

**KHENPO'S DIAMOND
LIVING WITH WISDOM**



**ONE
DIAMOND
ONE DAY**

**OFFERED BY KHENPO SODARGYE
VOLUME 1 | 2018**



One Diamond, One Day

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LIVING WITH WISDOM**

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Preface

From Jan 1, this year (2018), I started to post Buddhist teachings every day on my Tibetan Weibo page. These teachings carry great blessings as they are from different Buddhist texts and have been highly valued by great masters of the past. Their wisdom is so great that they are often quoted by my teachers from memory. I have also memorized them.

Now I translate them into Chinese (and then into English) and share them with you one at a time, every day. If you can memorize the words and practice them according to their meaning, you will gain great benefit.

Sodargye
February 9, 2018



January

001

January 1, 2018

Do not lose your own path;
Do not disturb others' minds.

— His Holiness Jigme Phuntsok Rinpoche

002

January 3, 2018 (1)

Conducting oneself with virtuous deeds and
the accumulation of merit,
Drives away suffering and brings happiness,
Bestows blessings,
Actualizes all wishes,
Destroys hosts of maras,
And helps one to swiftly attain bodhi.

— *The Play in Full*

003

January 3, 2018 (2)

My property, my honor — all can freely go,
My body and my livelihood as well.
And even other virtues may decline,
But never will I let my mind regress.

— Shantideva



004

January 4, 2018

Each day one should take to heart a few words
Of the scriptural advice that one needs;
Before very long one will become wise,
Just as ant hills are built or honey is made.

— Sakya Pandita's *Treasury of Good Advice*

005

January 5, 2018

The deeper we go into classics of the tirthika,
The more devoted we are toward you —
Lord Buddha.

— *Praise of the Exalted One*

006

January 6, 2018

You should read these words of profound advice
And reflect upon their meaning.
By reflecting, you will gain conviction in them,
And with that, you should act in accordance with
their meaning.

— Jamgon Mipham



007

January 7, 2018

Having realized that all things are like illusions
And that taking birth is like going to
a pleasure grove,
In times of prosperity and times of trouble,
They are not afraid of defilements or of suffering.

— *Ornament of the Mahayana Sutras*

008

January 8, 2018

It is impossible to retain past mind,
Impossible to hold on to present mind,
And impossible to grasp future mind.

— *The Diamond Sutra*

009

January 9, 2018

Devotion is the prerequisite of all good qualities; it
is like a mother
That produces, protects and causes them
to increase.

— *The Dharani of the Jewel Torch*



010

January 15, 2018 (1)

Emaho!

Embodiment of all objects of refuge,

Khandro Yeshe Tsogyal,

I pray to you with sincere devotion:

May negative outer, inner and secret obstacles
be dispelled

And all that is aspired to, be accomplished.

Grant me your Blessing!

— *Autobiography of the Dakini Sera Khandro*

011

January 15, 2018 (2)

Not from itself and not from something else,

Not from both and not without a cause,

Does any thing whatever,

Anywhere, at any time, arise.

— *The Root Stanzas of the Middle Way*



012

January 16, 2018 (1)

There may appear people who, after my death, listen to the teachings of such a wonderful Mahayana sutra and gain faith. Know that such people will not fall into the unfortunate realms in the ages of the future, for hundreds of thousands of kalpas to come.

— *The Mahaparinirvana Sutra*

013

January 16, 2018 (2)

With regard to themselves, their wives,
Their children, and their companions,
Sentient beings are nothing like the wise,
Whose love for all that lives is so immense.

— *Ornament of the Mahayana Sutras*

014

January 17, 2018 (1)

Merely listening without practicing
Won't transform one's mind.

You may soak a stone in water for a hundred years,
But its inner nature will remain dry.

— *Water and Wood Shastras*



015

January 17, 2018 (2)

Among fools, there exist men of riches;
Among animals, there exist some that are braver
than the rest.

However, to encounter one who spreads the truth
Is extremely rare in this world.

— Nagarjuna

016

January 18, 2018

Although the king of gods sends down rainfall,
Unsuitable seeds will not grow.

Likewise, although the Buddhas have arrived,
Those without the karmic disposition will not
experience the excellent.

— Maitreya's *The Ornament of Clear Realization*

017

January 19, 2018 (1)

Someone may build a precious
Reliquary, as high as the world;
It is said training others to generate
The altruistic intention is more excellent.

— *Four Hundred Stanzas on the Middle Way*



018

January 19, 2018 (2)

Anyone with the right view of this
phenomenal world
Will not fall into lower realms within
thousands of eons.

— Nagarjuna

019

January 20, 2018 (1)

Abandon laziness and distraction!
If one finds it hard to do,
One should associate with those noble ones;
This is the best cure for it.

— Jamgon Mipham

020

January 20, 2018 (2)

It is extremely difficult to grasp all teachings and
knowledge,
But one will gain a huge benefit by understanding
even a small portion of them.
It's impossible to drink up the water of all rivers,
But to drink a few mouthfuls will quench
one's thirst.

— Konchok Tenpe Dronme



021

January 21, 2018

Among people, there are good and bad whose virtues and faults are inwardly hidden.

So regardless of what others may be saying with their mouths, observe carefully what they are doing with their hands.

— Jamgon Mipham's *The Just King*

022

January 22, 2018

The rich complain from the place of the rich.

The poor weep from the place of the poor.

Each human mind has its own burden of suffering;

There is no happy time in samsara.

— Gendun Chopel

023

January 23, 2018

If you can visualize the guru and the deity as being inseparable and pray with sincere devotion and great reverence, then all that you wish for will be actualized.

— Changkya Khutukhtu's *Nectar of the Essence of Altruism*



024

January 24, 2018

Causes of death are numerous;
Causes of life are few,
And even they may become causes of death.

— Aryadeva

025

January 25, 2018

My disciples, do not be sluggish in your Dharma practice, but instead practice with great diligence; act as if encountering the Dharma were as difficult as if you were to only eat one meal in every 100 days.

— Padmasambhava

026

January 26, 2018

Stay alone in a cave in a secluded mountain valley,
Renounce all worldly affairs,
Firmly believe that the guru is the embodiment
of all buddhas of the three times,
And with such a conviction, never separate yourself
from him.

— Jetsun Milarepa



027

January 27, 2018

My dissolution and my hour of death
Will come to me, of this there is no doubt.

— *The Way of the Bodhisattva*

028

January 28, 2018

When something ought to be utterly secret,
Keep it to yourself, and share it with no one else.
Word spreads from one friend to another
Until it is finally known throughout
the entire kingdom.

— Jamgon Mipham

029

January 29, 2018

From childhood to the later years of life, how many
times have we changed our mind? Therefore, based
on our own experience, ask yourself, how reliable
are your current thoughts?

— Gendun Chopel



030

January 30, 2018

Good works gathered in a thousand eons,
Such as deeds of generosity,
Or offerings to the blissful ones —
A single flash of anger shatters them.

— *The Way of the Bodhisattva*

031

January 31, 2018

Aho! Mighty sage Shakyamuni and all buddhas
and bodhisattvas throughout the whole of
space and time,

Have compassion for this child who knew nothing
of cause and effect!

Hosts of gracious root and lineage masters,
care for me!

Have compassion for this child who knew nothing
of cause and effect!

Supreme yidam deity, mighty Avalokiteshvara,
care for me!

Have compassion for this child who knew nothing
of cause and effect!

— Nyala Pema Dundul





February

032

February 1, 2018

When exposed to teachings that are profound
and subtle,
Even if one fails to generate faith in them,
One shall never slander them randomly,
But should recall that the nature of reality
is inconceivable.

— *Sutra*

033

February 2, 2018

May it be that in all lives to come,
I will not feed on the flesh of sentient beings, as
they all have been my parents;
May the compassionate Buddha grant this blessing
to me,
Thus, I desire no meat of any kind.

— Shabkar Tsokdruk Rangdrol



034

February 3, 2018

This Dharma cannot be understood
By people with shallow intelligence.
When one's wisdom eye has been purified,
One will be able to realize it.

— *Avatamsaka Sutra*

035

February 4, 2018

The buddhas' heirs, relying on the
utmost diligence,
Perfectly mature hosts of sentient beings.
If only for the sake of another's single
virtuous thought,
They will not lose heart even after ten
billion kalpas.

— *Ornament of the Mahayana Sutras*



036

February 5, 2018

In the daytime, pray to Avalokiteshvara, by chanting the *mani* mantra, to repay the kindness of all sentient beings in the six realms, each of whom has been your dear parent.

At night, pray to me, Padmasambhava, for your own benefit by chanting my heart mantra, as I have promised to protect all sentient beings in the degenerated time.

— *Short Biography of Padmasambhava*

037

February 6, 2018

The noble have eradicated the suffering
Of dying, falling ill, and aging at its root,
Which is being born due to karma and poisons.
There being no such [cause], there is no such [fruit].

— *The Mahayana Uttaratantra Shastra*



038

February 7, 2018

It is hard for us to bear even a thorn puncture in our body. How then, can we be so impassive when we cut and chop the bodies of other sentient beings with knives, causing them to die?

— Nagarjuna

039

February 8, 2018

To amass a multitude of profound texts
Such as scriptures, commentaries and oral
instructions,
Without practicing them, will be of no benefit at the
time of death.

“To watch your mind” is my heart advice.

— Venerable Longchen Rabjam’s *Thirty Pieces
of Heart Advice*



040

February 9, 2018

As a result of this virtue, may all sentient beings
Purify all the faults and obscurations that come
from eating meat,
So that they may see the thousand buddhas
face to face!

— Nyala Pema Dundul

041

February 10, 2018

Even if there would come a time that the ocean
became separated from its waves, there would still
never be an occasion that the Buddha's compassion
would part from sentient beings.

— *Vinaya Sutra*

042

February 11, 2018

With great expedient means,
Afflictions become an element of Bodhi,
And samsara is identified in nature with cessation.
Thus Tathagata is inconceivable.

— *Summary of the Great Vehicle*



043

February 12, 2018

Anyone who performs unvirtuous conduct
Is considered as an inauspicious person
Who will remain in misery
And be reproached by the noble.

— *Mindfulness of the True Dharma*

044

February 13, 2018

Although they are not enlightened beings,
Making offerings to one's parents, someone
who is sick, a Dharma teacher
Or a Bodhisattva who will achieve buddhahood this
life,
Enables one to accumulate immeasurable merit.

— *Treasury of Abhidharma*



045

February 14, 2018

Dependent arising is non-arising,
Such arising is devoid of intrinsic nature.
Dependent arising is emptiness,
The realization of which prevents one
from carelessness.

— *Sutra of the Questions of the Naga King
Anavatapta*

046

February 15, 2018

Although this earth is filled by those
with no integrity,
You yourself should act with moral integrity.
If you do this, then naturally,
An abundance of good things will come to you.

— Jamgon Mipham

047

February 16, 2018

To him who in compassionate wisdom taught
the Sacred Dharma
For the shunning of all views,
To him, to Gautama, I bow.

— *The Root Stanzas of the Middle Way*



048

February 17, 2018

When the continuum is misapprehended,
Things are said to be permanent.

Similarly when composites are
Misapprehended, things are said to exist.

— Aryadeva

049

February 18, 2018

In his previous life as Tertön Sogyal, Lerab Lingpa,
H.H. Jigme Phuntsok Rinpoche prophesied the
following seven remarkable signs of his own rebirth:

The reincarnation of Nanam Dorje Dudjom
will take rebirth

Unchangingly in the Year of Bird,

Unchangingly in the place called Chökyi Jungné,

With his mother unchangingly named Yuyi Tsomo,

With his father's clan unchangingly named

Pemé Dongpo,

With his body unchanged with palms endowed

with the mandala of dakinis,

With his speech unchanged, adorned with

the ocean-like tripitaka,

With his mind unchanged, possessing the

realization of the Dharmakaya.



050

February 19, 2018

Knowing what is virtue and what is not

Is the mark of the wise.

Failing to tell the difference between these two

Is quite common among the foolish.

— *Mindfulness of the True Dharma*

051

February 20, 2018

Even if one has no actual ability to benefit others,

One can always cultivate a mind of altruism.

By possessing this intention,

One is indeed benefiting others.

— *Bodhichittavivarana*

052

February 21, 2018

Children are captivated by meaningless games.

Adults are captivated by the objects of their

attachment and aversion.

Old people are captivated by the deterioration of

their body and mind.

Careless ones are always captivated and deceived.

— Jamgon Mipham



053

February 22, 2018

Conceptualization is the worst kind of ignorance,
As it causes one to sink into the ocean of samsara.
If one can abide in concentration free of conception,
[One's mind] remains as untainted as empty space.

— *Sutra*

054

February 23, 2018

Practices like cultivating lovingkindness
are not the direct antidotes to ignorance.
To engage only in practices such as these
will not eradicate ignorance or other afflictions.

— Dharmakirti

055

February 24, 2018

Ordinary beings with a fixation on characteristics,
act in this world with the delusion that mistakes
non-existence for existence.

— *Ornament of Wisdom Sutra*



056

February 25, 2018

Having forsaken other teachers,
I go to you for refuge, O Bhagavan.
If someone should ask why, it is because
You have no faults and possess [all] good qualities.

— Udbhatasiddhasvamin's *Praise of the Exalted One*

057

February 26, 2018

Regarding the internal and external spheres,
When thoughts of "I" and "mine" have ceased,
Grasping too will be arrested.
Since this ceases, birth will also cease.

— Nagarjuna

058

February 27, 2018

The changeless Dharmadhatu
Is realized by the wise,
But remains confusing to the foolish.
It can only be realized when the mind is purified.

— *Sutra of the Heap of Jewels*

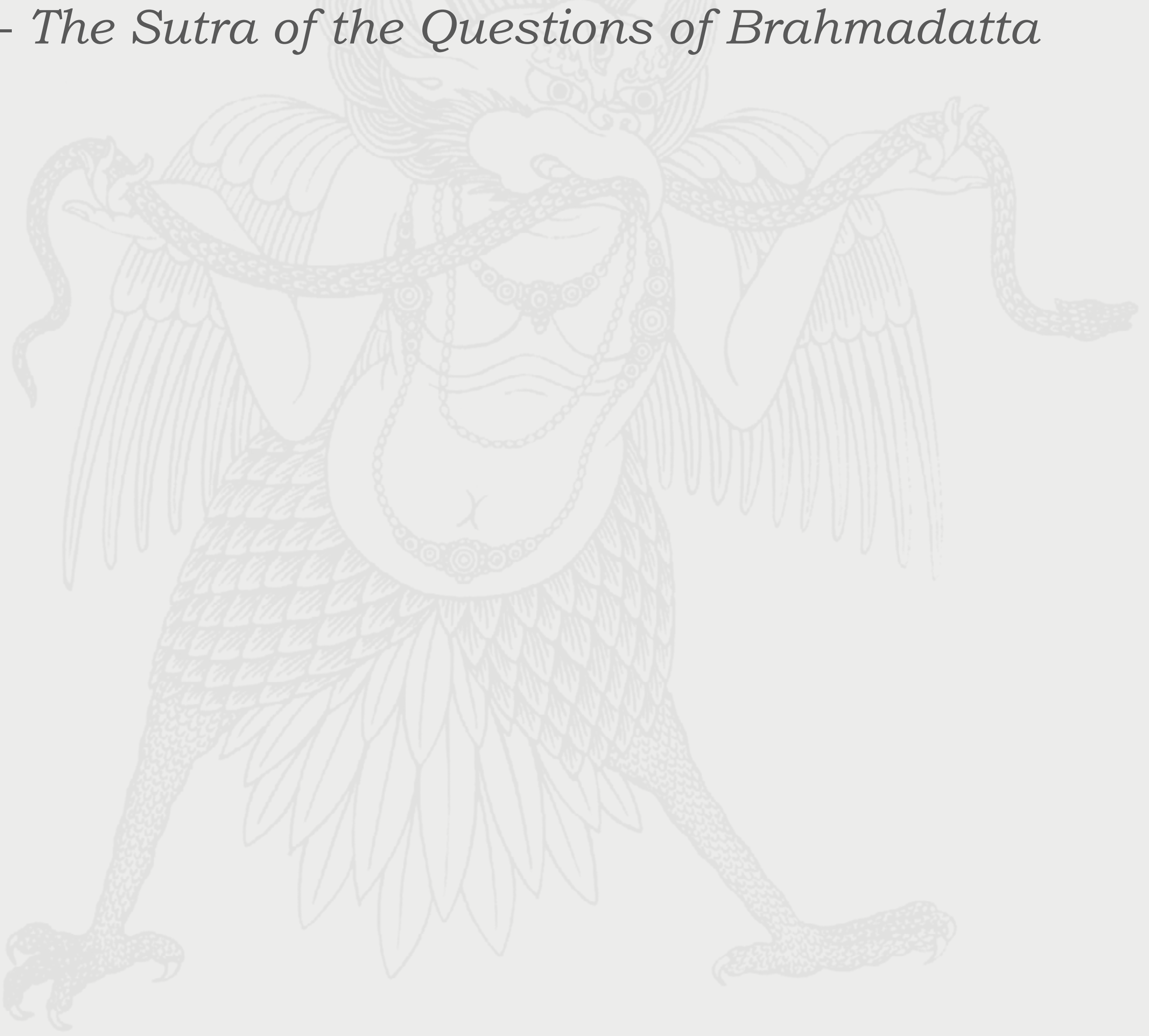


059

February 28, 2018

Even when the Dharma is well expounded,
The evil regard it as illogical.
Rather than gaining faith, they conceive doubt.
This drives them to eons of insanity.

— *The Sutra of the Questions of Brahmadata*





March

060

March 1, 2018

If there were but a tiny thing not empty,
That much of the empty there would be,
But since there's not the slightest thing not empty,
How could “emptiness” exist?

— Nagarjuna

061

March 2, 2018

It is a cause for happiness to have freedom, as
much as it is a cause for suffering to have no
freedom. It is not easy to get free from the tangled
negative karmas of hurting each other.

— *Vinaya Sutra*

062

March 3, 2018

Not to be pleased by praise,
Nor displeased by criticism,
And to maintain properly their good qualities:
These are characteristics of noble people.

— Sakya Pandita's *Treasury of Good Advice*



063

March 4, 2018

The fact that those of lowly aspirations,
of very base propensity,
Who keep base friends for constant company,
Have no interest in this Dharma that
perfectly explains

The extensive and profound is proof of
its superiority.

— *Ornament of the Mahayana Sutras*

064

March 5, 2018

Just as the track of a bird in the sky
Can neither be observed nor described,
The states of Sugatas and bodhisattvas
Cannot be fathomed by intellect and conception.

— *Avatamsaka Sutra*



065

March 6, 2018

Since it is due to my teacher's kindness
I have met with the teaching of
the unexcelled teacher,
I dedicate this virtue too towards the cause
For all beings to be sustained by sublime
spiritual mentors.

— *In Praise of Dependent Origination*

066

March 7, 2018

It is good to have a harmonious relationship
with others, however if what you do is just an
imitation of what others are doing, it is being
mindless.

It is good to be proficient in many languages,
however if you forget your own language, it is
cause for shame.

— *Precious Garland of Teachings*



067

March 8, 2018

Thus, having found this moment of reprieve,
If I now fail to train myself in virtue,
What greater folly could there ever be?
How more could I betray myself?

— *The Way of the Bodhisattva*

068

March 9, 2018

Everything in the world is drawn by the mind
Though this mind fails to perceive itself.
Positive or negative karma is
All created by the mind.

— *Cloud of Jewels Sutra*

069

March 10, 2018

Whenever one runs into any kind of danger, if he or
she can recall me, I will relieve them from disaster:
this is the fruit of my past aspiration.

— Bodhisattva Avalokiteshvara



070

March 11, 2018

Even to the dearest children or closest friends, one should never speak of one's secrets, for when those one has spoken to are extremely happy or angry, they may unwittingly divulge what is kept in their mind.

— *Precious Garland of Teachings*

071

March 12, 2018

Some are skilled at toadying to those in power, some are adept in flattering the wealthy for favor. These days, the type of person who fawns affectedly and shamelessly on those who become successful or powerful can be found everywhere.

— Gendun Chopel



072

March 13, 2018

If the attractive is not found,
How can there be desire?

If the unattractive is not found,
How can there be aversion?

— *The Root Stanzas of the Middle Way*

073

March 14, 2018

If you are attached to this life, you are not a true
spiritual practitioner.

If you are attached to samsara, you do not have
renunciation.

If you are attached to your own self-interest, you
have no bodhichitta.

If there is grasping, you do not have the View.

— Jetsun Drakpa Gyaltzen



074

March 15, 2018

A follower of non-existence goes to bad
transmigrations,
And a follower of existence goes to happy
transmigrations.

Through correct and true realization of reality
One does not rely on dualism and
becomes liberated.

— Nagarjuna's *Precious Garland*

075

March 16, 2018

All those who fail to understand
The secret of the mind, the greatest of all things,
Although they wish for joy and sorrow's end,
Will wander to no purpose, uselessly.

— Shantideva



076

March 17, 2018

Understand that everything regarding samsara and nirvana is an illusion, like the moon's reflection in water, which, though it conveys an appearance, is devoid of any substance. Practice to gain a true realization of this, and the peril of all sorts of disasters will be eradicated.

— *Precious Garland of Excellent Teaching*

077

March 18, 2018

Among others, keep a check on your speech;
When alone, keep a check on your mind.

— Lord Atisha's *The Bodhisattva's Garland of Jewels*

078

March 19, 2018

Happiness is not as valuable as suffering,
Because while happiness inflames the five poisons,
Suffering dissolves one's negative karma.
Suffering is indeed the blessing bestowed by
the guru.

— Patrul Rinpoche



079

March 20, 2018

Those who formerly were careless
But then took heed are beautiful and fair,
As is the moon emerging from the clouds,
Like Nanda, Angulimala, Darshaka, Udayana.

— Nagarjuna's *Letter to a Friend*

080

March 21, 2018

When a king is stepping toward death,
No possession, friend and relative will
accompany him.

No matter where one goes,
One's karma follows closely, like his shadow.

— *Sutra of the Teachings for the King*

081

March 22, 2018

Having been young and immature,
Or ill-informed and inexperienced,
Much of what we have done in the past
Is seen as ridiculous, even by ourselves.

— Jamgon Mipham



082

March 23, 2018

The impermanent is definitely harmed.
What is harmed is not pleasurable.
Therefore all that is impermanent
Is said to be suffering.

— *Four Hundred Stanzas on the Middle Way*

083

March 24, 2018

A teaching that brings no benefit to the mind is just a teaching of a certain kind, and is never the true Dharma. If the mind has not been transformed, even if one does retreat for a hundred years, it is of no avail.

— Patrul Rinpoche



084

March 25, 2018

Rational wisdom that can make subtle discernment,
Skilled practice that can assimilate all teachings as
pragmatic instructions,
Superior eloquence that is proficient in the mastery
of speech,
These are the three peerless treasures in
this world.

— Lama Tsongkhapa

085

March 26, 2018

And now as long as space endures,
As long as there are beings to be found,
May I continue likewise to remain
To drive away the sorrows of the world.

— *The Way of the Bodhisattva*



086

March 27, 2018

Practice patience when being attacked by
vicious words;

Practice generosity when in possession of
great wealth;

Practice prostration and circumambulation while
the body is healthy;

Be diligent in spiritual practice while still vigorous
and energetic.

— Shabkar Tsokdruk Rangdrol

087

March 28, 2018

The sacred Dharma is good at the beginning, good
in the middle and good at the end. It is excellent
in meaning, excellent in words and syllables. It is
distinctive. It is totally complete. It is utterly pure. It
completely purifies.

— *The Noble Sutra of Recalling the Three Jewels*



088

March 29, 2018

To the one who is incomparable in expounding
Emptiness, dependent arising,
And the middle way as one thing,
To the Buddha, I prostrate with veneration.

— Nagarjuna's *Refutation of Objections*

089

March 30, 2018

To protect my body, I will forgo my property;
To sustain my life, I will sacrifice both my property
and my flesh;
To safeguard the authentic Dharma, I will
Sacrifice my property, flesh and even life itself.

— *Sutra of the Teachings for the King*



090

March 31, 2018

When seeing smoke, the existence of fire can
be inferred;

When seeing mandarin ducks, the existence of
water can be known;

Through close observation, their noble characters
can be recognized,

Which identify them as great bodhisattvas.

— *Buddha Speaks of the Ten Dharmas of Abiding
in Mahayana Path Sutra*





April

091

April 1, 2018

You should know in brief

The qualifications of spiritual guides.

If you are taught by those knowing contentment

And having compassion and ethics,

As well as wisdom that can drive out your

afflictive emotions,

You should realize [what they teach] and

respect them.

— Nagarjuna's *Precious Garland*

092

April 2, 2018

Committing even a tiny misdeed

Results in huge horrors and

Many other calamities in future lives,

As if one had swallowed poison.

— *The Chapter of Causes and Conditions*



093

April 3, 2018

Never fail to recall the guru, and always pray
to him.

Never follow deluded thoughts, but rightly observe
your own mind.

Never stop reminding yourself of death, and
persistently practice the Buddhadharma.

Never cease to keep sentient beings in mind, and
compassionately dedicate your merit to them.

— Dilgo Khyentse Rinpoche

094

April 4, 2018

Where emptiness is granted,
Everything is likewise granted.

Where emptiness is unacceptable,
All is likewise unacceptable.

— *The Root Stanzas of the Middle Way*



095

April 5, 2018

Just as the inconceivably numerous worlds
Are undergoing the burning of a roaring fire,
Never will empty space be damaged,
The same goes for primordial wisdom.

— *Avatamsaka Sutra*

096

April 6, 2018

Whatever is dependently arisen
This has been explained as empty.
In dependence upon something else it is imputed
[as existent].

This is the Middle Way indeed.

— Nagarjuna's *The Root Stanzas of the Middle Way*

097

April 7, 2018

But just as with a fire that does not stay,
Once all there is to burn has been consumed,
When it has burned the tinder wood of views,
The fire of emptiness itself goes out.

— *Ghanavyuha Sutra*



098

April 8, 2018

Because there's nothing that is not
Dependently arisen,
There is nothing
That's not empty.

— *The Root Stanzas of the Middle Way*

099

April 9, 2018

Sages do not wash away sentient beings' sins
with water;
They do not clear away sentient beings' suffering
with their hands;
They do not transfer their own knowledge to
sentient beings;
They liberate them only by teaching the truth
of reality.

— *Sutra*



100

April 10, 2018

Like recitation, flame, and looking glass,
Or seal or lens, seed, sound, astringent taste,
The aggregates continue in their seamless course,
Yet nothing is transferred, and this the wise
should know.

— Nagarjuna

101

April 11, 2018

To say that things exist means grasping
at their permanence;
To say they don't exist implies the notion
of annihilation.

Thus the wise should not remain
In “this exists” or “this does not exist.”

— *The Root Stanzas of the Middle Way*



102

April 12, 2018

The eyes, the ears, and the nose are unreliable.
The tongue, the body, and the mind are unreliable.
If the senses could be relied upon,
What need would there be for the path
of the noble ones?

— *The King of Samadhis Sutra*

103

April 13, 2018

Knowledgeable scholars and bhikkhus, for any
of my teachings, you should go through careful
observation before accepting them, just like the
process of smelting, forging and polishing of gold.
Never should you blindly follow them out of mere
respect and awe towards me.

— *Condensed Kalachakra Tantra*



104

April 14, 2018

Always comply with your friends in word and deed,
Be a person of integrity filled with kindheartedness.
In order to benefit yourselves in a long term,
The pith instruction is to benefit others at the
present moment.

— His Holiness Jigme Phuntsok Rinpoche

105

April 15, 2018

Beyond words, beyond thought, beyond description,
Prajnaparamita
Unborn, unceasing, the very essence of space
Yet it can be experienced as the wisdom of our
own rigpa:

Homage to the mother of the buddhas of past,
present and future!

— Rahulabhadra's *In Praise of the Prajnaparamita*



106

April 16, 2018

Even if the fire could be cooled down,
The wind could be bound tight,
And the sun and the moon could be made to fall,
The karmic law would not be undone.

— *Mindfulness of the True Dharma*

107

April 17, 2018

Without recourse to the conventional,
The ultimate cannot be shown.
Without the realization of the ultimate,
There is no gaining of nirvana.

— Nagarjuna



108

April 18, 2018

Your eyes are pure,
And as large as blue lotuses;
Your mind is pure, having mastered
the concentrations.
Long have you accumulated pure action —
you are immeasurably praiseworthy;
You have guided the congregation with serenity,
and therefore we bow our heads to you.

— *The Vimalakirti Sutra*

109

April 19, 2018

Those who take refuge in the Three Jewels
Are protected from every kind of fear.

— *The Mahaparinirvana Sutra*

110

April 20, 2018

If simply seeing pictures of the hells
And hearing, thinking, reading of them scares,
Or making sculpted figures, need we say
How hard to bear the ripened fruit will be?

— Nagarjuna's *Letter to a Friend*



111

April 21, 2018

One who takes refuge in buddhas
Is a true upasaka or upasika.
He or she no longer takes refuge
In any other gods.

— *Nirvana Sutra*

112

April 22, 2018

We cannot trust the wanton Lord of Death,
The negative karma purified or not, he will
not wait.

In health or sickness, therefore, none of us
can trust
Our fleeting, momentary lives.

— Shantideva



113

April 23, 2018

If those, who for a thousand eons,
Committed severe unwholesome deeds,
Were to confess earnestly even once,
All their negativities would be purified.

— *Sutra of Golden Light*

114

April 24, 2018

No matter what we may investigate,
A single entity cannot be found.
And since there is no “one”,
Indeed there is no “many” either.

— *The Adornment of the Middle Way*

115

April 25, 2018

Before a fearsome situation appears,
Remain vigilant.
Once it emerges,
Face it fearlessly.

— Master Masuraksa



116

April 26, 2018

As a means to show filial piety to the father,
It is not acceptable to kill the mother;
To propagate a doctrine of one's own,
It is not allowed to denigrate that of others.

— Jetsun Kunga Drolchok

117

April 27, 2018

You might have killed a brahmin every day
Or committed the five acts with
immediate retribution,
But once you encounter these instructions
You will, beyond any doubt, be liberated.

— Buddha Vajrahara

118

April 28, 2018

While realizing the empty-space-like nature
of awareness,
One is unlikely to forget anything whatsoever.

— Jamgon Mipham



119

April 29, 2018

Although he manifests a human or a god's body,
His mind is actually the absolute nature of
the Buddha.

Forever and ever, he benefits all living beings
Abiding in samsara joyfully and effortlessly.

— *Tantra of the Ground for All*

120

April 30, 2018

Mahayana Buddhism allows no eating of meat,
As to do so, results in falling into the lower realms.

— Sakya Pandita





May

121

May 1, 2018

All sentient beings
Have no birth and no death;
They are, if analyzed,
As empty as dreams and plantain trees.

— Nagarjuna

122

May 2, 2018

Understand that all of the teachings are free
of contradiction
And all of the scriptures are instructions
for practice.

Thus, one will easily obtain the Buddha's intent,
And free oneself from the perilous abyss of
great wrongdoings.

— Lama Tsongkhapa



123

May 3, 2018

Negative states of mind are by nature harmful —
It is wrong to have them even for illogical or
material things,

Let alone for teachings that one doubts.

It's best, therefore, to be impartial, and thus
free of fault.

— *Ornament of the Mahayana Sutras*

124

May 4, 2018

The cares that people squander on themselves
in ignorance

Convulse the universe with madness.

— Shantideva

125

May 5, 2018

Knowing the principle that all phenomena are
empty by nature,

And that all effects arise interdependently from
their causes,

How rare and extremely rare,

Wonderous and extremely wonderous it is.

— Nagarjuna



126

May 6, 2018

Both when we are awake and when we are
not roused

From sleep, these three appear to be.

These same three melt away when from our dreams
we stir,

And so it is when waking from the sleep
of nescience.

— Chandrakirti's *Introduction to the Middle Way*

127

May 7, 2018

If all the merit of taking refuge
Were to take a physical form,
The whole of space, entirely filled,
Would not be enough to contain it.

— *The Immaculate Sutra*



128

May 8, 2018

The mind is clear and illuminous;
There's nothing existent in it,
While it can manifest all phenomena of samsara
and nirvana,
As well as the enlightened states of noble beings
of different vehicles.

— Padmasambhava

129

May 9, 2018

The supreme Dharma taught by the Buddha has
two types of qualities,
To be transmitted and to be realized.
Those who hold the transmission preach
the Dharma,
Those who hold the realization practice
the Dharma.

— Vasubandhu



130

May 10, 2018

They were firm in recollection,
And they always diligently sought wisdom.
Explaining various subtle teachings
Their minds were free from fear.

— *Lotus Sutra*

131

May 11, 2018

Words of evil are like a poisonous plant
That harms whomever it touches.

— Padmasambhava

132

May 12, 2018

If higher birth and freedom is your quest,
You must become accustomed to right views.
Those who practice good with inverse views
Will yet experience terrible results.

— Nagarjuna's *Letter to a Friend*



133

May 13, 2018

Having committed even a minor misdeed,
One will suffer greatly in future lifetimes.
However, by cultivating even a single spark of merit,
One will gain happiness in future lifetimes.

— *The Chapter of Causes and Conditions*

134

May 14, 2018

Whatever someone has explained with
undistracted mind,
Exclusively in the light of the Victor's teaching,
And conducive to the path of attaining release,
One should place on one's head as the words
of the Sage.

— *The Mahayana Uttaratantra Shastra*

135

May 15, 2018

The Teacher, the eye of the world, has been closed;
The beings who were witness have mostly perished.
Those who haven't seen suchness, those who are
bad logicians
And headstrong have confounded the teachings.

— Vasubandhu's *Treasury of Abhidharma*



136

May 16, 2018

Do not distinguish, do not think, do not fabricate.
Just rest naturally.

This precious treasury of non-changing
and non-arising

Are the footsteps of all buddhas of the three times.

— Nagarjuna

137

May 17, 2018

With regard to themselves, their wives,
Their children, and their companions,
Sentient beings are nothing like the wise,
Whose love for all that lives is so immense.

— *Ornament of the Mahayana Sutras*

138

May 18, 2018

Those who remember the moon of the Sage
While walking, sitting, standing, or lying down
Will always have the Teacher present before him,
And he will have vast happiness.

— *The King of Samadhis Sutra*



139

May 19, 2018

The dispositions of sentient beings
are inconceivable,

The magic displays of buddhas are inconceivable.
Although there are sects different from one's own,
Do not slander or abandon them.
Instead, aspire one day to master them all.

— *Chakrasamvara Tantra*

140

May 20, 2018

If one fully understands

The very nature of the birthlessness
of all phenomena,

Towards all sentient beings who have sunk deeply
into the mud of samsara

One will naturally develop great compassion.

— Nagarjuna



141

May 21, 2018

Practices like cultivating lovingkindness are not the
direct antidotes to self,

For this reason, engaging in such practices won't
eradicate the root cause of samsara.

No-self is the direct antidote to self,

Therefore, one can only uproot self by recognizing
the emptiness of self.

— Sakya Pandita's *Treasury of Valid Reasoning*

142

May 22, 2018

Even three times a day to offer

Three hundred cooking pots of food

Does not match a portion of the merit

In one instant of love.

— Nagarjuna's *Precious Garland*



143

May 23, 2018

Everything that arises interdependently
Is unceasing and unborn,
Neither non-existent nor everlasting,
Neither coming nor going,
Neither multiple nor single.
To this teaching that pacifies all concepts
and duality,
The most sacred speech of the fully
enlightened Buddha,
We pay homage!

— *The Root Stanzas of the Middle Way*

144

May 24, 2018

Those seemingly happy and perfect
worldly enjoyments
Bring about suffering each time you taste them;
Following the end of a transient
dream-like happiness,
Afflictive causes and conditions will always appear.

— Gendun Chopel



145

May 25, 2018

Blessings of Mipham Rinpoche dissolved
into your heart,
Teachings of Khenpo Kunzang became one
with your mind,
Pith instructions of Jigme Phuntsok merged
into your practice,
Venerable Jamyang Zhibi Lodrö,
I pray to you.

— *Prayer of Khenpo Depa Rinpoche*

146

May 26, 2018

They were firm in recollection,
And they always diligently sought wisdom.
Explaining various subtle teachings,
Their minds were free from fear.

— *Lotus Sutra*



147

May 27, 2018

Watch your mind in the present moment,
When nothing can be found, that is the emptiness
of your mind.

Just relax in this state of realization,
Beside this, there are no other
Mahamudra practices.

— Karma Chakme

148

May 28, 2018

In his *Counsel to Katyayana*,
The Lord, through understanding
Both existent things and nonexistent things,
Has rejected both the views: “this is”
and “this is not.”

— Nagarjuna’s *The Root Stanzas of the Middle Way*



149

May 29, 2018

Form is like a cluster of foam;
Feeling is like a fragile bubble;
Perception is like a wild horse;
Formation is like a plantain tree;
Consciousness is like a phantasm —
This is the teaching of the most supreme one.

— *The Agama Sutra*

150

May 30, 2018

The profound and vast teachings of
All buddhas of the three times
Can be condensed into the cultivation of a kind
heart and kind conduct.

The fortunate ones should practice as such.

— His Holiness Jigme Phuntsok Rinpoche

151

May 31, 2018

There is no practice during practice,
Just gaze upon empty space.

— Dudjom Lingpa





June

152

June 1, 2018

Without knowing the noble Dharma,
Deluded beings experience endless births
and deaths.

— *Sutra*

153

June 2, 2018

Though appearances remain the same,
One experiences an entirely different world
after attaining enlightenment.

— Patrul Rinpoche

154

June 3, 2018

One may have disciplined oneself
and thought for a hundred years
About the meaning of the words
of different philosophical systems,

...

Yet if one lacks the cause of prior familiarity
Then even if one's intellect and training
are not inconsiderable,
One will not get it.

— Jamgon Mipham's *Beacon of Certainty*



155

June 4, 2018

Things that are perceivable or unperceivable,
Can be correctly comprehended by means of
Direct perception and inference,
Which cannot be refuted by all forms of reasoning.
Thus, it is called infallible valid knowledge.

— Dharmakirti's *Commentary on Valid Cognition*

156

June 5, 2018

The pain of gaining, keeping, and of losing all!
See the endless hardships brought on us
by property!
For those distracted by their love of wealth
There is no chance for freedom from the sorrows
of existence.

— Shantideva

157

June 6, 2018

Do not undertake practice without instruction.
Be perseverant without laziness.

— Gunaprabha's *Vinayasutra*



158

June 7, 2018

In brief, directly or indirectly,
I will offer help and happiness to all my mothers,
And secretly take upon myself
All their pains and suffering.

— Geshe Langri Tangpa

159

June 8, 2018

By means of the ten analogies of illusion,
You will come to recognize the true reality
Of all phenomena in samsara and nirvana.

— Karma Lingpa

160

June 9, 2018

It is neither existent nor nonexistent,
Neither both nor neither.
And beyond these four extremes,
This is called the Middle Way.

— Aryadeva



161

June 10, 2018

Like a deaf musician
Who pleases others, not hearing himself:
So is the one who is learned
Who does not apply the teaching.

— *Avatamsaka Sutra*

162

June 11, 2018

Thinking of the guru is to take the ultimate refuge;
Benefiting others is the essence of
 arousing bodhichitta;
Maintaining mindfulness is to practice
 both Sutrayana and Tantrayana;
All other various superficial practices
 should be abandoned.

— Vidyadhara Jigme Lingpa

163

June 12, 2018

To that which blocks off all lower realms,
Shows the way to higher realms,
And leads to the path of no aging and no death,
Bodhichitta, I pay homage.

— *Chapter of Bodhisattva Maitreya's Aspiration*



164

June 13, 2018

Those who circumambulate buddha's stupas
Will avoid the eight states lacking freedom,
Be born as humans or gods
And enjoy longevity.

— *Sutra of the Merit of Circumambulating
Stupa Clockwise*

165

June 14, 2018

All those who made or had others make
buddha images
Painted with the one hundred embellishing
Marks of merit,
Have certainly attained the path of the buddhas.

— *Lotus Sutra*

166

June 15, 2018

Those who, even with distracted minds,
Entered a stupa compound
And chanted but once, "Homage to the Buddha!"
Have certainly attained the path of the buddhas.

— *Lotus Sutra*



167

June 16, 2018

And even children in play
Who made buddha stupas out of heaps of sand —
All such people have certainly attained
The path of the buddhas.

— *Lotus Sutra*

168

June 17, 2018

Whoever doubts what the Buddha said
About that which is hidden
Should rely on emptiness
And gain conviction in him alone.

— *Four Hundred Stanzas on the Middle Way*



169

June 18, 2018

As for what should be adopted (cessation), what
should be abandoned (suffering and its origin),
And the skillful means to achieve them (path),
are all certain,
Thus the essence [of the Four Noble Truths]
is infallible.

From this, one can infer that [the Buddha's]
other words are also without error.

— Dharmakirti's *Commentary on Valid Cognition*

170

June 19, 2018

This deluded mind, the great ignorance,
Causes beings to sink into the ocean of samsara.

— Dignaga

171

June 20, 2018

Whoever doubts what the Buddha said
About that which is hidden
Should rely on emptiness
And gain conviction in him alone.

— *Four Hundred Stanzas on the Middle Way*



172

June 21, 2018

As for what should be adopted (cessation), what
should be abandoned (suffering and its origin),
And the skillful means to achieve them (path),
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From this, one can infer that [the Buddha's]
other words are also without error.

— Dharmakirti's *Commentary on Valid Cognition*

173

June 22, 2018

If the intention is good,
the levels and paths are good.

If the intention is bad,
the levels and paths are bad.

Since everything depends on intentions,
Always make sure they are positive.

— Lama Tsongkhapa



174

June 23, 2018

Honor superiors like you wear the hat
on your head,
Take care of inferiors like you protect the blade
of your knife,
Relate to equals like you treat the ox that
you depend on to pull your plow,
Whatever activities we engage in,
do not be self-centered.

— Dromtonpa Gyelwa Jungne

175

June 24, 2018

When the wise hear harsh advice
They swallow it like good medicine.

— *The Wisdom Tree*

176

June 25, 2018

[The Buddha's words] make the foolish fearful
and the wise happy,
So too do they illuminate the wisdom of those
in the middle.
Thus his words benefit all.

— *One Hundred and Fifty Praise Stanzas*



177

June 26, 2018

When different parts of a vehicle are gathered
together properly,
It is named by people as “vehicle”;
In the same way, the accumulation of
the five aggregates,
Is conventionally designated as “sentient being”.

— *Sutra*

178

June 27, 2018

The excellent observe their own faults,
While the coarse seek faults in others.
Peacocks attend to their own form,
While owls hoot bad omens to others.

— Sakya Pandita’s *Treasury of Good Advice*

179

June 28, 2018

And therefore I’ll dispel the pain of others,
For it is simply pain, just like my own.
And others I will aid and benefit,
For they are living beings, like my body.

— Shantideva



180

June 29, 2019

All beings are naturally buddhas.
However, this truth is concealed
by adventitious stains.

Once these stains are purified,
their buddha nature is revealed.

— *Hevajra Tantra*

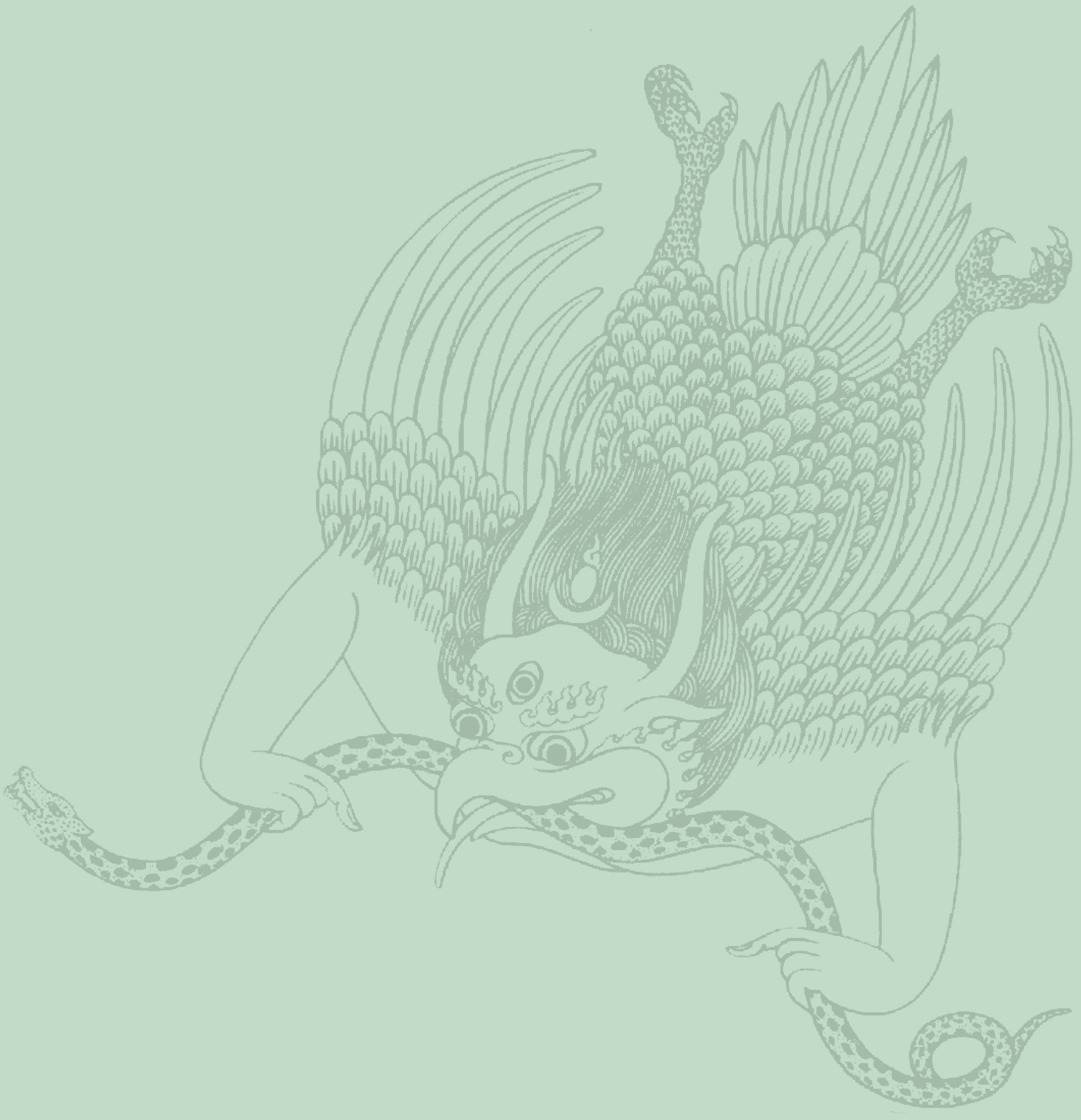
181

June 30, 2018

Just as the track of a bird in the sky
Can neither be observed nor described,
The states of Sugatas and bodhisattvas
Cannot be fathomed by intellect and conception.

— *Avatamsaka Sutra*





July

182

July 1, 2018

Though it is difficult to achieve such realizations,
Through making aspirations
and practicing compassion,
One can gradually arrive to the successive bhumis,
Which are made attainable
by transcendental wisdom.

— *Avatamsaka Sutra*

183

July 2, 2018

Through this virtue may all beings
Gather accumulations of merit and wisdom;
May they attain the two sublime Buddha bodies,
Which arise from merit and wisdom.

— *Sixty Stanzas of Reasoning*

184

July 3, 2018

Untutored persons who sit indolently by
Won't have anything good to show even after
a hundred years.

If you wish to attain the status of a wise person,
You must be diligent and accept hardships.

— Jamgon Mipham



185

July 4, 2018

Without merit as the root cause of becoming rich,
Accumulating wealth alone cannot help to
eradicate poverty.

If the trunk of a tree is not watered,
What's the use of watering its branches?

— Konchok Tenpe Dronme

186

July 5, 2018

People now are lacking in both wit and erudition;
Their envy, pride, and bigotry are great.
It's hard therefore to bring them benefit.

I wrote this that my mind might grow accustomed
to this teaching.

— Jamgon Mipham

187

July 6, 2018

The images in a bright mirror
Have no intrinsic existence.

Like images appearing in a mirror,
This is the way that one should see all phenomena.

— *The Meeting of the Father and the Son Sutra*



188

July 7, 2018

When the moon is in a clear sky,
Its reflection appears on the sea,
But the moon has not moved onto the water.
Know that all phenomena are like that.

— *The King of Samadhis Sutra*

189

July 8, 2018

To Sublime and Noble Ones, who value gold as
much as filth,
What does it serve to offer all the wealth of
the four continents?
But if we hold the Dharma, to their hearts
most dear,
It is said that then their minds are moved
with perfect joy.

— Jamgon Mipham

190

July 9, 2018

Bodhisattvas only train in one Dharma.
Which one? Great compassion.

— *Sutra*



191

July 10, 2018

Recite the six-syllable mantra with your speech;
Harbor good intentions in your mind;
Do prostrations and circumambulations
with your body;
And turn prayer wheels with your hand.

— Shabkar Tsokdruk Rangdrol

192

July 11, 2018

And for this reason the reasoning of
interdependent origination
Is what cuts through the variety of inferior views.

— Chandrakirti

193

July 12, 2018

If I had any thesis,
That fault would apply to me.
But I do not have any thesis,
So there is indeed no fault for me.

— Nagarjuna



194

July 13, 2018

As the tactile sense pervades the body
Confusion is present in them all.
By overcoming confusion one will also
Overcome all disturbing attitudes.

— *Four Hundred Stanzas on the Middle Way*

195

July 14, 2018

Gaining a victory adds to hatred,
And a defeat increases suffering.
He who does not fight over winning or losing
Has the greatest happiness.

— *The Storehouse of Sundry Valuables*

196

July 15, 2018

In times of outer disturbance of the spirits,
In times of inner pain of the body,
In times of secret joys and sorrows of the mind,
Abide in the state of no grasping.

— Dudjom Lingpa



197

July 16, 2018

Those who've taken ordination
Have boundless good qualities;
Thus those diligent in the precepts
Are superior to lay bodhisattvas.

— *Ornament of the Mahayana Sutras*

198

July 17, 2018

If all lay persons
Were to plow a field as small as a fingernail,
Monastics under my reign
Would live a life without destitution.

— *Sutra*

199

July 18, 2018

Compassionate, soft-spoken,
Steadfast, openhanded,
And able to comment on the profound intention —
These are the marks of the wise.

— Bodhisattva Maitreya



200

July 19, 2018

Learning knowledge in childhood,
Raising cows in winter,
Sowing seeds in spring,
These three are causes whose effects will come
to maturity.

— Nagarjuna

201

July 20, 2018

If, of all the things that may be known,
There were but one existing truly,
No object of cognition could we ever see.
But since no knowledge-object — no,
not even one —
Has such a true existence,
A bright, unbounded world of things appears
As objects to be known.

— Jamgon Mipham's *Commentary on
The Adornment of the Middle Way*



202

July 21, 2018

The three worlds are unstable, like autumn clouds;
The birth and death of beings is like
watching a play.

The life of a being passes quickly,
Like a lightning bolt in the sky
or a mountain stream.

— *The Play in Full*

203

July 22, 2018

Throughout all my lives,
May I never harm so much as a single hair
on another being's head,
And may I always help each of them.

— Patrul Rinpoche

204

July 23, 2018

He eats his father's flesh, he beats his mother off,
He dandles on his lap the enemy that he killed;
The wife is gnawing at her husband's bones.
I laugh to see what happens in samsara's show!

— Venerable Katyayana



205

July 24, 2018

No matter how intense your disgust with samsara or your determination to achieve liberation may be now, if you do not bother to take refuge in the teacher and the Three Jewels or pray to them, appearances are so seductive, the mind so gullible and thoughts so quick to deceive, that, even while you are doing good, this can easily turn into something negative. So it is important to know that there is nothing better than taking refuge for cutting the stream of negative actions for the future.

— Patrul Rinpoche

206

July 25, 2018

Just as the trunk of an ordinary tree
Lying in the forests of the Malaya mountains
Absorbs the perfume of sandal from the moist
leaves and branches,
So you come to resemble whomever you follow.

— Venerable Jigme Lingpa



207

July 26, 2018

If one were to learn the shastras,
But not put them into practice,
It would be as if a blind man were holding a torch
in his hand
But was still unable to see his way.

— *The Wisdom Tree*

208

July 27, 2018

Noble and ordinary people may receive help equally,
But their gratitude in response is not the same.
Seeds make no difference to the fields,
Yet there are vast differences in crops.

— Sakya Pandita

209

July 28, 2018

Understanding that all afflictions and defects
Arise from the view of the transitory collection —
Realizing self is the object of this [view],
The yogi terminates such a self.

— *Introduction to the Middle Way*



210

July 29, 2018

In order to eradicate delusions and conceptions,
The nectar of emptiness has been taught.
However, if one clings to the concept of emptiness,
Then it too shall be discarded.

— Aryadeva

211

July 30, 2018

Like those who
Cannot quench their thirst
By looking at water or hearing its name,
Hearing the Dharma but not practicing it
is the same.

— *Avatamsaka Sutra*

212

July 31, 2018

When this becomes impossible,
In case of danger or festivity,
I'll act as it seems best.
For it is taught that rules of discipline
May be relaxed in times of generosity.

— Shantideva





August

213

August 1, 2018

Treat others just like ourselves:

Never bring harm to them,

But always make them happy.

There are no other Dharma practices than this.

— *Sutra*

214

August 2, 2018

These days, there are so many “the sublime holders of the Dharma”, who preach their own versions of Buddhism yet know little about the authentic Dharma. Their behaviors are the most dangerous in destroying the wish-fulfilling jewel Buddhadharma from the root, which is the source of benefit and happiness for all beings.

— Patrul Rinpoche



215

August 3, 2018

All phenomena in this world, if you understand them, are great books of guidance for your practice; but if you fail to understand them, it is as if you did nothing more than stacked thousands of sutras and shastras, one upon the other in your room.

— Gung Thang Tshang Rinpoche

216

August 4, 2018

The high have mental suffering;
For the common it comes from the body.
Day by day, both kinds of suffering
Overwhelm people in the world.

— *Four Hundred Stanzas on the Middle Way*

217

August 5, 2018

For those who are seduced by pleasure, practices of virtue such as undergoing hardships or chanting, will, in the end, bear no fruit.

— *Sutra*



218

August 6, 2018

Examine now this world of living beings:
Who is there therein to pass away?
What is there to come, and what has been?
And who, indeed, are relatives and friends?
May beings like myself discern and grasp
That all things have the character of space!

— Shantideva

219

August 7, 2018

By creating positive or negative karma
That relies on parents, Vajra masters,
Bodhisattvas of the tenth bhumi or buddhas,
The Buddha has said that the effects of these
would ripen in our present life.

— Karma Chakme's *Mountain Dharma*

220

August 8, 2018

Who sees me by form,
Who seeks me in sound,
Perverted are his footsteps upon the way;
For he cannot perceive the Tathagata.

— *The Diamond Sutra*



221

August 9, 2018

Nowadays, those “elephants” who pride themselves
on being Ati practitioners

Allege that thought patterns, stirring and
proliferating, are awakened mind.

All of these fools are submerged in darkness,

Far from the meaning of natural great perfection.

They do not understand even dynamic energy or
what arises from that energy,

To say nothing of the essence of awakened mind.

— Venerable Longchen Rabjam

222

August 10, 2018

It is not appearance that binds you.

It is your attachment to appearance.

Rid yourself of your attachment, Naropa.

— Venerable Tilopa



223

August 11, 2018

Realizing all phenomena as non-existence,
like empty space,
And simultaneously having a strong conviction
in the law of causality,
How wonderous and extremely wonderous it is!
How unusual and extremely unusual it is!

— Aryadeva

224

August 12, 2018

The Nyingma elders said that
Of the three doors, the mind is the paramount.
If we take their words seriously,
Taming the mind should be the essence of our
Dharma practices.
Apart from this, what's the use of other
virtuous deeds!

— Patrul Rinpoche



225

August 13, 2018

It is he who has conquered entirely the darkness
toward all

And guides sentient beings from the mire
of samsara.

He teaches the meaning as it is: I prostrate to him,
Then fully explain this treatise,
The Treasury of Abhidharma.

— *Treasury of Abhidharma*

226

August 14, 2018

I salute you, who is complete in every feature,
Extinguishes the net of conceptual thought,
And possesses the profound and vast wisdom
body that

Radiates with the light of universal goodness.

— *Commentary on Valid Cognition*



227

August 15, 2018

Most people cling to
An unwholesome direction.
Thus certainly most common beings
Go to bad transmigrations.

— *Four Hundred Stanzas on the Middle Way*

228

August 16, 2018

To say that things exist means grasping
at their permanence;
To say they don't exist implies the notion
of annihilation.

Thus the wise should not remain
In “this exists” or “this does not exist.”

— *The Root Stanzas of the Middle Way*

229

August 17, 2018

Nothing whatsoever is to be removed.
Not the slightest thing is to be added.
Truly looking at truth, truth is seen.
When seen, this is complete liberation.

— Bodhisattva Maitreya



230

August 18, 2018

In regions where the supreme, precious teaching
has not spread

Or where it had spread but then declined,

May I illumine that treasure of happiness
and benefit

With a mind deeply moved by great compassion.

— *The Great Treatise on the Stages of the Path to Enlightenment*

231

August 19, 2018

Even if the foolish do not follow in my footsteps,
I will never turn and follow them.

This is the principal vow of the wise

That shall be upheld even at the cost of life.

— Gendun Chopel

232

August 20, 2018

At first, turn away from non-virtue,

In the middle, dispel misconceptions of self,

Finally, go beyond all philosophical views —

One who understands this is wise indeed.

— *Four Hundred Stanzas on the Middle Way*



233

August 21, 2018

When certainty and conviction in suchness arises,
A hundred thousand Dharma treasures are
naturally revealed in one's mind.

— *Sutra*

234

August 22, 2018

The root of all afflictions is laziness.
In those who are lazy, nothing virtuous will grow.

— *Mindfulness of the True Dharma*

235

August 23, 2018

Children can't help crying when
Their sandcastles come crumbling down.
My mind is so like them
When praise and reputation start to fail.

— *The Way of the Bodhisattva*



236

August 24, 2018

In a short span of time an enemy becomes a friend,
And a friend becomes an enemy.

Likewise, some become strangers.

While those who were strangers become enemies,
Or close friends.

Knowing this the wise never becomes attached.

Rejecting the notion that they can find happiness
in friends,

They rest their minds in the pleasures of virtue.

— *Tantra Requested by Subahu*

237

August 25, 2018

Within enlightenment-awareness without transition
or change

The universe of appearances and emptiness,

Whether of samsara or nirvana, arises with nothing
to renounce or attain.

In the experience of yogins who do not perceive
things dualistically,

The fact that things manifest without truly existing
is so amazing

They burst into laughter.

— Venerable Longchen Rabjam



238

August 26, 2018

Everything shares the same Tathagata nature.
Yet, deluded beings cling to appearances
That are devoid of intrinsic existence
And engage themselves in worldly affairs.

— *Sutra of Treasure Chest*

239

August 27, 2018

Future lives are more important
than this present life;
Dharma teachings are more important
than worldly things;
Benefiting others is more important
than benefiting oneself.
These are teachings
that you should bear in mind.

— Gyurme Pema Namgyal



240

August 28, 2018

Above the white rock of Tarso Kongma
The big birds fly with shaking wings
And the small ones with trembling hearts.
I, Milarepa, fly over now
Without any fear in my heart.
My disciple, look at this scenery!
What's there to see but a wild mare and her foals!
— Jetsun Milarepa

241

August 29, 2018

How can our beloved bodies, which are not able
to withstand even a tiny spark of fire, endure the
scorching iron ground of hell?
— Jamgon Mipham

242

August 30, 2018

The yoga of direct-transcendent liberation shines
forth like the sun at dawn,
This is the display of dharmakaya, Emaho!
— The great yogin Dheke Vajra



243

August 31, 2018

Between the hermit meditating in the mountains
And the donor who provides his sustenance
There is a link that will lead them to
enlightenment together.
Dedication of merit is the very heart of that link.

— Jetsun Milarepa





September

244

September 1, 2018

Wisdom is the foundation of all virtue,
That which is comprehensible and
that which is incomprehensible.

Thus, in order to accumulate these two kinds
of virtue,
One should seek wisdom.

— Nagarjuna

245

September 2, 2018

Examining the nature of all phenomena,
How amazing that various appearances cannot
change it in the slightest.

Regardless of pain or joy,
Whatever arises in the mind can never change
its nature. Ha! Ha!

— *The Heap of Jewels Tantra*

246

September 3, 2018

Listen, Brahma!
One who prays to the buddhas
Will gain unsurpassable merit.

— *Sutra*



247

September 4, 2018

It is rich in methods and without difficulties.
It is for those with sharp faculties.
The Mantra Vehicle is sublime.

— *The Torch of the Three Methods*

248

September 5, 2018

Whether one has realized true reality or not can
be determined by one's ability to free oneself from
attachment.

— Rigdzin Kumaradza

249

September 6, 2018

Even as little as a sesame seed of attachment
Will bring suffering all the time.

— Saraha's *Songs of Realization*



250

September 7, 2018

Understand that Buddhist traditions

Do not contradict with each other.

Cultivate pure perception without bias toward
all masters

Who uphold the genuine Dharma.

— His Holiness Jigme Phuntsok Rinpoche

251

September 8, 2018

All buddhas are inconceivable.

The authentic Dharma is inconceivable.

The noble Sangha is inconceivable.

One who has confidence and faith
in the Three Jewels

Will obtain results that are also inconceivable.

— *The Deathless Drums Dharani Sutra*



252

September 9, 2018

Comprehension is like a patch on cloth
That will only last a short while.

Experience is like the cloud and fog
That will soon disappear.

Whereas realization is like the great mountain
That remains constant and unmovable.

— Great Master of the Past

253

September 10, 2018

Just as on a dark night black with clouds,
The sudden lightning glares and

all is clearly shown,

Likewise rarely, through the Buddhas' power,
Virtuous thoughts rise, brief and transient,
in the world.

— Shantideva



254

September 11, 2018

Adrift in the bottomless ocean of cyclic existence,
Devoured by fierce sea monsters —
Attachment and the like —
To whom should I go for refuge today?
— Mahatma Dignaga

255

September 12, 2018

Until you gain stability of mind,
You are likely to be led astray by outer things.
Joyfully remain therefore in forest solitudes.

— Longchenpa's *Finding Rest in the Nature of the Mind*

256

September 13, 2018

Like a deaf musician
Who pleases others with his playing,
While not hearing it himself:
So is the teacher who does not apply the teaching
to his or her own life.

— *Avatamsaka Sutra*



257

September 14, 2018

Like a ship's captain
Who possesses a vessel
That can carry others across the water,
But, nevertheless, dies in a river or at sea:
So is one who does not apply the teaching
to his or her own life.

— *Avatamsaka Sutra*

258

September 15, 2018

Just as the sweetness of sugar
Cannot be made known by a mere description,
But can be known immediately by tasting it,
The taste of emptiness
Cannot be known by merely describing it,
But can be savored through practice.

— *Avatamsaka Sutra*



259

September 16, 2019

When the Dharma declines,
Practitioners undergo a pathetic situation.
May they pray to the compassionate buddhas
And pray to me repeatedly.
Thus they will be able to observe
pure precepts externally,
Practice bodhichitta internally,
And attain accomplishments secretly.

— Khenchen Shantarakshita

260

September 17, 2019

By examining all aggregates, one finds their
underlying nature of emptiness,
Just as there exists nothing inside of
a plantain tree.
This nature of emptiness possesses
all supreme virtues
Yet is not equal to nothingness.

— *Short Discourse Sutra of What Manjushri
Wishes to See*



261

September 18, 2019

External phenomena are not truly existent,
But are the manifestations of the mind,
Which are mistakenly believed by ordinary beings
to be their bodies and their belongings.

I say that all of these things are nothing more than
a display of the mind.

— *Lankavatara Sutra*

262

September 19, 2018

One who realizes the nature of mind will
attain Bodhi.

The mind manifests sentient beings of
the five realms.

All experiences, such as pain and joy,
Are nothing but projections of the mind.

— Nagarjuna's *In Praise of the Vajra Mind*



263

September 20, 2018

Just as a barbarian cannot be
Guided in a foreign language,
Ordinary people cannot be guided
Except by way of the ordinary.

— Aryadeva's *Four Hundred Stanzas on the Middle Way*

264

September 21, 2018

How can it be refuted that the last thought
[of the previous life] and the first thought
[of this life]

Form the continuity of the mindstream
[of an ordinary being]?

— *Commentary on Valid Cognition*

265

September 22, 2018

Even preaching for hundreds of thousands of eons,
The wisdom of the Buddha would not be
completely expounded.

Thus for those who uphold the Buddhadharma,
Their merit is immeasurable.

— *The Sutra of the Inquiry of Akasagarbha*



266

September 23, 2018

Glorious Shantarakshita, the sacred holder
of the vows,
Padmasambhava, the master of both yoga
and accomplishment,
Kamalashila, the king of wisdom,
These are second Buddhas in this age of decadence.

— Sakya Pandita

267

September 24, 2018

For one who lives in someone else's place
And depends on others for a living,
Regardless of how he is distained,
To keep silent is most suitable.

— Lord Nagarjuna

268

September 25, 2018

The one who awakens from the sleep of ignorance
And thus culminates in wisdom, is named buddha.

— Chandrakirti



269

September 26, 2018

The willow fell in love with the small bird,
The small bird fell in love with the willow.
If they love each other in harmony,
The hawk will be unable to get a chance.

— Rigdzin Tsangyang Gyatso

270

September 27, 2018

The eye of mind once covered by the darkness of
discrimination has now become unveiled. With
such accumulated merit, may all beings attain the
wisdom eye that will allow them to perceive true
reality.

— Chandrakirti's *Extensive Explanation on
Four Hundred Stanzas on the Middle Way*

271

September 28, 2018

Buddha appears in the world
Removing the darkness of ignorance;
Such a lamp of the world
Is rare and hard to get to behold.

— *Avatamsaka Sutra*



272

September 29, 2018

One who is extremely foolish
Forgets that he will die eventually.
His intention to engage in a myriad of things
Indicates that he is under the influence of Mara.

— Acharya Nagarjuna

273

September 30, 2018

In Bodhisattvas, through their intention,
All actions, virtuous and non-virtuous,
Become perfect virtue because
They are in control of their minds.

— *Four Hundred Stanzas on the Middle Way*





October

274

October 1, 2018

Without empowerment there will be no siddhi,
Just like there can be no butter
from squeezing sand.

Whoever fails to confer empowerment
but teaches tantric texts out of pride
Will fall at the moment of their death, along
with their disciples, into hell
Even if [common] siddhi has been achieved.

— *Vital Essence of Mahamudra*

275

October 2, 2018

The intention of benefiting sentient beings
should be

As gentle as grass,
As blazing as fire,
As stable as a mountain,
As fierce as an army.

— Nagarjuna



276

October 3, 2018

A kind sovereign with a cruel entourage
Is difficult to be relied upon.
It is like a branch of sandalwood twined
by a poisonous snake,
Who would be willing to draw close?

— *Water and Wood Shastras*

277

October 4, 2018

The wise, with deep insight, improve
No matter what good or bad they experience.
The foolish, lacking self-reflection,
gain nothing from witnessing
Hundreds of different forms of happiness
and suffering.

— Jamgon Mipham's *The Just King*



278

October 5, 2018

Seedlings of poisonous and medicinal plants
Will grow accordingly into plants respective
of their natures.

Likewise, virtuous and non-virtuous karma
Will lead to corresponding results rather than those
of any other.

— Konchok Tenpe Dronme

279

October 6, 2018

Although our eyes can see people,
We need a mirror to see ourselves.
Unless you turn your mind within,
It is difficult to see your own faults.

— Jamgon Mipham's *The Just King*

280

October 7, 2018

To satisfy the needs of beings
Dwelling in the ten directions,
to the margins of the sky,
May I reflect in all my deeds
The perfect exploits of Manjushri.

— Shantideva



281

October 8, 2018

Oh you white crane,
Please lend me your power to fly.
I will not linger at far away places,
But shall make a trip to Litang and come back.

— *Songs of Tsangyang Gyatso*

282

October 9, 2018

While the foolish attach to form,
Those of better intelligence detach themselves
from it.

The wise, however, have realized
The nature of form and all other phenomena,
and have achieved liberation.

— Nagarjuna



283

October 10, 2018

Those who have less capacities of faith,
wisdom and virtues,
Do not possess the right conditions
to enter the Dharma.

With the power of skillful means,
through my activities,
I will take them as disciples and guide them
to engage in virtuous deeds.

— Sakya Drakpa Gyaltsen

284

October 11, 2018

Tathagatagarbha pervades all sentient beings.
As there is no other incapable vessel for it,
All beings will attain buddhahood.

— *The King of Samadhis Sutra*



285

October 12, 2018

Innate absolute wisdom cannot be explained
by others,
Nor can it be obtained in any other way.
Only by relying on the guru's skillful instruction
And one's merit, can one realize it.

— *Hevajra*

286

October 13, 2018

Due to the different intentions of sentient beings,
Their personal deities are different.
Other than to attain liberation
of the treasure mind,
There is no other deity practice.

— Nagarjuna's *In Praise of the Vajra Mind*

287

October 14, 2018

Abiding in the great wisdom,
Free from all conceptual thoughts,
It pervades all phenomena.
Though abiding in all things, it is not generated
by any of them.

— *Hevajra*



288

October 15, 2018

Uphold the pure precepts, possess the wisdom
of learning and contemplating,
And engage in Dharma practice
with the most diligent effort.

— Vasubandhu's *Treasury of Abhidharma*

289

October 16, 2018

A disciples' words and behaviors reveal
the attainment of the guru.

— Kongtrul Yonten Gyatso

290

October 17, 2018

There's no satisfaction for the arrogant,
No delight for the jealous,
No contentment for the greedy,
No harmony for the angry,
No prosperity for the stingy,
No success for the fool,
And no happiness for one with a disturbed mind.

— Patrul Rinpoche



291

October 18, 2018

Faith is a gateway to the light of Dharma,
for with it one's mind is unshakable.

— *The Play in Full*

292

October 19, 2018

To the superior officers I have paid my taxes
again and again,
But there is no end to it,
forsake it at the right time.
To inferior servants I have given them rewards
again and again,
But there is no end to it,
forsake it at the right time.
To relatives and friends I have shown
my lovingkindness again and again,
But there is no end to it,
forsake it at the right time.
To my enemies I have felt hostility
again and again,
But there is no end to it,
forsake it at the right time.



My fertile fields, I have farmed again and again,
But there is no end to it, forsake it
and leave them to become wastelands.

My cozy house, I have lived in for a very long time,
But there is no end to it, forsake it
and enter into the solitary mountains by foot.

My delectable food, I have enjoyed again and again,
But there is no end to it, forsake it
and lead a life of austerity.

My comfortable clothes I have worn
again and again,
But there is no end to it, forsake it
and nakedly go far away.

In this moment, I must immediately engage
in Dharma practice.

In this moment, I must immediately practice
to prepare for my death.

These are my vows, may all buddhas hear me
and grant me their blessings.

These are my commitments,
my mind is my witness.

— *The Lotus Garden's Play*



293

October 20, 2018

When mental afflictions are weakened, suffering
will decrease.

When mental afflictions are eliminated, suffering
comes to an end.

If you want to eradicate all roots of suffering,
Destroy mental afflictions as your enemy:
this is the sublime path.

— Patrul Rinpoche

294

October 21, 2018

Not pleasing the vajra master and
Not receiving all empowerments,
All one's efforts applied toward listening
and so forth

Will not only be destructive, there will be no result.

— *Tantra*



295

October 22, 2018

You should act as the protector of yourself,
How can others be relied upon?
Once you become your own protector,
You will be liberated from all suffering.

— *Sutra*

296

October 23, 2018

A life of such contentment and such pleasure,
Even Indra would be difficult to find!

— Shantideva

297

October 24, 2018

Of all great wealth, contentment is supreme,
Said he who taught and guided gods and men.
So always be content; if you know this
Yet have no wealth, true riches you'll have found.

— Nagarjuna



298

October 25, 2018

Temporary renunciation

is a magical illusion created by Mara.

Can't you see that it is pointless?

Temporary faith is generated

by an alteration of your mindset.

Don't you see that it cannot last?

— *The Lotus Garden's Play*

299

October 26, 2018

Even if money were to fall like rain,

Foolish people would never be satisfied.

Wealth is meaningless and only serves to

bring out one's faults,

The wise all understand this.

— *Sutra*



October 27, 2018

When many men and women
And even youths die,
How can the living be so confident to say,
“This person is still too young to die”?
Some die in the womb,
Some at birth,
Some when they can crawl,
Some when they can run.
Some are old, some are young,
Some are young adults.
Everyone goes gradually,
Like ripe fruit falling.

— *The Collection of Indicative Verses*



301

October 28, 2018

From time to time, examine the supportive conditions that you experience;
Through your understanding that they are, in fact, awareness's own manifestations, they will become allies of your meditative experience.

From time to time, reflect on the harmful conditions that you perceive;
This is a primary key point in undermining your fixation on a state of confusion.

— Kunchen Longchenpa's *The Precious Treasury of Pith Instructions*

302

October 29, 2018

Blessings are generated from within,
For this reason, pray constantly
to your guru and deity.

— Indian Master Padampa Sangye



October 30, 2018

Things happen because there are sufficient reasons. It is incorrect to believe that one should not fall sick but nevertheless becomes sick, that one should not die but dies nevertheless, or that one who should not encounter misfortune has wrongly undergone an unfortunate fate. The fact is that those who succumb to illness are exactly those who should be ill, and those who have died are exactly those who should have died.

The sufferings of birth, aging, sickness and death are not things that should not happen but fall upon us without warning. The only way to avoid these sufferings, is to eradicate birth. In order to eradicate birth, we must eliminate mental afflictions. This means that we should make every effort to do battle with our mental afflictions.

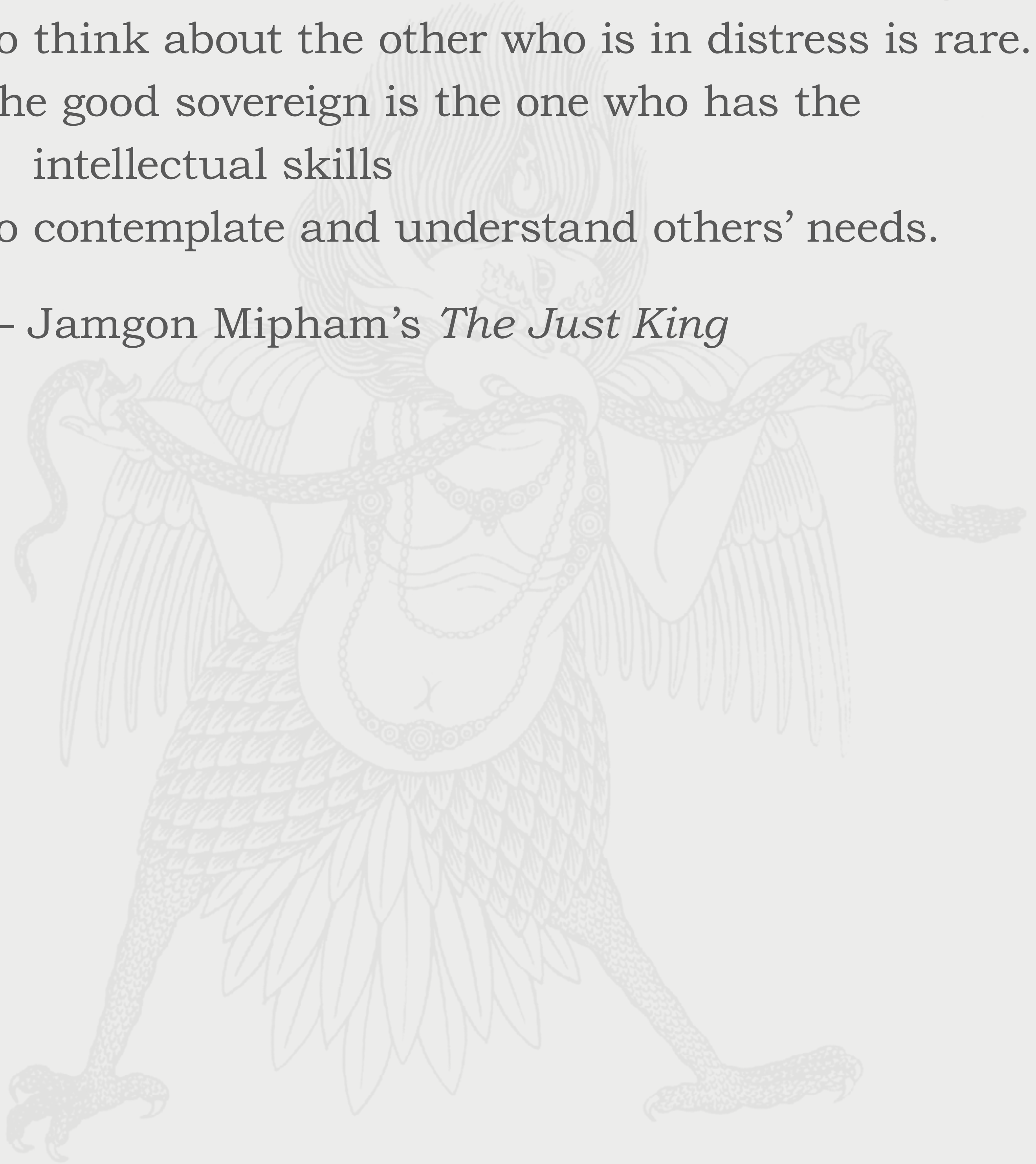
— Geshe Potowa

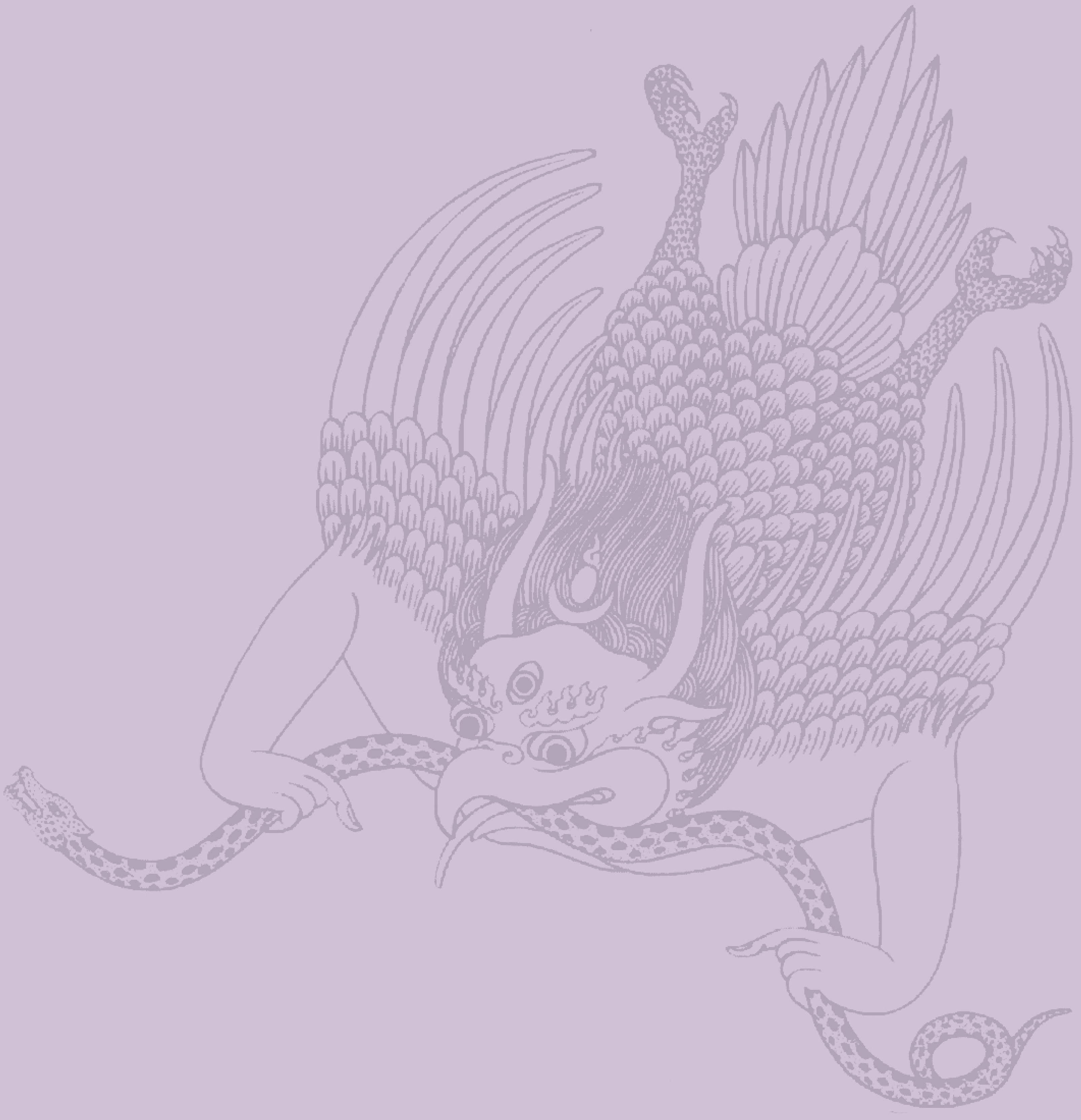


October 31, 2018

To be content with one's own happiness is vulgar.
To think about the other who is in distress is rare.
The good sovereign is the one who has the
intellectual skills
To contemplate and understand others' needs.

— Jamgon Mipham's *The Just King*





November

305

November 1, 2018

If one engages in wholesome worldly deeds,
To be reborn as a god is not difficult;
If one climbs the ladder of the Human
and God Vehicles,
Liberation will be very close.

— Nagarjuna

306

November 2, 2018

That which subdues all the enemies,
one's own afflictions,
And guards against future existence
in the lower realms,
Is called a “treatise”, because it subdues
and protects,
These two features are not found
in other traditions.

— Vasubandhu's *Well Explained Reasoning*



307

November 3, 2018

Accompanying Manjushri, the eldest son
of the Buddha,
To travel to myriads of worlds,
I will witness expressions of extreme joy,
As well as displays of extreme sorrow.

— His Holiness Jigme Phuntsok Rinpoche's
A Symbolic Song

308

November 4, 2018

If one lays a firm foundation of Buddhadharma
when one is young,
Practice will be easy even when he becomes old.
If one comprehends the essence of
all Dharma teachings,
All of his behaviors will become Dharma practices.

— *Experiences Shared by An Old Man*



309

November 5, 2018

Of all your deeds, your speech is supreme;
Within that too it is this very speech;
So the wise should remember the Buddha
Through this teaching of dependent origination.

— Lama Tsongkhapa's *In Praise of
Dependent Origination*

310

November 6, 2018

For those who only meditate during the years
of their youth and for those who come to study
and reflect when they are in their old age,
It will be difficult to accomplish the activities
of promoting the Dharma and benefiting
sentient beings.

— Patrul Rinpoche



311

November 7, 2018

Among teachers, the teacher
of dependent origination,
Amongst wisdoms, the knowledge
of dependent origination —
You, who're most excellent
like the kings in the worlds,
Know this perfectly well, not others.

— Lama Tsongkhapa's *In Praise of
Dependent Origination*

312

November 8, 2018

The teaching of dependent origination is the most profound and precious among all teachings of the Buddha. Anyone who comprehends the teaching of dependent origination will perceive the Buddha in the form of wisdom.

— Nagarjuna



313

November 9, 2018

To we, men and women,
who have karmic connections to you,
Please grant your blessings
so that we may come to emulate you:
May all dharma protectors gather
in the castle of our body;
May the power of the unchanging truth
be present in our speech;
May the true nature of Dharmakaya
be realized by our minds.

— His Holiness Jigme Phuntsok Rinpoche

314

November 10, 2018

Among the many beings seen in the morning
Some are not seen in the evening.
Among the many beings seen in the evening
Some are not seen in the morning.

— *The Collection of Indicative Verses*



315

November 11, 2018

The Buddha has gone beyond nirvana.
Never will his teachings vanish from the world.
To tame the delusions of sentient beings,
Birth and cessation are manifested.

— *Tantra of the Web of Magical Illusion*

316

November 12, 2018

The knowledge that all phenomena are emptiness
Creates the stream of compassion for all beings.
Limitless deeds of skill-in-means
Are the activity of the supreme determination
to be free.

— Asvaghosa's *Cultivation of the Conventional Spirit of Enlightenment*

317

November 13, 2018

In wars and so forth all of them
Have the same goal, so all possess
The same collective karma, like the perpetrator.

— Vasubandhu's *Treasury of Abhidharma*



318

November 14, 2018

May the blessings of all lineage gurus
be transferred into my mind;
May all deities accept me and grant me siddhis;
May dakinis and dharma protectors
accompany me like shadows;
May all my wishes be fulfilled
and auspiciousness increased.

— Great Master of the Past

319

November 15, 2018

Anywhere we go is the cause of happiness;
Anyone we meet is our respected teacher;
Any place we live in is the land of happiness;
All of this is because of the blessings
of the Three Jewels.

— Khenpo Depa



320

November 16, 2018

To take refuge in and pray to the Three Jewels
is the outer fortress;
To maintain mindfulness, vigilance,
and carefulness is the inner fortress;
To abide in naked awareness is the secret fortress;
One who possesses these three fortresses
cannot be harmed by demons.

— His Holiness Jigme Phuntsok Rinpoche

321

November 17, 2018

Only when the scope of your perception
becomes vast enough
To accept both the good and bad
that comes your way,
Then finally you will enter the world
of true men and women.
Thus, having a vast scope of perception is principal.

— Kunchen Jamgon Mipham Rinpoche



322

November 18, 2018

Of former generations countless beings
have already passed,
And most of those who now are on this earth
Within a century's time will surely be no more.
For those who follow after, it will be the same.

— Longchenpa's *Finding Rest in the Nature
of the Mind*

323

November 19, 2018

To gather the Sangha to attend a Dharma teaching,
The ghanta (ritual bell) and drum are struck.
By merely hearing the sound,
one can attain liberation,
Let alone the merit accumulated by listening
to the Dharma teachings.

— *The Ghanta Sutra*



324

November 20, 2018

Anyone who makes obeisance with the three doors
Reverently to the body of the Tathagata
Will accumulate merits, which, were they
to be made tangible,
Even the entire world could not contain.

— *Tantra of the Web of Magical Illusion*

325

November 21, 2018

Throughout the four clans of U-Tsang,
The definitive meaning is abandoned
for the expedient meaning,
Go seek for the definitive meaning, Rechungpa;
In all six ridges of Do-Kham,
The foolish are welcomed instead of the wise,
Go and rely on the wise, Rechungpa.

— *The Last Words Milarepa Bestowed
Upon Rechungpa*



326

November 22, 2018

One who falls from the top of a mountain
Will definitely tumble downward
even if he doesn't want to;
One who receives the transmission and teaching
from a revered teacher
Will absolutely attain liberation
even if he doesn't want to.

— Nagarjuna

327

November 23, 2018

Now we should be frightened by death. At the time of death we should be fearless. But we are the opposite — we are not afraid now and at the moment of death we dig our fingernails into our chests.

— Karmapa



328

November 24, 2018

The faith of total trust allows blessings
to enter you.

When the mind is free of doubt,
whatever you wish can be achieved.

— The Precious Lord of Oddiyana

329

November 25, 2018

Just as a drop of water that falls into
the great ocean

Will never disappear until the ocean itself runs dry,
Merit totally dedicated to enlightenment
Will never disappear until enlightenment
is reached.

— *Sutra Requested by Sagaramati*

330

November 26, 2018

If one lacks faith in his guru, the situation
is similar to that of a north-facing cave.

The sunlight of the guru's compassion
can never shine into him.

— Guru Padmasambhava



331

November 27, 2018

In those who lack faith
Nothing positive will grow,
Just as from a burnt seed
No green shoot will ever sprout.

— *Sutra of the Heap of Jewels*

332

November 28, 2018

Having relied on qualified and realized lineage masters, if one prays to them with one's entire trust and complete faith, then as a result of this kind of devotion and reverence, their realization will be transferred to the practitioner's mind and bless him to realize the ultimate reality that is beyond description — the Great Perfection.

— Kunchen Jigme Lingpa



333

November 29, 2018

Without praying to the guru
But wishing for primordial wisdom
beyond the intellect to dawn
Is like waiting for sunshine in a north-facing cave.
That way, our mind cannot mingle
with guru's mind.

— Jetsun Milarepa

334

November 30, 2018

You might have killed a brahmin every day
Or committed the five acts with
immediate retribution,
But once you encounter these instructions
You will, beyond any doubt, be liberated.

— Buddha Vajradhara





December

335

December 1, 2018

Neither conceptualizing nor thinking,
Abide in the nature of mind without any fabrication.
This is the precious treasury of non-changing
and non-arising,
The footsteps of all buddhas of the three times.

— *Non-arising Precious Treasury*

336

December 2, 2018

When something and its nonexistence
Both are absent from before the mind,
No other option does the latter have:
It comes to perfect rest, from concepts free.

— *The Way of the Bodhisattva*

337

December 3, 2018

To obtain rebirth in the higher realms,
discipline is paramount,
To remove afflictions, meditation is essential.

— Vasubandhu's *Treasury of Abhidharma*



338

December 4, 2018

Fearing death, I went to the mountains.
Over and over again I meditated on death's
unpredictable coming,
And took the stronghold of the deathless
unchanging nature.
Now I have lost and gone beyond all fear of dying!

— Jetsun Milarepa

339

December 5, 2018

Virtuous deeds bring happiness,
And lead one to numerous buddha lands;
Unvirtuous deeds cause suffering,
And lead one to suffer in the blazing lower realms.

— *Sutra of the Heap of Jewels*

340

December 6, 2018

The karma that has been created
will not disappear,
But will give corresponding black or white
results in samsara.

— *The King of Samadhis Sutra*



341

December 7, 2018

All kinds of happiness in the Three Realms
Come from the Three Jewels.

Anyone seeking happiness
Should constantly make offerings
to the Three Jewels.

— *Sutra of the Ten Wheels of Ksitigarbha*

342

December 8, 2018

Tomorrow or the next life,
Who knows which one will arrive first?
Rather than work diligently for a better tomorrow,
We should apply our best efforts to preparing
for the next life.

— *Sutra*

343

December 9, 2018

He who has made the Buddha his refuge
Cannot be killed by ten million demons;
Though he transgress his vows or be tormented
in mind,

It is certain that he will go beyond rebirth.

— *Sutra of the Heart of the Sun*



344

December 10, 2018

To be free from the mind, the intellect,
and consciousness

But without giving up concentration

Is the inconceivable wisdom of all Tathagatas.

— *Sutra of the Heap of Jewels*

345

December 11, 2018

If you have heard the precious king of the
Mahayana sutras, *The Sutra of the Basket's
Display*, you will be born from the lotus in Buddha
Amitabha's Pure Land and receive the Dharma
teaching from Buddha Amitabha.

— *The Basket's Display: Buddha Spoken
Mahayana Sublime Treasure King Sutra*

346

December 12, 2018

One who enters into emptiness without compassion
Will not find the supreme path.

One who cultivates compassion alone

Will not achieve liberation from samsara.

— The Glorious Saraha



347

December 13, 2018

Even compared with the practice of
unconcentrated meditation
For kalpas as numerous as the sands
in ten million Ganges Rivers,
One who has truly received the transmission of
just one verse
Accumulates more merit than that.

— *Sutra*

348

December 14, 2018

Never look askance at what the teacher does,
For most of the great siddhas of
the Noble Land, India,
Were menials or outcasts, evildoers,
And, even by the worst of standards, dissolute.

— *Treasury of Precious Qualities*



349

December 15, 2018

Such teachers are like heaps of refuse.

Even if they have great followings,
keep far away from them.

Their faithful followers they lead on false paths
to the lower realms.

If you desire the path to freedom,
never count on them.

— *Finding Rest in the Nature of the Mind*

350

December 16, 2018

Even if all buddhas and bodhisattvas
of the ten directions

Were to stand in front of me

And tell me of another path to liberation,

My mind would not be moved, my friends.

— Rendawa Shyonnu Lodro



351

December 17, 2018

When the degenerate age comes,
Meditation will be disturbed by desire and hatred,
Sense pleasures and the mara of wealth
will frequently seduce practitioners.

— *Collection of the Father's Teaching in Kadampa*

352

December 18, 2018

The name of the Tathagata
Is rarely heard in the world.
Human existence is difficult to obtain.
To become ordained as a monastic is also difficult.
It's even more difficult for one who has taken
monastic vows to observe the precepts purely.

— *Pratimoksha Sutra*



353

December 19, 2018

There is no reference point —

no “How is it?” “What is it?” “It is this!”

What can any of you do? Where is the “I”?

What can anyone do about what was so before
but now is not?

Ha! Ha! I burst out laughing

at such a great marvel as this!

— Kunchen Longchenpa

354

December 20, 2018

To me it’s a game I play

But for ordinary beings, it is a heavy burden.

— The Great Mahasiddha Saraha

355

December 21, 2018

To some people, the precept is the source
of happiness,

While for others, it is the cause of suffering.

Observing the precept generates supreme peace
and happiness,

Violating it brings only suffering.

— *Sutra of Admonishment to the Bhikkhus*



356

December 22, 2018

Alas! All phenomena are impermanent.
What arises is destined to be extinguished.
In the moment of its arising is also the moment
of its ceasing.

Thus, only nirvana can bring ultimate peace
and happiness.

— *The Sutra on Impermanence*

357

December 23, 2018

The precept is the sublime peace and happiness;
The precept is the path to liberation;
The precept is the field of merit;
The precept is the cause of buddhahood;
The precept is the most supreme;
Thus one should observe the precept
as one would protect one's own eyes.

Never give up the precept even at the cost
of one's life.

To abandon the precept would be extremely foolish.

— *Sutra of Admonishment to the Bhikkhus*



358

December 24, 2018

How amazing that, as long as we refrain
from logical analysis,

Appearances seem to truly exist
and thus make us happy.

In ultimate truth, all appearances
Lack self-existence and thus,
are not inherently real.

Yet on the everyday operative level

This seeming appearance has relative truth.

To fully understand this deep
and profound meaning

Will not be easy for ordinary beings
with lesser capacity.

— Dharmarakshita's *The Wheel Blade of
Mind Transformation*

359

December 25, 2018

With things that in this way are empty

What is there to gain and what to lose?

Who is there to pay me court and honors,

And who is there to scorn and to revile me?

Pleasure, sorrow — whence do these arise?

What is there to give me joy and pain?

— Shantideva



360

December 26, 2018

If I had any thesis,
That fault would apply to me.
But I do not have any thesis,
So there is indeed no fault for me.

— Nagarjuna's *Refutation of Objections*

361

December 27, 2018

When conceptual thoughts arise,
to directly observe their nature is crucial;
Having obtained the conviction,
to settle in it is crucial;
When meditating and abiding,
to rest on nothing is crucial.

“Remain undistracted”
is my heart advice.

— Kunchen Longchen Rabjam's *Thirty Pieces
of Heart Advice*



362

December 28, 2018

From this moment on, throughout
all my future lives,
May I be cared for by the guru and supreme deity,
Master the treasury of oceanic qualities
that come from the threefold training,
And effortlessly bring vast benefit
to the teachings and beings!

— His Holiness Jigme Phuntsok Rinpoche

363

December 29, 2018

I have found a Dharma like ambrosia,
Deep, peaceful, simple, uncompounded, radiant.
If I explain it no-one will understand,
So I shall stay here silent in the forest.

— *The Play in Full*



364

December 30, 2018

Having gone beyond thinker and thinking,
Remain like a new baby, free of thoughts,
Focus on the master's words

and apply great effort —

There is no doubt that your inherent nature
will arise.

— The Great Mahasiddha Saraha

365

December 31, 2018

Through this virtue may all beings
Gather accumulations of merit and wisdom;
May they attain the two sublime Buddha bodies,
Which arise from merit and wisdom.

— *Sixty Stanzas of Reasoning*





Postscript

Without interruption for every day of the past year, I have posted and translated into Chinese for all of you a Dharma teaching from the Tibetan Buddhist scriptures. Did you read them all?

Sodargye

December 31, 2018



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