

Mahāmudrā—Preliminaries, Main Part & Conclusion

by Jamgön Kongtrul Lodrö Thayé

Namo guru!

Although plenty of Dharma preliminaries are taught,
They are all summed up in revulsion and renunciation.
Devotion to the guru too is particularly important
For traversing the paths and stages in months or years.
Much is said about what's key to the main practice,
But there's no teaching more profound
Than emptiness with compassion at its very core.
In your own mind—empty, clear, unceasing—
The three kāyas are, by nature, complete.
Recognise them, and then be watchfully aware.
There's no need to look for śūnyatā elsewhere!
Cultivate compassion for all your old mothers,
Who, not realising the natural state, are now deluded.
A great deal could be said about concluding practices,
But confess any misdeeds right away,
And dedicate whatever virtues you have performed
Towards the enlightenment of all sentient beings.
And be sure to recite Mahāyāna prayers of aspiration.

In response to a request from Rinang Khandro,
I, Lodrö Thayé, wrote down whatever came to mind.
May it be of benefit to others!

Maṅgalam.

| Translated by Adam Pearcey, 2015.



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