

### **THE FOUR DHARMAS OF GAMPOPA**

Grant your blessings so that my mind may be one with the dharma.

Grant your blessings so that dharma may progress along the path.

Grant your blessings so that the path may clarify confusion.

Grant your blessings so that confusion may dawn as wisdom.

### **SEVEN-LINE SUPPLICATION TO PADMAKARA**

HUM. In the northwest of the land of Uddiyana,

On a blooming lotus flower,

You have attained supreme, wondrous siddhi.

You are renowned as Padmakara,

Surrounded by your retinue of many Dakinis.

We practice following your example.

Please approach and grant your blessing.

GURU-PADMA-SIDDHI HUM

### **SHORT REFUGE AND BODHICITTA (3X)**

In order that all sentient beings may attain Buddhahood,

From my heart I take refuge in the three jewels.

## SUPPLICATION TO THE TAKPO KAGYU

Great Vajradhara,  
Tilo, Naro, Marpa,  
Mila, Lord of Dharma Gampopa,  
Knower of the Three Times, omniscient Karmapa,  
Holders of the four great and eight lesser lineages --  
Drikung, Tag-lung, Tsalpa, these three; glorious Drukpa and so on --  
Masters of the profound path of Mahamudra,  
Incomparable protectors of beings, the Takpo Kagyu,  
I supplicate you, the Kagyu gurus.  
I hold your lineage; grant your blessings so that I will follow your example.

Renunciation is the foot of meditation, as is taught.  
To this meditator who is not attached to food and wealth,  
Who cuts the ties to this life,  
Grant your blessings so that I have no desire for honor and gain.

Devotion is the head of meditation, as is taught.  
The guru opens the gate to the treasury of oral instructions.  
To this meditator who continually supplicates the guru,  
Grant your blessings, so that genuine devotion is born in me.

Awareness is the body of meditation, as is taught.  
Whatever arises is fresh--the essence of realization.  
To this meditator who rests simply without altering it  
Grant your blessings so that my meditation is free from conception.

The essence of thought is dharmakaya, as is taught.  
Nothing whatever but everything arises from it.  
To this meditator who arises in unceasing play  
Grant your blessings so that I realize the inseparability of samsara and nirvana.

Through all my births may I not be separated from the perfect guru  
And so enjoy the splendor of dharma.  
Perfecting the virtues of the paths and bhumis,  
May I speedily attain the state of Vajradhara.

*This supplication was written by Pengar Jampal Zangpo. The last stanza is a traditional verse of aspiration. Translated by the Nalanda Translation Committee.*

## **DEDICATING THE OFFERING**

Assemblies of oceans of samaya-bound,

Accept this offering gift of tormas.

May we yogins with our disciples obtain lordship, freedom from disease, long life,  
glory, fame, good fortune, and all great and vast enjoyments.

Grant us the siddhis of the pacifying and enriching actions and so on,

Samaya holders guard us, support us with all the siddhis,

May there be no untimely death, illness, döns, or obstructing spirits for us,

May we have no nightmares, ill omens, or bad dealings,

May the world enjoy peace, have good harvests, abundant grain, expansion of  
dharma, and glorious auspiciousness,

Accomplish whatever mind desires.

## **THE DEDICATION OF MERIT**

By this merit may all obtain omniscience.

May it defeat the enemy, wrong-doing.

From the stormy waves of birth, old age, sickness and death,

From the ocean of samsara, may I free all beings .

By the confidence of the Golden Sun of the Great East,

May the lotus garden of the Rigden's wisdom bloom.

May the dark ignorance of sentient beings be dispelled,

May all beings enjoy profound, brilliant glory.

**Regarding** the Four Dharmas of Gampopa: Gampopa Sönam Rinchen (1079-1153/9) is regarded as the patriarch of the Kagyu school of Tibetan Buddhism. Born in Eastern Tibet, he first trained as a physician and began a family. At the age of 26, after his wife and two children died in an epidemic, he ordained as a monk. After studying and practicing the Kadampa teachings for a period of time, at the age of 32 he met Jetsün Milarepa, with whom he studied the Mahamudra teachings. He became one of the foremost disciples of Milarepa. Gampopa's renowned text, *The Jewel Ornament of Liberation*, synthesized the two traditions of the Kadampa and the Mahamudra.

**Regarding** The 7-Line Supplication to Padmakara: These seven lines are said to have originated as a supplication given to the Buddhist scholars at Nalanda by the vajra dakinis as a means of inviting Padmakara to preside over the assembly and enable them to defeat the heretics present. Padmakara gave this supplication to King Trisong Detsen and his subjects upon coming to Tibet. He also hid this in many termas and so it was repeatedly discovered by many tertöns ("treasure discoverers") in later centuries. In the Nyingma tradition, this supplication is recited three times at the beginning of any practice. It is also often used among Kagyüpas and Sakyapas. Padmakara ("Lotus Born"), also known as Guru Rinpoche or Padmasambhava, was the Indian master who helped to establish the Buddhist teachings in Tibet during the eighth century, founding the Nyingma ("ancient") lineage. He overcame numerous obstacles and conquered the local Tibetan deities, binding them as guardians of the Buddhist teachings. Through his activity, the founding of Samye, Tibet's first monastery, became possible. The symbol at the end of each line (not present in this typescript) shows that it is a line of terma, or discovered text, originally concealed by Padmakara himself for the benefit of future practitioners.

**HUM:** A seed syllable that invokes the mind of Padmakara. It represents the mind of all the buddhas.

**Uddiyana:** Birthplace of Padmasambhava; also regarded as the realm of the dakinis.

**Lotus flower:** Padmasambhava is said to have been born from a lotus, a symbol of purity rising out of the mud of confusion.

**Siddhi:** Yogic achievement, ordinary or supreme. Ordinary siddhis involve mastery over the phenomenal world; the supreme siddhi is enlightenment.

**Dakini:** A wrathful or semi-wrathful feminine deity, embodying the qualities of emptiness and prajna. Dakinis are tricky and playful, representing the fertile space out of which the play of samsara and nirvana arises.

**GURU** (Tib. lama): teacher or spiritual guide; the one to whom no one is superior.

**PADMA:** That is, Padmakara.

**GURU-PADMA-SIDDHI HUM:** The Sanskrit mantra means "[Grant me] the accomplishment of Guru Padmakara HUM.