

**AN OPEN DAILY PRACTICE
FOR SIX TIMES OF THE DAY**

For Practitioners of the Mahayana Path

This practice contains the shared parts of the practice known as Six Session Guru Yoga

*The English translation of these verses is by Geshe Michael Roach,
and this open version was edited by Dvora Tzvieli*

Taking Refuge

(Repeat three times)

Until I reach Enlightenment
I go for refuge
To the Buddha, the Dharma,
And the highest Community.

Through the merit of giving
And other good things I do
May I become a Buddha
To help all living beings.

The Four Infinite Thoughts

May all living beings be freed
From attachment to those who are close to them
And dislike for those who are far.

And then may they find exceptional happiness.

May they escape from the unbearable sea of pain,

And never be without the highest happiness,
The happiness of freedom.

Commitment to The Wish for Enlightenment

From this moment
Until the day I reach Buddhahood
I will keep the Wish
To reach total Enlightenment
So I can free
Every single being
From the terrors of this suffering world
And of a lower peace.
I swear now that I would rather die
Than ever give up this Wish.

Commitment to Act like a Bodhisattva

(Repeat three times.)

Lamas, Victors and their children,
I ask you to hear me.

Those in the past
Who have Gone to Bliss
First gained the Wish for Buddhahood
And then They traveled
And gradually reached
One by one, the things
That a Bodhisattva must learn.

To help all living beings,
I swear
I will do the same.
I will gain the Wish for Buddhahood
And I will learn
One by one, the things
That a bodhisattva must learn.

Rejoicing

Now finally
My life has some meaning;
Born as a human,
Today I have joined
The family of Buddhas:
I am a child of the Buddhas.

And now, no matter what,
I will undertake those things
That fit the family I've found.
I will never disgrace
My pure and noble family.

My Lama

In the air before me
Stands an exquisite jeweled throne.
The cushions upon it
Are the child of the lake,
And the great disks
Of the sun and moon.

Upon the throne is seated
My root Lama,
So lovely the heart aches to see.

Just thinking of Him
Takes from me every torment I have.
He is, all in one person,
Each and every highest refuge.

It is only by Your kindness
That I can achieve my goals.
Lama like a jewel,
I bow at Your lotus feet.

Making Offerings to My Lama

I make an offering to You
Of an ocean of many different gifts,
A cloud of them that could cover the sky:
They're made
Both of things that belong to men,
And things that no man owns;
Of things that I can place here now
And things I can only imagine I give.

In my mind I see
A wondrous jewelled mandala;
Along with it I envision all the good deeds,
All the good words, all good thoughts,
That I and every other being
Have ever done;

Everything we own,
Every one of the virtues
That we have had
Or have or ever will,
In all the time before,
And now, and all time hence;

All this I take, and add to it
The mighty Offering of Kunsang,
And place it as a gift before
My Lama,
The Three Jewels.

I beg you,
Give in to Your compassion,
Accept my offering,
And grant Your blessing
To my mind.

Idam Guru ratna mandalakam niryatayami.

Developing Faith and Reverence to My Lama

I beseech You, my precious Lama,
You are nothing but a play put on
By all those Gone to Bliss—
Those of the past, present, and future,
Those of all the ten directions—

A pretender in a golden robe,
Since this is what it takes to tame me;
And You are doing these deeds of Victors
In other realms no one could count.

I beseech You, my precious Lama,
They say You are
An object holier for me than
All the great assemblies,
All the many trillions,
Of Buddhas that there are.

The Essence: Commitment To Serve My Lama

Bless me to see, my Savior,
That everything I could ever
Wish to attain,
The highest goals and those of the world,
All of them come
From taking myself to You
In the proper way.
Bless me that I be able
Only to please You,
Giving away for it even
My body and my life.

The Perfecting of Giving

Here and now
I give away, with no hesitation,
All that I have,
For the sake of all beings,
Each is my Mother.
I give my body,
And so what I own;
I give the whole amount
Of whatever good
I shall ever be able to do,
Before, or now, or forever.

Reviewing The Root Bodhisattva Vows

I swear to keep myself from committing
The eighteen root downfalls:

- (1) Speaking well of myself, and badly of others;
- (2) Not giving the Dharma, or money;
- (3) Refusing to listen, when I'm corrected;
- (4) Giving up the Greater Way;
- (5) Stealing the property of the Jewels;
- (6) Giving up the Dharma;
- (7) Taking the saffron robes away;
- (8) Any of the immediate five;
- (9) Holding views that are wrong;
- (10) Destroying a town, or the like;
- (11) Teaching emptiness to the unprepared;
- (12) Dissuading from total enlightenment;
- (13) Giving up vowed morality;
- (14) Speaking badly of the Listeners;
- (15) Professing the profound falsely;
- (16) Accepting the property of the Three Jewels;
- (17) Immorality; and
- (18) Giving up putting all hope and trust.

Sixteen of these I can only do
With all four of the chains:
Not to think the thing is wrong,
Not to want to stop it,
To do it with pleasure and gladness,
With no shame for myself
Or consideration for others.

Two though I can do
Without there being all four:
Holding views that are wrong,
And abandoning the Wish.

Commitment to the Vows and to Serve the Beings

I will follow
The Word of the Victors,
For even in my dreams
I will never break the rules
They have so rightly made.

I will keep, and keep well,
The holy teaching,
Just as the Victors
Have intended them:
I will keep the Teachings
That exist as words
And those that exist
As realizations,
All that are found
In the three different Ways

I will use any way that fits them
To liberate living beings.

Dedication and Prayer

By the might of the pure white virtue
That comes from what I've done here

In short, may all the virtues
I've ever been able to do,
Those like the good that I've done here,
Lead me quickly to a birth
In Shambhala, the Treasure House of Wealth,
And let me there
Come to the final end
Of the steps on the path
Of the Unsurpassed.

In all my lives
May I never live
Apart from my perfect lamas,
May I bask
In the glory
Of the Dharma.

May I fulfill
Perfectly
Every good quality
Of every level
And path,
And reach then quickly
The place where I become myself
The One Who Holds the Diamond.

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