



Karma Lingpa

The Six Root Verses of the Six Bardos

Bardo of Life

KYEMA

At this time, when the bardo of this life appears to you,
Abandon laziness since there is no time to waste.
Establish yourself in the meaning of hearing, contemplating and meditating without distraction.
Taking the path of appearance-mind, actualize the three kayas.

Bardo of Dream

KYEMA

At this time, when the bardo of dream appears to you,
Abandon the heedlessness of the delusory sleep of a corpse.
Enter into the nature of mindfulness and non-wandering.
Recognizing dreams, practice transformation and luminosity.

Bardo of Meditation

KYEMA

At this time, when the bardo of meditation appears to you,
Abandon the accumulations of distractions and confusion.
Rest in the nature of non-wandering and non-fixation free from extremes.
Achieve stability in the development and fulfillment stages.

Bardo of Death

KYEMA

At this time, when the bardo of death appears to you,
Abandon attraction, attachment and fixation to all.
Enter into the nature of the clear oral instructions without distraction.
Transfer into the unborn space of self-arising awareness.

Bardo of Dharmata

KYEMA

At this time, when the bardo of dharmata appears to you,
Abandon all shock, terror and fear.
Enter into the recognition that whatever arises is pristine awareness.
Recognize the appearances of the bardo in this manner.

Bardo of Becoming

KYEMA

At this time, when the bardo of becoming appears to you,
Hold the one-pointed mind of intention
To continuously perform excellent activity.
Closing the entrance to the womb, remember to reverse samsara and nirvana.
This is the time to be steadfast and to hold sacred outlook.
Abandoning jealousy, meditate on the guru and consort in union.

This translation of the root verses of the six bardos is an excerpt from Padmasambhava's "Instructions on the Six Bardos of the Peaceful and Wrathful Deities" as revealed by the tertön Karma Lingpa at the mountain of Gampo Dar. These verses are pith instructions to remind beings how to direct their minds towards enlightenment. Translation from Dzogchen Ponlop Rinpoche.