

A Short Six Session Guru Yoga

In my heart I turn to the Three Jewels of Refuge.
May I free suffering beings and place them in bliss.
May the compassionate spirit of love grow within me
That I may complete the awakening path.

In the sky on a lotus, sun, and moon seat,
I see my Lama as Dorje Chang;
Blue in color, holding dorje and bell,
Experiencing great bliss with his consort Ying Chukma.

At his brow a white OM; at his throat a red AH;
From the blue HUM at his heart, many colors shine,
Calling forth the Awakened from all ten directions,
Inviting them to him to melt into one.

To your blue lotus feet I bow, Dorje Chang.
With oceans of clouds I make triple offerings.
The land, jeweled vase, the sun and the moon,
And all precious offerings I present unto you.

Powers supreme and powers mundane
Follow upon pure devotion to you.
Thus my body, life, and wealth I forsake
And ask for your aid to only please you.

Now my Lama as requested comes to the top of my head
And dissolves until we both are one,
And I as Dorje Sempa unite with Chom Denma,
Holding dorje and bell and experiencing great bliss.

Land, body, wealth, and all virtues collected,
For the sake of all mother sentient beings I gladly release;
And I vow to protect all the vows I have taken,
Nor transgress even one for the sake of my life.

By means of holding both Sutra and Tantra,
May I liberate all living beings completely.
May the virtues collected flow on towards the Dharma,
Preserve it and nourish the prayers of the Masters.

May the profound blessings of the Precious Three Jewels,
And the unerring Truth of Dependent Arising,
Fulfill all the prayers that now I set forth
And lead me across to awakened shore!