

# **KHENPO'S DIAMOND LIVING WITH WISDOM**



**ONE  
DIAMOND  
ONE DAY**

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



# **One Diamond, One Day**

**KHENPO'S DIAMOND  
LIVING WITH WISDOM**

offered by Khenpo Sodargye | volume 1 | 2018





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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*



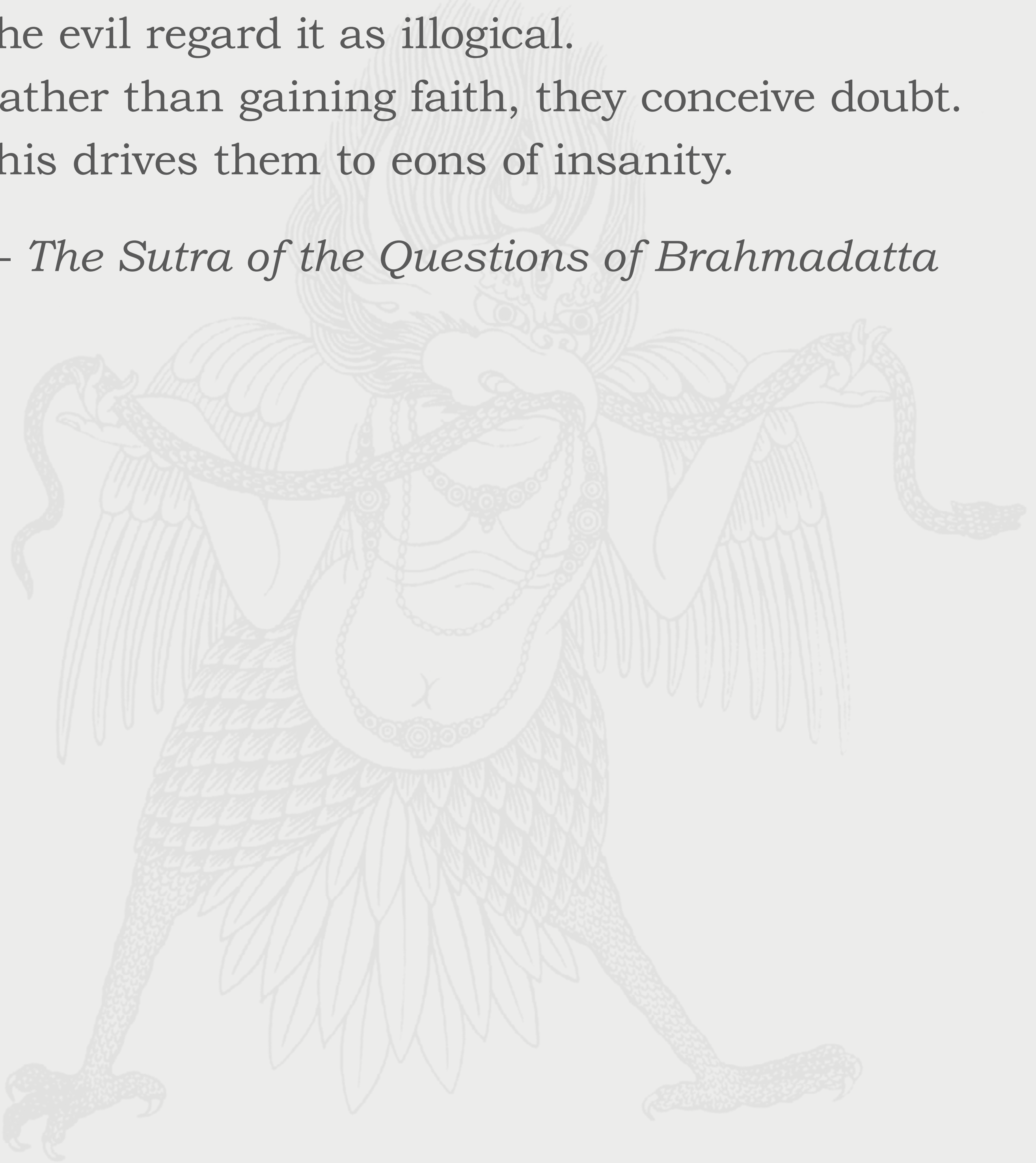


059

**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 Gyaltsen



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*





**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**

The blessings of Mipham Gyamtso dissolved  
into your heart,

The instructions of Kunzang Lama merged  
with your practice,

The pith advice of Jigme Lama became one  
with your mind,

Venerable Jamyang Drubey 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),  
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*

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





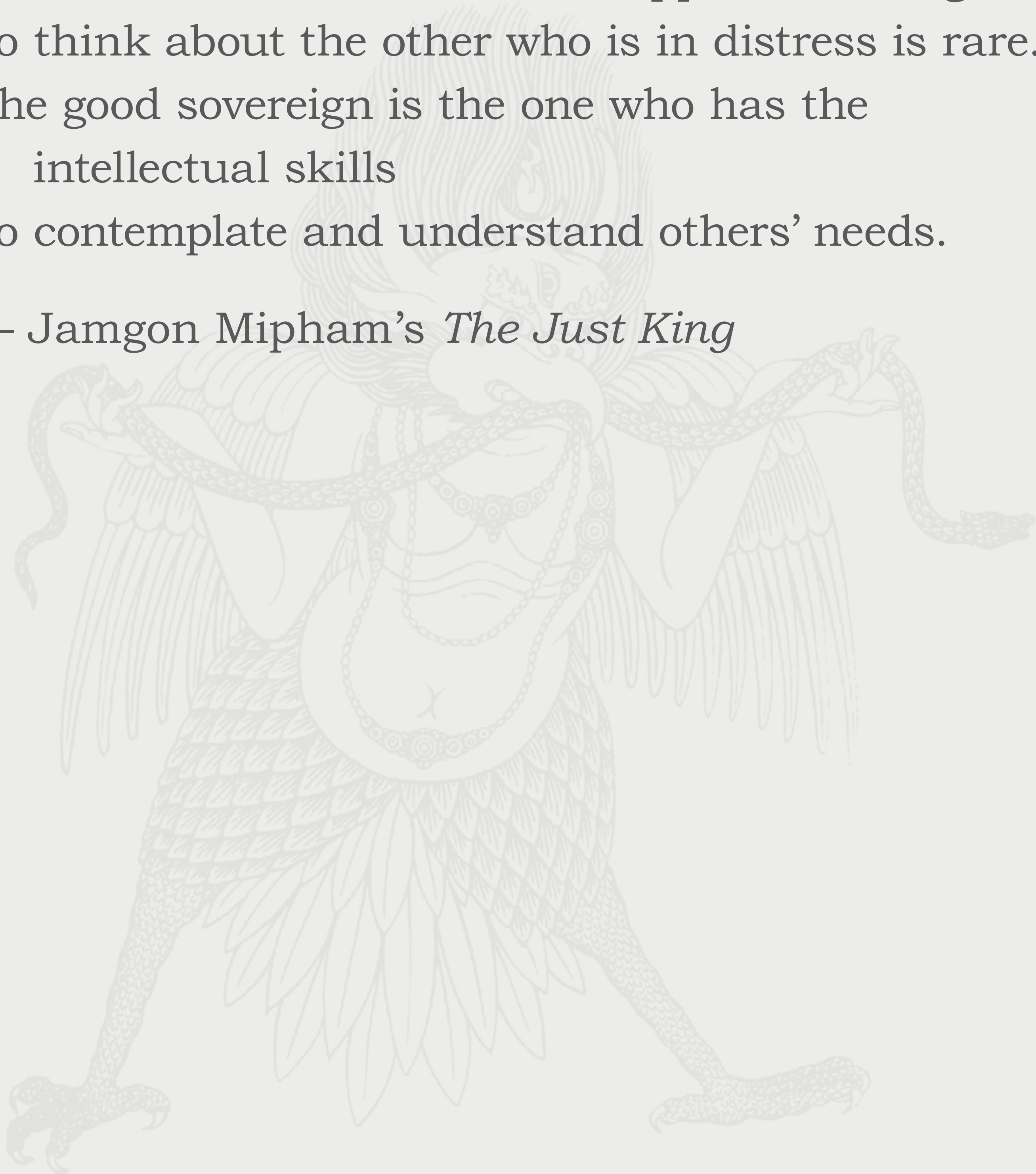


304

**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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