

#### 4. GURUYOGA OF GARAB DORJE (LONG VERSION)

HOW TO PRACTICE GURUYOGA OF THE WHITE A  
IN A SIMPLE WAY ACCORDING TO THE LONGSAL CYCLE<sup>23</sup>

NAMO GURUYE

This is how to practice the Guruyoga of the White A according to the Longsal cycle.



<sup>23</sup> From *Teachings on Shitro and Yangti*, see Bibliography, no. 6.

The Guruyoga of the White A of Master Garab Dorje, Samantabhadra:

Practice purification, expelling the impure breath nine times, and then purify with the mantra and visualization of the five elements.<sup>24</sup>

Sounding A, visualize at your heart center a white luminous letter A, symbol of the primordial state of *rigpa*. Rays of light of the five colors, manifestations of energy, radiate from the A.

In front of you, within a five-colored *thigle*, visualize the form of Heruka Garab Dorje who in essence is the union of all your masters, surrounded by the manifestations of the Three Roots.<sup>25</sup>

Take refuge together with all beings, as infinite as space, with whom you have a connection, and cultivate the *bodhicitta* intention.

With intense devotion, invoke the Master, the union of all *rigdzins*.<sup>26</sup>

NAMO

ŃOVO QOSGUI GYILKÒR NAS

*From the dharmakaya mandala, the essence,*

GADĀG LĀMA GĀRAB JÉ

*Master of original purity, Garab Dorje,*

RAŃDRÒL QENBOI JYĪN POBLA

*Empower me so I may obtain total self-liberation,*

TRÙLBA DĀŃBAI WĀŃQÒG ZOL

*Grant me the supreme power to purify illusion,*

RAŃDRÒL QENBOI JYĪN POBLA

*Empower me so I may obtain total self-liberation,*

TRÙLBA DĀŃBAI WĀŃQÒG ZOL

*Grant me the supreme power to purify illusion,*

<sup>24</sup> The explanation of these two phases is on pp. 145-150.

<sup>25</sup> For the visualization, see p. 120.

<sup>26</sup> The explanation of the following invocation is on p. 85.

TRÛLBA DĂÑBAI WĂÑQÒG ZOL

*Grant me the supreme power to purify illusion.*

NAMO

RAÑXÍN LOŃGUI GYILKÒR NAS

*From the mandala of sambhogakaya, the nature,*

LHUNDRÛB LÁMA GÁRAB JÉ

*Master of spontaneous perfection, Garab Dorje,*

RIGZAL QENBOI JYĪN POBLA

*Empower me so I may obtain the total energy  
of the state of rigpa,*

YEXES GYÁSBAI WĂÑQÒG ZOL

*Grant me the supreme power to make wisdom expand,*

RIGZAL QENBOI JYĪN POBLA

*Empower me so I may obtain the total energy  
of the state of rigpa,*

YEXES GYÁSBAI WĂÑQÒG ZOL

*Grant me the supreme power to make wisdom expand,*

YEXES GYÁSBAI WĂÑQÒG ZOL

*Grant me the supreme power to make wisdom expand.*

NAMO

TUGJÉ DRULGUI GYILKÒR NAS

*From the mandala of nirmanakaya, the potentiality of energy,*

YÉRMED LÁMA GÁRAB JÉ

*Master of the state of inseparability, Garab Dorje,*

NĂÑSĪD XĪR XĒŃ JYĪNPOBLA

*Empower me so all the universe and its beings manifest  
as the base,*

PÒVA QENBOI WĂÑQÒG ZOL

*Grant me the supreme power of the Great Transference,*

NĂÑSĪD XĪR XĒŃ JYĪNPOBLA

*Empower me so all the universe and its beings manifest  
as the base,*

PÒVA QENBOI WÁNQÒG ZOL

*Grant me the supreme power of the Great Transference,*

PÒVA QENBOI WÁNQÒG ZOL

*Grant me the supreme power of the Great Transference.*

After having addressed this invocation requesting empowerments to the Master, who is the union of all masters, activate the transmission by sounding A. The Master dissolves into a sphere of light and melts indissolubly into the dimension of the white A at your heart, representing the primordial state.

Relax for a while in this state of clarity and emptiness beyond concepts, without constructing or correcting anything.

Then, sounding A three times, infinite rays of light, the energy of the state of *rigpa*, radiate from the A at your heart, representing the primordial state, and activate the transmission of the ocean of *rigdzins*. The energy and empowerments are invited as rays of rainbow light and *thigles* that absorb completely into the A at your heart, and everything material is absorbed into the essence of the five elements. In the state of instant *rigpa* of clarity and emptiness, continue in contemplation in the non-modified condition of the four *chogzhags* by singing the Song of the Vajra, awakening the state of *rigpa* beyond any experiences that may arise:

EMAKIRIKĪRĪ  
 MASUTAVĀLIVĀLĪ  
 SAMITASURUSŪRŪ  
 KUTALIMASUMĀSŪ  
 EKARASULIBHATAYE  
 CIKIRABHULIBHATHAYE  
 SAMUNTACARYASUGHAYE  
 BHETASANABHYAKULAYE  
 SAKARI DHUKANA MATARI VAITANA  
 PARALI HISANA MAKHARTA KHELANAM

SAMBHARATHAMEKHACANTAPA  
SŪRYABHATARAIPASHANAPA  
RANABIDHISAGHURALAPA  
MASMINSAGHULĪTAYAPA  
GHURAGHŪRĀSAGHAKHARŅALAM  
NARANĀRĀITHAPAṬALAM  
SIRŅASĪRŅĀBHESARASPALAM  
BHUNDHABHŪNDHĀCISHASAKELAM  
SASĀ RIRĪ LILĪ Ī MIMĪ  
RA RA RĀ

Sounding A again, the field of merit, consisting of the Master and the Three Roots, manifests in space in front of you. Invoke the Master, union of all *rigdzins*, and receive the empowerment, repeating the invocation as before:

NAMO  
ŅOVO QOSGUI GYILKŌR NAS  
*From the dharmakaya mandala, the essence,*  
GADĀG LĀMA GĀRAB JĒ  
*Master of original purity, Garab Dorje,*  
RĀŅDRŌL QENBOI JYĪN POBLA  
*Empower me so I may obtain total self-liberation,*  
TRŪLBA DĀŅBAI WĀŅQŌG ZOL  
*Grant me the supreme power to purify illusion,*  
RĀŅDRŌL QENBOI JYĪN POBLA  
*Empower me so I may obtain total self-liberation,*  
TRŪLBA DĀŅBAI WĀŅQŌG ZOL  
*Grant me the supreme power to purify illusion,*  
TRŪLBA DĀŅBAI WĀŅQŌG ZOL  
*Grant me the supreme power to purify illusion.*

NAMO

RAÑXÍN LOŃGUI GYILKÒR NAS

*From the mandala of sambhogakaya, the nature,*

LHUNDRŪB LÁMA GÁRAB JÉ

*Master of spontaneous perfection, Garab Dorje,*

RIGZAL QENBOI JYĪN POBLA

*Empower me so I may obtain the total energy*

*of the state of rigpa,*

YEXES GYÁSBAI WÁÑQÒG ZOL

*Grant me the supreme power to make wisdom expand,*

RIGZAL QENBOI JYĪN POBLA

*Empower me so I may obtain the total energy*

*of the state of rigpa,*

YEXES GYÁSBAI WÁÑQÒG ZOL

*Grant me the supreme power to make wisdom expand,*

YEXES GYÁSBAI WÁÑQÒG ZOL

*Grant me the supreme power to make wisdom expand.*

NAMO

TUGJÉ DRULGUI GYILKÒR NAS

*From the mandala of nirmanakaya, the potentiality of energy,*

YÉRMED LÁMA GÁRAB JÉ

*Master of the state of inseparability, Garab Dorje,*

NÀÑSÌD XÍR XÉÑ JYĪNPOBLA

*Empower me so all the universe and its beings manifest*

*as the base,*

PÒVA QENBOI WÁÑQÒG ZOL

*Grant me the supreme power of the Great Transference,*

NÀÑSÌD XÍR XÉÑ JYĪNPOBLA

*Empower me so all the universe and its beings manifest*

*as the base,*

PÒVA QENBOI WÁÑQÒG ZOL

*Grant me the supreme power of the Great Transference,*

PÒVA QENBOI WÁÑQÒG ZOL

*Grant me the supreme power of the Great Transference.*

Sounding A, the Master dissolves in light that absorbs into our forehead, between our eyebrows, into the center of a *gakhyil* turning to the left (counterclockwise) inside a triangle (that is the base of a pyramid lying on its side and pointing inward).<sup>27</sup> The state of the Master and our state of *rigpa* manifest inseparably in a white, luminous A at the center of the *gakhyil*. At this point, relax in the condition of vision and emptiness beyond any concept.

Again sounding A three times, repeat the visualization of expansion and reabsorption as previously. Continue in the state of instant *rigpa* of clarity and emptiness by singing the Song of the Vajra:

EMAKIRIKĪRĪ  
MASUTAVĀLIVĀLĪ  
SAMITASURUSŪRŪ  
KUTALIMASUMĀSŪ  
EKARASULIBHAṬAYE  
CIKIRABHULIBHAṬHAYE  
SAMUNTACARYASUGHAYE  
BHETASANABHYAKULAYE  
SAKARI DHUKANA MATARI VAITANA  
PARALI HISANA MAKHARTA KHELANAM  
SAMBHARATHAMEKHACANTAPA  
SŪRYABHATARAIPASHANAPA  
RANABIDHISAGHURALAPA  
MASMINSAGHULĪTAYAPA  
GHURAGHŪRĀSAGHAKHARṆALAM  
NARANĀRĀITHAPAṬALAM  
SIRṆASĪRṆĀBHESARASPALAM  
BHUNDHABHŪNDHĀCISHASAKELAM  
SASĀ RIRĪ LILĪ Ī MIMĪ  
RA RA RĀ

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<sup>27</sup> See drawing on p. 121.

If you want to do a longer practice, sounding A again, the field of merit, consisting of the Master and the Three Roots, manifests in space in front of you. Invoke the Master, union of all *rigdzins*, and receive the empowerment, repeating the invocation as before:

NAMO

ŃOVO QOSGUI GYILKÒR NAS

*From the dharmakaya mandala, the essence,*

GADĀG LĀMA GĀRAB JÉ

*Master of original purity, Garab Dorje,*

RAŃDRÒL QENBOI JYĪN POBLA

*Empower me so I may obtain total self-liberation,*

TRÙLBA DĀŃBAI WĀŃQÒG ZOL

*Grant me the supreme power to purify illusion,*

RAŃDRÒL QENBOI JYĪN POBLA

*Empower me so I may obtain total self-liberation,*

TRÙLBA DĀŃBAI WĀŃQÒG ZOL

*Grant me the supreme power to purify illusion,*

TRÙLBA DĀŃBAI WĀŃQÒG ZOL

*Grant me the supreme power to purify illusion.*

NAMO

RAŃXÍN LOŃGUI GYILKÒR NAS

*From the mandala of sambhogakaya, the nature,*

LHUNDRŪB LĀMA GĀRAB JÉ

*Master of spontaneous perfection, Garab Dorje,*

RIGZAL QENBOI JYĪN POBLA

*Empower me so I may obtain the total energy*

*of the state of rigpa,*

YEXES GYĀSBĀI WĀŃQÒG ZOL

*Grant me the supreme power to make wisdom expand,*



RIGZAL QENBOI JYĪN POBLA

*Empower me so I may obtain the total energy  
of the state of rigpa,*

YEXES GYÁSBAI WÁÑQÒG ZOL

*Grant me the supreme power to make wisdom expand,*

YEXES GYÁSBAI WÁÑQÒG ZOL

*Grant me the supreme power to make wisdom expand.*

NAMO

TUGJÉ DRULGUI GYILKÒR NAS

*From the mandala of nirmanakaya, the potentiality of energy,*

YÉRMED LÁMA GÁRAB JÉ

*Master of the state of inseparability, Garab Dorje,*

NÀÑSÌD XÍR XÉN JYĪNPOBLA

*Empower me so all the universe and its beings manifest  
as the base,*

PÒVA QENBOI WÁÑQÒG ZOL

*Grant me the supreme power of the Great Transference,*

NÀÑSÌD XÍR XÉN JYĪNPOBLA

*Empower me so all the universe and its beings manifest  
as the base,*

PÒVA QENBOI WÁÑQÒG ZOL

*Grant me the supreme power of the Great Transference,*

PÒVA QENBOI WÁÑQÒG ZOL

*Grant me the supreme power of the Great Transference.*

Sounding A, the Master dissolves in light and unifies indissolubly with the white A at our heart. Relax for a while in the state of instant *rigpa* of emptiness and clarity without any concepts.

Again sounding A three times, apply the yoga of expansion and reabsorption as before, then enter the dimension of self-perfected *rigpa*, the state of contemplation of the Song of the Vajra:

EMAKIRIKĪRĪ  
MASUTAVALIVĀLĪ  
SAMITASURUSŪRŪ  
KUTALIMASUMĀSŪ  
EKARASULIBHAṬAYE  
CIKIRABHULIBHAṬHAYE  
SAMUNTACARYASUGHAYE  
BHETASANABHYAKULAYE  
SAKARI DHUKANA MATARI VAITANA  
PARALI HISANA MAKHARTA KHELANAM  
SAMBHARATHAMEKHACANTAPA  
SŪRYABHATARAIPASHANAPA  
RANABIDHISAGHURALAPA  
MASMINSAGHULĪTAYAPA  
GHURAGHŪRĀSAGHAKHARṆALAM  
NARANĀRĀITHAPAṬALAM  
SIRṆASĪRṆĀBHESARASPALAM  
BHUNDHABHŪNDHĀCISHASAKELAM  
SASĀ RIRĪ LILĪ Ī MIMĪ  
RA RA RĀ

If you want to practice shorter, remain in a state of contemplation with the Song of the Vajra after the first phase of expansion and reabsorption or practice the Song of the Vajra after the second phase of expansion and reabsorption.

This is the ultimate essence of the practice of all profound methods. Dedicate the merits to all beings. Authenticate the dedication with the mantra of contemplation:<sup>28</sup>

OM DHARE DHARE BHANDHARE SVĀHĀ  
JAYA JAYA SIDDHI SIDDHI PHALA PHALA  
HĀ A HA SHA SA MA  
MAMAKOLIṆ SAMANTA

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<sup>28</sup> For an explanation of this phase, see p. 152.