

Rouse Strength in Your Mind

When you experience your mind in a fog, there is obscuration. Because there is obscuration, rouse strength in your mind. Rouse the factor of luminosity in your mind. Rouse the factor of brilliance in your mind. Rouse the quality of keenness, or sharpness, in your mind. Straighten your body upwards. Straighten your posture. Send strength throughout your body. For instance, stretch and extend your fingers. In the same way, send strength throughout all the parts of your body—not just one portion of your body but all its parts. With your eyes look up into space. Then relax into the natural state.

—From *Mahamudra Vipashyana, Karmê Chöling, Summer, 1993*, pp.14-15. Translated by Jules Levinson.

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