

A Shower of Blessings (with Tsok Addendum):
A Guru Yoga Practice to Accompany the Seven Line Prayer
Composed by Mipham Rinpoche and arranged by Śākya Śrī

Refuge and Bodhicitta

Hung! Lake-born Padmasambhava, empty awareness in essence,
 You are the essential embodiment of all sources of refuge; I take refuge in you.
 May all beings bound to this life's fleeting delusions
 Naturally dispel their delusion and gain liberation in the primordially pure expanse. (3x)

Offering a Torma to the Obstructing Forces and Visualizing the Protective Tent

Hung! Evil forces of ignorance, dualistic perception, and delusion,
 Take this torma and vanish into the realm beyond all extremes.
 Within the unchanging realm of naturally aware wisdom,
 The primordial expanse beyond the three spheres, the boundary is set!

Recite the wrathful mantra, and expel the obstructing forces with wrathful substances (red tormas): **Benza Jnana Raksha Raksha**

The Descent of Blessings

Play the dāmaru, and utter this invocation with signs of intense longing and devotion:

Hung! From the pure land of blissfully swirling lotuses,
 Let the blessings of the Lake-born Vajradhara, three kāyas' spontaneous presence,
 Now descend; bestow us with the ordinary and supreme siddhis!
 These offerings become ornaments of Samantabhadra's display!

Om Ah Hum Benza Guru Pema Tötrenḡ Tsal
Benza Samaya Dza
Awa-shaya Awa-shaya A A Ah
Om Benza Puja Megha Samudra Hung Hri Ta

The Main Part: Generating the Deity

Ah! I am in my ordinary form; before me, in the sky
 Appears Oḡḡiyāna, and the immaculate Dhanakosha lake,
 Deep and full of water with eight kinds of purity.

In its center you dwell, on a jeweled lotus blossom, its petals open wide:
 All sources of refuge combined, Orgyen Dorje Chang,
 Ablaze in splendor with the major and minor marks of perfection and embracing the
 consort Yeshe Tsogyal.

You hold a vajra in your right hand, a skull cup containing a vase in your left,
 Beautiful in all your silk, jewel and bone ornaments.

In an expanse of blue, white, yellow, red and green light, you preside resplendent,
radiating great bliss.

All around you, gurus, devas and ḍākinīs gather like clouds.

Pour down your blessings in a rain of compassion: watch over and care for me!

Essence of all buddhas, in your immortal wisdom body,

Now and always, I bow to you with passionate longing and devotion.

My bodies, possessions and all my merit, past, present and future

I visualize as Samantabhadra's offering clouds and present them to you.

My harmful actions and downfalls, committed through beginningless time, I confess
without exception.

You alone have completely mastered the precious qualities of all the buddhas and
bodhisattvas,

And with all my heart I rejoice at your liberating life story.

With total trust, I pray to you,

And implore you: shower down a great rain of Dharma, profound and vast.

Gathering all the actual merit of myself and others,

For as long as these infinite realms of living beings remain

I shall follow your example, Guru,

And dedicate it all to guiding beings as limitless as space.

Kyap-né Kun-dü Khyen-tsé Ter-chen-po

You are all my sources of refuge in one, a great treasure of wisdom and love,

Our precious, our greatest, protection in this dark age, the dregs of time.

Tormented and drained by the five poisons, when I call on you

In desperate yearning, look upon your child with all the love of your wisdom mind.

Let the power of your compassion burst out from your vast expanse of realization,

And flood my devoted heart with your blessing.

Quickly show me the signs and marks of attainment,

And grant me realizations, ordinary and supreme.

*Recite the **Seven Line Prayer** as many times as you can (or 3X).*

Hung! In the north-west of the land of Oḍḍiyāna,

In the heart of a lotus flower,

Endowed with the most marvelous attainments,

You are renowned as the Lotus-born,

Surrounded by many hosts of ḍākinīs.

Following in your footsteps

I pray to you: come and bless me with your grace!

Guru Pema Siddhi Hung

Then, imagine that, because you are praying with sincere devotion, from the place of union and the heart of the guru and the consort fine shafts of wisdom light – blue, white, yellow, red and green – shoot out and dissolve into your heart, blessing and transforming your very being.

Then, recite the Vajra Guru Mantra as much as you wish (or 108X):

Om Ah Hung Benza Guru Pema Siddhi Hung

Conclusion

From the three syllables **om āḥ hung** at the three centers of the guru,
White, red and blue rays of light radiate out
And dissolve into my own three centers, purifying the obscurations
Of my body, speech and mind, and transforming them into vajra body, speech and mind.
Finally, the guru and his retinue melt into light
And into a red and white bindu marked with **hung**,
That dissolves into my heart, through which the guru's wisdom mind
And my own mind merge inseparably, and so I abide in the ever-present dharmakāya.

A Āḥ

As you utter "a, āḥ!" look into the actual face of the great primordial dharmakāya – the very nature of your own mind that from the very beginning is utterly beyond alteration or change, beyond rejecting or accepting anything at all. <Pause>

Once again, consider all illusion-like appearances as the nature of the guru.

(If no tsok, dedicate the merit and make prayers of dedication, prosperity, and auspiciousness, so that peace and wellbeing prevail, p. 5.)

TSOK: Blessing the Feast Offering

Arrange whatever samaya substances you have, such as meat and alcohol.

Hung. With **āḥ** appears a skullcup, as vast as the space of dharmadhātu,
With **om**, all appearance and existence are displayed as the feast offerings
With **hung**, they transform into the wisdom play of great bliss,
With **hrīḥ**, gurus, devas and ḍākinīs, all the deities gathered, are pleased and satisfied.

Om Ah Hung Hrih

With this bless the offerings by sprinkling water.

The Invitation of the Guests and the Offering of the Feast

Hung! In the north-west of the land of Oḍḍiyāna,
In the heart of a lotus flower,
Endowed with the most marvelous attainments,
You are renowned as the Lotus-born,
Surrounded by many hosts of ḍākinīs.
Following in your footsteps,
We invite you to this feast of desirable offerings,

So come now, bless us with your grace!
 Pour down your blessings on this sublime place,
 Transform the gaṇacakra offerings into wisdom nectar,
 Grant us, the supreme practitioners, the four empowerments,
 Dispel obstructors, negative forces and obstacles
 And confer siddhis, ordinary and supreme.

Hung! Beloved master Pema Tötrenḡsal,
 With your throng of vidyādharas and dākinīs,
 Encompassing the three roots in this maṇḡala of the buddhas,
 In deep devotion, with fervent yearning, I pray to you.

All the merit of my and others' body, speech and mind, our wealth,
 And everything desirable in the universe, every source of pleasure and enjoyment with
 nothing left out,
 I offer as Samantabhadra's unending gaṇacakra of great bliss.
 With all your compassion and love, accept them with delight, so your heart's wishes are
 fulfilled.

Guru Rinpoche, I pray to you;
 Vidyādharas and dākinīs, inspire me with your blessings;
 Grant this devoted disciple attainments, ordinary and supreme;
 Let all my impairments and breakages of samaya be healed, I pray.

Obstacles outer, inner and secret – liberate them all into dharmadhātu.
 Until I realize enlightenment, hold me close, without ever parting,
 Like the waxing moon let my lifespan, merit, experience and realization grow ever
 greater,
 And bless me so that all my aspirations spontaneously come true.

Om Ah Hung Benza Guru Pema Siddhi Hung

Offering the Remainder

Once the guru and the assembled vajra brothers and sisters have enjoyed the feast, gather the remainders and sprinkle them with amrita:

Hosts of arrogant worldly spirits who collect the remainders,
 Please accept this remainder torma of the five sensual delights,
 And carry out beneficial and favorable activities!

Om U-tsita Ba-ling-ta Kha-hi

Aspiration

Hung! By making this feast offering
 To the maṇḡala of the Lake-born Guru,
 May I and every single other sentient being
 Attain realization within a single maṇḡala!

Dedication of merit and Prayers of Prosperity and Auspiciousness

Hung! From the space-like expanse of the unborn dharmakaya,
The unobstructed form of the deity appears
And dissolves within the empty clarity beyond limits.

A Ah

I dedicate these roots of merit to great awakening.
Essence, nature, and compassionate energy
Are the Lake-born Lord, the Guru of Oḍḍiyāna.
May the spontaneous presence of the three kāyas
Yield the bliss and excellence of sublime auspiciousness!

End the practice well by recognizing all illusory appearance as the nature of the Guru. <Bell & Drum>

This addendum for Mipham Rinpoché's Seven Line Prayer Guru Yoga was uttered spontaneously by Śākya Śrī Jñāna. Main visualization & feast offering translated by Rigpa Translations, 2015. Opening & concluding verses by Śākya Śrī translated by Lhasey Lotsawa (Stefan Mang and Peter Woods), 2020. English only and slight other format edits by Khenpo Drimed Dawa.

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