

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 NÄ BÄ PA DU MA YI

By my clearly seeing this and applying great effort,

GÜ PA CHHEN PÖ TEN PAR JIN GYI LOB

Please bless me to rely upon the guru with great respect.

LÄN CHIG NYE PÄI DÄL WÄI 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 NÄ

Is extremely difficult to find again, and is greatly meaningful,

NYIN TSHÄN KÜN TU NYING PO LEN PÄI LO

Please bless me to unceasingly generate the mind

GYÜN CHHÄ ME PAR KYE WAR JIN GYI LOB

Taking its essence, day and night.

LÜ SOG YO WA CHHU YI CHHU BUR ZHIN

This body and life are changing, like a water bubble;

NYUR DU JIG PÄI CHHI WA DRÄN PA DANG

Remember how quickly they perish and death comes.

SHI WÄI JE SU LÜ DANG DRIB MA ZHIN

After death, just like a shadow follows the body,

KAR NAG LÄN DRÄ CHHI ZHIN DRANG WA LA

The results of black and white karma follow.¹

NGE PA TÄN PO NYE NÄ NYE PÄI TSHOG

When I have found definite conviction in this,

THRA ZHING THRA WA NAM KYANG PONG WA DANG

Please bless me always to be conscientious

GE TSHOG THA DAG DRUB PAR JE PA LA

In abandoning even the slightest collection of shortcomings

TAG TU BAG DANG DÄN PAR JIN GYI LOB

And in accomplishing all virtuous deeds.

CHÄ PÄ MI NGOM DUG NGÄL KÜN GYI GO

When I have recognized the shortcomings of samsaric perfections—

YI TÄN MI RUNG SI PÄI PHÜN TSHOG KYI

**There is no satisfaction in enjoying them, they are the door
to all suffering,**

NYE MIG RIG NÄ THAR PÄI DE WA LA

And they cannot be trusted—

DÖN NYER CHHEN POR KYE WAR JIN GYI LOB

Please bless me to generate a strong wish for the bliss of liberation.

NAM DAG SAM PA DE YI DRANG PA YI

Through my being led by this pure thought

DRÄN DANG SHE ZHIN BAG YÖ CHHEN PO YI

With great remembrance, alertness, and conscientiousness,

TÄN PÄI TSA WA SO SOR THAR PA LA

Please bless me to make keeping the individual liberation vows,

DRUB PA NYING POR JE PAR JIN GYI LOB

The root of the teachings, my essential practice.

RANG NYI SI TSHOR LHUNG WA JI ZHIN DU

Just as I have fallen into the sea of samsara,

MAR GYUR DRO WA KÜN KYANG DE DRA WAR

So have all mother transmigratory beings.

THONG NÄ DRO WA DRÖL WÄI KHUR KHYER WÄI

By my seeing this, please bless me to train in supreme bodhicitta,

JANG CHHUB SEM CHHOG JONG PAR JIN GYI LOB

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 NÄ GYÄL SÄ DOM PA LA

By my seeing this well,

TSÖN PA DRAG PÖ LOB PAR JIN GYI LOB

**Please bless me to keep the vow of the sons of the victorious
ones with fervent effort.**

LOG PÄI YÜL LA YENG WA ZHI JE CHING

By my having pacified distractions to wrong objects

YANG DAG DÖN LA TSHÜL ZHIN CHÖ PA YI

And correctly analyzed the meaning of reality,

ZHI NÄ LHAG THONG ZUNG DU DREL WÄI LAM

Please bless me to quickly generate within my mindstream

NYUR DU GYÜ LA KYE WAR JIN GYI LOB

The unified path of calm abiding and special insight.

THÜN MONG LAM JANG NÖ DU GYUR PA NA

**When I have become a [suitable] vessel by training in
the common path,**

THEG PA KÜN GYI CHHOG GYUR DOR JE THEG

Please bless me to immediately enter

KÄL ZANG KYE WÖI 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 NGÖ DRUB NAM NYI DRUB PÄI 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 PÄI NGE PA NYE GYUR NÄ

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 KYI

**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.
