

*Lama Tsong Khapa
Guru Yoga*



Refuge and Bodhicitta

I go for refuge, until I'm enlightened
To the Buddha, dharma and sangha
By my virtuous actions of giving and so on
May I become a buddha to benefit all beings 3x

The Four Immeasurables

May all beings have equanimity, free of attachment and aversion
May all beings have happiness, and the causes of happiness
May all beings be free of suffering, and the causes of suffering
May all beings find good rebirths, and the bliss of liberation

Purifying the place

May the ground everywhere be pure
Free of roughness and all flaws
Soft as the palm of a child's hand
Smooth as polished blue sapphire

Blessing the offerings

May all space with Samantabhadra's
Clouds of offerings be filled
Offerings human and divine
Both actual and imagined

The offerings are blessed, multiplied and received by the merit field

OM NAMO BHAGAVATE VAJRA SARA PRAMARDANE
TATHAGATAYA / ARHATE SAMYAKSAM BUDDHAYA/
TADYATHA OM VAJRE VAJRE MAHA VAJRE MAHA TEJA
VAJRE / MAHA VIDYA VAJRE MAHA BODHICITTA VAJRE/
MAHA BODHI MÄNDO PASAM KRAMANA VAJRE / SARVA
KARMA AVARANA VISHO DHANA VAJRE SVAHA 3x

Invocation

You who emanate on snow-white clouds
From the heart of Buddha Maitreya
Savior of Hundred Devas Joyful Realm
Losang Dragpa, all knowing king
Of Dharma with your two heart disciples
I beseech you – please come before me

Requesting to live long

In space on lion-throne, lotus and moon
My kind guru smiling with delight
Is the supreme field for my faithful mind
Please forever abide and teach us

Prostrations

Your holy mind knows all phenomena
Your fluent speech a sweet melody
For the ears of fortunate beings
Your form resplendent with fame's glory
I prostrate to you who is meaningful
To see, hear and also bring to mind

Offerings

Pure water and well-arranged flowers
Fragrant incense, lights, perfume and more
Clouds of offerings real and imagined
I offer you, supreme merit field

Confession

Non-virtues of body, speech and mind
Transgressions of my three sets of vows
Committed since beginningless time
All I confess deeply from my heart

Rejoicing

In these times of degeneration
You made your life highly meaningful
Renounced all the eight worldly concerns
Strove for knowledge and realizations
In your extensive accomplishments
I rejoice deeply within my heart

Beseeching

Lama in dharmakaya's clear sky
From clouds of wisdom and compassion
Please rain down vast and profound dharma
Upon us fortunate disciples

Dedication

I dedicate all of these virtues
To the dharma, all living beings
And especially that the heart teachings
Of Losang Dragpa remain forever

Offering of the Universe (Mandala)

This ground adorned with perfume and flowers
Mount Meru, four worlds, sun and moon
Imagined and offered as a pure land
May all beings enjoy this pure land

I send forth this jeweled mandala to you, my precious guru

Visualization:

White light flows from the hearts of Lama Tsong Khapa and his two disciples. These beams merge into one and enter through the top of my head or my forehead, washing away all sicknesses, interferences, negative emotions and past negative actions. My body is totally filled with blissful light.

Alternately: Golden light fills my body with all attainments.

Five-line prayer to Lama Tsong Khapa

Mig me tse wä .ter chen chän rä zig
Dri me kyen pä .wang po jam päl yang
Dü pung ma lü .jom dza sang wäi dag
Gang chän kä pä .tsug gyän tsong kha pa
Lo sang drag pä .zhab la söl wa deb

You are Chenrezig great treasure .of objectless compassion
You are Manjushri lord .of stainless wisdom
You are Vajrapani destroyer .of Mara's armies
Tsong Khapa crown .jewel of Tibetan sages
Losang Dragpa .to you I pray

Receiving the guru's blessings

Magnificent, precious root guru
Come to the lotus and moon above my head
Guide me with your great kindness,
And grant the realizations of your holy body, speech
and mind

Magnificent, precious root guru
Please rest on the lotus and moon at my heart
Guide me with your great kindness
And stay with me always
Until I achieve enlightenment

Dedications

By the merit of this virtue
May I become a buddha
And lead all living beings,
Into that enlightened state

May the precious bodhicitta
Not yet born, arise and grow
And may that born not decline
But increase more and more

Long life and Swift return prayers

His Holiness the Dalai Lama

In the snowy mountain paradise
You're the source of all happiness and good
Powerful Tenzin Gyatso, Chenrezig
Please remain until samsara ends

Spontaneously Fulfilling all Wishes

Savior of the Snow Land's teachings and beings
You clarify the path that unifies
Emptiness and compassion
Lotus Holder, Tenzin Gyatso
May all your wishes be spontaneously fulfilled

Prayer for the Swift Return of Lama Zopa Rinpoche

Peerless Teacher and assembly
Of the children of the victorious ones
Sravakas, and pratyekabuddhas
Victorious Lozang, father and sons
Along with the lineage masters

All the objects of refuge of infinite lands
Please bestow the virtue and goodness
Of accomplishing this prayer here and now

Holding and spreading the Muni's precious
and complete teachings
Through explanation and practice
You wore the armor of patience that is never discouraged
Incomparable venerable guru, to you I make request

While striving single-pointedly
For the sake of the Victorious One's teachings,
The sole gateway through which all benefit
And happiness emerge
And for mother living beings,
You suddenly departed to peace
What a great loss!

Nevertheless, through the undeceiving truth
Of the blessings of the ocean of the Three Jewels
And the great waves of bodhicitta
Of the children of the victorious ones
May the smile of a reincarnation swiftly beam
In glory for fortunate disciples

Colophon:

The Hundreds of Deities of the Land of Joy, also known as *Lama Tsong Khapa Guru Yoga*, was composed by Dulnagpa Palden. The *Four Immeasurables*, *Purifying the place and Multiplying mantra* were added at the advice of Kyabje Zopa Rinpoche. *Prayer for the Swift Return of Lama Zopa Rinpoche* composed by His Holiness the 14th Dalai Lama, Tenzin Gyatso

Over the years, various people have contributed to this English translation adapted for chanting with the traditional Tibetan tunes, foremost among them: Vens. Sarah Thresher, Thubten Wongmo and Elaine Jackson.
Rene Feusi, version 2023