LAM DRUB  
PAR SHOG//

## **Dedication Prayers (English)**

Dorje Chang, Tilopa, Naropa,  
Marpa, Milarepa, Dharma Lord  
Gampopa,

Phagmo Drupa, and Lord  
Drigungpa,

Please bestow upon us the most  
auspicious blessing of all the  
Kagyü Lamas.

By this virtue may I achieve  
omniscience

By defeating all enemies,  
wrongdoing.

May all who travel on the waves  
of birth, old age, sickness, and  
death

Cross the ocean of samsara.

Bodhicitta, the excellent and

precious mind—

Where it is unborn, may it arise;

Where it is born, may it not  
decline,

But ever increase higher and  
higher.

I pray that the Lama may have  
good health.

I pray that the Lama may have  
long life.

I pray that your Dharma activities  
spread far and wide.

I pray that I may not be separated  
from you.

As Manjushri, the warrior,  
realized the ultimate state,

And as did Samanatabhadra,  
I will follow in their path

And fully dedicate all the merit for

all sentient beings.

By the blessing of the Buddha  
who attained the three kayas,  
By the blessing of the truth of the  
unchanging Dharma-as-such,  
By the blessing of the indivisible  
Sangha order,  
May the merit I share bear fruit.

## **Concise Dedication by Lord Jigten Sumgön**

DAG DANG KHOR DE THAM CHE  
KYI/  
DÜ SUM DU SAG PA DANG/  
YÖ PEI GE WEI TSA WA DI/  
DAG DANG SEM CHEN THAM CHE  
NYUR DU LA NA ME PA YANG DAG  
PAR DZOG PEI JANG CHUB RIN PO  
CHE THOB PAR GYUR CHIG//

By the virtues collected in the  
three times  
By myself and all beings in  
samsara and nirvana  
And by the innate root of virtue,  
May I and all sentient beings  
quickly attain unsurpassed,  
perfect, complete, precious  
enlightenment.

## **Aspiration Prayer By Mipham**

SHE JA KÜN ZIG KÜN KHYEN CHÖ  
KYE JE/  
TEN DREL NE LA WANG THOB DRI  
GUNG PA/  
RIN CHEN PAL GYI TEN PA SI THEI  
BAR/  
SHE DRUB THÖ SAM GOM PE DZIN  
GYUR CHIG//

May the teachings of the Great  
Drigungpa, Ratnashri,  
Who is omniscient, Lord of the  
Dharma, Master of  
Interdependence,  
Continue and increase through  
study, practice, contemplation,  
and meditation,  
Until the end of samsara.

*At the request of Abao Lama, this short practice of Ushnisha Vijaya and the Long Mantra were translated by Ina Bieler on May 9, 2013. Many thanks to Trisha Lamb for providing English copy editing.*

*The refuge and dedication prayers are from the Garchen Buddhist Institute Prayer Book, and the long-life prayer is from the Garchen Buddhist Institute website, [www.garchen.net](http://www.garchen.net). The prayers are used with permission.*

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