

The Foundation of All Good Qualities

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By Je Tsongkhapa

*Translated by Maureen O'Malley
and Revised by Lama Zopa Rinpoche*

FPMT



Lama Zopa Rinpoche
Practice Series

Foundation for the Preservation of the Mahayana Tradition, Inc.
1632 SE 11th Avenue
Portland, OR 97214 USA
www.fpmt.org

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The *Lama Zopa Rinpoche Practice Series* is a special collection of practice materials that serves to present and preserve Rinpoche's lineage of practice, oral instructions, and translations.

The Foundation of All Good Qualities

Yön tän zhir gyur ma

YÖN TÄN KÜN GYI ZHIR GYUR DRIN CHÄN JE
TSHÜL ZHIN TEN PA LAM GYI TSA WA RU
LEG PAR THONG NÄ BÄ PA DU MA YI
GÜ PA CHHEN PÖ TEN PAR JIN GYI LOB

**The foundation of all good qualities is the kind and perfect
guru;**

Correctly following the guru is the root of the path.

By my clearly seeing this and applying great effort,

Please bless me to rely upon the guru with great respect.

LÄN CHIG NYE PÄI DÄL WÄI TEN ZANG DI
SHIN TU NYE KA DÖN CHHEN SHE GYUR NÄ
NYIN TSHÄN KÜN TU NYING PO LEN PÄI LO
GYÜN CHHÄ ME PAR KYE WAR JIN GYI LOB

**When I have discovered that the precious freedom of this
rebirth is found only once,**

Is extremely difficult to find again, and is greatly meaningful,

Please bless me to unceasingly generate the mind

Taking its essence, day and night.

LÜ SOG YO WA CHHU YI CHHU BUR ZHIN
NYUR DU JIG PÄI CHHI WA DRÄN PA DANG
SHI WÄI JE SU LÜ DANG DRIB MA ZHIN
KAR NAG LÄN DRÄ CHHI ZHIN DRANG WA LA

**This body and life are changing, like a water bubble;
Remember how quickly they perish and death comes.
After death, just like a shadow follows the body,
The results of black and white karma follow.¹**

NGE PA TÄN PO NYE NÄ NYE PÄI TSHOG
THRA ZHING THRA WA NAM KYANG PONG WA DANG
GE TSHOG THA DAG DRUB PAR JE PA LA
TAG TU BAG DANG DÄN PAR JIN GYI LOB

**When I have found definite conviction in this,
Please bless me always to be conscientious
In abandoning even the slightest collection of shortcomings
And in accomplishing all virtuous deeds.**

CHÄ PÄ MI NGOM DUG NGÄL KÜN GYI GO
YI TÄN MI RUNG SI PÄI PHÜN TSHOG KYI
NYE MIG RIG NÄ THAR PÄI DE WA LA
DÖN NYER CHHEN POR KYE WAR JIN GYI LOB

**When I have recognized the shortcomings of saṃsāric
perfections—
There is no satisfaction in enjoying them, they are the door
to all suffering,
And they cannot be trusted—
Please bless me to generate a strong wish for the bliss of
liberation.**

NAM DAG SAM PA DE YI DRANG PA YI
DRÄN DANG SHE ZHIN BAG YÖ CHHEN PO YI
TÄN PÄI TSA WA SO SOR THAR PA LA
DRUB PA NYING POR JE PAR JIN GYI LOB

**Through my being led by this pure thought
With great remembrance, alertness, and conscientiousness,**

1 Here, “black” and “white” are being used metaphorically for “negative karma” and “positive karma.”

**Please bless me to make keeping the individual liberation
vows,
The root of the teachings, my essential practice.**

RANG NYI SI TSHOR LHUNG WA JI ZHIN DU
MAR GYUR DRO WA KÜN KYANG DE DRA WAR
THONG NÄ DRO WA DRÖL WÄI KHUR KHYER WÄI
JANG CHHUB SEM CHHOG JONG PAR JIN GYI LOB

**Just as I have fallen into the sea of saṃsāra,
So have all mother transmigratory beings.
By my seeing this, please bless me to train in supreme
bodhicitta,
Which bears the responsibility of freeing transmigratory
beings.**

SEM TSAM KYE KYANG TSHÜL THRIM NAM SUM LA
GOM PA ME NA JANG CHHUB MI DRUB PAR
LEG PAR THONG NÄ GYÄL SÄ DOM PA LA
TSÖN PA DRAG PÖ LOB PAR JIN GYI LOB

**Even if I develop only bodhicitta, without familiarizing myself
with the three types of morality,
I cannot achieve enlightenment.
By my seeing this well,
Please bless me to keep the vow of the sons of the victorious
ones with fervent effort.**

LOG PÄI YÜL LA YENG WA ZHI JE CHING
YANG DAG DÖN LA TSHÜL ZHIN CHÖ PA YI
ZHI NÄ LHAG THONG ZUNG DU DREL WÄI LAM
NYUR DU GYÜ LA KYE WAR JIN GYI LOB

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

THÜN MONG LAM JANG NÖ DU GYUR PA NA
 THEG PA KÜN GYI CHHOG GYUR DOR JE THEG
 KÄL ZANG KYE WÖI JUG NGOG DAM PA DER
 DE LAG NYI DU JUG PAR JIN GYI LOB

**When I have become a [suitable] vessel by training in
 the common path,
 Please bless me to immediately enter
 The holy gateway of the fortunate beings—
 The supreme of all vehicles, the Vajrayāna.**

DE TSHE NGÖ DRUB NAM NYI DRUB PÄI ZHI
 NAM DAG DAM TSHIG DOM PAR SUNG PA LA
 CHÖ MA MIN PÄI NGE PA NYE GYUR NÄ
 SOG DANG DÖ TE SUNG WAR JIN GYI LOB

**At that time, the basis of accomplishing the two attainments
 is keeping my vows and *samayas* purely.
 When I have gained effortless conviction in this,
 Please bless me to protect them even at the cost of my life.**

DE NÄ GYÜ DEI NYING PO RIM NYI KYI
 NÄ NAM JI ZHIN TOG NÄ TSÖN PA YI
 THÜN ZHII NÄL JOR CHÖ LÄ MI YEL WAR
 DAM PÄI SUNG ZHIN DRUB PAR JIN GYI LOB

**Then, when I have realized exactly the vital points of
 the two stages—
 The essence of the tantric sets—
 And am enjoying the yoga of four sessions with effort,
 without being distracted [by nonmeditation objects],
 Please bless me to accomplish these according to the
 teachings of the holy beings.**

DE TAR LAM ZANG TÖN PÄI SHE NYEN DANG
 TSHÜL ZHIN DRUB PÄI DROG NAM ZHAB TÄN CHING
 CHHI DANG NANG GI BAR DU CHÖ PÄI TSHOG
 NYE WAR ZHI WAR JIN GYI LAB TU SÖL

**Thus, may the virtuous friends who reveal the noble path
 And the spiritual practitioners who correctly accomplish it
 have long lives.**

**Please bless me to pacify completely
 The collections of outer and inner obstacles.**

KYE WA KÜN TU YANG DAG LA MA DANG
 DRÄL ME CHHÖ KYI PÄL LA LONG CHÖ CHING
 SA DANG LAM GYI YÖN TÄN RAB DZOG NÄ
 DOR JE CHHANG GI GO PHANG NYUR THOB SHOG

**In all my lives, never separated from perfect gurus,
 May I enjoy the magnificent Dharma
 And, by completing the qualities of the grounds and paths,
 May I quickly attain the state of Vajradhara.**

Colophon:

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