

THE FOUNDATION OF ALL GOOD QUALITIES

The foundation of all good qualities is the kind and venerable guru,
Correctly devoting to him is the root of the path,
By clearly seeing this and applying great effort,
Please bless me to rely upon him with great respect.

Understanding that the precious freedom of this rebirth is found only once,
Is greatly meaningful and difficult to find again,
Please bless me to generate the mind that unceasingly,
Day and night, takes its essence.

This life is as impermanent as a water bubble,
Remember how quickly it decays and death comes.
After death, just like a shadow follows the body
The results of black and white karma follow.

Finding firm and definite conviction in this
Please bless me always to be careful
To abandon even the slightest negativities
And accomplish all virtuous deeds.

Seeking samsaric pleasures is the door to all suffering,
They are uncertain and cannot be relied upon,
Recognizing these shortcomings
Please bless me to generate the strong wish for the bliss of liberation.

Led by this pure thought
Mindfulness, alertness and great caution arise
The root of the teachings is keeping the pratimoksha vows
Please bless me to accomplish this essential practice.

Just as I have fallen into the sea of samsara
So have all mother migratory beings
Bless me to see this, train in supreme bodhichitta
And bear the responsibility of freeing migratory beings.

By clearly recognizing that by developing bodhichitta
Without practicing the three types of morality
I will not achieve enlightenment
Please bless me to practice the bodhisattva vows with great energy.

By pacifying distractions to wrong objects
And correctly analyzing the meaning of reality
Please bless me to generate quickly within my mindstream
The unified path of calm abiding and special insight.

Having become a pure vessel by training in the general path
Please bless me to enter
The holy gateway of the fortunate ones
The supreme vajra vehicle.

At that time, the basis of accomplishing the two attainments
Is keeping pure vows and samaya.
Having become firmly convinced of this,
Please bless me to protect these vows and pledges like my life.

Then, having realized the importance of the two stages,
Which are the source of the Vajrayana,
By practicing with great energy, never giving up the four sessions,
Please bless me to realize the teachings of the holy guru.

Like that, may the gurus who show the noble path
And the spiritual friends who practice it have long lives.
Please bless me to pacify completely
All outer and inner hindrances.

In all my lives, not parted from perfect gurus,
May I enjoy the magnificent Dharma.
By completing the qualities of the stages and paths,
May I quickly attain the state of Vajradhara.