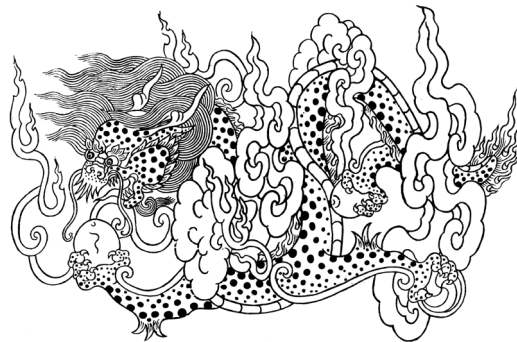


The Four Thoughts That Turn the Mind



Impermanence

NYI PA NÖ CHÜ T'HAM CHE MI TAK CHING

Second, The world and all its inhabitants are impermanent.

NAM CHHI CHHA ME SHI TH'HE RO RUN GYUR

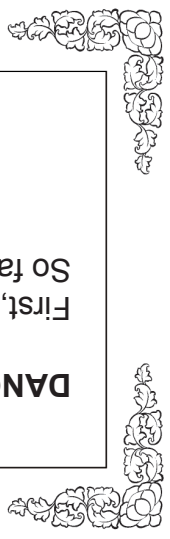
It is uncertain when I will die and become a corpse.

GÖ SU DRO WAY T'SHE SOK CHHU BUR DRA

In particular, the life of each being is like a water bubble.

DE LA CHHÖ KYI P'HEN CHHIR TSON PE DRUP

As it is only the dharma that can help me at that time,
I must practice now with diligence.



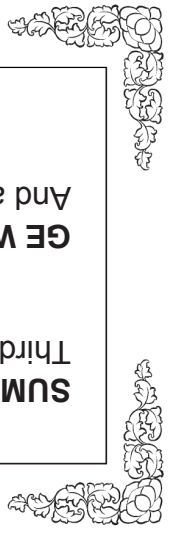
First, this precious human birth,
So favorable for the practice of dharma,

DANG PO GOM JA DAL JOR RIN CHHEN DI

Is difficult to obtain and easily lost.
At this time, I must make this meaningful.

T'HOP KA JIK LA DA RE DÖN YÖ JA

The Precious Human Birth



And always devote my time to wholesome actions.

GE WAY JA WE TAK TU DA WAR JA

Third, At death there is no freedom and karma takes its course.

SUM PA SHI TH'HE RANG WANG MI DUR WAR

With this in mind,
I must observe my mindstream each day.

ZHE SAM NYIN RE RANG GYÜ NYI LA TAK

As I create my own karma,
I should therefor abandon all unwholesome action,

LEN NI DAK GIR JA CHHIR DIK PA PANG

Karmic Cause and Effect



ZHI PA KHOR WAY NE DROK DE JOR SOK

Fourth,
Just like a feast before the executioner leads me to my death,

SÖ SAR T'HRI PAY SHE MAY GA TÖN TAR

Cause me continual torment by means of the three sufferings.

DUK NGAL SUM GYI TAK TU NAR WAY CHHIR

The homes, friends, pleasures, and possessions of Samsara,

ZHEN T'HRI CHE NE TSÖN PE JANG CHHUP DRUP

I must cut through all attachment,
And strive to attain enlightenment.



