

Guru Yoga Practice Guidelines

Practice Procedure:

- Use the online audio file of Lama Norlha Rinpoche chanting Guru Yoga as a guide for learning the chanting style and melody.
- If you are doing more than one session of Guru Yoga in a day, chant the entire prostration, Dorje Sempa, and Mandala sections followed by Guru Yoga the first time, and then for subsequent sessions you can say the short, four line refuge prayer and then go on to Guru Yoga. For prostrations, Dorje Sempa, and Mandala the number to accumulate is 7, 14, or 21 (whatever time allows).

Chanting outline for the Guru Yoga Practice is as follows:

Recite:

Insert page *Da nyi kay*... Self-visualization as Dorje Pagmo 1x

p 31.2 *Chi wor*... Frontal Visualization, Seven Branch Prayer, Request for Blessings 1x

p 35.1 *Ngö kün*... Prayer to the Lamas of the Mahamudra Lineage (expanded Mahamudra prayer) 1x.

See handout for descriptions of lineage masters.

p 43.1 *Dor jay chang*... Dorje Chang Tungma prayer (abbreviated Mahamudra prayer) 1x

p 45.3 *Ma nam*... until p 46.2 ...*sol wa dep so*. Recite the Four Manams prayer 7x (or 3x if short on time).

p 46.3 *Karmapa chen no* Recite this mantra 100x (a full round on your mala)

p 46.3 *Lama Rinpoche* ... until p 47.2 ... *jin ji lop* This is the prayer to be accumulated to complete the recitation requirement for Level V. You may chant with melody as in audio file or recite without melody.

p 47.2 *Pal den la ma*... until p 50.1... *rang drol lo* Supplication For and Bestowal of Empowerment 1x

p 51.1 *Gen de*... Dedication and Aspiration prayers 1x