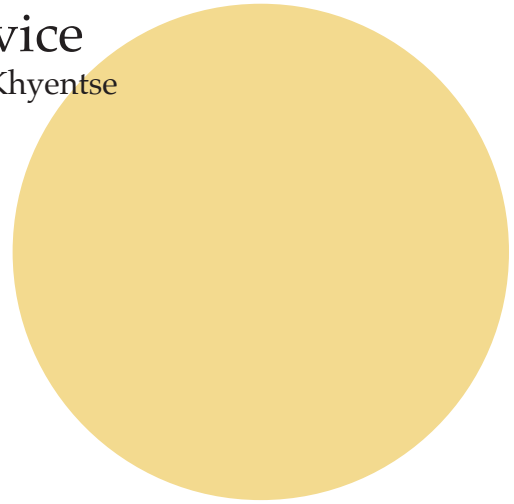


Meditation Advice

Pith Instructions by Dilgo Khyentse



While mind is watching mind,
Though there is nothing to see, it is vividly clear;
Uncontrived, free, and at ease in that state,
Rest naturally, simply undistracted.
Whatever thought occurs from that state,
Without stopping or analyzing, watch its very nature.
Its arising doesn't obscure the absolute nature;
Whatever occurs, relax right there.
Don't follow thoughts about the past,
Don't anticipate thoughts about the future,
Directly transcend the external world;
That is called the "four parts without three."
If you maintain this recognition of thoughts,
You will feel that they do not truly begin, remain, or end.
Though you notice them, they have no effect on your true nature;
That is the bare natural state, the way it is.
If you take that empty awareness, open and carefree, as the path,
All the time, during formal practice and afterward,
You will quickly and surely acquire a confident realization
That confusion is freed by itself.

It is very helpful to mingle your mind
Inseparably with your teacher's;
By settling in equipoise within that state, developing faith and devotion,
You will meet the natural face of dharmakaya.
Especially guard the continuity of impermanence, renunciation,
And pure discipline, like your own eyes;
Never diminish your one-pointed diligence in the heart of the matter,
The essential yoga of the profound meaning.
Alternating study, reflection, and meditation,
The one will help the others;
Ultimately that is what you need to resolve,
So practice the essential meaning with tenacity.
May this delightful, sacred offering cloud
Of essential pith instructions
Cause you to gain realization
Of the definitive secret that is like space.

Mangalam.