The Foundation of All Good Qualities

Yön tän zhir gyur ma

Yön tän kün gyi zhir gyur drin chän je
The foundation of all good qualities is the kind and perfect guru;
Tshül zhin ten pa lam gyi tsa wa ru
Correctly following the guru is the root of the path.
Leg par thong nā bā pa du ma yi
By my clearly seeing this and applying great effort,
Gü pa chhen pō ten par jin gyi lob
Please bless me to rely upon the guru with great respect.

Län chig nye pāi dāl wāi ten zang di
When I have discovered that the precious freedom of this rebirth is found only once,
Shin tu nye ka dön chhen she gyur nā
Is extremely difficult to find again, and is greatly meaningful,
Nyin tshān kün tu nying po len pāi lo
Please bless me to unceasingly generate the mind
Gyün chhā me par kye war jin gyi lob
Taking its essence, day and night.

Lū sog yo wa chhu yi chhu bur zhin
This body and life are changing, like a water bubble;
Nyur du jīg pāi chhī wa drān pa dang
Remember how quickly they perish and death comes.
Shi wāi je su lū dang drīb ma zhīn
After death, just like a shadow follows the body,
Kar nag lān drā chhī zhīn drang wa la
The results of black and white karma follow.¹
When I have found definite conviction in this,
Please bless me always to be conscientious.
In abandoning even the slightest collection of shortcomings
And in accomplishing all virtuous deeds.

When I have recognized the shortcomings of samsaric perfections—
There is no satisfaction in enjoying them, they are the door to all suffering,
And they cannot be trusted—
Please bless me to generate a strong wish for the bliss of liberation.

Through my being led by this pure thought
With great remembrance, alertness, and conscientiousness,
Please bless me to make keeping the individual liberation vows,
The root of the teachings, my essential practice.

Just as I have fallen into the sea of samsara,
So have all mother transmigratory beings.
By my seeing this, please bless me to train in supreme bodhicitta,
Which bears the responsibility of freeing transmigratory beings.
Sem tsam kye kyang tshül thrim nam sum la
   Even if I develop only bodhichitta, without familiarizing myself
   with the three types of morality,
Gom pa me na jang chhub mi drub par
   I cannot achieve enlightenment.
Leg par thong nā gyāl sā dom pa la
   By my seeing this well,
Tsön pa drag pō lob par jin gyi lob
   Please bless me to keep the vow of the sons of the victorious
   ones with fervent effort.

Log pāi yūl la yeng wa zhi je ching
   By my having pacified distractions to wrong objects
Yang dag dön la tshūl zhin chö pa yi
   And correctly analyzed the meaning of reality,
Zhi nā lhag thong zung du drel wāi lam
   Please bless me to quickly generate within my mindstream
Nyur du gyū la kye war jin gyi lob
   The unified path of calm abiding and special insight.

Thūn mong lam jang nō du gyur pa na
   When I have become a [suitable] vessel by training in
   the common path,
Theğ pa kūn gyi chhog gyur dor je theğ
   Please bless me to immediately enter
Kāl zang kye wōi jug ngog dam pa der
   The holy gateway of the fortunate beings—
De lag nyi du jug par jin gyi lob
   The supreme of all vehicles, the Vajrayana.

De tshe ngō drub nam nyi drub pāi zhi
   At that time, the basis of accomplishing the two attainments
Nam dag dam tshig dom par sung pa la
   Is keeping my vows and samayas purely.
Chö ma min pāi nge pa nye gyur nā
   When I have gained effortless conviction in this,
SOG DANG DÖ TE SUNG WAR JIN GYI LOB
Please bless me to protect them even at the cost of my life.

DE NÄ GYÜ DEI NYING PO RIM NYI KIY
Then, when I have realized exactly the vital points of
the two stages—

NÄ NAM JI ZHIN TOG NÄ TSÖN PA YI
The essence of the tantric sets—

THÜN ZHII NÄL JOR CHÖ LÄ MI YEL WAR
And am enjoying the yoga of four sessions with effort, without
being distracted [by nonmeditation objects],

DAM PÄI SUNG ZHIN DRUB PAR JIN GYI LOB
Please bless me to accomplish these according to
the teachings of the holy beings.

DE TAR LAM ZANG TÖN PÄI SHE NYEN DANG
Thus, may the virtuous friends who reveal the noble path

TSHÜL ZHIN DRUB PÄI DROG NAM ZHAB TÄN CHING
And the spiritual practitioners who correctly accomplish it
have long lives.

CHHI DANG NANG GI BAR DU CHÖ PÄI TSHOG
Please bless me to pacify completely

NYE WAR ZHI WAR JIN GYI LAB TU SÖL
The collections of outer and inner obstacles.

KYE WA KÜN TU YANG DAG LA MA DANG
In all my lives, never separated from perfect gurus,

DRÄL ME CHHÖ KYI PÄL LA LONG CHÖ CHING
May I enjoy the magnificent Dharma

SA DANG LAM GYI YÖN TÄN RAB DZOG NÄ
And, by completing the qualities of the grounds and paths,

DOR JE CHHANG GI GO PHANG NYUR THOB SHOG
May I quickly attain the state of Vajradhara.

When performing the *Prayers for the Beginning of Teachings*, turn
to the *Mandala Offering to Request Teachings* on page 238.