

Guru Yoga Practice of Lama Je Tsong Khapa

Ga.den Lha.Gyai.ma



Gyal.Tseb Je

Khé.Drub Je

Preliminaries

Refuge And Bodhicitta

Sang-gye chö dang tsog-kyi chog nam-la
Jang-chub bar-du dag-ni kyab-su-chi
Dag-gi jin-sog gyi-pai so-nam kyi
Dro-la pän-chir sang-gye drub-par-shog. (3x)

I take refuge in the Buddhas, the Dharma, and the
Sangha,
Until I attain enlightenment.
By the merit accumulated from practicing generosity
and the other perfections,
May I attain Enlightenment in order to benefit all
sentient beings. (3x)

Four Immeasurable attitudes

(Love)	May all beings have happiness and its causes,
(Compassion)	May all beings be freed from suffering and its causes;
(Joy)	May all beings constantly dwell in joy transcending sorrow;
(Equanimity)	May all beings dwell in equal love for those both close and distant.

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

The Hundreds Of Deities Of The Joyful Land* (Gaden Lha Gyai Ma)

Inviting the merit field (lama tsongkhapa and his two chief disciples)

From the heart of the Protector² of the hundreds of deities of the the Joyful Land,
To the peak of a cloud which is like a cluster of fresh, white curd,
All-knowing Losang Dragpa³, King of the Dharma,
Please come to this place together with your two chief disciples⁴.
In the space before me on a lion throne, lotus, and moon,
The Venerable Gurus smile 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 minds of wisdom realize the full extent of objects of knowledge,
Your eloquent speech is the ear-ornament of the fortunate,
Your beautiful bodies are ablaze with the glory of renown.
I prostrate to you, whom to see, to hear, and to remember is so meaningful.

Offerings

Pleasing water offerings, various flowers,
Sweet-smelling incense, lights, scented water and so forth,
A vast cloud of offerings both set out and imagined,
I offer to you, Supreme Field of Merit.

Declarations

Whatever non-virtues of body, speech and mind
I have accumulated since time without beginning,
Especially transgressions of my three levels of vows⁵,
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 minds, venerable and holy Gurus,
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,
But visible to the ordinary viewer only in its unsubtle, physical form,
Stay on unchanging, without waning, until samsara ends.

Dedication

Through the virtues I have accumulated here,
May the teachings and all living beings receive every benefit.
Especially may the essence of the teaching
Of Lama Je Tsong Khapa shine forever.

Short Mandala Offering

Sa-zhi pö-kyi jug-shing me-tog-tram
Ri-rab ling-zhi nyi-dä gyen-pa-di
Sang-gye zhing-du mig-te bül-wa-yi
Dro-kün nam-dag zhing-la chö-par-shog.

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

Dag-gi chag-dang mong-sum kye-pay-yul
Dra-nyen bar-sum lu-dang long-chö-chay
P'ang-pa me-par b'ul-gye leg-zhe-nay
Dug-sum rang-sar drol-war j'in-gyi-lob

The objects of desire, aversion and ignorance,
Friend, enemy, and stranger, my body and all possessions,
These I offer without clinging for your enjoyment,
Please bless me and all living beings to be released
From the three poisonous minds

**OM IDAM GURU RATNA MANDALA KAMNIR YATAYAMI
I send forth this jewelled mandala to you, precious lamas.**

Mantras of Lama Tsong Khapa

Mig-me tze-wai ter-chen Chen-re-zig
Dri-me kyen-pai wang-po Jam-pel-yang
Dü-pung ma-lü jom-dze Sang-wai dag
Gang-chen kay-pai tzung-yan Tsong-Khapa
Lo-zang Drag-pai zhab-la sol-wa deb.
(3x or more)

You are Avalokitesvara, great treasure of unimaginable
compassion,
And Manjushri, master of flawless wisdom,
And Vajrapani, Lord of the Secret and destroyer of
hordes of maras without exception.
Tsong Khapa, crown jewel of the sages of the land of
snows,
Lozang Dragpa, I make requests at your lotus feet.

OM AH GURU VAJRADHARA SUMATI KIRTI SIDDHI HUM (7, 21 or 100x's)

Visualisation absorbing gurus into one's heart

Glorious, precious root Guru,
Please come to the lotus and moon seat at my crown,
And in your great kindness, please remain with me.
Please bestow upon me the blessings of your body, speech and mind.

Glorious, precious root Guru,
Please descend to the lotus and moon seat in my heart,
And in your great kindness, please remain with me.
Please grant me the common and supreme realizations.

Glorious, precious root Guru,
Please remain on the lotus and moon seat in my heart,
And in your great kindness, please remain with me.
Please remain until I achieve the essence of Enlightenment.

End of gaden lha.gyai.ma

Mantras

Mantra of Sakyamuni Buddha:	OM MUNI MUNI MAHA MUNI YE SVAHA
Mantra of Chenrezig:	OM MANI PADME HUM
Mantra of Manjushri:	OM A RA PA TZA NA DHIH
Mantra of Vajrapani	OM VAJRAPANI HUM
Mantra of (Green) Tara:	OM TARE TUTTARE TURE SVAHA
Mantra of Medicine Buddha	OM BEKHANDZE BEKHANDZE MAHA BEKHANDZE BEKHANDZE RAJA SAMUD GATE SVAHA
Mantra of Prajna Paramita:	OM GATE GATE PARAGATE PARASAMGATE BODHI SVAHA