



*Concise Advice
on How to Live a
Meaningful Life*

by *Lama Tsongkhapa*

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by *Lama Tsongkhapa (1357 - 1419)*

Homage to my lamas and Mañjugosha.

1.

You who has many qualities, wrote to me with a longing to be of benefit. Regardless of your circumstances and what you have created in this life, It is certain that you will have to go to your next rebirth; Therefore, it makes sense to strive to benefit your future lives.

2.

To have a human life and to have met the Dharma
Is indeed an unique opportunity that again and again has not been gained.
Now is the occasion from which to live a greatly meaningful life.
Reflect on how through this method now is the time to fulfil this life's
potential!

3.

Today's activities and those planned for tomorrow just keep multiplying.
But what will you do when death reaches you?
Therefore, it makes sense to immediately, and without procrastinating,
Put into practice the meaning of all you have learnt.

4.

People lacking the armour of mindfulness and vigilant introspection
Will continuously be harmed by all kinds of doubts and distractions, and
Thus will rarely be assisted in accumulating virtuous karma;
However, those who are skilled do not need to depend upon others.

This is an extract from a written answer by Lama Tsongkhapa to the master Lödrö Pel on what activities to engage in.

Translated by Ven.Lobsang Dorje for Geshe Thubten Rabten's Winter Retreat at Atisha Centre, 2024.

