

Counsels from My Heart
Dudjom Rinpoche

The Essence of the Path

To my Lord of Dharma, peerless, kind,
My glorious Lama, homage!
His lotus feet I place
Upon my chakra of great bliss

Here is my advise
Some counsel useful for your mind.

Not to keep yourself from evil actions
Is to have no pratimoksha.
Not to work for other's welfare
Is to have no bodhichitta.
Not to master pure perception
Is to have no Secret Mantra.
If illusions don't collapse
There is no realization.

If you opt for one side or the other,
That is not the View.
If you have a goal in mind,
That is not Meditation.
If your conduct's a contrivance ,
That is not the Action.
If you hope and wish,
You'll have no fruit.

Those with faith will go for refuge,
Those who have compassion will have bodhichitta:
Those with wisdom will gain realization:
Those who have devotion harvest blessings.

Those who have a sense of shame are careful how they act;
Careful in their actions, they are self-possessed:
Self-possessed, they keep their vows and pledges;
Keeping vows and pledges, they will have accomplishment.

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The Essence of the Path (cnt'd)

Peaceful self-control: the sign of one who's heard the teachings!
Few defiled emotions are the mark of one who meditates.
Harmony with others is the sign of one who practices.

A blissful heart is witness to accomplishment.
The root of Dharma is your very mind.
Tame it and you're practicing the Dharma.
To practice Dharma is to tame your mind-
And when you tame it, then you will be free.

The authentic Buddhadharma is not something outside the mind. It dwells within. This is why Buddha has said:

Abandon every evil deed,
Practice virtue well,
Perfectly subdue your mind:
This is the buddha's teaching.