

✿ **Dudjom Tersar Ngondro** ✿

The Four Reflections/The Common Foundations

Namo! O Lama, infallible constant protector!

The favorable conditions of human birth are extremely difficult to obtain.

Whoever is born is impermanent and bound to die.

Virtuous and unvirtuous actions bring their inevitable results.

The three realms of samsara are a continuous ocean of suffering.

Remembering this, may my mind turn towards the dharma.

(<>, Recite 3 times)

Taking Refuge/Generating Bodhicitta

From now until attaining the heart of enlightenment,

I take refuge in the lama, who is the three jewels.

From now until samsara is emptied,

I shall work for the benefit and happiness of sentient beings,  
who all have been my parents.

(<>, Recite 3 times)

Offering of the Mandala

My body, wealth and glory, in all my lives,

I offer to the three jewels,

In order to complete the accumulation of merit and wisdom.

(Offering Mudra, Recite 3 times, then dissolve visualization and meditate without conception)



*Vajrasattva (yab-yum)*

*Purification through Vajrasattva (Dorje Sempa)*

Above the crown of my head is Vajrasattva,  
 who is inseparable from the lama.  
 From his body flows a continuous stream of nectar  
 purifying all obscurations.

*(Recite 1 time)*

OM VAJRA SATTVA SAMAYA  
 MA NU PA LA YA VAJRA SATTVA  
 TEY NO PAT TICHTHRA DRI DHO MEY BHA WA  
 SU TO KHA YO MEY BHA WA  
 SU PO KHA YO MEY BHA WA  
 A NU RAKTOE MEY BHA WA  
 SARWA SIDDHI MEY PRA YATSA  
 SARWA KARMA SU TSA MEY  
 TSITTAM SHRI YAM KU RU  
 HUM HA HA HA HA HO  
 BHAGAWAN SARWA TA THA GA TA  
 VAJRA MA MEY MUN TSA  
 VAJRI BHA WA  
 MAHA SAMAYA SATTVA AH

*(Recite 1, 21 or more times)*

OM VAJRA SATTVA HUM

*(Recite 111 times)*

He dissolves into light and becomes inseparably mixed  
 in one taste with my phenomena.

*(Recite 1 time, during which dissolve visualization, then meditate without conception)*



*Padmasambhava*

*Guru Yoga (Lamai Naljor)*

I am transformed into Vajra Yogini,  
and in the sky in front of me,  
My root lama arises in the form of Padmasambhava.

*(Recite 1 time)*

Seven Line Prayer

HUM On the northwest border of the land of Uddiyana,  
On the pistil stem of a lotus,  
Endowed with startling supreme attainments  
You are renowned as the "Lotus Born"  
Surrounded by your retinue of many dakinis.  
Emulating you in my practice,  
I pray you will come to confer blessings.

GURU PADMA SIDDHI HUM

*(<>, Recite 1 time)*

The embodiment of the buddhas of the three times,  
most excellent root lama, I pray to you.  
In this and future lives, and in the bardo,  
hold me with your compassion.  
May your blessings flow without interruption in the three times.

*(<>, Recite 3 times)*

OM AH HUM VAJRA GURU PADMA SIDDHI HUM

*(Recite 111 times)*

The blessings and empowerment of body, speech and mind,  
are completely and perfectly obtained.

VAJRA GURU KAYA WAKA TSITTA SIDDHI HUM

*(Recite 1 time, receiving the four empowerments)*

The lama dissolves into light, is absorbed into me,  
and remains inseparably with me.  
Look at the actual face of the real lama,  
the awareness which is emptiness.

*(Recite 1 time, then meditate without conception)*

Glorious precious root lama,  
rest on the lotus seat in my heart,  
Hold me with your great kindness,  
confer the attainments of body, speech and mind.

*(<>, Recite 1 time)*

*Powa - Transference*

I pray to the protector Amitabha,  
the "Buddha of Limitless Light" --  
May I become skilled through your blessings  
in the profound path of Powa.

*(<>, Recite 3 times)*

*Dedication of Merit*

Now my body, wealth, and the source of my virtue,  
all together,  
I give without clinging, to all sentient beings,  
who have been my parents.  
May great waves of benefit be accomplished without obstacle,  
for all sentient beings.

*(<>, Recite 1 time)*

This translation is based on the official Nyingmapa version, endorsed and copyrighted in 1978 by H.H. Dudjom Rinpoche, with only the very slightest of edits (not altering the original meaning.) The original publication, which includes the meaning of the hundred-syllable mantra by H.H. Dudjom Rinpoche, is available from Yeshe Nyingpo.