

From
The Arising of All Attainments
The Yoga of Guru and Avalokiteshvara Indivisible

By
His Holiness the XIVth Dalai Lama

A glance meditation on the entire path

English translation by Geshe Tenzin Losel
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1. Foundation of all happiness, the near and further both,
Kind-hearted Lord who faultlessly identifies the path,
Being definite that you're the sum of refuge all-in-all,
Bless me that my reliance be by flawless thought and deed.
2. A freedom-fortune basis—wealth in billions can't compare:
Though found, it's fallible, the time of parting undefined.
On no account preoccupied by these appearances,
By sacred Dharma practice then, bless me to go beyond.
3. Revering the three jewels as the refuge that's secure,
Best help against the horrors of harsh evil destinies,
By knowledge of the black and white of actions and effects,
Your blessings on me so I may do virtue and cease sin.
4. Seeing even Indra's splendours all are objects of deceit,
Deceptive and alluring like a siren's song so then,
My mind-stream moved with strong resolve to pass beyond the world,
Please bless me to make progress in the higher trainings three.
5. The best of minds full well aroused through contemplating how
They have with so much kindness forever cared for me,
Bless me that I embark upon great seas of practice for
Migrating mothers harrassed by the pangs of being and peace.
6. The yoga that's the union of quiescence and insight
Where myriad-wondrous voidness, free forever from extremes
Within the gleaming mirror of unwav'ring equipoise
Shines uneclipsed! O bless that in the mind-stream it arise.

7. Passed through profoundest mantra's door due to the kindness of
The spiritual friend, one qualified as vajra-holder, then
Please bless me so I'm able to correctly keep the root
Of actual attainments, the commitments and restraints.

8. The all-creating karmic winds cut right off in their flow
By non-dual bliss-void wisdom's sword that is so sharp, so then
Please bless me that, within this life, there may be actualized
The māhamudra of great bliss, mind-body unified.