

*Three Essential Points of Mahamudra Meditation*  
by Khenpo Tsültrim Gyamtso Rinpoche

In brief, when one is resting in meditation, there are three points. The first point is *rangbap* in Tibetan. *Rang* means “itself,” and *bap* means “to fall.” The phrase could be translated as “fall into itself.” Or one could say “settle into itself” or “settle naturally.” The second point is *ma chö* in Tibetan, which means “nonfabrication” or “noncontrivance.” The third point is *lhöpa*, which means “relaxed” or “loose.”

Those are three points for how one should rest: settle naturally, without contrivance, loosely.

—From *Mahamudra Shamatha and Vipashyana*, Rocky Mountain Shambhala Center, 1991,  
p.35. Translated by Elizabeth Callahan.

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