Translating Sadhanas & Rituals

with Stephen Gethin, Larry Mermelstein, Anne Klein

Stephen Gethin
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Stephen studied veterinary medicine at Cambridge University, where he was also awarded a choral exhibition, a position he was subsequently obliged to resign when his interest in Buddhism grew to the point where he had to choose between meditation classes and Sunday evensong. After a number of years in professional practice, during the 1980s he undertook two three-year retreats in France, where he now lives. He became a Tsadra Foundation Translation Fellow in 2005. His published translations include Nagarjuna’s Letter to a Friend, Zur-chungpa’s Testament, and A Torch Lighting the Way to Freedom. He is currently working on Jamgön Mipham’s commentaries on the Mahāyāna-sūtrālamkāra and Padmasambhava’s Garland of Views, and a detailed preliminary practice commentary by Shechen Gyaltsap.
Prayer to Chenrezi

Namo Lokeshvaraya,
Lord of the world, look down with love.

Treasure of mercy, be my refuge,
Heed now my prayer, sublime Chenrezi.

Here in this endless sea—samsara,
Save me and guide me, O Chenrezi.

When all is darkened by confusion,
Light me a shining lamp, Chenrezi.

When my foes make me burn with hatred,
Douse me with cooling streams, Chenrezi.

When I’m awhirl with lust and grasping,
Show me my state of mind, Chenrezi.

When I am tied in knots by meanness,
Help me let go and give, Chenrezi.
When I’m unwell, diseased and ailing,
Be a good doctor, O Chenrezi.

When I face death, alone and fearful,
Show me your kindly face, Chenrezi.

When I’m in danger, lost in bardo,
Meet me as my old friend, Chenrezi.

When, all alone, I leave my loved ones,
Guide me to your pure land, Chenrezi.

When in the birth canal I suffer
Pitch me a tent of light, Chenrezi.

When I’m a child and I know nothing,
Be my true teacher, O Chenrezi.

Praying to you above my head,
Be my root teacher, O Chenrezi.

Rest in my heart upon a lotus,
Be my supreme yidam, Chenrezi.

Outside and in, beset with troubles,

Soothe me and guard me, O Chenrezi.

Hunger, thirst, illness sore torment me,

Help me achieve my goals, Chenrezi.

When my life’s spent and death is certain,

Tell me my future life, Chenrezi.

As I recite the sixfold mantra,

Look upon me with love, Chenrezi.

With this good deed, may I proceed

Swiftly to buddhahood, Chenrezi.