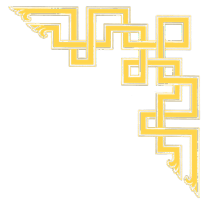
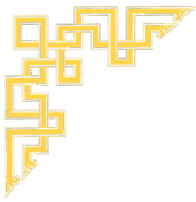




“A Teaching on Gaining Experience”

by Lama Tsongkhapa

from an original text by Je Rinpoche, Lama Tsongkhapa called
“A Teaching for Namkha Pel and My Other Students on How to Practise”



A Teaching for Namkha Pel and My Other Students on How to Practise

by Je Rinpoche, Lama Tsongkhapa

1.

By relying on the Buddha, all short and long-term benefits
Will be bestowed with ease by our spiritual friends alone.
Like atoms at the feet of our Protector, this treasure of compassion,
I will respectfully venerate him from life-to-life.

2.

With luminous intelligence and a stable root of faith,
With hands outstretched to offer in order to engage in hearing,
Namkha Pel sent from a distant place,
A letter of meaningful, wholesome, and pleasant words.

3.

Messengers were sent with many delightful gifts,
Such as the finest statues of bodhisattvas, a collection of
Guhyasamaja texts and a pair of saffron victory banners –
All of which were accepted.

4.

“Having trained in the beneficial guidance I have received,
Please bestow again a festival of eloquent teachings.”
There are no personal instructions whatsoever
That are greater than the spiritual guidance already received.

5.

Just like through a great many soft water droplets falling
Onto an enormous hard boulder,
Only if you keep listening respectfully, again and again, to
Correct teachings, will you attain excellent qualities.

6.

Alas, due to migrators being of feeble intelligence and
Lacking the excellent protection of wise advice,
They fervently rush through the doorway to deterioration,
Engaging forcefully without interruption.

7.

In order to turn entirely away from the conduct of the immature,
The genuine system needs to be attained.
However, merely achieving that is not sufficient, as it would be
like
A lotus ornamenting a peak being found by just a donkey or
sheep.

8.

You have a meagre collection of wholesome deeds
And have unceasingly gone in the direction of harmful
behaviour.
Because of that, you have found this opportunity, this door to
Happiness and excellence, the Buddhadharmā, just this once!

9.

At this time, at this place, if meaningless activities,
Which are like winnowed husk, are not abandoned,
You will remain in the lower realms for aeons after this body and life
cease.
Who has the capacity to end this unbroken continuity of
suffering?

10.

Just like harmful spirits can take your life, this valued
Beneficial friend that you protect with clothing,
The door to your well-being, the Muni's boundary,
Is seen as an enemy by those who are ignorant and confused.

11.

To you I say, consistently train in what I teach, because
This freedom which is greatly meaningful is difficult to attain
And also perishes quickly just like a water bubble.
Therefore, do not pursue anything else.

12.

Even small positive and negative causes and effects are
non-deceptive.
Keep dependent arising in mind from today!
The root of spiritual and temporal well-being has not been attained
Due to conceit. Sustained meditative concentration needs to be
practised

13.

Otherwise, remorse will follow all that boastful behaviour.
This would be like a trader returning to their home from an island
Of gold, carrying and wearing trinkets that were mistaken for jewels.
This needs to be known!

14.

If you recognise that this life is difficult to obtain, you will be
able to overcome laziness.
If you see its great potential, you will not regret transcending
what is meaningless.
If you reflect on death, you will prepare for your imminent future.
If you contemplate karma, non-conscientiousness will not last
but be counteracted.

15.

When those four roots become stable,
Additional virtuous qualities easily grow.
Therefore, like a stable foundation of an old house,
Joyously, without hesitation, train in the four roots!

16.

Depending at the beginning, on the power of the field,
A deep strength of mind will grow.
Revere the spiritual teacher and Three Jewels through
Engaging in the foundation which is continuous practice.

17.

Thus, in order to rely on the roots, exert oneself principally
In the profound and vast teachings without exception.
From now put those that you can into practice and
Make prayers for those that you cannot yet.

18.

Not ever abandoning any of the Buddha's skilful methods,
Is the way the teachings of the Conqueror are fully perfected.
Your skill will grow if you understand the path well,
Otherwise the sacred Dharma will just be abandoned and lost.

19.

In brief, do not let your thoughts follow your desires,
Rather direct your mind toward the Buddha's teachings.
At the time of encountering temporary problems, recall the
benefits of practice,
And with humility exert yourself as if you were striving for treasure!

20.

Out of love and compassion I have given this brief advice.
Through the virtue that has arisen, may all migrants
Be compassionately cared for by genuine spiritual mentors,
And may they practise in accordance with this counsel!

*Colophon: Translated by Venerable Lobsang Dorje in a literal style so as to complement
the oral teaching of Geshe Thubten Rabten at Atisha Centre, March 2024.*

