

## Without Regret

The stages of practice of the Tathagata's view and meditation  
Are skillful methods that clear away ordinary thoughts  
So I train in appearance and mind being without base or root—  
When sickness and death suddenly strike, I'll be ready, without regret

Khenpo Tsultrim Gyamtso Rinpoche, verse from the song *The Sky-Dragon's Profound Roar*—  
This was spoken extemporaneously while travelling in the expanse of sky from Los Angeles to  
Honolulu, October 29, 1998. Translated with the help of George Eudy.