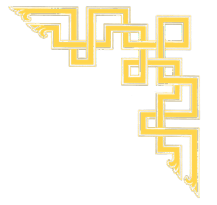
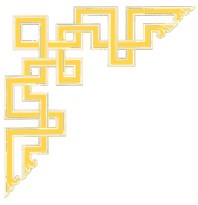




# *“The Foundation of All Good Qualities”*

*by Lama Tsongkhapa*



# The Foundation of All Good Qualities

*by Lama Tsongkhapa*

**1.**

The foundation of all good qualities is the kind and venerable [lama].  
Relying on you correctly is the root of the path.  
By seeing this clearly, and through continuous effort,  
Please inspire me to rely on you with deep respect.

**2.**

The excellent freedom of this rebirth is found but once,  
Is very difficult to gain and is greatly meaningful. Understanding this,  
Please inspire me so that a mind that takes its essence  
Arises unceasing all day and all night.

**3.**

This body and life are unstable like a water bubble.  
Remain mindful of how quickly it declines and death comes.  
After death, like a shadow follows the body,  
Virtuous and non-virtuous karma follows.

**4.**

Having developed firm certainty [in this],  
Please inspire me to be conscientious at all times,  
Abandoning even the most minor faults accumulated, and  
Striving to accomplish a complete collection of virtues.

**5.**

Experiences that can never satisfy are the door to all suffering.  
Such pleasures of samsara are unsuitable to place trust in.  
Knowing these grave consequences,  
Please inspire me so that a fervent striving for liberation's bliss  
arises.

6.

This genuine wish induces intense  
Mindfulness, vigilance and conscientiousness, by which  
The root of the teachings, the pratimoksha [vows], are accomplished.  
Please inspire me to engage in this essential practice.

7.

Just as I have fallen into the ocean of samsara,  
So too have all migrators who have been my own mother.  
Having seen this, please inspire me to master supreme bodhicitta,  
Willingly accepting responsibility for liberating migrating beings.

8.

But if I only develop this resolve, yet lack proficiency in  
The three types of ethics, enlightenment will not be accomplished.  
Having recognised this clearly,  
Please inspire me to train with focused diligence in the vows of  
bodhisattvas.

9.

By quieting distraction to wrong objects, and  
Correctly analysing the meaning of reality,  
Please inspire me so that the path of the union of calm abiding  
And meditative insight arises quickly within my mindstream.

10.

Having trained in the shared path and thus a suitable vessel,  
Please inspire me so that I enter with ease  
This supreme gateway for people of immense fortune,  
The Vajrayana, the highest of all vehicles.

**II.**

From that time, the basis for accomplishing the two kinds of siddhis  
Is completely pure samayas and vows, the Buddha did teach.  
Gaining genuine certainty of this,  
Please inspire me to protect them as I do my life.

**I2.**

Then, the essence of the classes of tantra is the two stages.  
Having understood precisely the crucial points, and striving  
In four sessions of yogic practice without weariness,  
Please inspire me to practice just like the holy beings have taught.

**I3.**

Thus, may the spiritual teachers who illuminate the noble path, and  
The spiritual friends who practice correctly, all have long life.  
Please inspire me to thoroughly pacify and  
Eliminate the mass of outer and inner [hinderances] entirely.

**I4.**

In all my lives may I never separate from the perfect lamas  
And experience the magnificent Dharma.  
By thoroughly perfecting the excellent qualities of the paths and  
grounds,  
May I quickly achieve the state of Vajradhara.

*Colophon: Translated by Venerable Lobsang Dorje in a literal style so as to better  
complement the oral teaching of Geshe Thubten Rabten at Atisha Centre, 2025..*