

The Foundation of All Good Qualities

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By Je Tsongkhapa

Translated by Maureen O'Malley

An FPMT Prayer Book

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Set in Calibri 12/15, Century Gothic, Lydian BT, and Monlam Uni Ouchan 2.

Practice Requirements:

Anyone can perform the practices in this book.

The Foundation of All Good Qualities

Yön tän zhír gyur ma

YÖN TÄN KÜN GYI ZHIR GYUR DRIN CHÄN JE

**The foundation of all good qualities is the kind and perfect
guru;**

TSHÜL ZHIN TEN PA LAM GYI TSA WA RU

Correct devotion to him is the root of the path.

LEG PAR THONG NÄ BÄ PA DU MA YI

By clearly seeing this and applying great effort,

GÜ PA CHHEN PÖ TEN PAR JIN GYI LOB

Please bless me to rely upon him with great respect.

LÄN CHIG NYE PÄI DÄL WÄI TEN ZANG DI

**Understanding that the precious freedom of this rebirth is
found only once,**

SHIN TU NYE KA DÖN CHHEN SHE GYUR NÄ

Is difficult to find again and is greatly meaningful,

NYIN TSHÄN KÜN TU NYING PO LEN PÄI LO

Please bless me to generate the mind that unceasingly,

GYÜN CHHÄ ME PAR KYE WAR JIN GYI LOB

Day and night, takes its essence.

LÜ SOG YO WA CHHU YI CHHU BUR ZHIN

This life is as impermanent as a water bubble;

NYUR DU JIG PÄI CHHI WA DRÄN PA DANG

Remember how quickly it decays and death comes.

SHI WÄI JE SU LÜ DANG DRIB MA ZHIN

After death, just like a shadow follows the body,

KAR NAG LÄ DRÄ CHHI ZHIN DRANG WA LA

The results of black and white karma follow.

NGE PA TÄN PO NYE NÄ NYE PÄI TSHOG

Finding firm and definite conviction in this,

THRA ZHING THRA WA NAM KYANG PONG WA DANG

Please bless me always to be careful

GE TSHOG THA DAG DRUB PAR JE PA LA

To abandon even the slightest negative action

TAG TU BAG DANG DÄN PAR JIN GYI LOB

And accomplish all virtuous deeds.

CHÄ PÄ MI NGOM DUG NGÄL KÜN GYI GO

Seeking samsaric pleasures is the door to all suffering:

YI TÄN MI RUNG SI PÄI PHÜN TSHOG KYI

They are uncertain and cannot be relied upon.

NYE MIG RIG NÄ THAR PÄI DE WA LA

Recognizing these shortcomings,

DÖN NYER CHHEN POR KYE WAR JIN GYI LOB

Please bless me to generate the strong wish for the bliss of liberation.

NAM DAG SAM PA DE YI DRANG PA YI

Led by this pure thought,

DRÄN DANG SHE ZHIN BAG YÖ CHHEN PO YI

Mindfulness, alertness, and great caution arise.

TÄN PÄI TSA WA SO SOR THAR PA LA

The root of the teachings is keeping the pratimoksha vows:

DRUB PA NYING POR JE PAR JIN GYI LOB

Please bless me to accomplish this essential practice.

RANG NYI SI TSHOR LHUNG WA JI ZHIN DU

Just as I have fallen into the sea of samsara,

MAR GYUR DRO WA KÜN KYANG DE DRA WAR

So have all mother transmigratory beings.

THONG NÄ DRO WA DRÖL WÄI KHUR KHYER WÄI

Please bless me to see this, train in supreme bodhichitta,

JANG CHHUB SEM CHHOG JONG PAR JIN GYI LOB

And bear the responsibility of freeing transmigratory beings.

SEM TSAM KYE KYANG TSHÜL THRIM NAM SUM LA

**Even if I develop only bodhichitta, but I don't practice
the three types of morality,**

GOM PA ME NA JANG CHHUB MI DRUB PAR

I will not achieve enlightenment.

LEG PAR THONG NÄ GYÄL SÄ DOM PA LA

With my clear recognition of this,

TSÖN PA DRAG PÖ LOB PAR JIN GYI LOB

**Please bless me to practice the bodhisattva vows with great
energy.**

LOG PÄI YÜL LA YENG WA ZHI JE CHING

Once I have pacified distractions to wrong objects

YANG DAG DÖN LA TSHÜL ZHIN CHÖ PA YI

And correctly analyzed the meaning of reality,

ZHI NÄ LHAG THONG ZUNG DU DREL WÄI LAM

Please bless me to generate quickly within my mindstream

NYUR DU GYÜ LA KYE WAR JIN GYI LOB

The unified path of calm abiding and special insight.

THÜN MONG LAM JANG NÖ DU GYUR PA NA

Having become a pure vessel by training in the general path,

THEG PA KÜN GYI CHHOG GYUR DOR JEI THEG

Please bless me to enter

KÄL ZANG KYE WÖI JUG NGOG DAM PA DER

The holy gateway of the fortunate ones:

DE LAG NYI DU JUG PAR JIN GYI LOB

The supreme vajra vehicle.

DE TSHE NGÖ DRUB NAM NYI DRUB PÄI ZHI

At that time, the basis of accomplishing the two attainments

NAM DAG DAM TSHIG DOM PAR SUNG PA LA

Is keeping pure vows and samaya.

CHÖ MA MIN PÄI NGE PA NYE GYUR NÄ

As I have become firmly convinced of this,

SOG DANG DÖ TE SUNG WAR JIN GYI LOB

**Please bless me to protect these vows and pledges like
my life.**

DE NÄ GYÜ DEI NYING PO RIM NYI KYI

Then, having realized the importance of the two stages,

NÄ NAM JI ZHIN TOG NÄ TSÖN PA YI

The essence of the Vajrayana,

THÜN ZHII NÄL JOR CHÖ LÄ MI YEL WAR

**By practicing with great energy, never giving up the four
sessions,**

DAM PÄI SUNG ZHIN DRUB PAR JIN GYI LOB

Please bless me to realize the teachings of the holy guru.

DE TAR LAM ZANG TÖN PÄI SHE NYEN DANG

Like that, may the gurus who show the noble path

TSHÜL ZHIN DRUB PÄI DROG NAM ZHAB TÄN CHING

And the spiritual friends who practice it have long lives.

CHHI DANG NANG GI BAR DU CHÖ PÄI TSHOG

Please bless me to pacify completely

NYE WAR ZHI WAR JIN GYI LAB TU SÖL

All outer and inner hindrances.

KYE WA KÜN TU YANG DAG LA MA DANG

In all my lives, never separated from perfect gurus,

DRÄL ME CHHÖ KYI PÄL LA LONG CHÖ CHING

May I enjoy the magnificent Dharma.

SA DANG LAM GYI YÖN TÄN RAB DZOG NÄ

By completing the qualities of the grounds and paths,

DOR JE CHHANG GI GO PHANG NYUR THOB SHOG

May I quickly attain the state of Vajradhara.

Colophon:

Excerpted from the Jorchö booklet. Translated by Maureen O'Malley and edited by Ven. Ailsa Cameron (Wisdom Publications, 1988). Lightly edited by Ven. Constance Miller and Nick Ribush, April 1999. Phonetics checked and amended by Ven. Tenzin Tsomo, FPMT Education Services, June 2016. Small corrections made by Ven. Steve Carlier and Ven. Joan Nicell, FPMT Education Services, 2018.



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