



Lama Tsongkhapa

10-Minutes Practice Sadhana and Migtsema Mantra

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We Dedicate the Merit to the Benefit of All Sentient Beings.



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Lama Tsongkhapa's birth was prophesized by both Buddha Shakyamuni and Guru Rinpoche according to texts, including the Manjushri Root Text.

Buddha Shakyamuni prophesized, "After I pass away and my pure doctrine is absent, you will appear as an ordinary being, performing the deeds of a Buddha, and establishing the Joyful Land, the great Protector, in the Land of the Snows."

Kyabje Lama Zopa Rinpoche advised: "*If one keeps even a drop of the nectar of the name of this holy being Lama Tsongkhapa in a devotional heart, it plants the seed of liberation and one receives the fortune to practice and enjoy happiness from this life up to enlightenment.*"

Bring the Wisdom, Compassion and Activity of Lama Tsongkhapa into your life, with this short 10-Minute practice as either a daily practice, or on practice days (full moons, Buddha Days.)

10 Benefits of Practice

The 10 benefits of Lama Tsongkhapa's Daily Guru Yoga practices, according to lineage teachings, are:

- Wisdom
- Compassion
- Peacefulness and stability
- Great blessings for all sentient beings
- Protection from outer, inner and secret obstacles
- Protection from the 8 Dangers and Fears
- Protection from 404 Types of Disease
- Avoid harm from weapons
- Bountiful Crops, food and livelihood
- Protection from Spirits



Resources



- View all Practice Dates and Annual Lama Tsongkhapa Day on the Buddha Weekly Dharma Dates Calendar here: <https://buddhaweekly.com/dharma-calendar/>
- VIDEO: 10-Minute Recite-Along Practice with Chanted Migtsema Mantras on Youtube: <https://www.youtube.com/watch?v=BTLW2vxNezs>
- Lama Tsongkhapa: His Life, Practice, Mantras and a Guided Visualization: <https://www.youtube.com/watch?v=Q7TjKwHuZkA>



Lama Tsongkhapa

10-Minute Recitation Practice

I take refuge in Lama Tsongkhapa, the Three Jewels, Buddha, Dharma and Sangha, and the Three Roots, Guru, Yidam and Dakini, until I attain Enlightenment. (3x)

By the merit accumulated from practicing generosity and the other perfections may I attain enlightenment for the benefit of all sentient beings.

- May all beings have happiness and its causes.
- May all beings be freed from suffering and its causes.
- May all beings constantly dwell in joy transcending sorrow.
- May all beings dwell in equal love for those both near and far.

In the space before me, appears the field of merit, with Lama Tsongkhapa on a lion throne, lotus and moon seat.

Supreme merit field, please remain in Samsara and turn the Wheel of the Dharma of the greater and lesser vehicles, to benefit all sentient beings!

I prostrate to you Lama Tsongkhapa and Supreme Field of Merit.

To the Supreme merit field I make visualized offerings of the loveliest flowers, of beautiful garlands, and of music and perfumed ointments, the best of parasols, the brightest lamps, and finest incense.

To Lama Tsongkhapa, every Buddha and Bodhisattva, and Supreme Merit Field, I make offerings: exquisite garments and the most fragrant scents, powdered incense, heaped as high as Mount Meru, arranged in perfect symmetry.

I prostrate and offer to all of you victorious ones.





Whatever negative acts I have committed, while driven by desire, hatred and ignorance, with my body, my speech and also with my mind, Before you, I confess and purify each and every one.

With a heart full of delight, I rejoice at all your merits, and the merits of all Buddhas and Bodhisattvas, Pratyekabuddhas, those in training and the arhats beyond training, and every living being, throughout the entire universe.

You who are like beacons of light shining through the worlds, passed through the stages of enlightenment, to attain buddhahood, freedom from all attachment, I exhort you: turn the unsurpassable wheel of Dharma.

Joining my palms together, I pray to you to not pass into nirvāṇa, and remain, for aeons as many as the atoms in this world, and bring well-being and happiness to all living beings.

What little virtue I have gathered through my homage, through offering, confession, and rejoicing, through exhortation and prayer, and all of my practices, I dedicate to the enlightenment of all beings!

May all sentient beings have happiness and the cause of happiness. May all sentient beings be free of suffering and the cause of suffering. May they never be separated from happiness, which is without suffering. May they remain in endless equanimity, free from attachment and aversion.



I visualize a mandala offering adorned with Mount Meru, the four lands, the sun and full moon.

I offer this pure visualized mandala to you assembly of Buddhas here before me.

May all living beings experience pure happiness and be reborn in pure lands.

I send forth this jewelled mandala to you, precious gurus.

Now, holding the visualization of the merit field in front of me, with Lama Tsongkhapa at the center, glowing with purifying light, I praise with the *Migtsema*, the five lines of praise.



Chant along with [Yoko Dharma](#), the beautiful *Migtsema*, the five lines of praise. This precious mantra translates as:

MIG.MEY TZEY.WEY TER.CHEN CHEN.REY.ZIG

You are Avalokitesvara, great treasure of unimaginable compassion,

DRI.MEY GYEN.PEY WANG.PO JAM.PEL.YANG

And Manjushri, master of stainless wisdom,

DÜ.PUNG MA.LÜ JOM.DZEY SANG.WEY DAG

And Vajrapani, Lord of the Secret and destroyer of hordes of maras without exception.

GANG.CHEN KEY.PEY TSUG.GYEN TSONG.KHA.PA

Tsong Khapa, crown jewel of the sages of the Land of Snows,

LO.ZANG DRAG.PEY ZHAB.LA SOL.WA DEB

Lozang Dragpa, I make requests at your lotus feet.

(3, 7, 21 or 108 Times)





Glorious, precious Guru Lama Tsongkhapa please come to the lotus and moon seat at my crown, and in your great kindness, please remain with me.

Please bestow upon me the blessings of your body, speech and mind.

Please remain until I achieve the essence of Enlightenment.

By this virtue may I quickly attain the state of Enlightenment, and then may I lead every being, without exception, into that state.

May the most precious and supreme bodhichitta awakening mind, which has not yet been generated now be generated. And may the precious mind of bodhichitta which has been generated, never decline, but always increase.

I dedicate the merit of this practice to the cause for Enlightenment for all sentient beings.



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