

Guru Yoga Practice of Lama Je Tsong Khapa

(Ga.den Lha.Gyai.ma)



Gyal.Tseb Je

Khé.Drub Je

Gaden for the West Sadhana

August 2002

Version 1.5

Guru Yoga Practice of Lama Je Tsong Khapa

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 Land¹ (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.

The hundreds of Deities of the Land of Joy (cont'd)***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 tzug-gyan 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 (Optional)

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

“Foundation Of All Good Qualities” (Lam Rim Prayer by Lama Tsong Khapa – optional)

The path begins with strong reliance on my kind Lamas, source of all good;
Inspire me with this understanding to follow them 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 sieze 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 come 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 essence practice of good fortune, the supreme vehicle Vajrayana.

The two attainments⁶ 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 sessions⁷, the way explained by holy Lamas,
Inspire me to accomplish both the stages⁸ 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,
Accomplish all grounds and paths swiftly, and gain the state of Vajradhara.

DEDICATION

Ge-wa di-yi nyur-du-dag
 La-ma sang-gye drub-gyur-ne
 Dro-wa chig-kyang ma-lü-pa
 De-yi sa-la gö-par-shog.

By this virtue may I quickly
 Attain the state of Guru-Buddha (Enlightenment)
 And then may I lead into that state
 Every being without exception.

Jang-chub sem-chog rin-po-che
 Ma-kye pa-nam kye-gyur-chig
 Kye-pa nyam-pa me-par-yang
 Gong-nay gong-du pel-war-shog.

May the most precious and supreme bodhicitta awakening mind
 Which has not yet been generated now be generated.
 And may the precious mind of bodhicitta which has been generated
 Never decline, but always increase.

So that the tradition of Je Tsong Khapa
 A King of the Dharma, may flourish,
 May all obstacles be pacified
 And may all favourable 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.

Long Life Prayer for HIS HOLINESS THE DALAI LAMA

In the snowy mountain paradise,
 You are the source of good and happiness.
 Powerful Tenzin Gyatso, Chenrezig,
 May you stay until samsara ends.

Credits:

Sadhana Committee – Venerable Zasep Tulku Rinpoche,
Chuck Damov;
Peter J. Lewis

¹ Tushita *Sanskrit*
Gaden *Tibetan*

² Maitreya

³ Ordination name of Lama Tsong Khapa

⁴ Gyal.Tseb Je, Khé.Drub Je

⁵ Refuge, Bodhisattva and Tantric

⁶ Rupakaya, enlightened body; Dharmakaya, enlightened mind

⁷ An intensive undertaking of meditative practice carried out:
early morning until dawn
after sunrise till just before noon
from afternoon till just before sunset
from sunset till late evening

⁸ Generation and completion stage of highest yoga tantra