

Mind Only View and Meditation

Ascertaining the View:

The confused appearances of habitual tendencies are devoid of inherent nature.
Therefore, since the apprehender too is without inherent nature,
It is said that [the true nature] exists empty of the duality
Of apprehender and apprehended,
And that mere clarity-awareness, empty of duality, exists.

Meditation:

When certainty is stabilized in this way,
Free of fixation, let go and relax within emptiness of duality.
Through resting in mere clarity-awareness,
The confusion of dualistic appearances will gradually dissolve.

At the Dzogchen Palace of Appearance-Emptiness, Sherab Lodro [Khenpo Tsultrim Gyamtso Rinpoche] spoke this extemporaneously, whereupon Dzogchen Ponlop Rinpoche immediately wrote it down. Translated under the direction of Dzogchen Ponlop Rinpoche by Tyler Dewar of the Nitartha Translation Network, 2002.