

Tsongkhapa Guru Yoga



Refuge And Bodhicitta

I and all sentient beings until we achieve enlightenment, take refuge in Buddha, Dharma, and Shanga. By the merit accumulated from practicing generosity and the other perfections, may I attain Liberation for the benefit of all sentient beings. (3x)

Four Immeasurable attitudes

1. May all beings have happiness and its causes.
2. May all beings be freed from suffering and its causes.
3. May all beings constantly dwell in joy -- transcending sorrow.
4. May all beings dwell free from attachment and hatred.

Please Guru Deity, bless me to be able to bring these 4 Immeasurables to all suffering mother beings.

Seven Limbed Practice

With my body, speech, and mind, humbly I prostrate, And make offerings both set out and imagined. I declare my unwholesome actions from all time,

And rejoice in the virtues of all.
Please stay until samsara ceases,
And turn the Wheel of Dharma for us.
I dedicate all virtue to great Enlightenment.

MAIN PRACTICE

From the heart of the Protector of the hundreds of deities of the Joyful Land, to the peak of a cloud which is like a cluster of fresh, white curd, all-knowing Losang Dragpa, King of the Dharma, please come to this place together with your two chief disciples. In the space before me on a lion throne, lotus, and moon, the Venerable Guru smiles with delight. Supreme Field of Merit for my mind of faith, please remain for a hundred aeons to spread the teaching.

Seven Limbed Prayer

PROSTRATIONS

Your mind of wisdom realizes the full extent of objects of knowledge. Your eloquent speech is the ear-ornament of the fortunate. Your beautiful body is ablaze with the glory of renown. I prostrate to you, whom to see, hear, and remember is so meaningful.

OFFERINGS

O Supreme Field of Merit, I offer you pleasing water offerings, various flowers, sweet-smelling incense, lights, scented water and so forth, and a vast cloud of offerings both set out and imagined,

DECLARATIONS

Whatever non-virtues of body, speech, and mind I have accumulated since beginningless time, especially transgressions of my three levels of vows, with great remorse I declare each one from the depths of my heart.

REJOICING

In this degenerate age you strove for much learning and accomplishment. Abandoning the eight worldly concerns, you made your leisure and endowment meaningful. Protector, from the very depths of my heart, I rejoice in the great wave of your deeds.

REQUEST FOR DHARMA TEACHINGS

From the billowing clouds of wisdom and compassion

in the space of your Enlightened mind venerable and holy Guru, please send down a rain of vast and profound Dharma appropriate to the disciples of this world.

REQUEST TO REMAIN

May your Vajra Body, created from the purity of clear light, free of the rising and setting of cyclic existence, please stay on unchanging, without waning, until samsara ends.

SHORT MANDALA OFFERING

This mandala is built on a resplendent base of flowers, saffron water and incense, adorned with Mount Meru, the four lands, the sun, and the full moon. By offering this pure mandala to the assembly of Buddhas gathered here before me, may all beings experience pure happiness and be reborn in pure lands.

Also I offer all objects that give rise to my attachment and confusion: that is, desire and aversion; friend and stranger; my body and all my possessions, etc. These I offer for your enjoyment without my clinging to any of them. Please bless me and all living beings to be released from the three poisonous minds.

**OM IDAM GURU RATNA MANDALA
KAM NIRYATAYAMI** -- I send forth this jewelled mandala to you, Precious Lamas.

MISTIGMA PRAYER

Tsongkapa, Crown Ornament of the Scholars of the Land of the Snows, you are Sakyamuni Buddha and Vajradhara, the source of all attainments. You are Avalokiteshvara: Treasury of Unobservable Compassion; Manjushri: Supreme Stainless Wisdom; and Vajrapani: Destroyer of the Host of the Maras. Please bestow your common and supreme attainments. (7X)

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* 7 PRAYERS (1)

1. Please grant your blessing to achieve extensive great wisdom that is able to understand the meaning of extensive scriptures without resistance.
2. Please grant your blessing that the wisdom of hearing, understanding and meditation may increase.
3. Please grant your blessing that the wisdom of expounding, debating and writing may be developed.
4. Please grant your blessing that the general and sublime realizations may be granted. Please grant your blessings to be quickly like you.
5. Please grant your blessing that the transcendental wisdom of simultaneously born great bliss might arise.
6. Please grant your blessing that the stains of truly believing illusory thought may be purified.
7. Please grant your blessing that the net of doubts in the mind be cut off. Please grant your blessings to be quickly like you. ***(3X - 1 time here + other 2 places)**

VISUALIZATION

Three hollow white beans are emitted from Tsongkapa and disciples. The beams mix into one as they flow into my crown, pacifying all stains, sickness, spirit harms, defilements, and negative karma. My body becomes calm and clear like a crystal.

Do once for each of the 7 wisdoms:

Orange colored nectar beans of (wisdom) flow into my crown from Tsongkapa and disciples, in the form of (description) blessing me and enriching me.

The nectar mixes with the multicolored lights at my heart, and goes out to all the Buddhas and Bodhisattvas -- gathering their essence! Then it comes back -- dissolving into me -- promoting me to a higher level of spiritual attainment.

SEVEN WISDOMS

1. GREAT UNDERSTANDING -- pure Manjushri.
2. CLEAR WISDOM -- OM: Ah, RA, PA TSA, NA, DHI
3. QUICK WISDOM -- DHI: DHI, DHI.
4. PROFOUND WISDOM -- Text and Wheel of Light.
5. WISDOM TO EXPLAIN THE DHARMA -- Texts.
6. DEBATING WISDOM -- Wheels of Light.
7. WRITING WISDOM -- Texts and Wheels of Light.

* 7 PRAYERS (2)

GURU ENTERING MY HEART

Magnificent and precious root guru. Please abide in the lotus and moon seat of my heart. Guide me with your great kindness. And grant me the realization of your body speech and mind.

Magnificent and precious root guru. Please abide on the lotus and moon seat of my heart. Guide me with your great kindness. And Grant me the general and sublime realizations.

Magnificent and precious root guru. Please sit on the lotus and moon seat of my heart. Guide me with your great kindness. And please remain stable without separation from my body speech and mind until I attain enlightenment.

LAMA TOSONGKAPA BECOMES ONE WITH MY BODY SPEECH AND MIND

FOUNDATION OF ALL GOOD QUALITIES

by Lama Tsongkapa)

The path begins with strong reliance on my kind Lama, source of all good, inspire me with this understanding to follow Him with great devotion. This human life with all its freedoms, is extremely rare, with so much meaning. Inspire me with this understanding all day and night in order to seize its essence. My body, like a water bubble, decays and dies so very quickly. After death comes the results of karma, just like the shadow of my body.

With this firm knowledge and remembrance inspire me to be extremely cautious, always avoiding harmful actions and gathering abundant virtue. Samsara's pleasures are deceptive, give no contentment, only torment. Inspire me to strive sincerely to gain the bliss of perfect freedom.

Inspire me so that from this pure thought comes mindfulness and greatest caution, to keep as my essential practice the teaching's root, the Pratimoksha, the path of personal liberation. Just like myself, all my kind mothers are drowning in samsara's ocean. So that I may soon release them, please inspire me to train in Bodhichitta.

But I cannot become a Buddha by this alone without three ethics. Inspire me with the strength to practice the Bodhisattva's ordination. By pacifying my

distractions and analyzing perfect meanings, inspire me to quickly gain the union of special insight and quiescence. When I become a pure container through common paths, inspire me to enter the essential practice of good fortune, the supreme vehicle Vajrayana.

The two attainments both depend on my sacred vows and my commitments. Inspire me to understand this clearly and keep them at the cost of my life. By constant practice in four sessions, the way explained by holy Lamas, inspire me to accomplish both the stages which are the essence of the Tantras.

May those who guide me on the good path and my companions all have long lives. Inspire me to pacify completely all obstacles, outer and inner. May I always find perfect Lamas and take delight in holy Dharma, accomplishing all grounds and paths swiftly, and gain the state of Vajradhara.

* 7 PRAYER S (3)

DEDICATION

By this virtue may I quickly attain enlightenment, the state of Guru-Buddha. And then may I lead every being without exception to that freedom.

May the most precious and supreme bodhicitta awakening mind, grow where it has not yet grown. And may the precious mind of bodhicitta which has been generated never decline, but always increase.

So that the tradition of Je Tsong Khapa, King of the Dharma, may flourish, may all obstacles be pacified. And may all favorable conditions abound. Through the two collections of myself and others gathered throughout the three times, may the Teaching of Lama Tsong Khapa flourish for evermore.

Through the virtues I accumulate by this practice, may all sentient beings receive a special blessing -- that everyone receive the essence of the teaching of Lama Je Tsong Khapa. And may that teaching shine forever upon all.