

De chhen lhän kye ye she kye wa dang

And the central channel yoga of the completion stage,

- *And shushuma yoga of dzog rim*

Kha chö go phang thob par jin gyi lob

I may generate the exalted wisdom of innate great bliss and attain the state of Khechara.

- *Please grant spontan'ously born great bliss.*

Blessings of the Four Initiations

Kyab nä kün dü la ma la

To the guru encompassing all objects of refuge,

- *I request you, dear Lama,*

Söl wa deb so jin gyi lob

I make requests: please grant blessings;

- *Essence of refuge jewels,*

Wang zhi dzog par kur wa dang

Please confer the four initiations completely,

- *Please grant four empowerments.*

Ku zhii go phang tsäl du söl (3x)

And bestow the state of the four bodies. (3x)

- *Bestow please, the four bodies. (3x)*

Think that:

La mäi träl wäi OM lä dü tsi ö zer kar po thrö / rang gi träl war thim

White light rays and nectars radiate from the OM at my guru's forehead and absorb into my forehead.

Lü kyi dig drib dag

The negativities and obstructions of my body are purified.

Bum päi wang thob

I receive the vase initiation.

La mäi küi jin lab lü la zhug

The blessings of my guru's body enter my body.

La mäi drin päi AH lä dü tsi ö zer mar po thrö / rang gi drin par thim

Red light rays and nectars radiate from the AH at my guru's throat