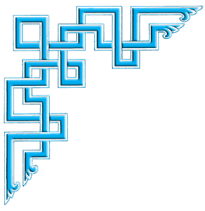




*Profound Personal Instructions for  
the Protector of Beings, Dorje Pal,  
and Other Heart Students*

by Lama Tsongkhapa



# Profound Personal Instructions for the Protector of Beings, Dorje Päl, and Other Heart Students



Namo Mañjugosha, Homage to Manjushri

If, at his lotus feet, you rely with complete devotion,  
Your every wish will be bestowed with ease.  
Prostrating at the feet of your lama, the supreme guide,  
Listen to these few words I wish to speak!

Through extensive wholesome karma, you have successfully achieved  
This excellent life of freedom. Now that you have such a life,  
If you do not strive in virtue every day and each night,  
There can be no greater betrayal.

If you are lazy due to being distracted by today's chores and tomorrow's tasks  
You will not achieve what you could have, and  
If it is powerful Yama that leads you to your next worldly abode,  
How great will your distress and despair be then?

Therefore, reflect on the way in which death comes so quickly,  
And how after death, like a shadow follows the body,  
The two types of karma follow. Having contemplated this repeatedly,  
Exert yourself in purifying non-virtue and accumulating virtue!

All sentient beings are in the terrifying abyss of samsara,  
Continuously wandering, friendless and alone.  
There is no protecting-refuge like that of the Three Jewels,  
Thus, go for protecting-refuge sincerely and with your whole heart.

These very sentient beings are your loved ones and your dear friends,  
Who for a long time have helped and benefitted you in countless ways.  
These very dear ones have fallen into an ocean of suffering and pain.  
And, in all circumstances, are worthy of kindness and compassion.

In order to establish a path of liberation within them,  
Cultivate the mind yearning for the state of a victor, then  
Engage in gathering virtue by a wide variety of means  
Without being satisfied with only a mere limited [accumulation].

In brief, vows, which have willingly been accepted,  
Must be upheld completely purely consistent with  
Your own strength and in accordance with your learning.  
Strive to habituate your mind through this skilful means!

The manifold forms of pain, suffering and misery are caused by  
Non-virtues via the three doors. Should you engage in this anew,  
It will obstruct your vows. Previous non-virtues should be  
Continuously purified with vigour by means of the four powers!

*Colophon: At persistent request of the Protector of beings, Dorje Pal,  
the Buddhist monk, the glorious Lobsang Drakpa, composed this in the vast valley of Cang.*

*Translator's Colophon: Translated by Ven.Lobsang Dorje in a literal style so as to complement  
the oral teaching of Geshe Rabten, at Atisha Centre 2024.*

