

Thoughts Self-Liberated

To practice self-liberating thoughts, whatever thought arises in your mind, just look at it and let go and relax. Look straight at its essential nature and let go and relax; it will be self-liberated. Do not concern yourself with what you are thinking about. Do not concern yourself with the object of your thoughts, whether it is a person or a thing. Just look at the essence of the thought itself.

From *The Melody of Dharmata: Verses on the Profound View of the Middle Way*, Khenpo Tsaltrim Gyamtso Rinpoche, translated by Ari Goldfield & Jim Scott, P.47.