

## **Praises to the Buddha Sakyamuni**

**THAB KHE THUG JE SHAKYAY RIG SU THRUNG**

Being skilled in method and compassion, you took birth among the Shakya clan,

**ZHEN GYI MI THUB DUED KYI PUNG JOM PA**

Being undefeatable you subdued the forces of the evil,

**SER GYI LHUEN PO TA BUR JID PAY KU**

Your exalted body is as magnificent as a golden mountain.

**SHAKYI GYAL PO KHYOED LA CHAG TSHEL LO**

To you, the King of the Shakyas, I prostrate!

**GANG GI DANG POR JANG CHUB THUG KYED NE**

You, initially generated the enlightened mind,

**SOENAM YESHE TSHOG NYI DZOG DZED CHING**

And perfected the two forms of accumulation,

**DUE DIR DZED PA GYA CHEN DRO WA YI**

Performing vast noble activities at this time

**GOEN GYUR KHYOED LA DAG GI TOED PAR GYI**

You became the protector of sentient beings. To you I offer praise!

**LHA NAM DOEN DZED DUL WAY DUE KHYEN NE**

While fulfilling the purposes of the gods, seeing that the time was ripe for taming,

**LHA LE BAB NE LANG CHEN TAR SHEG SHING**

You descended from the God's realm in the form of an Elephant!

**RIG LA ZIG NE LHAMO GYU THRUL MAY**

Foreseeing the right family caste, you were conceived

**LHUM SU ZHUG PAR DZED LA CHAG TSHEL LO**

In the womb of Mayadevi. To you I prostrate!

**DAWA CHU DZOG SHAKYI SE PO NI**

You, the Son of Shakya, having completed ten months (in the mother's womb),

**TASHI LUMBI TSHAL DU TAM PAY TSHE**

You took birth in the auspicious Lumbini Grove, in which time,

**TSHANG DANG GYA JIN GYI TUED TSHEN CHOG NI**

Brahma and Indra bowed respectfully to confer to you the Supreme Name.

**JANGCHUB RIG SU NGE DZED CHAG TSHEL LO**

You were ascertained to be from the Enlightened Family. To you I prostrate!

**ZHOEN NU TOB DEN MI YI SENGE DE**

You, the youthful hero, a lion amongst humans,

**A GHA MA GHA DHAR NI GYU TSAL TEN**

Displayed the miraculous skills in the art at Agha and Maghadha,

**KYE WO DREG PA CHEN NAM TSAR CHED NE**

Triumphed over the arrogant ones,

**DREN DA MED PAR DZED LA CHAG TSHEL LO**

And became the unrivaled hero, to you I prostrate!

**JIG TEN CHOE DANG THUEN PAR JA WA DANG**

You performed deeds consistent to the worldly rules,

**KHA NA MATHO PANG CHIR TSUEN MO YI**

And refrained from negative actions,

**KHOR DANG DEN DZED THAB LA KHE PA YI**

Had a retinue of queens and with skillful means

**GYAL SID KYONG WAR DZED LA CHAG TSHEL LO**

You governed the country. To you, I prostrate!

**KHOR WAY JA WAR NYING PO MED ZIG NE**

Seeing the lack of purpose in the samsaric activities,

**KHYIM NE JUNG TE KHALA SHEG NE KYANG**

You renounced your kingly home faring through space,

**CHOE TEN NAM DAG DRUNG DU NYID LE NYID**

Yet before the Stupa Vishuddha, you ordained yourself

**RAB TU JUNG WAR DZED LA CHAG TSHEL LO**

And became a renouncer. To you, I prostrate!

**TSOEN PAY JANG CHUB DRUB PAR GONG NE NI**

Yearning to accomplish the Buddhahood, with diligence,

**NEE RAN DZANAY DRAM DU LO DRUG TU**

By the banks of the river Neranjana, for six years,

**KA WA CHED DZED TSOEN DRUE THAR CHIN PE**

You practiced austerity and by perfecting your diligence

**SAM TEN CHOG NYE DZED LA CHAG TSHEL LO**

You achieved the supreme samadhi. To you I prostrate!

**THOG MA MED NE BED PA DOEN YOED CHIR**

In order to make your endeavour fruitful from beginningless time,

**MA GHA DHA YI JANG CHUB SHING DRUNG DU**

Under the Bodhi tree in Magadha,

**KYIL TRUNG MI YO NGOEN PAR SANGYE NE**

Without moving from the cross-legged posture you actualized Buddhahood.

**JANG CHUB DZOG PAR DZED LA CHAG TSHEL LO**

To you, who displayed the Perfect Enlightenment, I prostrate!

**THUG JE DRO LA NYUR DU ZIG NE NI**

Immediately after that, looking upon beings with compassion

**VARANASI LA SOG NE CHOG TU**

At Varanassi and other holy places

**CHOE KYI KHOR LO KOR NE DUL JA NAM**

You turned the Wheel of Dharma, secured

**THEG PA SUM LA GOED DZED CHAG TSHEL LO**

All beings to be tamed on three Vehicles. To you, I prostrate!

**ZHEN GYI GOL WA NGEN PA TSAR CHED CHIR**

In order to thrash the evil opponents, the six heretic teachers,

**MU TEG TOEN PA DRUG DANG LHE JIN SOG**

Devadatta, and so forth,

**KHOR MO JIG GI YUL DU DUED NAM TUL**

In the country of Khormojig, you subdued the entire demons.

**THUB PA YUL LE GYAL LA CHAG TSHEL LO**

Muni, Victor in battle, to you, I prostrate!

**SID PA SUM NA PE MED YOEN TEN GYI**

Of your qualities there is no parallel available in the three realms.

**NYEN DU YOED PAR CHO THRUL CHEN PO TEN**

At Sravasti you displayed great miracles and expounded the teachings,

**LHA MI DRO WA KUN GYI RAB CHOED PA**

Which are extremely revered by all gods and beings.

**TEN PA GYE PAR DZED LA CHAG TSHEL LO**

To you, who have spread the Dharma, I prostrate!

**LELO CHEN NAM CHOE LA KUL JAY CHIR**

In order to induce the slothful ones to Dharma

**TSA CHOG DRONG GI SA ZHI TSANG MA RU**

In the pristine place of Kushinagar,

**CHI MED DORJE TABUI KU SHEG NE**

You attained the immortal vajra-like form.

**NYA NGEN DA WAR DZED LA CHAG TSHEL LO**

To you, who have actualized Parinirvana, I prostrate!

**YANG DAG NYID DU JIG PA MED CHIR DANG**

To ensure there is no cessation of the ultimate purity,

**MA WONG SEM CHEN SOE NAM THOB JAY CHIR**

And for accumulating merits by the future beings,

**DE NYID DU NI RING SEL MANG TRUL NE**

In that place itself, you emanated many relics,

**KU DUNG CHA GYED DZED LA CHAG TSHEL LO**

Which were used to make the eight stupas. To you, I prostrate!

**GANG TSHE KANG NYI TSO WO KHYOED TAM TSHE**

At the time when you, the chief among the bipeds (humans), were born,

**SA CHEN DI LA GOM PA DUEN BOR NE**

You took seven steps on this vast earth.

**NGA NI JIG TEN DI NA CHOG CHE SUNG**

‘I am the Supreme One!’, you said.

**DE TSHE KHE PA KHYOED LA CHAG TSHEL LO**

To you, wise even at that time, I prostrate!

**DANG PO GA DEN LHA YI YUL NE JOEN**

Firstly you descended from Tushita heaven.

**GYAL POI KHAM TU YUM GYI LHUM SU ZHUG**

In Rajgiri you entered the womb of your mother.

**LUMBI NI YI TSHAL DU THUB PA TAM**

In the Lumbini Grove you, the Muni, were born.

**CHOM DEN LHA YI LHA LA CHAG TSHEL LO**

Great Conqueror, God of gods, to you, I prostrate!

**ZHEL YE KHANG DU MA MA GYED ZHI CHOED**

Nurtured by the eight nurses in the palace,

**SHAKYI DRONG DU ZHOEN NUE ROL TSED DZED**

You played youthful sports in the land of Shakyas.

**SER KYAY NE SU SA TSHO KHAM TU ZHE**

Wedded to Satshoma from the Serkya’s land, possessing an incomparable body

**SID SUM TSHUNG MED KU LA CHAG TSHEL LO**

Within the three realms of existence, to you, I prostrate!

**DRONG KHYER GO ZHIR KYO WAY TSHUL TEN NE**

Expressing disgust at the gates of the four cities,

**CHOE TEN NAM DAG DRUNG DU WU TRA SIL**

You shaved your head before the Vishuddha Stupa.

**NEE RAN DZANE DRAM DU KA THUB DZED**

At the banks of Neranjana river you practiced austerities.

**DRIB NYI KYON DANG DREL LA CHAG TSHEL LO**

Freed from the faults of the two obscurations, to you, I prostrate!

**GYAL POI KHAM TU LANG CHEN NYOEN PA TUL**

You tamed the big mad Elephant in Rajgiri.

**YANG PA CHEN DU TEWUE DRANG TSE PHUL**

The monkeys offered you honey at (Vaisali) Sarvasati.

**MA GA DHA RU THUB PA NGOEN SANGYE**

You achieved enlightenment at Magadha.

**KHYEN PAY YESHE BAR LA CHAG TSHEL LO**

To you, ablaze with primordial wisdom, I prostrate!

**VARANASIR CHOE KYI KHOR LO KOR**

You turned the Wheel of Dharma in Varanasi.

**DZE TAY TSHAL DU CHO THRUL CHEN PO TEN**

Displayed the great miracles in the groves of Dzeta.

**TSA CHOG DRONG DU GONG PA NYA NGEN DE**

Attained Parinirvana at Kushinagar.

**THUG NI NAM KHA DRA LA CHAG TSHEL LO**

To you, whose mind is like that of space, I prostrate!

**DE TAR TEN PAY DAG PO CHOM DEN DE**

In this manner, to the Lord of Dharma,

**DZED PAY TSHUL LA DO TSAM TOED PA YI**

I have offered brief praises for displaying his enlightened activities.

**GE WAY DRO WA KUN GYI CHOED PA YANG**

May by these virtues, all the activities of the sentient beings

**DE SHEG NYID KYI DZED DANG TSHUNG PAR SHO**

Become like those of the Sugatas!

The Longer Praise to our Teacher is known to be composed by Kyopa Rinpoche of the Drigung tradition of the Kagyud School, while some sources say that the Shorter Praise was composed by Lopen Pawo.