

Verses of Aspiration for Prostrations

By Sakya Paṇḍita Kunga Gyaltsen

The mantra to multiply prostrations a thousand times:

OM NAMO MAÑJUŚRĪYE | NAMAḤ SUŚRĪYE | NAMAḤ UTTAMAŚRĪYE
SVĀHĀ

NAMO GURUBHAYAḤ | NAMO BUDDHĀYA | NAMO DHARMĀYA | NAMO
SAṄGHĀYA

By my prostrating to the holy Three Supreme,
May the degradations and obscurations of myself are every other wandering being be purified.
By joining the palms with the two hands even,
May the unification of method and wisdom be attained.

By placing the joined palms at the crown of the head,
May I be born in the supreme realm of Sukhāvātī.
By placing the joined palms at the point between the eyebrows,
May physical degradations and obscurations be purified.

By placing the joined palms in front of the throat,
May vocal degradations and obscurations be purified.
By placing the joined palms in front of the heart,
May mental degradations and obscurations be purified.

Each time the joined palms are unfolded,
May the welfare of wandering beings be brought about by the two form-bodies.
By the two knees touching the ground,
May the ten levels and five paths be gradually traversed.

By the forehead touching the ground,
May the eleventh level of Total Light be attained.
By the four limbs bending and stretching out,
May the four transcendental activities be spontaneously accomplished.

By all the veins and sinews bending and stretching out,
May all the knots in the channels without exception be released.
By arching the spine and central channel,
May all the air-energies without exception enter the central channel.

By touching the ground then rising up,
May the path of liberation of not abiding in *samsāra* be attained.
Then, by prostrating down many times,
May I become the guide of sentient beings not abiding in quiescence.

By the power of the virtue of my offering full prostration,
Circumstantially, may there be long life, no sickness and abundance.
At the time of death, may I be born in Sukhāvātī and then

Swiftly attain the stage of a complete Buddha.

May all sentient beings gain bliss,
The bad destinations be forever emptied,
And all the aspirations of the Bodhisattvas,
Residing on whichever level, be accomplished.

Sarvamaṅgaḥ!

Translated into English by Ven. Kassapo
[*dge slong ngag dbang mkhyen brtse*] ©