



The Four Thoughts

Namo

You are the glorious embodiment of the wisdom, love, and power of the buddhas of the three times and their heirs. May we never part, my sole and everlasting source of refuge. Please dwell on the chakra of great bliss on my crown. My precious guru, I pray to you: Please grant your blessings, my supremely kind master.

These freedoms and advantages are so difficult to find. So that I may make full use of this meaningful human birth, My precious guru, I pray to you: Please grant your blessings, my supremely kind master.

The appearances of this life are like the mere experiences in a dream. So that I may sincerely remember death and impermanence, My precious guru, I pray to you: Please grant your blessings, my supremely kind master.

The nature of the three realms of cyclic existence is one of suffering. So that I may completely cut through my attachment and clinging to samsara, My precious guru, I pray to you: Please grant your blessings, my supremely kind master.

The ripening of virtuous and negative deeds is inevitable. So that I might know right from wrong and act accordingly, My precious guru, I pray to you: Please grant your blessings, my supremely kind master.

An excerpt from *The Profound and Secret Heart Essence of the Dakinis—The Chariot of Liberation*
—*Instructions on the Preliminary Practices*