

Four Yogas in Four Verses

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by Dilgo Khyentse Rinpoche, published by Shambhala

One-Pointedness

40. Let stillness cut the momentum of moving thoughts;
Within movement see the very nature of stillness.
Where stillness and movement are one, maintain the natural mind;
In the experience of one-pointedness, recite the six-syllable mantra.

Simplicity

41. By examining relative truth, establish ultimate truth;
Within ultimate truth, see how relative truth arises.
Where the two truths are inseparable, beyond intellect, is the state of
simplicity;
In the view free of all elaborations, recite the six-syllable mantra.

One Taste

42. From appearances, cut away the clinging of mind;
From mind, demolish the lair of fictitious appearances;
Where mind and appearances are one is infinite openness;
In the realization of one taste, recite the six-syllable mantra.

Nonmeditation

43. In the nature of mind, the simplicity of void awareness, everything is freed;
Thoughts, the spontaneous creativity of awareness, are purified in their own
sphere.
- Mind and awareness are one in the single essence,
In the nonmeditation of Dharmakaya, recite the six-syllable mantra.