THE WISH~FULFILLING
GOLDEN SUN
OF THE
MAHAYANA
THOUGHT TRAINING

by
Thubten Zopa

(The greatest simpleton amongst all the followers of Guru Shakyamuni)
MYSTIC PRAISE

To you, oh venerable Holy Guru,
Sole saviour of all time,
The one field where all happiness and perfection arise,
The one Creator of each and all three sublimes,
To your selfless great compassion I devotedly prostrate.
May the delusion which flames
In the mental fields of us sentient beings
Be extinguished by your great blessing rain.
PREFACE

This book has not been written because there is some new Dharma that was not shown by Guru Shakyamuni. And because of my limited-experience realisations, in no way have I deserved to write such a book, and there is scant hope that it can benefit others.

But in view of the remarkable fact that in this time, already beyond the period of the five degenerations and an age in which there is the great danger of atomic explosion, an increasing number of Westerners are finding the Buddhadharma as they seek like blind men opening their eye, and as it is extremely important to make meaningful this once-received Wisdom Eye, which analyses all dharmas, clearly discriminating between what to avoid and what to practise, my depthlessly kind venerable Guru, Thubten Yeshe, has given the Vajra instruction that it is necessary to write a book such as this in English. So it is with happiness, devotion and respectfulness that I do so, writing a condensed meditation book which shows the form of daily practice, thinking that if it becomes an offering to the Gurus it is the best cause to make the mind one with the Dharma.

Should there be any benefits from this authorship may they bring the success of the Guru's sublime consideration, cause the Golden Sun of Guru Shakyamuni's Mahayana Teachings to shine permanently and result in the instantaneous Enlightenment of all sentient beings. The most kind, compassionate Guru Shakyamuni made charity of his body to sentient beings more numerous than atoms of the universe for the sole purpose of their Enlightenment, and so may this little work quickly bring the same result.

If there are any mistakes in this book, may they be confessed in the eyes of the Holy Beings.
NOTE

The vertical line alongside certain portions of the text indicates the subjects for meditation, which are also distinguished by the use of the first person singular.

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July, 2000
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# PRONUNCIATION GUIDE

The following pages are Appendix III of *Oral Teachings of the Path*, a *Lam.rim* Graded Course to Enlightenment, given by Geshe Ngawang Dhargyey, prepared by the Translation Bureau of the Library of Tibetan Works of His Holiness the Dalai Lama, and published as the third volume of the Wisdom of Tibet Series by George Allen and Unwin, London.

It is a brief description of how to use this system when going from Tibetan into English transliteration.

The letters in the first two columns are pronounced as indicated below whether or not they have prefix letters.

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<sup>1</sup> The fourth column differs from the third in that they all have prefixes. Here Z is used as a sample prefix. Superfixes Ý or N« also change column 3 consonants into column 4. Note loss of aspiration indicated by no apostrophe.

<sup>2</sup> There are several ways to form the tr, tr', dr' and dr compounds. They all involve subjoining a c to another letter such as a q or m = aaC.
BASIC VOWELS

, a, ñ, $, *, (o

Note: the vowels a, u and o become ä, ü, and ö if they are followed by the suffix letters: [ (d) or n(s) or ] (n) or v(l) or by the possessive case ending z#.

The tables reader to approximate the reading pronunciation of the Central Tibetan dialect. and pronunciation guide given next are designed to allow the explanations of how to generate both the reading pronunciation as well as the accurate spoken pronunciation of Tibetan orthography for the Central Tibetan dialect are available from the Library of Tibetan Works and Archives, Dharamsala, Himachal Pradesh, India, in Tibetan Language: Three Study Tools by Ngawang Thondup.

VOWELS

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<td>äi</td>
<td>ii</td>
<td>ui</td>
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a as in “father,” but not elongated.
i as in “machine.”
u as in “flute.”
e as in “hey,” but not elongated.
o as in “mode,” but not elongated.
ä as the “ea” in “head,” or as in the German “Ärger.”
ü as the “u” in “use” when pronounced with lips pursed, or as in the German “für”
ö as the “a” in “sad” when pronounced with lips pursed or as in the German “öffnen.”

When the second letter of a diphthong is “i,” the pronunciation of the initial vowel is elongated and the “i” is only slightly pronounced.

When the second letter of a diphthong is “o” or “u” both vowels are pronounced distinctly.

Depending on the suffix letter, the vowel may be either clipped, regular or elongated, but this distinction is not made in this system.

Although the vowel of the second syllable of a two-syllable word may alter the pronunciation of the vowel of the first syllable and a prefix letter of the second syllable may generate a suffix in the first, such transformations are not indicated in this system.
# CONSONANTS

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<td>tr'</td>
<td>dr'</td>
<td>dr</td>
</tr>
<tr>
<td>labial</td>
<td>p</td>
<td>p'</td>
<td>b'</td>
<td>b</td>
</tr>
<tr>
<td>palatal-</td>
<td>tz</td>
<td>ts</td>
<td>dz'</td>
<td>dz</td>
</tr>
<tr>
<td>sibilant</td>
<td>high tone</td>
<td>sh</td>
<td>s</td>
<td></td>
</tr>
<tr>
<td></td>
<td>sibilant</td>
<td>low tone</td>
<td>zh</td>
<td>z</td>
</tr>
<tr>
<td></td>
<td>aspiration</td>
<td></td>
<td></td>
<td>h</td>
</tr>
</tbody>
</table>

- k as in “skill”
- k’ as in “kill”
- g as in “kill”
- g’ as in “kill” but in a low tone
- g’ as in “kill” but in a low tone
- g’ as in “gill”
- ng as in “sing”
- ky as in “skew”
- ky’ as in “cue”
- gy’ as in “cue,” but in a low tone
- gy as in “argue”
- ch as in “luncheon,” but with no aspiration
- ch’ as in “chill”
- j’ as in “chill,” but in a low tone
- j as in “Jill”
- dr as in “drip,” but with a less distinct “r” sound and lips unpursed
- ts as in “writs”
- dz as in “writs,” but in a low tone
- p as in “spill”
- p’ as in “pill”
- b’ as in “pill,” but in a low tone
- b as in “bill”
- m as in “mill”
- tz as in “ritz,” but with no aspiration

When the letters “g,” “b,” “ng,” “n” and “m” appear as a suffix, they are not heavily pronounced or stressed.
Although there are both high and low tone pronunciations of the nasals “ng,” “ny,” “n” and “m,” as well as of the aspiration “h,” this distinction is not made in this system.

Although there are both low and stressed deep tone pronunciations of the voiced unaspirated consonants “g,” “gy,” “j,” “d,” “dr,” “b” and “dz,” this distinction is not made in this system either.

**SEMI VOWELS**

<table>
<thead>
<tr>
<th>Unaspirated</th>
<th>y</th>
<th>r</th>
<th>l</th>
<th>w</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirate</td>
<td>hy</td>
<td>hr</td>
<td>lh</td>
<td>hw</td>
</tr>
</tbody>
</table>

- y as in “yell”
- r as in “real”
- l as in “lull”
- W as in “will”
- hy as in “hue”
- hr as in “hurray,” but with the “u” unpronounced
- lh as in “hello,” but with the “e” unpronounced
- hw as in “what”

When the letters “r” and “l” appear as a suffix, they are not heavily pronounced or stressed.

Although there are both high and low tone pronunciations of the unaspirated semi-vowels “y,” “r,” “l” and “w,” this distinction is not made in this system.

In order to indicate syntactical units more clearly, the following are joined by hyphens:

- syllables of multisyllabic words,
- nouns and their postpositions and following conjunctions, and
- the syllables of compound verbs.

Only the first word of a person or a place name and the title of a person or a book has its initial letter capitalised.