

A PRAYER FOR THE GLANCE MEDITATION ON THE GRADUATED PATH

I take refuge in the holy Guru, the essence of all the Buddhas, the original granter of all holy teachings and Lord of all supreme beings. Please, Guru Buddhas, enable me to unify my mind with the Dharma and to succeed in practising Dharma for receiving the Graduated Path. May nothing prevent my receiving this path.

Please bless me to take refuge in the Buddha, Dharma and Sangha with all my heart and to practice virtue and abandon non-virtue through realizing that I have received a perfect human rebirth, which is highly meaningful, for many reasons difficult to obtain, but perishable, transient and fragile; decaying in the shortest second because of its changeable nature. Thus my death is definite, but its actual time is most indefinite. Karma is most profound. Even in one hour I create more negative karma, bringing rebirth in the lower suffering realms, than positive. Even a small negative action has so many suffering results and the ability of karma created to bring its results is never lost (even after more eons than the mind can imagine) and the suffering of the three lower realms are very unimaginably unbearable.

Through practicing in this way, I might be reborn in the upper realms but would still have to experience unlimited samsaric suffering because of uncontrolled delusion and karma.

Please bestow on me the ability to realize fully the evolution of samsara from uncontrolled rebirth to death and rebirth so that I shall follow, night and day, the three-fold training of the path, supreme conduct, supreme concentration, and supreme wisdom, the main method to release me from samsara.

But as each sentient being has been my mother, and as most are in extreme suffering, please grant me blessings to bring success to all, through renouncing the perfect self-happiness (Nirvana) and practicing the bodhisattva's deeds with bodhicitta (exchanging myself with others) on the basis of the equanimity meditation. Thus I shall have no sorrow in experiencing the samsaric sufferings of all other sentient beings for no matter how long, having trained my mind in the general path.

Please grant me blessings to be able to follow the quick Vajrayana teachings, by feeling sentient beings sufferings as very unimaginably unbearable for even the shortest second, as my own, and to attain the enlightened state, immediately at this very moment, by keeping my ordinations and the orders of the Guru with greater and better care than anything else in my life, for the sole purpose of enlightening all sentient beings.