



Doorway To Enlightenment



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Namo Gurubhya
Namo Buddhaya
Namo Dharmaya
Namo Sanghaya

From my heart, I take and receive refuge from you, my Guru,
Who embody Lord Buddha, Dharma and Sangha.
May I free all beings from suffering and place them in everlasting bliss.
May I develop bodhichita and exercise myself in the bodhisattva trainings to
become like you.

I see you in the space before me on an exquisite jewelled throne, upon a lotus,
sun and moon,
My root Guru Lord Vajradhara
You, with blue-coloured body, holding vajra and bell,
Possessing the nature of all supreme refuge,
Embrace your consort in great mutual bliss.

Your crown, throat and heart are marked with the three syllables OM. AH and
HUNG
Light radiates forth from the HUNG at your heart,
Inviting Guru Vajradhara from his pure land
Dzah Hung Bam Hoh!

You are inseparably Lord Vajradhara
O jewelled-like Guru Vajradhara, I prostrate at your lotus feet
By holding you dear, your kindness bestows great bliss in me instantly
I honour you with oceans of clouds of outer, inner and secret offerings-
Mount Meru, the continents, a great treasure vase, the sun and the moon.
These peerless Samantabhadra offerings I present to you.

All Buddhas of the three times and ten directions manifest through you
You, who have Buddha's deeds in countless realms,
O my Guru I prostrate to you



O my precious Guru, esteemed by Vajradhara,
For me, possessing a degenerate mind,
As a field of merit more holy than the endless mandalas of infinite Buddhas
O my Guru, I prostrate to you

Every supreme and mundane attainment
Follows upon pure devotion to you, my spiritual guide.
Seeing this, I forsake my body and even my life,
Inspire me to practice what will only please you
Requested like this, my Guru descends onto the crown of my head
And we merge to become inseparable

To help all mothers, I offer my body, wealth and all worldly possessions,
Together with all my virtues and accumulated throughout the three times
Without any sense of attachment.
I shall never transgress, though my life be at stake,
The limits of the precepts of my bodhisattva and tantric vows.

Upholding the Dharma of scripture and insight
Gathered in the three sutra vehicles and four classes of Tantra,
I shall liberate all beings with skilful means.

I dedicate this virtue so that the deeds and prayers
Of the Buddhas and bodhisattvas may be fulfilled
And the holy Dharma be upheld

By inspiration from the Supreme Triple Gem
And the force of the infallible dependent arising,
May all my wonderful prayers come true
And may I quickly attain the state of Buddhahood.

*This simplified version of the Six Session Guru Yoga was composed by Singha Rinpoche.
It is to be recited six times daily at regular intervals. For those who are of weak mind it is
said that it can be recited three times in the morning and three times in the evening.*