

# *The Foundation of All Good Qualities*

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**FPMT**



Lama Zopa Rinpoche  
Practice Series

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The *Lama Zopa Rinpoche Practice Series* is a special collection of practice materials that serves to present and preserve Rinpoche's lineage of practice, oral instructions, and translations.

# *The Foundation of All Good Qualities*

*Yön tän zhir gyur ma*

YÖN TÄN KÜN GYI ZHIR GYUR DRIN CHÄN JE  
TSHÜL ZHIN TEN PA LAM GYI TSA WA RU  
LEG PAR THONG NÄ BÄ PA DU MA YI  
GÜ PA CHHEN PÖ TEN PAR JIN GYI LOB

**The foundation of all good qualities is the kind and perfect  
guru;**

**Correctly following the guru is the root of the path.**

**By my clearly seeing this and applying great effort,**

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

LÄN CHIG NYE PÄI DÄL WÄI TEN ZANG DI  
SHIN TU NYE KA DÖN CHHEN SHE GYUR NÄ  
NYIN TSHÄN KÜN TU NYING PO LEN PÄI LO  
GYÜN CHHÄ ME PAR KYE WAR JIN GYI LOB

**When I have discovered that the precious freedom of this  
rebirth is found only once,**

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

**Please bless me to unceasingly generate the mind**

**Taking its essence, day and night.**

LÜ SOG YO WA CHHU YI CHHU BUR ZHIN  
NYUR DU JIG PÄI CHHI WA DRÄN PA DANG  
SHI WÄI JE SU LÜ DANG DRIB MA ZHIN  
KAR NAG LÄN DRÄ CHHI ZHIN DRANG WA LA

**This body and life are changing, like a water bubble;  
Remember how quickly they perish and death comes.  
After death, just like a shadow follows the body,  
The results of black and white karma follow.<sup>1</sup>**

NGE PA TÄN PO NYE NÄ NYE PÄI TSHOG  
THRA ZHING THRA WA NAM KYANG PONG WA DANG  
GE TSHOG THA DAG DRUB PAR JE PA LA  
TAG TU BAG DANG DÄN PAR JIN GYI LOB

**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.**

CHÄ PÄ MI NGOM DUG NGÄL KÜN GYI GO  
YI TÄN MI RUNG SI PÄI PHÜN TSHOG KYI  
NYE MIG RIG NÄ THAR PÄI DE WA LA  
DÖN NYER CHHEN POR KYE WAR JIN GYI LOB

**When I have recognized the shortcomings of saṃsāric  
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.**

NAM DAG SAM PA DE YI DRANG PA YI  
DRÄN DANG SHE ZHIN BAG YÖ CHHEN PO YI  
TÄN PÄI TSA WA SO SOR THAR PA LA  
DRUB PA NYING POR JE PAR JIN GYI LOB

**Through my being led by this pure thought  
With great remembrance, alertness, and conscientiousness,**

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1 Here, “black” and “white” are being used metaphorically for “negative karma” and “positive karma.”

**Please bless me to make keeping the individual liberation  
vows,  
The root of the teachings, my essential practice.**

RANG NYI SI TSHOR LHUNG WA JI ZHIN DU  
MAR GYUR DRO WA KÜN KYANG DE DRA WAR  
THONG NÄ DRO WA DRÖL WÄI KHUR KHYER WÄI  
JANG CHHUB SEM CHHOG JONG PAR JIN GYI LOB

**Just as I have fallen into the sea of saṃsāra,  
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  
GOM PA ME NA JANG CHHUB MI DRUB PAR  
LEG PAR THONG NÄ GYÄL SÄ DOM PA LA  
TSÖN PA DRAG PÖ LOB PAR JIN GYI LOB

**Even if I develop only bodhicitta, without familiarizing myself  
with the three types of morality,  
I cannot achieve enlightenment.  
By my seeing this well,  
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  
YANG DAG DÖN LA TSHÜL ZHIN CHÖ PA YI  
ZHI NÄ LHAG THONG ZUNG DU DREL WÄI LAM  
NYUR DU GYÜ LA KYE WAR JIN GYI LOB

**By my having pacified distractions to wrong objects  
And correctly analyzed the meaning of reality,  
Please bless me to quickly generate within my mindstream  
The unified path of calm abiding and special insight.**

THÜN MONG LAM JANG NÖ DU GYUR PA NA  
 THEG PA KÜN GYI CHHOG GYUR DOR JE THEG  
 KÄL ZANG KYE WÖI JUG NGOG DAM PA DER  
 DE LAG NYI DU JUG PAR JIN GYI LOB

**When I have become a [suitable] vessel by training in  
 the common path,  
 Please bless me to immediately enter  
 The holy gateway of the fortunate beings—  
 The supreme of all vehicles, the Vajrayāna.**

DE TSHE NGÖ DRUB NAM NYI DRUB PÄI ZHI  
 NAM DAG DAM TSHIG DOM PAR SUNG PA LA  
 CHÖ MA MIN PÄI NGE PA NYE GYUR NÄ  
 SOG DANG DÖ TE SUNG WAR JIN GYI LOB

**At that time, the basis of accomplishing the two attainments  
 is keeping my vows and *samayas* purely.  
 When I have gained effortless conviction in this,  
 Please bless me to protect them even at the cost of my life.**

DE NÄ GYÜ DEI NYING PO RIM NYI KYI  
 NÄ NAM JI ZHIN TOG NÄ TSÖN PA YI  
 THÜN ZHII NÄL JOR CHÖ LÄ MI YEL WAR  
 DAM PÄI SUNG ZHIN DRUB PAR JIN GYI LOB

**Then, when I have realized exactly the vital points of  
 the two stages—  
 The essence of the tantric sets—  
 And am enjoying the yoga of four sessions with effort,  
 without being distracted [by nonmeditation objects],  
 Please bless me to accomplish these according to the  
 teachings of the holy beings.**

DE TAR LAM ZANG TÖN PÄI SHE NYEN DANG  
 TSHÜL ZHIN DRUB PÄI DROG NAM ZHAB TÄN CHING  
 CHHI DANG NANG GI BAR DU CHÖ PÄI TSHOG  
 NYE WAR ZHI WAR JIN GYI LAB TU SÖL

**Thus, may the virtuous friends who reveal the noble path  
 And the spiritual practitioners who correctly accomplish it  
 have long lives.**

**Please bless me to pacify completely  
 The collections of outer and inner obstacles.**

KYE WA KÜN TU YANG DAG LA MA DANG  
 DRÄL ME CHHÖ KYI PÄL LA LONG CHÖ CHING  
 SA DANG LAM GYI YÖN TÄN RAB DZOG NÄ  
 DOR JE CHHANG GI GO PHANG NYUR THOB SHOG

**In all my lives, never separated from perfect gurus,  
 May I enjoy the magnificent Dharma  
 And, by completing the qualities of the grounds and paths,  
 May I quickly attain the state of Vajradhara.**

*Colophon:*

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