

### Seven-Branch Offering Prayer

We make these prayers to help us tackle our poisons and thus try to eliminate obstacles.

<b>Branch...</b>	<b>Is the antidote for the poison of...</b>
1) prostrations	pride
2) offerings	miserliness, greed
3) confession	anger
4) rejoicing	jealousy
5) requesting to turn the wheel of dharma	ignorance
6) requesting teachers to remain in this world	wrong view
7) dedication	doubt, lack of faith

Example taken from the **Orgyan Prayer** spoken by Guru Rinpoche and revealed by Chokgyur Lingpa:

*Victorious ones of the ten directions and four times and your spiritual heirs, hosts of lamas, yidams, dakinis, and dharma protectors –*

*All of you without exception, as numerous as the atoms of the universe, approach, I pray. Rest on seats of lotuses and moon disks in the sky before me.*

*1) I pay homage with devotion of body, speech and mind.*

*2) To you I make outer, inner and secret offerings and the offering of suchness.*

*3) In the presence of the supreme sugatas, I express remorse for my many harmful actions of the past, confess with regret my present wrongdoing, and vow to refrain from future wrongdoing.*

*4) I rejoice in all accumulations of merit and virtue.*

*6) I entreat the hosts of victorious ones not to pass into final nirvana;*

*5) Rather, may they turn the wheel of the three collections of the dharma and the unsurpassable teachings.*

*7) I dedicate all my virtuous actions without exception to all beings –*

*May they reach the level of unsurpassable liberation. O Buddhas and your spiritual heirs, heed me! ...etc*

*(This prayer can be found in the Dudjom Tersar Ngondro text)*

### **Tibetan three-part grouping for the seven branches: “SA-JANG-PHEL-sum”**

“SA” (accumulation of merit) – *prostrations, offering, requesting the dharma, requesting teachers to remain*

“JANG” (confession, purification) – *confession*

“PHEL” (increasing) – *rejoicing, dedication*

“SUM” (three)