The Four-Session Guru Yoga

by Karmapa Mikyö Dorje
This guru yoga should be practiced only by people who have received the appropriate empowerment, transmission, and instruction from a qualified guru.
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This guru yoga is to be performed at all times and especially in the four great sessions. All those who have no thought for anyone but me, Mikyö Dorje, should visualize their body as the wisdom dakini amid a mass of light, naked, in the full bloom of youth with her tresses hanging down her back. She holds a skull cup filled with the nectar of immortality. She is adorned with red flowers but no other ornaments. In front is Jetsun Mikyö Dorje, wearing a tiger-skin skirt, an elephant-hide upper garment, and the six symbolic ornaments. His hair is bound in a topknot adorned by crossed vajras and a moon. His two hands are placed in the dharma-daya mudra atop his head. He stands in the middle of a mass of wisdom fire with his left leg drawn partly in and right extended. When the wisdom dakini, the mother, merely offers him nectar, the red wisdom fire blazes with a roar. Imagine that he enters you, the wisdom dakini, through your bhaga and comes to rest in your heart center. Join the winds forcefully, supplicate me in that state, and I, Mikyö Dorje, will bless you. Thus, perform the descent of blessings.

My mothers, all beings throughout space, pray to the guru, the precious buddha.
My mothers, all beings throughout space, pray to the guru, the all-pervasive dharmakaya.

My mothers, all beings throughout space, pray to the guru, the great bliss sambhogakaya.

My mothers, all beings throughout space, pray to the guru, the compassionate nirmanakaya.

NAMO GURU
chi woy tsuk na ye she khan dro ma  
Above my head, the wisdom dakini—

cher bu bha ga nu ma rap tu gyay  
Naked with bhaga and breasts so full, hair loose,

tra dröl chen sum nam khay tong la sik  
And three eyes gazing to the depths of space—

de wa mi sö gyur way gar tap tön  
Performs dance movements of unbearable bliss.

de dra drang me shal me bün long nang  
In the teeming midst of countless others like her,

tsä way la ma mi kyö dor je ni  
My own root guru, Mikyö Dorje, arrayed
In bhikshu attire and the gold-blazed black crown,

Holds vajra and bell, means and prajna as one,

His gaze inseparable bliss-emptiness.

Just supplicating makes devotion blaze.

The more devotion blazes, the more the blessings surge.

The more the blessings surge, the more the blazing jewels
མཆོག་གི་དངོས་བ་ནོར་་འབར་བ་བམས། །
chok gi ngö drup nor bu bar wa nam
Bearing supreme and common siddhis shower like rain

གནམ་ས་་འོག་མེད་པར་ཆར་ར་འབབ། །
nam sa la ok me par char tar bap
Throughout the skies above, all over the earth below.

ད་ནི་ིང་ནས་གསོལ་བ་འདེབས་པའི་ས། །
da ni nying ne söl wa dep pay dü
Now is the time to supplicate from my heart.

kye nang shing tong la tong shing nang
KYE! Appearing while empty, empty while appearing,

nang tong yer me la may ku
The guru’s body is inseparable appearance-emptiness.

la may ku la söl wa dep
I supplicate the body of the guru:
Grant me the blessings of the guru’s body.

Resounding while empty, empty while resounding,

The guru’s speech is inseparable sound-emptiness.

I supplicate the speech of the guru:

Grant me the blessings of the guru’s speech.

Blissful while empty, empty while blissful,
The guru’s mind is inseparable bliss-emptiness.

I supplicate the mind of the guru:

Grant me the blessings of the guru’s mind.

KYE! As the guru ratna approaches,

Light and rainbows fill all space.

He sends emanated messengers.
The conflagration of blessings roars;

Experience and realization soar.

KYE! Exalted guru, So I can follow your example,

Pray come to grant your blessings.

Shower them on this supreme site.

Bestow the four empowerments on me, the supreme practitioner.
chok dang tün mong ngö drup tsöl
Grant the supreme and common siddhis.

mi tün kyen dang bar che söl
Dispel adversity and obstacles.

dra gek ma lü shi war dzö
Quell all enemies and obstructors.

ye she khan dro jang gu kha la shar
The green wisdom dakini appears within the sky.

ne dön dri may tsok nam ö kyi sal
Her light eliminates the hosts of illness, döns, and stains.

dik drip nye pa gyü du tri pa nam
I admit and confess before the glorious yogini
nal jor ma pal dün du töl lo shak
The misdeeds, faults, and obscurations caught up in my being.

ye she khan dro ser mo kha la shar
The yellow wisdom dakini appears within the sky.

ne dön dri may tsok nam ö kyi sal
Her light eliminates the hosts of illness, döns, and stains.

dik drip nye pa gyü du tri pa nam
I admit and confess before the glorious yogini

nal jor ma pal dün du töl lo shak
The misdeeds, faults, and obscurations caught up in my being.

ye she khan dro mar mo kha la shar
The red wisdom dakini appears within the sky.
Her light eliminates the hosts of illness, döns, and stains.

I admit and confess before the glorious yogini

The misdeeds, faults, and obscurations caught up in my being.

The white wisdom dakini appears within the sky.

Her light eliminates the hosts of illness, döns, and stains.

I admit and confess before the glorious yogini
nal jor ma pal dün du töl lo shak
The misdeeds, faults, and obscurations caught up in my being.

ye she khan dro nak mo kha la shar
The black wisdom dakini appears within the sky.

ne dön dri may tsok nam ö kyi sal
Her light eliminates the hosts of illness, döns, and stains.

dik drip nye pa gyü du tri pa nam
I admit and confess before the glorious yogini

nal jor ma pal dün du töl lo shak
The misdeeds, faults, and obscurations caught up in my being.

ye she khan dro ngön mo kha la shar
The blue wisdom dakini appears within the sky.
Her light eliminates the hosts of illness, döns, and stains.

I admit and confess before the glorious yogini.

The misdeeds, faults, and obscurations caught up in my being.

The pied wisdom dakini appears within the sky.

Her light eliminates the hosts of illness, döns, and stains.

I admit and confess before the glorious yogini.
The misdeeds, faults, and obscurations caught up in my being.

Filling space, Mikyö Dorje Āḥ

Radiating light, Dorje Gawa HOḤ

Blazing messenger, Yangchen Nupa HŪṂ

Dispelling stains, Trinlay Drakpo OṂ

Exalted master, lord of the four kayas,
Whatever you do appears as wisdom’s play.

The lord of all and Gyalwang, great Karmapa,

Ocean of the buddhas’ blessings, KHYENNO.

A mass of qualities, cleansed of all faults,

The essence of the buddhas appearing as the guru,

Lord of compassion, supreme nirmanakaya,
Venerable master Dorje Yangchen, KHYENNO.

Sole hope for attaining the everlasting aim,

The lord of the four kayas, the Dakpo Kagyu,

You bless the mind streams of the fortunate;

Your lineage is without rival, KHYENNO.

As ordinary confusion falls apart all on its own,
ཆོས་དིངས་ི་མེད་ི་རང་གགས་གསལ་བ། །
chö ying dri me kyi rang suk sal wa
The dharmadhatu’s stainless essence manifests.

ིན་ལས་ི་མངའ་བདག་ས་གམ་མེན་པ། །
trin le kyi nga dak dü sum khyen pa
Master of activity and knower of three times,

བེ་བ་ཆེན་པོའ་བདག་ཉིད་མེན་ནོ། །
tse wa chen poy dak nyi khyen no
Embodiment of great compassion, KHYENNO.

ིགས་མའི་ས་འདིར་་ཚགས་ལ་ིས། །
nyik may dü dir na tsok tsül gyi
In this degenerate time, you tame all beings

སེམས་ཅན་འལ་མཛད་ལ་བའི་དབང་པོ། །
sem chen dül dze gyal way wang po
By various means—you are the lord of victors.

རེ་ས་ོས་ས་དང་བཅས་པ་ཡིན་པས། །
re sa tö sa dang che pa yin pay
You are my hope, the one whom I depend on.
Genuine wellspring of the siddhis, KHYENNO.

Lord who encompasses all victors in one,

You have the power to ripen the fortunate.

Sugata of the Karmapa’s Kamtsang,

Free of the filth of the two veils, KHYENNO.

Lord, since you’ve mastered the four activities,
Just focusing your wisdom transmits blessings.

Dorje Yangchen, the practice lineage in one,

Glorious and great Karmapa, KHYENNO.

Great Vajradhara with eight qualities,

Shri Heruka who has the seven traits,

Lord of the victors embodying all buddhas,
Noble Gyalwang Mikiö Dorje, KHYENNO.
All victors in one, Karmapa KHYENNO.
All buddhas in one, Karmapa KHYENNO.
All sugatas in one, Karmapa KHYENNO.
All-knowing one, Karmapa KHYENNO.
KARMAPA KHYENNO
(Recite this countless times.)
tuk je chik dü khyen no
Embodiment of compassion, KHYENNO.

sang gye chik dü khyen no
Embodiment of the buddhas, KHYENNO.

kün dü chö je khyen no
All-embodying lord of Dharma, KHYENNO.

mi kyö dor je la söl wa dep so
I pray to Mikyö Dorje.

chö drak gya tso la söl wa dep so
I pray to Chödrak Gyahtso.

dak po ka gyü la söl wa dep so
I pray to the Dakpo Kagyu.
kar ma kam tsang la söl wa dep so
I pray to the Karma Kamtsang.

je tsün khye rang ta bur shok chik
Jetsun, may I be just like you.

chö je khye rang ta bur shok chik
Dharma lord, may I be just like you.

la ma khye rang ta bur shok chik
Guru, may I be just like you.

dro gön khye rang ta bur shok chik
Protector of beings, may I be just like you.

pa chik tam che khyen pa
Omniscient only father,
Sang gye nyen pa drup top
Siddha Sangye Nyenpa,

Gyalwang Mikyö Dorje,

Who supplicates you if not me?

Who looks with compassion if not you?

I supplicate you; grant your blessings.

Bestow the siddhi of mahamudra
ོས་་ིགས་མའི་གལ།
gö su nyik may dül ja
On all sentient beings in general,

lhak par re tö chik chok tu che pay
In particular disciples of degenerate times,

lo te gyur wa me pa
And especially the unswervingly steadfast

chak gya chen poy ngö drup tsöl chik
For whom trusting you itself is enough.

jin lap khyö la me na su la yö
Who has blessings if not you?

jam pay dak la mi kyong na su la kyong
Who will you lovingly nurture if not me?
ku drin nga yi mi shal na su yi shal
Who will repay your kindness if not me?

dül ja khyö kyi mi dül na su yi dül
Who will tame disciples if not you?

le ngen nga je la mi re na su la re
Who can this wretch place hope in if not you?

tu top chen khyö dak mi kyop na su la kyop
Mighty one, who will you protect if not me?

dak gi ten dön kye wa kün gyi kyel ma
Guide to the ultimate aim in all my lives,

te tsom tse ne se pay ten nor
Everlasting jewel who severs all doubts,
lo te ling kyur tup pay gön po
Protector to whom I fully surrender,

si tso ten kem su ne pay sang gye
Buddha who forever dries up the ocean of existence,

yön ten shal war mi nü pay gya tso
Ocean of qualities beyond all measure,

kha nyam sem chen tam che kyi ma chik
Sole mother of all beings throughout space,

tuk je tuk pa me pay ter chen
Great trove of inexhaustible compassion,

nyik dü dro wa mi gong na su la gong
Who will think of beings in degenerate times if not you?
tse way da ta mi kyong na nam kyong
When will you lovingly protect me if not now?

ngö drup deng sang mi tsöl na nam tsöl
When will you grant siddhis if not now?

tuk yi chik dre su tong la
Let our minds be merged as one.

trül dröl dü pa shik dang
Destroy confusion; untie the knots.

kha khyap mik gyuy dro wa
Now liberate forever

da ta ten dröl du dzö chik
Illusory beings throughout space.
Exalted guru,

Look upon all limitless beings.

Protect me who supplicate you.

In these times of terrible torment,

When I’m desperate about what to do,

Look upon me at this time of panic and anguish.
la ma rin po che
Precious guru

dön gyi gyü pa chen
Who holds the true lineage,

jin lap kyi po wa khen
Bestower of blessings

tok pay deng tse chen
With the confidence of realization

ngön she chen dang den pa
And the eyes and clairvoyances,

dzu trül kö pa ten te
You manifest miracles,
sö me ka drin tsöl wa
Extend overwhelming kindness,

sang gye lak chang su tö pa
Place buddha in my palm,

ta mal nang wa gyur te
Transform common perception,

dak pa rap jam tön pa
And reveal infinite purity.

pak pa jik ten wang chuk
Noble Lokeshvara,

nying khung rü pay ting nay
From deep in my heart I pray to
chik tup söl wa dep so
You who alone are enough—

tuk je dzin par shu dang
Please hold me in your compassion.

ngö drup kyi tsen kha chen
You with the power of siddhi,

ka gyü tsö pa me pa
The unassailable Kagyu,

mu gö dül war nü pay
Whose unrivaled activity

trin le dren da dral wa
Has the power to tame the savage,
dzok pay sang gye dam pa
Exalted perfect buddha,

For the sake of boundless beings,

I offer you right now

My body, speech, mind, and virtue.

Accept them with great compassion,

And bless me from my heart
So I become like you,

A guru who is able

To protect all beings forever.

I supplicate the exalted glorious guru.

Bless me to see whatever you do as perfect.

Bless me to hold whatever you say as true.
tuk yi chik tu dre war jin gyi lop shik
Bless me that our minds may merge as one.

kye wa ne kye wa tse rap ne tse rap tam che du pal den la ma dam pa gye pay ja wa dang mi dral war jin gyi lop shik
Birth after birth, life after life, bless me to never cease performing actions that please the exalted glorious guru.

mi gye pay ja wa nam pa tam che du mi jung war jin gyi lop shik
Bless me to never in any way commit any displeasing action.

kye wa ne kye wa tse rap ne tse rap tam che du lo te la ma la che ne chö shin gyi ka tsal gang nang wa de lak tok tu len nü par jin gyi lop shik
Birth after birth, life after life, bless me to be capable of performing whatever dharmic deeds the guru I’m devoted to commands.
Bless me to cut all ties of the eight worldly concerns and of courting favor for the sake of food and clothing.

Bless me to have fortitude in my heart.

Recalling from my heart that death is certain,

Developing true devotion in my being,

And longing for freedom with complete revulsion,

May I receive the blessings of Mikyö Gawa.
In all my births, may I serve Mikyö Dorje,
The glorious Karmapa, as my guru
And thus achieve the unified kaya through
Unexcelled Secret Mantra’s two-stage path.
In all my births, may I be accepted by
The supreme master, the Black Crown’s sole bearer,
And by the essence of yidam deities,

Chakrasamvara, glorious Sublime Bliss.

I dedicate all efforts to gather virtue

That I and every sentient being have made

So that all beings may easily achieve

The heart of the path, devotion mahamudra,
And the nature of revulsion, the glorious guru,

Unified as the very state of Vajradhara—

The level of Lord Sangye, the yogi Denma Druptop.

In all my lives, may I never be parted

From glorious Sangye Nyenpa and his sons.

I pray to the unequaled Dakpo Kagyu.
mi chok dü sum khyen pa la söl wa dep so
I pray to the supreme human, Dusum Khyenpa.

drup gyü karma kam tsang la söl wa dep so
I pray to the practice lineage, the Karma Kamtsang.

tuk je chen rang jung kün khyen la söl wa dep so
I pray to compassionate Rangjung Kunkhyen.

nü pa chen sang gye nyen pa la söl wa dep so
I pray to powerful Sangye Nyenpa.

jin lap chen ga way yang chen la söl wa dep so
I pray to you with blessings, Gaway Yangchen.

je tsün dor je yang chen la söl wa dep so
I pray to Jetsun Dorje Yangchen.
I pray to incomparable Dorje Gawa.

I pray to peerless Yangchen Sangpo.

I pray to unrivaled Mikyö Sangpo.

I pray to you of incomparable wisdom.

I pray to you of incomparable compassion.

I pray to you of incomparable power.
chi wa nying ne ser war jin gyi lop shik
Bless me that death may pierce my heart.

shen pa ting ne lok par jin gyi lop shik
Bless me to be revolted from my depths.

chi kyang gö me tok par jin gyi lop shik
Bless me to realize everything is futile.

mi tak nge she kye war jin gyi lop shik
Bless me to be certain of impermanence.

nye ring me pay tuk je chen la söl wa dep so
I pray to you whose compassion is impartial.

chok lhung me pay trin le chen la söl wa dep so
I pray to you whose activity is unbiased.
I pray to you whose blessings are timely.

I pray to you whose deeds are meaningful to see and hear.

I pray to Gyalwang Chödrak Gyatso.

I pray to all-knowing Mikyö Dorje.

I pray to the victor Könchok Yenlak.

I pray to Jetsun Wangchuk Dorje.
I pray to Garwang Chökyi Wangchuk.
I pray to the sublime victor Chöying Dorje.
I pray to glorious Yeshe Nyingpo.
I pray to incomparable Yeshe Dorje.
I pray to Palchen Chökyi Döndrup.
I pray to Gyalwang Jangchup Dorje.
I pray to Situ Chökyi Jungnay.

I pray to Jetsun Dudul Dorje.

I pray to Mipam Chödrup Gyatso.

I pray to Pema Nyinche Wangpo.

I pray to Gyalwang Tekchok Dorje.

I pray to Jetsun Lodrö Thaye.
I pray to Kunsang Khakhyap Dorje.

I pray to Pema Wangchok Gyalpo.

I pray to Palden Khyentse Öser.

I pray to Rangjung Rigpe Dorje.

I pray to my kind root guru.

I pray to you whose emanations fill all realms.
I pray to you, the master of infinite worlds.

I pray to you who transcend conception, expression, and hope.

Reciting this prayer, known as “Making a Connection Is Enough,” just once within the hearing of beings in the animal realm will close for them the many gates of rebirth in the lower realms.

In the end, Noble Avalokiteshvara, Jetsun Dorje Yangchen himself, will extend his far-reaching arm of brilliant white light from the western pure realm of Sukhavati.
ད་ཅིག་ལག་པ་བང་བམ་ཙམ་ལ་འེན་པར་ཞལ་ིས་བཞེས་པ་ཡིན་ནོ། །

and guide them there in an instant by merely extending and drawing back
his arm, as he has promised.

མི་འཇིགས་པའི་དགས་ཆེན་པོ་འིན་པའི་ཆོས་ེ་ོབས་པོ་ཆེ་ལ་གསོལ་བ་འདེབས་

I supplicate the mighty Dharma lord who grants the great relief of
fearlessness.

In all my lives, may I be of good birth,

Bright, free of pride, greatly compassionate,

And respectful of my guru. May I abide
pal den la may dam tsik la ne shok
Within samaya to my glorious guru.

pal den la may nam par tar pa la
May I never have, not even for an instant,

ke chik tsam yang lok ta mi kye shing
Wrong views toward my glorious guru’s life.

chi dze lek par tong way mö gü kyi
Devotedly seeing all they do as perfect,

la may jin lap sem la juk par shok
May I receive the blessings of the guru.

kye wa kün tu yang dak la ma dang
Never parting from the true guru in all my lives,
May I enjoy the splendor of the Dharma,

Perfect the qualities of the levels and paths,

And swiftly attain the state of Vajradhara.