

GURU YOGA PRAYER

Treasured teacher, I pray to you.

Give me energy to let self-fixation go.

Give me energy to be free of need.

Give me energy to stop ordinary thinking.

Give me energy to know mind has no beginning.

Give me energy to let confusion subside on its own.

Give me energy to know all experience is pure being.

This is the Guru Yoga Prayer from Foundation Practices (Ngöndro).