

## **DOORWAY TO ENLIGHTENMENT**

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 bodhisttva 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  
Lama Thubten Namdrol Dorje. 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.*