

FOUNDATION OF ALL GOOD QUALITIES

By Lama Tsongkhapa
Translated by the Venerable ZaChoeje Rinpoche

The kind and venerable spiritual master,
Is the foundation of all good qualities.
O Bless me to properly rely on one as the root of the spiritual path.
May I practice Guru Yoga with great devotion through this understanding.

A human life with leisure is obtained this once.
It is of great value and is hard to find.
O Bless me not to waste this precious life.
May I practice day and night to make my life meaningful.

The fluctuation of our body and life is a like a bubble of water,
Remember death, for we perish so quickly.
After death, as a shadow follows the body,
The effects of good and bad karma pursue us.

Finding certainty in these practices and being mindful,
O Bless me to be consistent with my practice.
May I always be careful to abandon even the slightest negative action,
And may I complete the accumulation of all merit.

The worldly so-called pleasure is uncertain and unreliable,
It gives no satisfaction and it is the door to all suffering.
O Bless me to set my mind's focus beyond Samsara.
May I strongly aspire to achieve the bliss of Nirvana.

With the pure thought of attaining liberation,
Which produces great conscientiousness, mindfulness and awareness,
O, Bless me to practice the root of the Dharma, the Pratimoksha.
May I generate respect for the Pratimoksha and keep the vows of individual liberation.

Having seen that all beings, my kind mothers,
Have fallen like myself into the ocean of cyclic existence,
O Bless me to practice the great Bodhicitta,
May I train in the supreme heart dedicated to enlightenment for others.

The altruistic intention alone, without the three moral practices,
Does not lead to the great enlightenment.
O Bless me to realize this and take the Bodhisattva vows,
May I practice with intense effort to keep these commitments.

By stopping distraction to false objects,
And analyzing the meaning of the ultimate truth,
O bless me to enter into the deep Samadhi,
May I quickly generate the path uniting calm abiding and special insight.



Having trained in the common path and becoming a suitable vessel,
O Bless me to practice the Vajrayana path.
Let me enter with ease the great gateway of the fortunate ones,
Vajrayana, the highest of all vehicles.

The pure vows and commitments that I have pledged,
Are the basis of achieving the two powerful attainments.
O Bless me to find genuine understanding of this.
May I keep them even at the cost of my life.

Having realized the significance of the two stages,
Which is the essence of the tantric path,
O Bless me to totally realize what the spiritual masters have taught.
May I steadfastly practice without laziness the four sessions of yoga.

May the spiritual teachers who lead me on the sacred path
And all spiritual friends who practice it have long life.
O Bless me with such inspiration that I
May pacify all outer and inner hindrances.

May I never be separated from perfect masters in all lives,
And delightfully experiencing the magnificent Dharma,
Completing all qualities of the stages of the paths
May I quickly achieve the state of Vajradhara.

