

Look Nakedly

Look nakedly at these forms that are like rainbows, appearance-emptiness
Listen intently to these sounds that are like echoes, sound and emptiness
Look straight at the essence of mind—clarity-emptiness inexpressible
And fixation-free, at ease in your own nature, let go and relax. Ah, ah, ah!

A guru yoga verse by Khenpo Tsultrim Gyamtso Rinpche. Translated by Ari Goldfield