

BRIEFEST SIX SESSION YOGA

Homage to Manjugosha, Sheer Eloquence!

Vairocana Personal and Universal Refuge Vows

In the Buddha, his Truth and Community

I go for refuge until enlightenment!

By virtue of transcendent wisdom and art,

May I be enlightened to benefit all!

Four Boundless Moods, Ratnasambhava Protection Vow

May all beings know freedom!

May we all share happiness!

May we all savor joy!

And may we all dwell in peace!

Encountering the Mentor-Archetype

Before me in space on a vast lotus with sun/moon cushions,

Sits my spiritual role-model, the Gemlike Hero,

Deep blue face and hands holding scepter and bell,

He revels in bliss with his partner, the Gemlike Heroine!

Consecrating and Honoring the Mentor-Archetype

In deep contemplation, their crown, throat and heart

Are sealed with three syllables, *OM AH HUM*,

Beaming rays to all realms, calling all Spiritual Masters
To join their communion, *JAH, HUM, BAM, HOH!*
By your grace, great bliss instantly dawns,
Gemlike Father and Mother, at your feet I bow!

Outer, Inner and Global Offerings, Amogasiddhi Mentor Bonding Vow

All things sensual, sublime and ecstatic I offer you,
All lands, mountains, suns, moons and gems!
O MENTOR, PLEASE ACCEPT THIS PRECIOUS LIFESPACE!
(OM IDAM GURU RATNA MANDALAKAM NIRYATAYAMI!)

Requesting Help, Amogasiddhi Guruyoga Prayer & Enactment

Viewing all success, mundane and transcendent,
As coming of proper reliance on you, Savior-Savioress,
Bless me to give even body and life
To achieve precisely what pleases you!

Aksobhya Consecration, Empowerment & Self-Creation Body, Speech, Gesture Vow

With this prayer, my role-model visits my crown
And graciously melts into one taste with me,
Then I arise with Hero/Heroine Pride,
Embracing my Lord/Lady and holding scepter and bell,
Signifying ecstatic bliss and perfect clarity.

Resolve, Ratnasambhava Aid & Teaching Vow, Amoghasiddhi Triple Vow

Life, home, virtues and resources,

I offer without hesitation to benefit mothers!

My commitments to freedom, compassion and art,

I vow to hold more dear than this life!

Dedication

By the grace of the three jewels and relativity

And the power of my mentor-archetype,

May I complete both stages in this very life,

And reach the exaltation of Heroic Self-Mastery!

Colophon: This abbreviated six session yoga (*Thun Drug gi rNal-'byor bsDus-ba*) was composed by Joe Loizzo for the 2009 Spring Class, *Being Medicine*, at the Nalanda Institute for Contemplative Science in New York City, based on the version published in *bLa-ma'i rNal-'byor dang Yid-dam Khag gi bDag-skyes sogs Shal 'don gCes-btus* (Dharamsala: Tibetan Cultural Press, 1966), and the oral transmission of Ngawang Gelek Rinpoche.