The Foundation of All Good Qualities

By Je Tsongkhapa

Translated by Maureen O’Malley

An FPMT Prayer Book
Practice Requirements:
Anyone can perform the practices in this book.
The Foundation of All Good Qualities

Yön tän zhír gyur ma

 Yöṅ tän kün gyi zhīr gyur drin chān 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 nā bā pa du ma yi
By clearly seeing this and applying great effort,
Gū pa chhen pō ten par jin gyi lob
Please bless me to rely upon him with great respect.

Lān chig nye pāi dāl wāi ten zang di
Understanding that the precious freedom of this rebirth is found only once,
Shin tu nye ka dön chhen she gyur nā
Is difficult to find again and is greatly meaningful,
Nyin tshān kün tu nyiṅ po len pāi lo
Please bless me to generate the mind that unceasingly,
Gyūn chhā me par kye war jin gyi lob
Day and night, takes its essence.

Lū sog yo wa chhu yi chhu bur zhīn
This life is as impermanent as a water bubble;
Nyur du jīg pāi chhi wa drān pa dang
Remember how quickly it decays and death comes.
After death, just like a shadow follows the body,
The results of black and white karma follow.

Finding firm and definite conviction in this,
Please bless me always to be careful
To abandon even the slightest negative action
And accomplish all virtuous deeds.

Seeking samsaric pleasures is the door to all suffering:
They are uncertain and cannot be relied upon.
Recognizing these shortcomings,
Please bless me to generate the strong wish for the bliss of liberation.

Led by this pure thought,
Mindfulness, alertness, and great caution arise.
The root of the teachings is keeping the pratimoksha vows:
Please bless me to accomplish this essential practice.
Just as I have fallen into the sea of samsara,
So have all mother transmigratory beings.
Please bless me to see this, train in supreme bodhichitta,
And bear the responsibility of freeing transmigratory beings.

Even if I develop only bodhichitta, but I don’t practice
the three types of morality,
I will not achieve enlightenment.
With my clear recognition of this,
Please bless me to practice the bodhisattva vows with great
energy.

Once I have pacified distractions to wrong objects
And correctly analyzed the meaning of reality,
Please bless me to generate quickly within my mindstream
The unified path of calm abiding and special insight.

Having become a pure vessel by training in the general path,
Please bless me to enter
Kāl zang kye wōi 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 pāi 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 pāi nge pa nye gyur nā
As I have become firmly convinced of this,
Sog dang dō te sung war jin gyi lob
Please bless me to protect these vows and pledges like my life.

De nā gyū dei nying po rim nyi kyi
Then, having realized the importance of the two stages,
Nā nam ji zhin tog nā tsōn pa yī
The essence of the Vajrayana,
Thün zhii nāl jor chō lä mi yel war
By practicing with great energy, never giving up the four sessions,
Dam pāi sung zhin drub par jin gyi lob
Please bless me to realize the teachings of the holy guru.

De tar lam zang tōn pāi she nyen dang
Like that, may the gurus who show the noble path
Tshīl zhin drub pāi drog nam zhāb tān chīng
And the spiritual friends who practice it have long lives.
Chhi dang nang gi bar du chō pāi tshog
Please bless me to pacify completely
Nye war zhi war jin gyi lab tu sōl
All outer and inner hindrances.
Kye wa kūn 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 stages and paths,

Dor je chhang gi go phang nyur thob shog

May I quickly attain the state of Vajradhara.

Colophon:

Foundation for the Preservation of the Mahayana Tradition