

GELONGMA PALMO'S PRAISE OF AVILOKITESHVARA

*Page 39 – 44 of Gargon Nyung Ne text*

*Om.* I prostrate to the protector  
of the universe, the guru of the –  
– U- ni-verse. Honored **BY** be-ings of all three realms,  
praised by gods, Mara, Brahma. Wish granting –  
– King of Sages. Su-**PREME** Protector, I prostrate.  
Noble body containing all Bliss Gone –  
– Ones, your crown's adorned **WITH** the Buddha Boundless Light.  
Your gen'rous right hand gives ease to hungry –  
– ghosts. Your left hand's a-**DORNED** with a gold lotus. Your  
perfumed hair flashes with light'ning, bound up –  
– like red-gold garlands. **OH** your face is beau-ti-ful  
shining full-moon. And your lotus eyes are--  
–wide, so exquisite. **YOUR** sweet-smelling body's white  
as a snowy conch. You hold pure glit'ring --  
– pearls. You are draped in **RAD'IANCE** like the red of dawn.  
Your hands spread like perfect lotus- es ar--  
– ranged on a still lake. **YOUTH** tinged like the autumn clouds,  
many jewels adorn your shoulders. Your young --  
– palms are exquisite, **SOFT** and tender as new leaves.  
Your left breast is covered by an- telope  
– hide. Beautified by **FINE** earrings, bracelets, anklets,

you abide on a pristinely pure lo--  
– tus. And your belly's smooth as a lotus petal.  
Your sublime gold belt is studded with fine –  
– gems. From your hips drape **GARMENTS** of the finest silk.  
Supreme Wisdom of the Buddha, Gone Be--  
–yond. Gath-er-ing vast **MERIT**, you reached the sublime.  
Lower Realm's Lib-er-a-tor, source of de--  
-- light, you dispel age **AND** disease. You are supreme  
among beings, Victor over Mara's --  
-- hoards. Gold-en anklets **JING**-ling beautify your feet.  
Your four boundless states secure be- ings in –  
– peace. Dignified like **EL**-ephant, graceful as swan.  
Doctrine's keeper, all accumu- la-tions –  
– done. Savior from the **O**-ceans of milk and water.  
Man or woman, if you rise each day at –  
– dawn, devote your mind **WITH** respect to Chenrezig  
and you praise him with this excel- lent pure --  
– song recite clearly **AND** purely, then all of your  
worldly and transcendent wishes will be –  
– ful -filled in this life **AND** all of your future lives.

~~~~ Repeat 7 or 21 times~~~~

*Return to the Nyung Ne Sadhana, bottom of page 44*

*Versification by Juanita Brigid McCarron, from Ina Bieler's translation of the Gargon  
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