



## **Gampopa Guru Yoga All Sources of Blessing**

### **-Refuge and Bodhichitta-**

In co-emergent bliss and emptiness, the dharmakaya,  
I take refuge until I attain awakening.  
Although, all beings are primordially buddhas by nature,  
they are deluded.  
To realize the essence, I give rise to bodhichitta.

recite three times

### **-Visualization-**

You are the perfection of purity and attainment, the dharmakaya  
Vajradhara;  
you are great bliss, the sambhogakaya, shining forth with the major  
and minor marks;  
you are all-pervading compassion, the nirmanakaya, taming beings  
according to their needs;  
you are the world-renowned master of the Kadampa and  
Mahamudra lineage.

### **-Mantra Recitation-**

**OM AH NAMO GURU JAMBUDVIPA KIRTI MAHA MUDRA  
SIDDHI PHALA HUNG**

recite many times

### **- Blessing Supplication-**

You were Supuspachandra and Padmottara,  
in the presence of Shakyamuni you were Chandraprabhakumara,  
here in this land of snow mountains you are know as the physician  
monk:  
I supplicate you who were prophesied by the Victor.

recite three times or more

**-Empowerment and Dissolution-**

By the blessing power of this one-pointed supplication,  
light rays emanate from the four places of the guru and dissolve into mine,  
the four empowerments are excellently obtained, and the guru  
dissolves into me.

My mind is the guru in a fresh, natural state.

rest in the absolute meaning

**-Dedication-**

Within the purity of the three spheres,  
I dedicate all the accumulations of virtues in samsara and nirvana  
for all beings to achieve the body that posses the twofold purity.  
Thus, may the equal taste be experienced in the great equanimity of  
dharmata.

*This guru yoga All Sources of Blessing arose from the spontaneous expression  
of unshakable devotion out of the intention to benefit beings like myself.  
Written by the unlearned Konchog Gyaltsen on August 20, 2013.*