

A Guru Yoga that Brings the Dharmakaya onto the Path

Refuge and Bodhicitta:

KÖN CHOG KÜN DÜ LA MA DOR JE CHANG
CHANG CHUB BAR DU MI DRÄL KYAB SU CHI
TRHUL NANG DU KE NAR WA'I DRO WA NAM
MI NE SA LA GÖ CHIR SEM KYE DO

Vajradhara Lama, embodiment of the Three Jewels,
I take refuge in you, and will until I attain enlightenment;
Sentient beings, victims of confused-projection suffering,
I generate the mindset for enlightenment in order to establish you all in the non-abiding state.

recite three times



Visualization:

DOR JE CHANG WANG JIG TEN SUM GÖN SHAB
TOB CHU MI JIG MA DRE DÄN LA SHUG
JAM TSE SEM CHOG TSHÄN BE Ö SER TRHO
TRHIN LE TOG ME DRO WA'I THA DANG NYAM

Lord Vajradhara Jigten Sumgön sits on a seat
of the ten strengths,
Four fearlessnesses, and eighteen unmixed
dharmas; with
Major and minor marks of love, compassion,
and bodhicitta radiating rays of light; and
Non-conceptual enlightened activities
reaching all migrators equally.

Mantra recitation:

OM AH RATNA SHRI SARWA SIDDHI HUNG

accumulate many recitations

Blessing supplication:

DE DÜ LU RIG DRÖN DANG MAR ME DZE
MA ONG CHAM PA DA TA SHAK YA THUB
LU DRUB LAR TRUL NYAM ME RIN CHEN PÄL
JIG TEN SUM GÖN SHAB LA SOL WA DEB

You are the buddhas Nagakulapradipa and Dipankara of the past,
Maitreya of the future, and Shakyamuni of the present;
The reincarnation of Nagarjuna; the peerless Ratna Shri –
Lord Jigten Sumgön, I supplicate you.

recite three or more times

Empowerment and Dissolution:

LA MA'I KU SUNG THUG LE Ö SER TRHÖ
DAG GI NE SHIR THIM PE DRIB SHI DAG
WANG SHI LEG THOB KU SHI SA BÖN TRÜN
LA MA RANG THIM RANG SEM SÄL TONG NGANG

Light rays emanate from the lama's body, speech, and mind and dissolve into my four places,
Thereby purifying the four obscurations, bestowing the four empowerments, and planting the
seeds of the four kayas;

The lama then dissolves into myself;
My mind is natural luminosity-emptiness.

rest in the mind-as-it-is

Dedication:

KHOR DE DÜ SUM SAG YÖ GE TSHOG KYI
DAG DANG KHA NYAM SEM CHEN MA LÜ PA
DÖN DAM LHÄN CHIG KYE PA'I DÖN TAG TE
SI SHIR MI NE THAR CHIN SA THOB SHOG

Through both the innate virtue and the virtue accumulated in the three times by all in samsara
and nirvana,

May I and all sentient beings filling space, none left out,
Realize the co-emergent ultimate reality and
Attain the final state of non-abidance in existence or peace.

*A practice profound of meaning and rich with blessing, for the modern regular practitioner with
limited time; composed October 27th, 2008.*
