

GELONGMA PALMO'S PRAISE OF AVILOKITESHVARA

Page 39 – 44 of Gargon Nyung Ne Sadhana

Om. I pro-**STRATE** to the pro-tec-tor
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 lotuses per- fect-ly
– a -ranged on a still **LAKE**. Youth tinged like 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 **GAR**-ments 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 –
– real -ized in this life **AND** all of your future lives.

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

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*\*oceans of milk and water = extremes of peace (nirvana) and existence (samsara).*

*Versification by Juanita Brigid McCarron, from Ina Bieler's translation of the Gargon Nyung Ne sadhana, "A Wish-Granting Gem Fulfilling Every Aspiration." ©2020*