

So hard to find, soon lost, a lightning flash!
Reflecting in this fashion realize well
All worldly deeds are but as winnowed chaff,
So always seize its essence day and night.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Not sure death brings no birth in evil realms,
Convinced the triple gem relieves that fear,
Take steadfast refuge, precepts untransgressed.
And also it depends on this: think well
On actions black and white and their effects,
Then do or cast aside as should be done.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Form well endowed to win the highest path,
Till that is found there's no progressing far.
Train in its causes, nothing incomplete.
It's vital three doors soiled with wrongdoing's stains
Be cleansed not least of karmic hindrances.
Be always keen to use the full four powers.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Unless you strive to know true suffering's faults,
No genuine urge for freedom grows. Think too
On origins, samsara's causal stage;
If not, you won't know how to cut its root.
So then, despair of and renounce the world
All keen to know what binds you to the round.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Awakening mind, the great way's centre post,
Support and base for mighty waves of deeds,
Elixir making both collections gold,
A merit hoard, of countless virtues massed:
The hero Conqueror children, knowing this,
Make that most precious mind their inmost bond.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

The wishing jewel of giving grants beings' hopes.
Fine blade that cuts the knot of meanness through,

This Conqueror children's deed is source and base
Of dauntless courage, far resounding fame.
The wise ones, knowing this, the good path take
Of giving body, wealth and virtues all.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Its waters cleanse away misconduct's stains.
Its moon rays soothe affliction's fever pangs.
Superb like Meru midst a myriad beings,
Who all bow down to that no power can daunt,
Morality. The noble, knowing this,
Adopt it well and guard it like their eyes.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Forbearance, best adornment of the strong,
The perfect means to bear affliction's sting,
Garuda to the snake of hate opposed,
Strong armour 'gainst the weapon of harsh words.
So, knowing this, be trained in all ways in
The armour of forbearance unsurpassed.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Attired with steady, ceaseless diligence
Your insights and your scriptural knowledge grow,
Wax like the moon. Your acts all purposeful,
Whatever work succeeds as you intend.
The Conqueror children, knowing this, cut off
All laziness with forceful diligence.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Then concentration, sovereign o'er the mind:
When placed, like Meru never wavering;
Sent forth, it takes up virtuous objects all.
To body, mind, great bliss of pliancy brings.
Great yogis, knowing this, resort to it
To quell the foe distraction at all times.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

And wisdom, eye seeing suchness most profound,
Path to extract samsara's very root,

The source of excellence in scripture praised,
Most famed of lamps to lift confusion's gloom:
The wise who yearn for freedom, knowing this,
With every effort generate that path.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

One-pointed concentration by itself
We don't see how can cut samsara's root,
Nor wisdom lacking calm abiding's path
Dispel the afflictions, much though it may probe.
So mount the wisdom settling how things are
Upon unwavering calm abiding's steed.
Wide wisdom then probe well: with its sharp sword,
Of reason's middle way beyond extremes,
Destroy all objects of extremist views
And so make insight into suchness vast.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

With concentration from (what need to say)
One-pointed focus, plus discernment that
Precisely probes, the concentration grows
That's fixed unwavering on the mode of being.
Amazing who, seeing this, strive to achieve
United calm abiding and insight.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

This condensed presentation, a reminder of the practice of the stages of the path to enlightenment, was composed by the learned gelong, the renunciant Venerable Losang Dragpa at Drog Riwochey Geden Nampar Gyalwey Ling (Ganden) Monastery.

Alternative refrain:

The holy lamas practised in this way;
I too who yearned for freedom did the same.

Praise those who dual voidness cultivate,
In equipoise the space-like voidness and,
Post meditation, the illusion-like;
By wisdom joined with method then perfect
The Conqueror Children's deeds. The fortunate,
Seeing this, don't rest content with partial paths.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

Supreme Great Vehicle paths—cause and effect—
Both need the common path. That practised well,
Safe guidance from an expert pilot take
And sail the tantra sets' vast ocean o'er.
Heed all the pith advice. Make meaningful
The leisure and enrichments you've obtained.
I too a yogi practised in this way;
You too who yearn for freedom do the same.

In order to acquaint my mind with it
And serve those others with good fortune too
I have explained in plain and simple words
The whole path pleasing to the Conquerors.
Pray all migrators by this virtue be
Not parted from the excellent, pure path.
I too a yogi made prayers in this way;
You too who yearn for freedom make the same.

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