

Equality and Seven Things to Forget

*When I realize everything's equality
I forget all about my close friends and my relatives
It's OK to forget the objects of your attachment*

*When I realize wisdom beyond thought
I forget everything included in perceiver and perceived
It's OK to forget these causes of happiness and pain*

*Beyond memory, beyond feelings
I forget all about experiences, the good ones and the bad
It's OK to forget them, they just go up and down*

*When I know the three kayas are present naturally
I forget all about the deity's generation stage practice
It's OK to forget the Dharma made of concepts*

*When I realize the result's inside of me
I forget all about the results you have to strive and strain to get
It's OK to forget the Dharma of the relative truth*

*Meditating on the key instructions
I forget all other explanations and their conventional terms
It's OK to forget the Dharma that makes you arrogant*

*When I realize appearances are my texts
I forget all about those big books with their letters in black
It's OK to forget the Dharma that's just a heavy load*

Tibetan page 674.

*Under the guidance of Khenpo Tsültrim Gyamtso Rinpoche, translated by Ari Goldfield, July 13, 2002,
Dechen Choling, France.*