



新加坡大乘禅寺  
THEKCHEN CHOLING  
(SINGAPORE)

Connecting All With Divine Hearts  
心系慈爱心



*Yogacarya*

*Six-Session Guru Yoga*



# MAHAVAIROCANA

OM SARVAVID SARVA ĀVARAṆA VIŚODHANA HANA HŪM PHAT

How to do the Six-Session Yoga:

Namo Guru-Manjughosaya!

Prostrating devotedly to the lotus of the feet of glorious Guru Vajradhara, I shall explain as taught in Tantras and by venerable Gurus, the marvellous means that makes one's tantric vows and pledges pure.

Three times day and night

Should one recite daily.

When he fails, a yogis

Is at serious fault.

## **THE INTERMEDIATE SIX-SESSION GURU-YOGA**

In my heart I turn to the three jewels of refuge,  
May I free suffering creatures and place them in bliss.  
May the compassionate spirit of love grew within me,  
That I might complete the enlightening path.

In the sky on a lotus, sun and moon seat,  
I see my Lama as Vajradhara (Dorje Chang).  
Blue in colour holding Dorje and Bell,  
Experiencing great bliss with his consort Vajradhatu Isvari (Jig  
chu ma).

On his crown a white OM, at his throat a red AH,  
From the Blue HUNG in his heart many colours shine out,  
Calling forth the awakened from all ten directions,  
Inviting them to melt into one.

To your blue lotus feet, I bow Dorje Chang,  
With oceans of clouds I make triple offerings.  
The land, jewelled vase, the sun and moon,  
And all precious offerings I make unto you.

Powers supreme and powers mundane  
Follow upon pure devotion to you, my protector,  
Seeing this I forsake my body and even my life,  
Bless me to practice what will only please you.

Now my Lama requested comes to the crown of my head,  
And dissolves until we both are one,  
I become Vajrasattva,  
Holding a Dorje with my right hand at my heart and holding a  
Bell with my left hand on my waist.

Land, body and wealth and all virtues collected,  
For the sake of all mothers I gladly release,  
I vow to protect all the vows I have taken,  
Nor to transgress even one for the sake of my life.

By means of holding both Sutra and Tantra,  
May I liberate all living creatures completely.  
May the virtues collected flow on towards the Dharma,  
Preserve it and nourish the prayers of the masters.

I request that the grace of the three jewels of refuge,  
Following on by cause and effect,  
Shall fulfill all the prayers that I now send forth,  
And lead me across to Enlightenment's shore.