

# Information and Instructions on the Guru Yoga Practice

Composed By  
His Holiness Kathok Getse Rinpoche



## **Instructions on Guru Yoga**

Since there have been many requests for more information on how to do the Guru Yoga practice composed by HH Getse Rinpoche, Tenzin Weigyal has kindly sent these notes to Sangye Khandro, who kindly passed them on to us.

December, 2018

## **Instructions on Guru Yoga**

### **Brief history of Guru Yoga (composed by HH Getse Rinpoche):**

Sometime around 2009, the Tibetan lama Palsang, later known as Khenpo Tenzin Norbu of Adzom Monastery, requested that Getse Rinpoche write a Guru Yoga text as the support for his 3 years retreat. In response to this request, Rinpoche wrote this text. Khenpo wished to include it in a chanting book for Adzom Monastery, so he went to ask Getse Rinpoche if he wanted to have the text revised. Getse Rinpoche did revise a few sections sometime in 2013. This is the version we see now. Over the last few years, this text has not been published in any book or in any way until after Rinpoche's passing. Khenpo plans to print this text on the back of Rinpoche's photo and share it with the public.

Jamyang Rinpoche may be one of only two people who received oral transmission (lung) directly from Getse Rinpoche. While Getse Rinpoche was traveling to Hong Kong in 2017, Jamyang Rinpoche requested Getse Rinpoche to compose his own guru yoga with a Tsog offering for the practice on every 10th or 25th day of Tibetan calendar. Rinpoche said he already wrote one before, but there was no Tsog offering part. He said one can just add Tsog offering from other texts. Then in 2018, when Jamyang Rinpoche was in the US, he again requested that Getse Rinpoche write a Guru Yoga text. (Getse Rinpoche may have been in his Parphing retreat hut at that time) Getse Rinpoche told him again that he had already written a guru yoga. Then, over the phone, Getse Rinpoche explained each word of this text to Jamyang Rinpoche. In this way, Jamyang Rinpoche received not only the lung but also the teaching/instruction. The following instruction was taught by Jamyang Rinpoche to a group of students who requested the lung from him. According to Jamyang Rinpoche, all these instructions were taught by Getse Rinpoche.

### **Visualization**

The guru abides one foot higher than one's eye level, in the space in front of us. He is looking towards us. At the beginning, we visualize the slightly wrathful expression on the guru's face. And then he starts to smile after our supplication and purification. The form of guru is

Rinpoche himself. Getse Rinpoche said this guru yoga is a secret guru yoga. He was actually an ordained monk in this life, but in this Guru Yoga he appears as a yogi in white robe.

### **About the supplication**

The four line supplication prayer should be recited many times before we start the recitation of mantra. The first line says "the Vajra palace of dharmadhatu in the east". Do not think this is talking about somewhere outside. This is talking about the nature of our mind. Vajra means unchangeable, and dharmadhatu means being free of limits. One can see the "View" (of great perfection) is everywhere in this text... that's why this is not the kind of guru yoga that we are used to seeing. Getse Rinpoche even mentioned that this guru yoga and Longchenpa's Precious Treasury of Dharmadhatu share the same meaning.

Moreover, Getse Rinpoche clearly mentioned the "black powerful one" or Tobten Nagpo, mentioned in the 3rd line of this prayer, is Vajrapani.

### **Four empowerments**

Although the four empowerments are not specifically mentioned in this text, we can still do the four empowerments in the mantra section. In this mantra, we can see the three syllables OM AH HUM (although not directly arranged in a row). When reciting OM (at the time of reciting the mantra), visualize white light and OM coming from guru's crown and dissolving into your forehead. That's the first empowerment (body/ nirmanakaya). While reciting AH, red light and AH comes from his throat and dissolves into ours (speech/ sambhogakaya). When reciting HUM, blue light and HUM comes from his heart and dissolves into ours (mind/ dharmakaya). At the same time, visualize a second HUM coming and dissolving into your heart, which is the fourth empowerment. Repeat the mantras and keep receiving four empowerments as such.

The meaning of the mantra is: *Guru Vajrapani, please grant me the siddhis of three kayas.*

### **Connecting to great perfection**

At the very end of the practice, one abides in the non conceptual state. For a beginner, it is good to start with 5 minutes. One can remain longer when the practice improves. For the great perfection retreat practitioner, their actual practice in session starts right here.

Since this guru yoga is related to View in many ways, Getse Rinpoche said that people who have not completed Ngondro may find it difficult to practice. However he didn't mention the completion of Ngondro is a requirement for this practice.

Notes by Tenzin Weigyal  
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[Guru Yoga Practice by His Holiness Kathog Getse Rinpoche  
available as PDF at \[www.berotsana.org/pages/free-downloads\]\(http://www.berotsana.org/pages/free-downloads\)](http://www.berotsana.org/pages/free-downloads)

*From Tenzin Weigyal:*

*"Jamyang Rinpoche sent me this Guru Yoga text, written by our master Getse Rinpoche himself. He suggests all of Rinpoche's disciples to practice this Guru Yoga within the 49 days of Rinpoche's Parinirvana. So I requested my dear dharma sister Sangye Khandro to translate this text into English. May we never be apart from our master's wisdom mind."*