

**Thirty-five Verses of Heartfelt Advice**  
by the Omniscient Rigdzin Chödrak

You who previously perfected cultivating the two accumulations  
by carrying the burden of love for limitless beings,  
I supplicate the lord who possesses the power to accomplish the activities of all the buddhas.  
I pay homage to the root lama, powerful Vajradhara.

From beginningless time until now  
we have wandered in samsara under the power of delusion,  
helplessly driven by the winds of afflicting emotions  
and unable to find the authentic path of virtue.

(1)

Just as a tortoise in the middle of an ocean  
puts his neck precisely through the hole of a yoke,  
we have now, by the force of merit, attained the freedom and leisure of a human body.  
Seize its purpose by not squandering this perfect life—  
this is my heartfelt advice

(2)

Even with a human body, it is difficult  
to encounter the Victor's doctrine.  
Just hearing the sound of his name in this worldly realm is difficult.  
Make use of your freedom by practicing the sublime Dharma that was taught –  
this is my heartfelt advice.

(3)

Since finding a qualified lama is difficult,  
follow one with complete respect through the three pleasing actions.  
Cherish the nectar-like, supreme pith instructions—  
this is my heartfelt advice.

(4)

Acceptance of the Three Jewels as supreme refuge  
is the root of all good qualities and the foundation of training.  
Hold those teachings, from minor to major without exception, as dear as your own life—  
this is my heartfelt advice.

(5)

Loving-kindness and compassion are the root of all Dharma.  
Loving others more than yourself is the collective vow of aspiration and action bodhicitta.  
Steadfastly uphold the vows to regard others as dearly as your eyes and heart—  
this is my heartfelt advice.

(6)

The Vajrayana path enables you to accomplish enlightenment.  
Whatever is taught is the essence of the path of ripening and liberation.  
At all times, fully exert yourself in the three transformative vows of upward progress—  
this is my heartfelt advice.

(7)

The root of attainment is the vajra master.  
Jealously guard your samaya with reverence and respect.  
Make whatever root and branch downfalls have been taught the basis of your practice—  
this is my heartfelt advice.

(8)

Because the source of all good qualities is mindfulness,  
give up distractions in a secluded place.  
Dwell alone, hidden away like a wounded beast—  
this is my heartfelt advice.

(9)

Like wild animals running in a pack, careless indulgence in this regard  
makes even abiding in isolation useless.  
Abandon distractions and exhort yourself forcefully with wide-eyed diligence—  
this is my heartfelt advice.

(10)

No matter where you live or with whom you associate,  
do not disparage others or make idle talk.  
Abide honestly; no need to manipulate others—  
this is my heartfelt advice.

(11)

Abandon the practice of rejecting or accepting the ways of other lineage's traditions.  
Give up all judgmental discipules.  
Establish equanimity by practicing whatever style your lama has taught you—  
this is my heartfelt advice.

(12)

If you have not tasted the experience within,  
you have not settled on a view through meditation.  
Insight does not come from following the path of logical examples.  
Meditate constantly—this is my heartfelt advice.

(13)

Without mahamudra, “knowing one liberates all,”  
the mind is satisfied by lofty titles  
that are cast off like a snake’s skin at the time of death.  
Meditate on the natural state or you will be compelled to enter the bardo with regret—  
this is my heartfelt advice.

(14)

The great, the ordained, the wealthy, the heroes, and so on:  
even these proud ones will ultimately wander in the bardo.  
Your haughtiness will not liberate you;  
practice the holy Dharma—this is my heartfelt advice.

(15)

Recklessness, alcohol, sexual misconduct, and so on:  
such laxity causes shame and decline of ethical conduct.  
Give rise to humility and always guard caution—  
this is my heartfelt advice.

(16)

Even jumping, running, and other physical amusements  
injure your health and cause gossip.  
Constantly discard pride and train in remaining humble;  
be careful with your body—this is my heartfelt advice.

(17)

Idle chatter, joking around, teasing, and so on,  
gatherings of slackers who enjoy socializing:  
the wise find these shameful and the basis of wrong-doing.  
Discipline your speech—this is my heartfelt advice.

(18)

If your body and speech are tamed, but your mind is wild,  
it is like the life story of a cat or snake.  
Their surface may be gentle, but deep inside the harsh *kleshas* accumulate.

Tame your mind—this is my heartfelt advice.

(19)

The clear water of mind's nature is polluted by discursive thought and agitated by the winds of mental movement.

Poison can eradicate poison so don't fight with your mind.

Train in non-grasping—this is my heartfelt advice.

(20)

Mind and mental events are like incense and smoke: one arises from the other; without one the other will not occur.

Therefore, both are empty of independent characteristics.

Don't rely on antidotes—this is my heartfelt advice.

(21)

The mind is inherently free of elaborations.

Restless elaboration and watchfulness are immaterial.

Be undistracted and don't grasp at anything that arises in the mind.

Liberate thoughts as they arise—this is my heartfelt advice.

(22)

Don't stop the perceptions of the six senses individually.

Don't grasp or follow after whatever is perceived.

Whatever appears is itself the basic nature of mind.

Liberate appearances in their own nature—this is my heartfelt advice.

(23)

Understanding meditation to be without thought is a misconception as is understanding that there is something to meditate on.

Therefore, without thinking of meditation or non-meditation,

leave the mind at ease—this is my heartfelt advice.

(24)

Without calculating whether it is or is not,

release each concept as it arises and do not reciprocate with another.

In this regard, don't modify, block, or add.

Maintain freshness—this is my heartfelt advice.

(25)

Not grasping duality, abandon expectation and doubt.

When the activities of body and speech are practiced within the state free of elaboration,

contrived thought dissolves into the dharmadhatu.  
Rest in the natural state—this is my heartfelt advice.

(26)

Without stable experience of the essence of your own mind  
contrived meditations, such as the twelve yogas and so on,  
actually cause you to go astray, no matter what they're called.  
Nurture the innate—this is my heartfelt advice.

(27)

If the mind is tamed, you are freed from the root of primordial grasping.  
Having asserted that they realized the nature of mind,  
mahasiddhas and so forth still grasp the heart of light.  
Be nauseated by attachment to self—this is my heartfelt advice.

(28)

Once you understand your own mind, students will spontaneously gather.  
You have no need to sell yourself throughout the countryside.  
There is little need to mislead people.  
Do not assemble a retinue of disciples—this is my heartfelt advice.

(29)

Having supposedly renounced the pursuit of wealth,  
[continuing to] beg for wealth from others, gather a retinue of disciples,  
yearn to lay around the fireside, and [give] eloquent Dharma discourses:  
abandon such activities—this is my heartfelt advice.

(30)

Giving, gift and giver, recipient and receiving  
[two lines missing]  
Give up such disappointment—this is my heartfelt advice.

(31)

What shines forth from experience are love, understanding, and good qualities.  
Conceal your inner self; do not show it to others or lose it.  
Regard your own qualities as lower than those of others.  
Cultivate rejoicing—this is my heartfelt advice.

(32)

Do not abandon a constantly loving mind toward beings.  
Give up self praise; place others above you; do not expose others' faults.

Do not grasp; be completely free of concepts, spacious.  
Achieve equanimity—this is my heartfelt advice.

(33)

[three lines missing]

Impermanence is unnecessary—this is my heartfelt advice.

(34)

[two lines missing]

Seal your virtuous deeds through dedication.

Do this diligently day and night—this is my heartfelt advice.

(35)

[three lines missing]

Practice binding the whole together—this is my heartfelt advice.

Colophon

These, then, are my thirty-five pieces of heartfelt advice.

Mangalam

May there be good fortune!

*Unfortunately, the identity of the translator has been lost,  
as have a few lines toward the end. If you can fill in these gaps,  
please contact our webmaster. Thank you.*