

༄༅། །སྒྲ་མ་ལ་གསོལ་བ་འདེབས་པ་ཞལ་གདམས་དང་འབྲེལ་བ།

Supplication to the Guru Combined with Words of Advice

Jamyang Khyentse Wangpo



KHYENTSE VISION
PROJECT

bla ma la gsol ba 'debs pa zhal gdams dang 'brel ba

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Khyentse Vision Project: Translating the Works of
Jamyang Khyentse Wangpo

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TRANSLATOR'S INTRODUCTION

This brief supplication prayer in eight verses, from the first volume of Jamyang Khyentse Wangpo's Collected Writings, is written in a fervent, devotional style characterized by a yearning tone beseeching the blessings of the spiritual teacher, considered to be the sole refuge. Such supplication prayers are often recited with guru yoga *sādhana*s. Guru yoga is traditionally described as pivotal to Vajrayāna practitioners wishing to accomplish the practices of the three roots, intended to bring about full ripening and liberation.

Khyentse Wangpo progressively guides disciples to develop the right view from beginning to end with contemplations and practices that traverse the different stages of the path and their fruition and encapsulate the threefold training in view, meditation, and conduct. The fourth and fifth stanzas, for instance, instruct the adept on how to engage in the common preliminaries through the contemplation on the four thoughts that turn the mind to the Dharma, followed by the special preliminaries, consisting of the practices of refuge, bodhicitta, accumulation of merit, purification, and guru yoga. The sixth and seventh stanzas point out the emptiness nature of mind and phenomena in *samsāra*, and how to abide in a state of equanimity inseparable from the recognition of pristine awareness through the mastery of the practices of calm abiding and special insight. Thus, this text, in its unelaborate and extraordinarily pithy form, gives the practitioner the key points to unlock the attainment of realization.

སྐྱེ་མ་ལ་གསོལ་བ་འདེབས་པ་ཞལ་གདམས་དང་འབྲེལ་བ།

Supplication to the Guru Combined with Words of Advice

ན་མེ་ལྷོ་ལྷོ་གུ་རུ་བྱུང་།

nama shrimam gurubhya

*Namah śrīmāṃ gurubhyaḥ!*¹

སྐུ་མ་ཅས་ཕྱོགས་བཅུ་འི་རྒྱལ་བ་ཐམས་ཅད་ཀྱི།

sé ché chok chü gyalwa tamché kyi

You have unified the pristine wisdom of the knowledge, love, and power

མཁྱེན་བརྩེ་རྣམ་པའི་ཡེ་ཤེས་གཅིག་བསྐྱུས་ནས།

khyentsé nüpe yeshé chik dü né

Of the victors of the ten directions and their descendants,

འགྲོ་བ་འདྲེན་ཕྱིར་བཤེས་གཉེན་མཆོག་གི་སྐུར།

drowa dren chir shenyen chok gi kur

And in order to guide beings have manifested in the form of the supreme spiritual friend.

ཡོངས་ཤར་དཔལ་ལྷན་སྐྱེ་མར་གསོལ་བ་འདེབས།

yong shar palden lamar sölwa deb

To the glorious master, I supplicate!

ཁྱོད་སྐུ་དགེ་འདུན་གསུང་གསང་དམ་པའི་ཚེས།།

khyö ku gendun sung sang dampé chö

Recognizing your body as the essence of the Saṅgha,

སྤྱགས་ནི་སངས་རྒྱས་ཡོན་ཏན་ཤིན་ལས་རྣམས།།

tuk ni sangyé yönten triné nam

The secret of your speech as the essence of the sublime Dharma,

མཁའ་འགྲོ་ཚེས་སྐྱོང་ངོ་བོར་ཤེས་པའི་སྒོས།།

khandro chökyong ngowor shepé lö

Your mind as the essence of the Buddha, and your enlightened qualities and activities
as the essence of the dākinīs and dharmapālas,

སྙིང་ནས་འབོད་དོ་སྤྱགས་མེད་སྤྱན་གྱིས་གཟིགས།།

nying né bö do tugjé chen gyi zik

I call out to you wholeheartedly—please gaze upon me with your eyes of compassion!

བདག་དང་མགོན་མེད་འགྲོ་བ་མ་ལུས་ལ།།

dak dang gönme drowa ma lü la

O Lord! I and every single being bereft of protection

མེ་བཙུན་ཁྱོད་ལས་སྐབས་གཞན་མ་དམིགས་ཕྱིར།།

jetsün khyö lé kyab zhen ma mik chir

Cannot conceive of another refuge than you.

འདི་ནས་བྱང་ཆུབ་སྤྱིང་པོར་མཆིས་ཀྱི་བར།།

di né jangchub nyingpor chi kyi bar

Thus, exalted guru, please grant your blessings

འབྲལ་མེད་བྱིན་གྱིས་རྫོབས་ཤིག་སྤྲུལ་མེ།།

dralmé jin gyi lob shik lama jé

That we may be inseparable from now until attaining the heart of enlightenment!

དར་འབྱོར་རྟོན་དཀའ་ནམ་འཆི་ངས་མེད་བླན།།

dar jor nyé ka nam chi ngé mé dren

Recalling the freedoms and riches difficult to find, the uncertainty of the time of death,

ཁམས་གསུམ་འཁོར་བ་སྤྱག་བསྐྱེད་ཕུང་པོར་རིག།

kham sum khorwa dugngal pungpor rik

Knowing the three realms of saṃsāra to be a mass of suffering,

ལས་འབྲལ་སྒྲིང་དོར་རྩྱལ་བཞིན་གོམས་པ་ཡིས།

lé dral langdor tsülzhin gompā yi

Becoming habituated to adopting and discarding² karma and fruition in the proper manner, through all of these,

བྱན་མོང་སྔོན་འགོ་འབྱོར་བར་བྱིན་གྱིས་སྒྲོབས།

tünmong ngöndro jongwar jin gyi lob

Please bless me that I may become well trained in the common preliminaries!

ལམ་མ་དཀོན་མཆོག་བསྐྱེད་སྒྲུབས་སུ་ཤེས།

lama könchok lumé kyab su shé

By knowing the guru and the Three Jewels to be the undecieving refuge,

བྱམས་པ་སྙིང་རྩེ་བྱང་ཆུབ་སེམས་གཉིས་བསྐྱེད།

jampa nyingjé jangchub sem nyi kyé

Bringing forth loving-kindness, compassion, and the two bodhicittas,

ཚོགས་བསགས་སྒྲིབ་སྦྱང་སྒྲ་མར་མོས་གུས་གྱིས།

tsok sak drib jang lamar mögü kyi

Gathering the accumulations, purifying obscurations, and having devotion to the guru,

བྱད་པར་སྔོན་འགོ་འབྱོར་བར་བྱིན་གྱིས་སྒྲོབས།

khyepar ngöndro jongwar jin gyi lob

Please bless me that I may become well trained in the special preliminaries!

འཁོར་འདས་ཆོས་ཀྱན་སེམས་གྱིས་བཏགས་པ་སྟེ།

khor dé chö kün semkyi tagpa té

All phenomena of saṃsāra and nirvāṇa are imputations of the mind.

སེམས་ཅོམ་སྒྱེ་འགག་གནས་གསུམ་སྒྲོས་པ་བྲལ།

sem tsam kyé gak né sum tröpa dral

Mind itself is free from the elaborations of arising, ceasing, and abiding.

སྤྱོས་བྲལ་ངང་ལས་གསལ་རིག་འགག་མེད་པའི།

trödral ngang lé sal rik gak mepé

Please bless me that I may experience the pristine wisdom

ཡེ་ཤེས་ཉམས་སུ་སྤྱོད་བར་བྱིན་གྱིས་སྦྱོབས།

yeshé nyam su nyongwar jin gyi lob

Of unobstructed clear awareness from within the sphere of non-elaboration!

མཉམ་གཞག་ཀུན་རྒྱུད་གིས་མི་གཡོ་ཞིང་།

nyam zhak küntok lung gi mi yo zhing

Through the yoga of union of śamatha and vipaśyanā,

རྗེས་ཐོབ་ཉམས་སྤྱོད་ཅི་དང་མ་བྲལ་བར།

jetob nyamnyong tsi dangma dralwar

The state of equipoise unmoved by the wind of imagination,³

ཞི་ལྷག་ཟུང་དུ་འཇུག་པའི་རྣལ་འབྱོར་གྱིས།

zhi lhag zung du jugpé naljor gyi

And not being separated from the essence of experience in post-meditation,

མཆོག་དངོས་ཆོ་འདིར་འབྲུབ་པར་བྱིན་གྱིས་སྦྱོབས།

chok ngö tsé dir drubpar jin gyi lob

Please bless me that I may obtain the supreme accomplishment in this life!

མདོར་ན་རྣམ་ཀུན་ཆོས་བཞིན་སྦྱོང་པ་ལ།

dorna namkün chözhin chöpa la

In brief, please bless me that I may always act in accord with the Dharma,

བར་ཆད་མཆན་མ་ནམ་ཡང་མི་འབྱུང་ཞིང་།

barché tsenma namyang mi jung zhing

That no signs of obstacles may ever arise,

ཐོས་བསམ་སྒྲོམ་པའི་ཆོས་སྦྱོང་མཐར་ཕྱིན་ནས།

tö sam gompé chöchö tar chin né

And that having completed the Dharma activities of listening, contemplating, and meditating,

དོན་གཉིས་ལྷན་གྱིས་སྒྲུབ་པར་བྱིན་གྱིས་སྒྲོབས།།

dön nyi lhün gyi drubpar jin gyi lob

May the two benefits be spontaneously accomplished!

This prayer, Supplication to the Guru Combined with Words of Advice, was composed by the vagabond Jamyang Khyentse for earnest seekers on the first day of the waxing moon in the month of Phālguna^a of the Water Mouse year (1852) as it came to his mind.

NOTES

1. “Homage to the glorious masters!”
2. *blang dor* refers to discerning what is suitable to adopt and to discard on one’s path of practice and conduct.
3. *kun rtogs* is generally translated as “conceptualization” or “mental fabrication” (see glossary entry) and it is not common to render it as “imagination”; however, here, I chose this translation as it encompasses the mental activity of elaborating on the narrative sustained by constant appraisal of the information received through sensorial perception and the ensuing tendencies of analyzing (*dpyod pa*), fixating (*gzung ba*), and grasping (*’dzin pa*) to the initial object even when this object is no longer apparent.
4. There is debate regarding whether this refers to the second or eleventh month of the Tibetan lunar calendar.

GLOSSARY

arising, ceasing, and abiding

སྐྱེ་འགག་གནས། • *skye 'gag gnas*

The three defining characteristics of all compounded phenomena.

bodhicitta

བྱང་ཆུབ་སེམས། • *byang chub sems*

Abbreviation of *byang chub kyi sems*. The intent that aspires to and engages in attaining awakening.

Buddha

སངས་རྒྱལ། • *sangs rgyas*

The Awakened One, the first of the Three Jewels.

common preliminaries

ཐུན་མོང་སྔོན་འགྲོ། • *thun mong sngon 'gro*

The common preliminaries are a foundational practice in the Vajrayāna also known as the outer preliminaries or the four mind changings (*blo zlog rnam pa bzhi*). They comprise the contemplations on the freedoms and advantages of the precious human birth, the impermanence of life and conditioned phenomena, the law of cause and effect, and the shortcomings of saṃsāra.

compassion

སྙིང་རྩེ། • *snying rje* • *karuṇā*

The second of the four immeasurables (*tshad med bzhi*). It is the thought that wishes all sentient beings to be free from all suffering.

completed

མཐར་ཁྱིན། • *mthar phyin* • *pariniṣṭhita*

To bring to full completion and perfection.

dākinīs and dharmapālas

མཁའ་འགྲོ་ཚེས་སྦྱང་། • *mkha' 'gro chos skyong*

The third of the three roots. Dākinīs are feminine principles of enlightenment in the Vajrayāna tradition known as embodiments of ultimate wisdom, and dharmapālas protect and preserve the Buddha's teachings and provide protection to practitioners.

descendant

སྲས། • *sras*

Descendant, son, or heir in a family line. The term is often understood in the plural when designating bodhisattvas as the direct descendants of the buddhas.

devotion

ཚེས་གུས། • *mos gus*

Devotion is a term particularly used in Vajrayāna to describe a quality that ensues from having pristine, pure, unwavering faith in the three roots and the teachings.

enlightenment

བྱང་ཚུལ། • *byang chub* • bodhi

The state of awakening, realization of the fundamental absolute truth attained by someone who has purified the twofold emotional and cognitive obscurations.

experience

ཉམས་ཐྱོང་། • *nyams myong* • anubhava

Temporary personal meditative experience gained through practice.

free from elaborations

སྦྱོམ་བྲལ། • *spros bral* • niṣprapañca

The absence of mental fabrication of conceptual constructs.

freedoms and riches

དལ་འབྱོར། • *dal 'byor* • kṣaṇasaṃpad

The freedoms and riches denote a set of qualities—commonly eighteen—considered characteristic of a precious human life endowed with the conditions conducive to the practice of the Dharma.

gather the accumulations

ཚོགས་བསགས། • *tsbogs bsags*

The virtuous practice of gathering and perfecting the twofold accumulation of merit and wisdom needed to attain awakening.

imagination

ཀུན་རྟོག། • *kun rtog* • saṃkalpa

The conceptualization or discursive thought process of the conceptual mind that apprehends and examines what it perceives.

imputation

བཏགས་པ། • *btags pa* • prajñapti

Designation, imputation, or assigning a label to a given object and/or concept.

in accord with the Dharma

ཚོས་བཞིན། • *chos bzhin*

Something done in accordance with the view of the Dharma.

jewel

དཀོན་མཆོག། • *dkon mchog* • *ratna*

This term, often rendered as jewel when used in the context of the Three Jewels (*dkon mchog gsum*), means that which is rare and sublime.

knowledge, love, and power

མཁྱེན་བརྩེ་རྣམ། • *mkhyen brtse nus* • *jñāna, karuṇa, śakti*

Qualities of a buddha that benefit others.

listening, contemplating, and meditating

ཐོས་བསམ་སྒྲོམ་པ། • *thos bsam sgom pa* • *śruta, cintā, bhāvanā*

The threefold process for the gradual development of wisdom.

loving-kindness

བྱམས་པ། • *byams pa* • *maitrī*

The first of the four immeasurables (*tsbad med bzhi*). This term denotes benevolence and love. It is the mindset that desires the happiness and well-being of all sentient beings.

obstacle

བར་ཆད། • *bar chad* • *antarāya, vighna*

Hindrances, impediments, interferences, or obstructions that can arise on the path of practice and are not conducive to spiritual progress, creating blockages, suffering, and various negative circumstances.

post-meditation

རྗེས་ཐོབ། • *rjes thob* • *prṣṭhalabdhajñāna*

The period following meditative and contemplative practices, generally when the practitioner is involved in daily activities and engages with sense perceptions. Alternative translations are “subsequent attainment” or “ensuing attainment.”

pristine wisdom

ཡེ་ཤེས། • *ye shes* • *jñāna*

Pristine or primordial wisdom as an essential quality of enlightened buddha nature.

purify obscurations

སྒྲིབ་སྦྱང། • *sgrib sbyang*

The practice of purifying all obscurations that veil the true nature.

śamatha and vipaśyanā

ཞི་ལྷག། • *zhi lhag*

Contraction of the terms *zhi gnas* and *lhag mthong*, the meditation practices of calm abiding and special insight.

samsāra

འཁོར་བ། • *'khor ba*

The cycle of conditioned existence characterized by birth, death, and transmigration, including old age, sickness, and suffering at large, caused by confusion—the ignorance of not knowing the fundamental nature.

Saṅgha

དགེ་འདུན། • *dge 'dun*

The noble beings constituting the third of the Three Jewels.

secret of speech

གསུང་གསང་། • *gsung gsang* • guhyavāc

The speech of a fully awakened being. It is termed secret because it is endowed with countless, unfathomable qualities.

signs

མཚན་མ། • *mtshan ma* • nimitta

Signs, features, or marks of something.

special preliminaries

ཁྱད་པར་སྒྲིན་འགོ། • *khyad par sngon 'gro*

The foundational Vajrayāna practice of the uncommon preliminaries includes taking refuge, generating bodhicitta, and the practices of Vajrasattva, maṇḍala offering, and guru yoga.

spiritual friend

བཤེས་གཉེན། • *bshes gnyen* • mitra

A good and virtuous friend, namely, a spiritual teacher that acts as a guide. Other variations are *dge ba'i bshes gnyen* (*kalyāṇamitra*).

state of equipoise

མཉམ་གཞག། • *mnyam gzbag* • samāhita

Resting evenly in a state of meditative awareness.

sublime Dharma

དམ་པའི་ཚུལ། • *dam pa'i chos* • saddharma

Term used to characterize the Dharma in the sense of the second of the Three Jewels.

suffering

སྡུག་བསྔལ། • *sdug bsngal* • duḥkha

The state of pain, dissatisfaction, sorrow, and misery experienced by beings in saṃsāra.

supreme accomplishment

མཚན་དཔྱེས། • *mbhog dngos*

The state of awakening or enlightenment.

three realms

ཁམ་གསུམ། • *kham gsum* • tridhātu

The desire, form, and formless realms that constitute the whole of saṃsāra.

twofold benefit

དོན་གཉིས། • *don gnyis*

The benefit of self and others.

undeceiving

བསྐྱེད། • *bslu med*

That which does not deceive, and which is authentic, not deceptive, and not fraudulent.

victor

ཁྱེ་བ། • *rgyal ba* • jina

Epithet of a buddha.

wind

རླུང་། • *rlung* • prāṇa

The subtle vital energy that moves through the channels (*nāḍī*) in the subtle body.

words of advice

ཞུ་བ་གདམས། • *zhal gdams*

Formal instructions, specifications, teachings, or advice spoken by a person, typically a teacher.

yoga

རྣལ་འབྱེད། • *rnal 'byor*

Specific techniques of spiritual practice, literally translated as “union with the natural state.”