

Heart Advice for the Fortunate Ones By His Holiness Dudjom Rinpoche

षद्ये र्वेद्दु श्रुव वर्डे व नषद्दिय अवता

Dedicated practitioner at Yangleshö

क्षेटवशक्रिकान्चे<u>ट</u>क्षयायुवान्चाटाया ।

fortunate one named Dawa, who practices from his heart,

श्चेदव्याय हे विदेवश्चयानु विदेश्वर वर्देशया ।

I give you these instructions with love from my heart.

क्रेप्रगदेक्षेत्रायःक्षेत्रार्ये खेत्रायदेख्वेत्र।।

To take full advantage of the life that is so difficult to obtain,

विवर्त्रयः भूगायभ्यायर्के यश्चरवर्ते दर्तेश।

resolve to free oneself from the ocean of samsaric suffering,

यर्केन'म्रासुय'सुनस'म्वस'सी'नसूर'धेर'केस'वस्। ।

trust that the three jewels are the infallible source of refuge,

नगे⁻श्चेगःकुःदन्धःतुरःर्नेरःअर्वेरःदह्ग।

and do not be mistaken about the results of virtuous and unvirtuous actions.

<u> बिर्प्यरङ्खः चदेन्त्</u>यः अर्रोक्षः सुकार्दः। ।

In particular, devotion to the root teacher,

५स'केंग'ग्रेग'पदे'सके५'स'प्रहे 'ग्र्*र५५५*। ।

love and affection for samaya brothers and sisters,

the bodhichitta of compassion toward all mother sentient beings,

and the reduction of grasping due to the knowledge that all compounded things are impermanent

are known as the four everlasting wealths of a practitioner and should be regarded as indispensable.

The lama and yidam are inseparable from one's own mind.

In the development stage, meditate all appearances to be as empty as the moon's reflection on water;

all repetitions and utterances as the sound-emptiness of mantra.

All this is the display of one's own single awareness of dharmata, the true nature.

Within the space of dharmata, benefit and harm are nonexistent.

वर्वेरव्यक्षारेर्वेग्राम्यस्योग्राम्यम्यस्य ।

So-called nirvana and samsara are labels corresponding primarily to hope and fear.

थे'भेव'ददम्वक्ष'भे'वेश'र्देदर्द्विद्रहें।

When you recognize the original inherent wisdom as it is,

ପ୍ରଶଂର୍ଚ୍ଚିଷ୍ୟ ଅଷ୍ଟ ଓଟ୍ ପ୍ରସ୍ତୁ ପ୍ରଦ୍ୟ ଦ୍ୱି ।

activity will only add delusion;

वुरसेर्प्ट्रवस्य स्ट्रिम् पर्वत्रस्त्रस्य ।

therefore, hold the fortress of awareness with nonaction.

वःभनः वृद्यायः हेत्यायः वयः वृद्या

Let naked, ordinary mind go free.

यव्यायरायव्याः दर्यायव्याः शक्षुर् र्ड्या ।

Then "abiding" and "nonabiding" will be nothing more than names.

<u> इस हिंग तकर व नर खुग रट में वर वेंदश।</u>

If thoughts arise, let them come, and let them self-liberate.

अःव्रःगवश्वःवःगवशःकुगः स्टःययशः र्त्तेति ।

If they don't arise, then let that be, and relax in that selfoccurring state.

क्षेंबःक्षेंबःवेदःर्सेद्युद्यवःवदःग्रयःवश्वरः।।

If the faults of meditation—torpor and scattering—should arise, dispel them on the spot.

क्षेत्रः सर्वतः वेदः मात्रायः विक्रः स्पृषाः यञ्जस्यः सात्रात्रः स्वेष

When the clear light pervades both night and day without interruption,

वन्नसमुद्धिः तुषासी में भारताया ।

then, a la la! How wonderful! There'll be no need to hope for results in a future life.

Please, practice diligently in this way.

वहिन्यान्यायायाः नेयार्दे हेयान्यान्ति हीटा।

Thus written and sent by Jigdral Yeshe Dorje.

