



# *Parting from the Four Clingings*

*by Sachen Kunga Nyingpo*



# Parting From The Four Clingings

*by Sachen Kunga Nyingpo (1092-1158)*

If you cling to this life, you are not a practitioner.  
If you cling to the three realms, you are not a renunciate.  
If you cling to self-interest, you are not a bodhisattva.  
If grasping arises, you do not have the view.

*Colophon: Translated by Ven. Lobsang Dorje for the Winter Retreat  
2025 by Geshe Thubten Rabten at Atisha Centre.*



