

# The Four-Session Guru Yoga

by Karmapa Mikyö Dorje

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.

Above my head, the wisdom dakini —  
Naked with bhaga and breasts so full, hair loose,  
And three eyes gazing to the depths of space —  
Performs dance movements of unbearable bliss.  
In the teeming midst of countless others like her,  
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  
Bearing supreme and common siddhis shower like rain  
Throughout the skies above, all over the earth below.  
Now is the time to supplicate from my heart.

KYE!

Appearing while empty, empty while appearing,  
The guru's body is inseparable appearance-emptiness.  
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.  
Grant the supreme and common siddhis.  
Dispel adversity and obstacles.  
Quell all enemies and obstructors.

The green wisdom dakini appears within the sky.  
Her light eliminates the hosts of illness, dōns, and stains.  
I admit and confess before the glorious yogini  
The misdeeds, faults, and obscurations caught up in my being.

The yellow wisdom dakini appears within the sky.  
Her light eliminates the hosts of illness, dōns, and stains.  
I admit and confess before the glorious yogini  
The misdeeds, faults, and obscurations caught up in my being.

The red wisdom dakini appears within the sky.  
Her light eliminates the hosts of illness, dōns, 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, dōns, and stains.  
I admit and confess before the glorious yogini  
The misdeeds, faults, and obscurations caught up in my being.

The black wisdom dakini appears within the sky.  
Her light eliminates the hosts of illness, dōns, and stains.  
I admit and confess before the glorious yogini  
The misdeeds, faults, and obscurations caught up in my being.

The blue wisdom dakini appears within the sky.  
Her light eliminates the hosts of illness, dōns, 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, dōns, 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 HŪḤ  
Dispelling stains, Trinlay Drakpo OM

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,  
The dharmadhatu's stainless essence manifests.  
Master of activity and knower of three times,  
Embodiment of great compassion, KHYENNO.

In this degenerate time, you tame all beings  
By various means — you are the lord of victors.  
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 Mikyö 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.)*

Embodiment of compassion, KHYENNO.  
Embodiment of the buddhas, KHYENNO.  
All-embodying lord of Dharma, KHYENNO.

I pray to Mikyö Dorje.  
I pray to Chödrak Gyatso.  
I pray to the Dakpo Kagyu.  
I pray to the Karma Kamtsang.

Jetsun, may I be just like you.  
Dharma lord, may I be just like you.  
Guru, may I be just like you.  
Protector of beings, may I be just like you.

Omniscient only father,  
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  
On all sentient beings in general,  
In particular disciples of degenerate times,  
And especially the unswervingly steadfast  
For whom trusting you itself is enough.  
Who has blessings if not you?  
Who will you lovingly nurture if not me?  
Who will repay your kindness if not me?  
Who will tame disciples if not you?  
Who can this wretch place hope in if not you?  
Mighty one, who will you protect if not me?  
Guide to the ultimate aim in all my lives,  
Everlasting jewel who severs all doubts,  
Protector to whom I fully surrender,  
Buddha who forever dries up the ocean of existence,  
Ocean of qualities beyond all measure,  
Sole mother of all beings throughout space,  
Great trove of inexhaustible compassion,  
Who will think of beings in degenerate times if not you?  
When will you lovingly protect me if not now?  
When will you grant siddhis if not now?

Let our minds be merged as one.  
Destroy confusion; untie the knots.  
Now liberate forever  
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.

Precious guru  
Who holds the true lineage,  
Bestower of blessings  
With the confidence of realization  
And the eyes and clairvoyances,  
You manifest miracles,  
Extend overwhelming kindness,  
Place buddha in my palm,  
Transform common perception,  
And reveal infinite purity.  
Noble Lokeshvara,  
From deep in my heart I pray to  
You who alone are enough —  
Please hold me in your compassion.  
You with the power of siddhi,  
The unassailable Kagyu,  
Whose unrivaled activity  
Has the power to tame the savage,  
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.  
Bless me that our minds may merge as one.  
Birth after birth, life after life, bless me to never cease performing actions  
that please the exalted glorious guru.  
Bless me to never in any way commit any displeasing action.  
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 favour  
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 unequalled Dakpo Kagyu.  
I pray to the supreme human, Dusum Khyenpa.  
I pray to the practice lineage, the Karma Kamtsang.  
I pray to compassionate Rangjung Kunkhyen.  
I pray to powerful Sangye Nyenpa.  
I pray to you with blessings, Gaway Yangchen.  
I pray to Jetsun Dorje Yangchen.  
I pray to incomparable Dorje Gawa.  
I pray to peerless Yangchen Sangpo.  
I pray to unrivalled Mikyö Sangpo.  
I pray to you of incomparable wisdom.  
I pray to you of incomparable compassion.  
I pray to you of incomparable power.  
Bless me that death may pierce my heart.  
Bless me to be revolted from my depths.  
Bless me to realize everything is futile.  
Bless me to be certain of impermanence.  
I pray to you whose compassion is impartial.  
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 and guide them there in an instant by merely extending and drawing back his arm, as he has promised.

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

(3x)

In all my lives, may I be of good birth,  
Bright, free of pride, greatly compassionate,  
And respectful of my guru. May I abide  
Within samaya to my glorious guru.

May I never have, not even for an instant,  
Wrong views toward my glorious guru’s life.  
Devotedly seeing all they do as perfect,  
May I receive the blessings of the guru.

Never parting from the true guru in all my lives,  
May I enjoy the splendour of the Dharma,  
Perfect the qualities of the levels and paths,  
And swiftly attain the state of Vajradhara.

*(taken from ‘Dharma Ebooks’ website)*