



Palden Sakya **PUJA DIRECTORY**

*Tibetan Lamas and monks are
available to perform Tibetan
Buddhist prayers and rituals to
benefit oneself,
one's friends, and family*



*Prayers recited
and rituals performed
by the monks at
Sakya Tsechen Damchos Ling,
Mundgod, India
and
Pema Ts'al Sakya Monastic Institute,
Pokhara, Nepal*



The Vikramasila Foundation

Ven. Lama Pema Wangdak, Director

www.vikramasila.org

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Important Buddhist Prayers and Pujas can be performed by requesting the Lamas and Monks of Sakya Tsechen Damchos Ling Monastery in India and Pema Ts'al Monastic Institute, Nepal

VAIROCHANA BUDDHA PRAYER

This is a major ritual based on a drawing or sand Mandala. This can be performed for a day or three to seven days in a stretch.

Purpose: This ritual is especially for the deceased. It purifies the negative deeds committed in the past life and helps to acquire better rebirth. It also helps the deceased to minimize the sufferings and anxiety during the (Bardo) intermediate stage of death and rebirth. This ritual, along with the Empowerment, is also very effective for someone who is terminally ill with virtually no hope of survival.

This ritual can be done by a minimum of 4 to 8 monks and takes 5 hours. On special occasions or by request of the sponsor, the ritual can be done for 5 to 7 days by drawing a sand mandala. Offerings can be very elaborate or simple—but 100 butter lamps are recommended.

Cost: \$110.00 US Dollars (5 hour ritual includes 100 butter lamps with Tsog) or \$1,000.00 US Dollars for a sand mandala.

TARA PUJA, FOUR MANDALA OFFERINGS

Tara puja is very effective to seek guidance, support, strength and fulfillment of one's wishes. The unabridged version of this prayer takes 3 to 4 hours. This can be performed by the whole sangha or by a minimum of 4 monks.

Cost: Four monks: \$32.00 US Dollars or by the whole sangha \$75.00 US Dollars

MAHAKALA PUJA

Mahakala puja is a prayer to the tutelary deities who are the Protector of Dharma and its practitioners. This ritual invokes the tutelary deities to guide, support and bestow power to face life's struggles and also eliminate the obstacles and forces that hinder us in our path. The offerings and preparation of this ritual are simple. This is mainly done by whole Sangha gatherings with ritual music or it can also be done by four monks.

The ritual may take 4 hours but the mantras of each deity are repeated three times and will take 6 hours altogether.

Cost: Four monks: \$82.00 US Dollars or by the whole Sangha for \$135.00 US Dollars

THREE DEITIES LONG-LIFE PRAYER

This puja is to prolong one's life span. It invokes the blessing of Three Long-Life Deities: White Tara, Amitayu and Vijaya.

This puja is good for someone who has a long-term illness, has undergone a major operation, or experienced a traumatic accident or event.

The puja is performed by 4 monks and takes 4 hours with the recitation of the Long Life Mantra. The offerings are simple but 100 lamps are recommended.

Cost: \$32.00 US Dollars which includes 100 butter lamps.

MEDICINE BUDDHA

Medicine Buddha puja is for someone who is undergoing medical treatment. When the treatment does not show the desired result, the puja can be effective to bring the needed result. The blessings of the Medicine Buddha enhance the effectiveness of the medicine to show positive results. The Puja takes 4 hours.

Cost: The expense for this puja is \$32.00 US dollars.

VIJAYA 1000 OFFERINGS

This is one of the major rituals which needs compulsory offerings of butter lamps, scented water, incense, flowers and offering cakes. This ritual needs two days.

Vijaya is one of the 3 Long-Life deities. This ritual is done for purification of one's negative deeds committed in this or earlier lives and also to accumulate merit to help fulfill one's wishes and dreams. When one accumulates good merit, he/she will have luck, success and a natural advantage in all walks of life.

This ritual is done by the whole Sangha or can be done by a minimum of 6 monks.

Cost: 6 monks: \$250.00 US Dollars or by whole Sangha of 35 monks for \$310.00 US Dollars

SAMANTABHADRA PRAYERS

Samantabhadra prayer is a simple but well-meaning prayer to the Buddhas of ten directions by the Bodhisattva Samantabhadra. This prayer can be done on any occasion for the deceased, for the living, or for the well-being of all living beings. The prayer takes 15 minutes to recite three times and can be done any time during the congregation of the Sangha.

Cost: \$10.00 US Dollars

THREE HEAPS PRAYER

This prayer is done to eliminate obstacles and bad elements that hinder ones Dharma practice. This takes 10 minutes to recite three times.

Cost: \$10.00 US Dollars

HOISTING OF PRAYER FLAGS

The hoisting of Prayer flags of 5 colors is to arise the 'air horse', which brings luck and success in all endeavors. The Prayer flag hoisting also has "purification" prayers which invoke the gods for support and backing.

There are certain good days for the hoisting of the flag which will be determined by the sangha.

Cost: The expenses for the length of 20 meter flags with prayer is \$20.00 US Dollars.

Please fill out this form completely and see previous page for detailed descriptions. Send your check (US Dollars or money order) made payable to: Vikramasila Foundation, 289 Brookside Avenue, Cresskill, NJ 07626. You will receive confirmation from Lama Guru Gyaltzen, Executive Director of the Pema Ts'al Schools/Sakya Damchos Ling, Mundgod, India of the date and confirmation of your puja.

Name _____

Address _____

City _____

State/Zip _____

e-mail _____

phone _____

fax _____

Puja that I am requesting:

Vairochana Buddha Prayer
 \$110.00 \$1,000.00

Green Tara Puja
 \$35.00 \$75.00

White Tara Puja
 \$35.00 \$75.00

Mahakala Puja
 \$85.00 \$135.00

Three-Deities Long-Life Puja
 \$35.00

Medicine Buddha Puja
 \$35.00

Vijaya 1000 Offerings Puja
 \$250.00 \$310.00

Samantabhadra Prayers
 \$10.00

Three-Heap Prayers
 \$10.00

Hoisting of Prayer Flags
 \$20.00

Names of the deceased (if applicable) to be prayed for: _____

Names of the living (if applicable) to be prayed for: _____

TOTAL : _____