



How to Settle the Mind

by Khenpo Gangshar

Within, the mind's awareness is boundless and free,
Without, there is no grasping at external appearances.
When inner and outer dissolve, all is utterly transparent.
Liberation from like and dislike—how truly wonderful!

Distraction is simply a manifestation of the mind.
Likewise, like and dislike, hope and fear, good and bad,
And pure and impure are all aspects of the mind.
In such moments, you should not disregard the law of cause and effect.

Engage in your actions carefully and keep a low profile.
Do not behave rudely or improperly,
Rather, remain in harmony with those around you.
Let all emotions and attitudes of like and dislike be purified within your own space.

Ask yourself how much progress you have made on the path,
See if you are able to face suffering, such as sickness,
See whether you can tolerate being mistreated and despised.
If you are unable to do so, it shows you are ordinary,
A sign that the path is not yet complete.

As such, you should pray to the guru and the yidam deity,
Receive empowerment and unite the guru's wisdom with your mind.
Then rest in that expanse, without any tension or clinging,
And remain effortlessly in a state of complete relaxation.

From time to time, reflect upon cause and effect,
Knowing that karma is unfailing.
Take upon yourself the suffering of others,
And offer them whatever happiness you possess.
Practice this exchange of happiness and suffering.

Do not reject difficulty, nor seek comfort, simply relax.
Be without ideas of good and bad, or hope and fear.
If this is done, it enables you to remain joyful in any company,
Cheerful and content wherever you are,
No matter what you do, you remain joyful.

The more carefully you adhere to cause and effect,
The more your selfishness and self-grasping will reduce.
Strong pleasure and pain will diminish, and fear of death will also disappear.
All of these are signs that your practice has been effective.

In short, at all times and in all situations,
If you know how to let the mind settle naturally,
You will never be separate from the experience of its true essence.

These crazy words arose spontaneously,
From the unfiltered Gangshar Wangpo.
May you and I be one, inseparable in essence,
And may our union bring benefit to all beings.