

## The Essential Points of Mahamudra, Dzogchen, and the Middle Way

Hey, hey, lucky students, diligent, faithful and smart,  
Take a look at mind's nature - simplicity unborn  
When reference points and signs dissolve in certainty  
Don't strive, strain, or stop, just relax naturally

Look nakedly at the inexpressible—  
Mind's basic nature, bliss and emptiness  
Relaxed, at ease, fixation-free,  
All that binds is free in bliss-emptiness  
Within this clear light, the dharmadhatu,  
Take a look at the play of unborn mind  
Mind's play manifests as appearance-emptiness

Pure awareness, from beginningless time,  
Naturally present, transcending mind—  
Thoughts that this view is best dissolve naturally  
When we realize mind's reality.  
Then tigles of light and rainbows can shine  
But since we don't think they're real, these dzogchenpas are fine!

Khenpo Tsultrim Gyamtso Rinpoche composed these extemporaneous words for the  
Nalandabodhi sangha. Translated fast and put to song by Ari Goldfield, March 12, 2000.