

《圣尊密勒日巴笑金刚上师瑜伽日修略轨》

The Daily Guru Yoga Practice of Jetsün Mila Zhepa Dorje



【皈依观想】

rang gi chi wor pe dei teng je tsün zhe pa dor je ni

Above the crown of my head, upon a lotus and moon, is Jetsün Zhepa Dorje.

于我顶际莲月座上，圣尊笑金刚巍然安住。

ku dog ngo sang re kar söl u ral gyen du chog pa yi

The color of his body is clear blue and he wears white cotton. The locks of his hair are turned upwards.

身如净琉璃莹澈蔚蓝，白棉法衣自在垂落，绺绺发髻旋卷虚空。

【圣相庄严】

chag ye nyen gyi the kar ten yön pe nyam zhag thö zhal nam

His right hand is held close at his right ear. His left hand is in the resting in equanimity mudrā, holding a skull cup

右手结胜闻印轻抚耳际，左手等持托颅器甘露。

ye she ö nga trug pei long zi jin rab tu bar war zhug

Dwelling within an expanse of the turbulent five lights of primordial wisdom, utterly blazing with majestic brilliance,

五智光焰炽然旋舞境，赫赫威光遍照三有界。

【祈请文】

zhom me dor je gur yang drog thug je dag la tse we gong

resounding with melodious invincible vajra songs, through your compassion, think of me with love!

金剛歌音无碍震法界，大悲摄受垂念于吾众！

ku nga ye she nga thob jin gyi lob ne lug rang zhal jal war jin gyi lob

Bless me to attain the five kāyas and five primordial wisdoms! Bless me to meet with the innate face of the way things are!

赐我证得五身五智德，赐我现见本然实相面！

【转境为道】

nam tog gom du char war jin gyi lob kyen ngen lam du long war jin gyi lob

Bless me so that discursive thoughts arise as meditation! Bless me so that I may bring negative conditions onto the path!

妄念纷起即转成禅观，逆缘障碍悉化为道用！

le ngen dig drib dag par jin gyi lob ta wa göl sa chö par jin gyi lob

Bless me so that negative actions, misdeeds, and obscurations are purified! Bless me so that the pitfalls of the view are severed!

罪障染污皆得清净已，见解歧途彻底断除之！

【究竟祈愿】

khor wa zhen log kye war jin gyi lob ja lü kha chö drub par jin gyi lob

Bless me so that I will generate revulsion to saṃsāra! Bless me so that I will accomplish the rainbow body and Khechara!

轮回厌离心生起，虹光化身证佛刹！

om ah guru hasa bazra hung

Oṃ aḥ guru hāsa vajra hūṃ

嗡啊咕噜哈萨哇日吽

【自观合一】

je tsün zhe pa dor jei ku rang sem trö dral nyi me dre

The enlightened body of the Jetsün Zhepa Dorje and my mind mix without duality, beyond elaboration,

圣尊笑金刚之佛身，与我心识离二无别

chu la chu bur thim pa tar mig me ngang du nyam par zhag

like water bubbles dissolving into water. Evenly rest in the state without concepts.

如水溶水无踪迹，无念境中平等住。

【回向文】

ge wa di yi nyur du dag chag gya chen po drub gyur ne

By this virtue, may I swiftly accomplish mahāmudrā!

以此善根速成就，大手印法最胜果！

dro wa chig kyang ma lü pa de yi sa la gö par shog

Then, may I establish all wandering beings without exception upon that ground!

一切众生无有余，悉皆安置究竟地！

《结尾印偈》

Thus, seal the end with dedications, aspirations, and expressions of auspiciousness. This was composed by Pawopa.

吉祥回向封印毕，帕沃巴尊者亲撰。

je mi la zhe pa dor je la söl wa deb so

Lord Mila, Laughing Vajra, to you I pray!

May the blessings of Lord Milarepa forever grow in all directions!

密勒笑金刚尊前，至诚祈请赐加持！

愿圣尊密勒日巴之殊胜加持，遍满十方，永世增盛！