WAKE-UP PRACTICE

Lotus Guru, hosts of dakas and dakinis, All are dancing,

Voicing mantra tunes and songs in the symbolic language, Minds in the awakened state, the essence of the natural knowing,

Turned towards me, with the sounds of bells and hand drums, They appear in awesome splendor, Right before us in the sky.

Lord Guru, hosts of dakinis, Look on me with your kind, loving eyes. Right now the beings of the three realms In mindlessness they all are asleep.

Awake, they roam in their blinded states. Your yogi child who sees self-knowing mind Shall lead to the celestial realms All mother beings of the six types.

So father, I shall go where you are, And not leave thought, word and deed indolent. To be sure I will hear, think and train; Four sessions shall be cores in my life.

While here in this delightful retreat, I will reach others' aim and my own. Lord guru, hosts of dakinis, Be kind to bless my triple doors.