

*,, THEG PA CHEN PO'I BLO SBYONG MTSON CHA 'KHOR LO BZHUGS SO,

**Herein lie the instructions
on developing the good heart entitled
*"The Wheel of Knives"***

[This work on developing the good heart was presented to Lord Atisha (982-1052) by the Indian master Dharma Rakshita. The selections found here are taken from a version in the Dharmasala edition of *The Compendium of Texts on Developing the Good Heart*, pp. 96-110, and corrected from an edition found in the PL480 publishing of the *gDams-ngag mdzod, bKa' gdams skor*. Please note that many different editions of the texts exist, with spellings that sometimes vary greatly; we have used some of these in the present translation where it appeared more correct.]

,DKON MCHOOG GSUM LA PHYAG 'TSAL LO,

I bow down to the Three Precious Jewels.

,DGRA BO GNAD LA DBAB PA MTSON CHA'I 'KHOR LO ZHES BYA BA,

Here is "*The Wheel of Knives*," an instruction which strikes the enemy at his heart.

,KHRO BO GSHIN RJE'I GSHED LA PHYAG 'TSAL LO,

I bow down to the Angry One, the Lord of Death.

,BTZAN DUG NAGS SU RMA BYA RGYU BA NA, ,SMAN GYI LDUM RA
LEGS PAR MDZES GYUR KYANG , ,RMA BYA'I TSOGS RNAMS DGA' BAR
MI 'GYUR GYI, ,BTZAN DUG BCUD KYIS RMA BYA 'TSO BA LTAR,

Peacocks wander in the midst
Of a forest of poison trees;
A garden of healing herbs and plants
May be something lovely,
But peacocks have no love for them—
They live off poison itself.

,DPA' BO 'KHOR BA'I NAGS SU 'JUG PA NA, ,BDE SKYID DPAL GYI LDUM

RA MDZES GYUR KYANG , ,DPA' BO DAG NI CHAGS PAR MI 'GYUR GYI,
,SDUG BSNGAL NAGS SU SEMS DPA' 'TSO BA YIN,

Bodhisattva warriors are the same:
A garden of comfort and pleasures
May be something lovely,
But the warriors have no attachment for them—
They live off a forest of pain.

,DE PHYIR BDE SKYID DANG DU LEN PA YI, ,BDAR MA'I DBANG GIS SDUG
LA SKYEL BA YIN, ,SDUG BSNGAL DANG DU LEN PA'I SEMS DPA' DE,
,DPA' BA'I STOBS KYIS RTAG TU BDE BA YIN,

The kings of cowardice who pursue
Comfort and pleasure find themselves
Transported instead to pain.
Those mighty warriors who pursue
Pain for others find themselves
Forever surrounded by bliss,
By the power of their courage.

,DA 'DIR 'DOD CHAGS BTZAN DUG NAGS DANG 'DRA, ,DPA' BO RMA BYA
LTA BUS MCHUN PAR 'GYUR, ,BDAR MA BYA ROG LTA BU'I SROG LA
'CHI, ,RANG 'DOD CAN GYIS DUG 'DI GA LA MCHUN,

Now in this place desire is like
A forest of poison trees;
Bodhisattva warriors, like peacocks,
Are strong enough to take it.
Cowards though are like the crow,
For these same leaves are death to it—
How could those who only think
Of what they want themselves
Ever have the strength to eat
This poison?

,NYON MONGS GZHAN DANG DE BZHIN SBYAR BA NA, ,BYA ROG LTA
BUR THAR PA'I SROG LA 'BAB, ,DE PHYIR SEMS DPA' RMA BYA LTA BU
YIS, ,DUG GI NAGS DANG 'DRA BA'I NYON MONGS RNAMS, ,BCUD DU
BSGYUR LA 'KHOR BA'I NAGS SU 'JUG,DANG DU BLANGS LA DUG 'DI

GZHOM PAR BYA,

The same is true with all the other
Mental afflictions there are;
These are enough to threaten the life
Of nirvana for those like crows.
The peacock bodhisattvas though
Turn the poison forest of
Their mental afflictions into opportunities,
And food to keep them strong.
They leap then into the forest
Of this vicious circle of life;
They make it an opportunity,
And thus destroy the poison.

,DA NI RANG DBANG MED PAR 'KHOR BA YI, ,BDAG TU 'DZIN PA BDUD
KYI PHO NYA 'DI, ,RANG 'DOD SKYID 'DOD DE DANG PHAR PHRAL LA,
,GZHAN DON DKA' SPYAD DANG DU BLANG BAR BYA,

Realize now that grasping for yourself
Is the henchman of the devil
And keeps you here in this vicious circle,
Helpless to help yourself.
Run now far from the state of mind
That only wants what's good for me,
That only wants what feels good,
And happily take upon yourself
Any hardship for others' sake.

,LAS KYIS BDAS SHING NYON MONGS GOMS PA YIS, ,RIS MTHUN SKYE
DGU RNAMS KYI SDUG BSNAL RNAMS, ,SKYID 'DOD BDAG GI STENG
DU SPUNG BAR BYA,

The mass of living beings are just like me:
Driven on against their will by karma,
Minds forever filled with negative thoughts.
Let me take now all their pain
And throw it down in heaps
Upon the head of the part of me
That wants only me to be happy.

,GAL TE RANG 'DOD 'KHRI BA ZHUGS PA'I TSE, ,ZLOG LA RANG GI BDE
SKYID 'GRO LA SBYIN, ,JI LTAR BDAG LA 'KHOR GYIS LOG SGRUB TSE,
,RANG GI YENGS PAS LAN ZHES SNYING TSIM SBRENG ,

Whenever I feel myself being carried
Away by what I want,
May I stop myself and give away
My own happiness to others.
Whenever those who've pledged to help me
Instead do something very wrong,
May I say to myself, "It's because I failed
To keep my mind on goodness,"
And thus put my heart at ease.

,LUS LA MI BZOD NA TSA BYUNG BA'I TSE, ,'GRO BA'I LUS LA GNOD PA
SKYAL BA YI, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN, ,DA NI
NA TSA MA LUS RANG LA BLANGS,

Whenever my body is stricken
By some unbearable sickness,
It's because the wheel of knives
Has turned on me again:
The karma of doing harm
To the bodies of other people.
From now on then I'll take upon
My own body all the sickness
That comes to anyone at all.

,RANG GI SEMS LA SDUG BSNAL BYUNG BA'I TSE, ,NGES PAR GZHAN
GYI SEMS RGYUD DKRUGS PA YIS, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI SDUG BSNAL MA LUS RANG LA BLANGS,

Whenever I feel any pain
Inside of my own thoughts,
It's because the wheel of knives
Has turned on me again:
Beyond a doubt it's the karma
Of upsetting other people.
From now on then I'll take on myself

The hurt that others feel.

,RANG NYID BKRES SKOM DRAG POS GZIR BA NA, ,KHRAL DANG RKU
PHROG SER SNA BYAS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR
BA YIN, ,DA NI BKRES SKOM MA LUS RANG LA BLANGS,

Whenever I find myself tormented
By feelings of thirst and hunger,
It's because the wheel of knives
Has turned on me again:
The karma of burdening others financially,
Of thieving, of stealing, of failing to share.
From now on then I'll take on myself
The hunger and thirst of others.

,DBANG PO GZHAN GYI 'KHOR ZHING MNAR BA'I TSE, ,DMAN LA
SDANG ZHING BRAN DU BKOL BA YIS,

,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN, ,DA NI LUS SROG
GZHAN GYI DON DU BKOL,

Whenever I suffer in the service
Of another whose authority is more,
It's because the wheel of knives
Has turned on me again:
The karma of arrogance towards those
Who are less than me,
And forcing others to do my work.
From now on then I'll force another,
I'll force my own body and life,
Into the service of others.

,MI SNYAN TSIG RNAMS RNA BAR BYUNG BA NA, ,PHRA MA LA SOGS
NGAG GI NONGS PA YI, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI NGAG GI SKYON LA SMAD PAR BYA,

Whenever an unpleasant word from another
Comes and reaches my ears,
It's because the wheel of knives
Has turned on me again:

The karma of mistakes
I've made In different things I've said,
Divisive talk and such.
From now on then the only thing
That I'll talk bad about
Is what I say that's wrong.

,GANG YANG MA DG-YUL DU SKYES PA NA, ,MA DAG SNANG BA RTAG
PAR BSGOMS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN,
,DA NI DAG SNANG 'BA' ZHIG BSGOM PAR BYA,

Any time a single thing
Strikes me as something unpleasant,
Is because the wheel of knives
Has turned on me again:
The karma of constantly seeing my world
As something less than totally pure.
From now on then I'll devote myself
To seeing things only as purity.

,PHAN ZHING MDZA' BA'I GROGS DANG BRAL BA'I TSE, ,GZHAN GYI
'KHOR RNAMS BDAG GIS KHA DRANGS PAS, ,LAS NGAN MTSON CHA
RANG LA 'KHOR BA YIN, ,DA NI GZHAN DAG 'KHOR DANG BRAL MI
BYA,

Whenever I find myself without
Anyone to help me, no friends of my own,
It's because the wheel of knives
Has turned on me again:
The karma of leading away
Those who were close to another.
From now on then I'll never act
In a way that makes others lose
The ones who are close to them.

,DAM PA THAMS CAD BDAG LA MI DGA' BA, ,DAM PA BOR NAS 'KHOR
NGAN BSTEN PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN,
,DA NI NGAN PA'I GROGS RNAMS SPANG BAR BYA,

Suppose it comes that not a single

Spiritual kind of person
Likes me in the least.
It's because the wheel of knives
Has turned on me again:
The karma of giving up spiritual friends,
And associating with people
Who have no noble thoughts.
From now on then
I'll give up being
Close to people like this.

,SGRO SKUR GZHAN GYIS SDIG SOGS BYUNG BA'I TSE, ,RANG GIS DAM
PA RNAMS LA SMAD PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR
BA YIN, ,DA NI GZHAN LA SGRO SKUR SMAD MI BYA,

Whenever someone threatens me,
Or anything of the like,
Says I'm bad when I've been good,
It's because the wheel of knives
Has turned on me again:
The karma of speaking badly
About real spiritual people.
From now on then
I'll never Say someone good is not,
Say something bad of others.

,MKHO BA'I RDZAS LA CHUD ZOS BYUNG BA'I TSE, ,GZHAN GYI MKHO
BA KHYAD DU BSAD PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR
BA YIN, ,DA NI GZHAN GYI MKHO BA BSGRUB PAR BYA,

When it happens that I suddenly lose
All that I need to live on,
It's because the wheel of knives
Has turned on me again:
The karma of laying to waste
The things that others depend on.
From now on then I'll always
Find ways to supply for others
The things they need to live.

,SEMS MI GSAL ZHING SNYING MI DGA' BA'I TSE, ,SKYE BO GZHAN LA
SDIG PA BSAGS PA YI, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN,
,DA NI GZHAN GYI SDIG RKYEN SPANG BAR BYA,

When I can't think clearly,
When I feel depressed at heart,
It's because the wheel of knives
Has turned on me again:
The karma of leading others
To constantly do bad deeds.
From now on then I'll avoid
Ever being a reason
For others to do something wrong.

,BYA BA MA GRUB SEMS RTZA 'KHRUG PA'I TSE, ,DAM PA'I LAS LA BAR
CHAD BYAS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN,
,DA NI BAR CHAD THAMS CAD SPANG BAR BYA,

When the things I try to accomplish
Never seem to work out,
And I feel upset to the core,
It's because the wheel of knives
Has turned on me again:
The karma of obstructing
The work of holy beings.
From now on then I'll give up
Ever being a hindrance to them.

,GANG LTAR BYAS KYANG BLA MA MA MNYES TSE, ,DAM PA'I CHOS LA
NGO LKOG BYAS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI CHOS LA NGO LKOG CHUNG BAR BYA,

When no matter what I do
My Lama never seems pleased,
It's because the wheel of knives
Has turned on me again:
The karma of hypocrisy
In my practice of the Dharma.
From now on then I'll try
To be less insincere

Within my spiritual life.

,SKYE BO YONGS KYIS KHA LOG BYUNG BA'I TSE, ,NGO TSA KHREL YOD
KHYAD DU GSOD PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI MI BSRUN PA LA 'DZEM PAR BYA,

When everyone around me seems
To criticize my every move,
It's because the wheel of knives
Has turned on me again:
The karma of not caring
From my own side whether I'm good,
Or how what I do affects others.
From now on then I'll avoid
Doing any actions
That are inconsiderate.

, 'KHOR RNAMS 'DUS MA THAG TU 'GRAS PA'I TSE, ,SDUG SHIS NGAN PA
PHYOGS SU BTZONGS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR
BA YIN, ,DA NI GANG LA'ANG MI SHIS LEGS PAR BYA,

When it happens that, as soon as I bring together
A group of people around me,
They begin to strive against one another,
It's because the wheel of knives
Has turned on me again:
The karma of wishing ill on others,
And splitting people into sides.
From now on then I'll never
Wish ill on others,
But only do them well.

,NYE TSAD THAMS CAD DGRA BOR LANGS PA'I TSE, ,BSAM PA NGAN PA
NANG DU BCUG PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI MUGS SKYO RGYUN MA CHUNG BAR BYA,

When all those closest to me
Turn instead to enemies,
It's because the wheel of knives
Has turned on me again,

The karma of hiding within me
Thoughts to bring others harm.
From now on then I'll try
To lessen my tendency
Of planning to trip up others.

,BAD GCONG SKRAN DANG DMU CHU NGAN PA'I TSE, ,KHRIMS MED
DKOR LA BAG MED 'BAGS PA YIS, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI SGO 'PHROG LA SOGS SPANG BAR BYA,

When serious sickness comes to me—
Pneumonia, fevers of death,
Cancer, water filling my limbs—
It's because the wheel of knives
Has turned on me again,
The karma of breaking the rules
And sullyng myself by the act
Of wrongly using those things
That were supposed to be used for Dharma.
From now on then I'll never
Do anything like stealing
Objects meant for Dharma use.

,GLO BUR 'GO NAD LUS LA THEBS PA'I TSE, ,DAM TSIG NYAMS PA'I BYA
BA BYAS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN, ,DA
NI MI DGE'I LAS RNAMS SPANG BAR BYA,

When suddenly I'm stricken
By migraines that wrack my body,
It's because the wheel of knives
Has turned on me again,
The karma of doing those things
That I pledged to never do.
From now on then I'll avoid
Every non-virtuous act.

,SHES BYA KUN LA BLO GROS RMONGS PA'I TSE, ,BZHAG TU 'OS PA'I
CHOS RNAMS BYAS PA YI, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI THOS SOGS SHES RAB GOMS PAR BYA,

When I find myself unable
To understand a single thing,
It's because the wheel of knives
Has turned on me again,
The karma of following spiritual paths
That are better left behind.
From now on then I'll spend my time
In learning and the rest,
In pursuing perfect wisdom.

,CHOS LA SPYOD TSE GNYID KYIS NON PA'I TSE, ,DAM PA'I CHOS LA
SGRIB PA BSAGS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI CHOS PHYIR DKA' BA SPYAD PAR BYA,

When I find myself overcome
By sleepiness as I try
To do my spiritual practices,
It's because the wheel of knives
Has turned on me again:
The karma of behaving
In a way towards the Dharma that blocks
My future understanding.
From now on I'll undertake
Any kind of hardship
or the sake of my spiritual life.

,NYON MONGS LA DGA' RNAM G-YENG CHE BA'I TSE, ,MI RTAG 'KHOR
BA'I NYES DMIGS MA BSGOMS PAS, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI 'KHOR BAR YID 'BYUNG CHE BAR BYA,

When my own mind seems to enjoy
The mental afflictions within it
And constantly wanders away,
It's because the wheel of knives
Has turned on me again:
The karma of failing to think
Of the fact that I'll not be here long,
And the many other problems
Of this vicious circle of life.
From now on then I'll try

To feel more tired of living
Here in the cycle of pain.

,CI TZUG BYAS KYANG MAR 'GROR SHOR BA'I TSE, ,LAS DANG RGYU
'BRAS KHYAD DU BSAD PA YIS, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI BSOD NAMS GSOG LA 'BAD PAR BYA,

When all the activities that I begin
Go steadily down, then fail,
It's because the wheel of knives
Has turned on me again:
The karma of disregarding
The laws of karma itself
As well as the consequences
Of the things I do. From now on then
I'll try My best to collect good karma.

,RIM GRO BYAS TSAD LOG PAR SONG BA'I TSE, ,NAG PO'I PHYOGS LA RE
LTOS BYAS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN, ,DA
NI NAG PO'I PHYOGS LAS BZLOG PAR BYA,

When all the attempts I make
To honor and offer to holy ones
Seem to go awry,
It's because the wheel of knives
Has turned on me again:
The karma of putting my hopes
In the negative side of things.
From now on then I'll reject
All negativity.

,DKON MCHOOG GSUM LA GSOL BA MA THEBS TSE, ,SANGS RGYAS PA LA
YID CHES MA BYAS PA'I, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI DKON MCHOOG KHO NA BSTEN PAR BYA,

When I find myself unable
To seek the help of the Triple Gem,
It's because the wheel of knives
Has turned on me again:
The karma of not believing

In the Buddha, an enlightened being.
From now on then I'll place myself
Only in the care
Of all three of the Jewels.

,RNAM RTOG GRIB DANG GDON DU LANGS PA'I TSE, ,LHA DANG
SNGAGS LA SDIG PA BSAGS PA YIS, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI NGAN RTOG THAMS CAD GZHOM PAR BYA,

When I'm attacked by worries,
By obstacles in my mind,
When spirits come to haunt me,
It's because the wheel of knives
Has turned on me again:
The karma of doing wrong deeds
Towards Angels and around
The teachings of the secret word.
From now on then I'll stop
All the negative thoughts that wander
Throughout my mind all day.

,DBANG MED DOM LTAR BYES SU 'KHYAMS PA'I TSE, ,BLA MA LA SOGS
GNAS NAS BSKRAD PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA
YIN, ,DA NI GANG YANG YUL NAS DBYUNG MI BYA,

When I find I have no place to stay,
Wandering helpless here and there
Like a bear lost far from home,
It's because the wheel of knives
Has turned on me again:
The karma of forcing Lamas and such
To leave behind their homes.
From now on then
I'll never drive
Someone from the place they live.

,SAD SER LA SOGS MI 'DOD BYUNG BA'I TSE, ,DAM TSIG KHRIMS RNAMS
TSUL BZHIN MA BSRUNGS PAS, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI DAM TSIG LA SOGS GTZANG BAR BYA,

When disasters like frost or hail
Or anything of the like appear,
It's because the wheel of knives
Has turned on me again:
The karma of failing to properly keep
My pledges and other such codes.
From now on then I'll keep
My pledges and such pure clean.

,DOD PA CHE LA 'BYOR PAS 'PHONGS PA'I TSE, ,SBYIN DANG DKON
MCHOG MCHOD PA MA BGYIS PAS, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI MCHOD SBYIN DAG LA BRTZON PAR BYA,

When my want for things is great,
But I've nothing to pay for them,
It's because the wheel of knives
Has turned on me again:
The karma of failing to give to others,
And offer to the Jewels.
From now on then I'll work hard
To make offerings, and to give.

,SKYE GZUGS NGAN TE 'KHOR GYIS BRNYAS PA'I TSE, ,SKU GZUGS NGAN
BZHENGs KHONG KHROS DKRUGS PA YI, ,LAS NGAN MTSON CHA
RANG LA 'KHOR BA YIN, ,DA NI LHA BZHENGs NGANG RGYUD RING
BAR BYA,

When I look ugly to others
And those around me insult me for it,
It's because the wheel of knives
Has turned on me again:
The karma of making holy images W
ithout taking the proper care,
And of letting anger drive me
Into a state of turmoil.
From now on then I'll craft
These holy images right,
And learn to endure with patience.

,GANG LTAR BYAS KYANG CHAGS SDANG 'KHRUGS PA'I TSE, ,MA

RUNGS RGYUD NGAN RENGS SU BCUG PA YI, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN, ,DA NI NGA KHYOD DRUNG NAS DBYUNG BAR BYA,

When no matter what I do
I find my peace of mind
Disturbed by likes and dislikes,
It's because the wheel of knives
Has turned on me again:
The karma of allowing myself
To wallow in negative states of mind.
From now on then I'll reject
All feelings of "you against me."

,SGRUB PA GANG BYAS DMIGS SU MA SONG TSE, ,LTA BA NGAN PA KHOG TU ZHUGS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN,

,DA NI CI BYED GZHAN DON NYID DU BYA,

When whatever I undertake
Fails in the aim I'd hoped for,
It's because the wheel of knives
Has turned on me again:
The karma of holding in my heart
A harmful way of seeing things.
From now on then whatever
I do I'll do for the sake of others.

,DGE SBYOR BYAS KYANG RANG RGYUD MA THUL TSE, ,TSE 'DI'I CHE THABS DANG DU BLANGS PA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN, ,DA NI THAR PA 'DOD LA BSGRIM PAR BYA,

When I practice Dharma as much as I can
But still cannot control my mind,
It's because the wheel of knives
Has turned on me again:
The karma of seeking ways to be
Important in a worldly way.
From now on then I'll only hope

For freedom, devoting myself to it.

,DUN MA DAG LA BRTAGS SHING 'GYOD PA'I TSE, ,KHREL MED GSAR
'GROGS MTHO KHA 'GRIMS PA YI, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI GANG LA'ANG 'GROGS LUGS GZAB PAR BYA,

When I second-guess some virtuous thoughts
I've had, and start to regret them,
It's because the wheel of knives
Has turned on me again:

The karma of failing to care
For others' feelings, making friends
With anyone I meet, pretending
To be more than I am.
From now on then I'll take great care
In choosing those I associate with.

,GZHAN GYI MUG SKYOS RANG NYID BSLUS PA'I TSE, ,RANG 'DOD NGA
RGYAL LTOGS 'DOD CHES PA YI, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI GANG LA'ANG MNGON MTSAN CHUNG BAR BYA,

When another person weaves their wiles
And totally misleads me,
It's because the wheel of knives
Has turned on me again:
The karma of thinking only of me,
Of pride, of hoping for recognition.
From now on then I'll not let on
To anyone all the personal qualities
That I've been able to gain.

,NYAN BSHAD CHAGS SDANG G-YOS SU SONG BA'I TSE, ,BDUD KYI
SKYON RNAMS SNYING LA MA BSAMS PAS, ,LAS NGAN MTSON CHA
RANG LA 'KHOR BA YIN, ,DA NI 'GAL RKYEN BRTAGS NAS SPANG BAR
BYA,

When all the teaching and learning
Of Dharma that I do
Has degenerated into feelings

Of liking and dislike,
It's because the wheel of knives
Has turned on me again:
The karma of failing to consider

Deep within my thoughts
All the trouble the demons can bring.
From now on then I'll watch
For things that can hurt my practice
And give up all of them.

,BZANG BYAS THAMS CAD NGAN DU SONG BA NI, ,DRIN LAN THAMS
CAD LOG PAR GZHAL BA YIS, ,LAS NGAN MTSON CHA RANG LA 'KHOR
BA YIN, ,DA NI DRIN LAN SPYI BOS BLANG BAR BYA,

When all the things that I've done right
Suddenly turn to something wrong,
It's because the wheel of knives
Has turned on me again:
The karma of repaying kindnesses
That others have done for me
With the very opposite.
From now on then I'll bow my head
And with the utmost respect
Return each kindness granted.

,MDOR NA MI 'DOD THOG TU BAB PA RNAMS, ,MGAR BA RANG GI RAL
GRIS BSAD PA LTAR, ,LAS NGAN MTSON CHA RANG LA 'KHOR BA YIN,
,DA NI SDIG PA'I LAS LA BAG YOD BYA,

To put it in a nutshell,
Anything that ever falls
Upon us that we never wanted
Is just the same as a blacksmith
Who accidentally kills himself
Forging a sword for someone.
It's all because the wheel of knives
Has turned on us again;
Decide then that from now on
You'll be careful not to commit

A single negative act.

,NGAN SONG GNAS SU SDUG BSNAL MYONG BA YANG , ,MDA'
MKHAN RANG GI MDA' YIS BSAD PA LTAR, ,LAS NGAN MTSON CHA
RANG LA 'KHOR BA YIN, ,DE BAS SDIG PA'I LAS LA BAG YOD BYA,

When a person goes to the lower realms
And goes through all the pain there,
It's just the same as an archer
Who accidentally kills himself
With an arrow of his own.
It's all because the wheel of knives
Has turned on us again;
So come, decide, that from now on
You'll be careful not to commit
A single negative act.

,KHYIM GYI SDUG BSNAL THOG TU BABS PA YANG , ,BSKYANGS PA'I
BU TSAS PHA MA BSAD PA LTAR, ,LAS NGAN MTSON CHA RANG LA
'KHOR BA YIN, ,DA NI RTAG PAR RAB TU BYUNG BAR RIGS,

And when the troubles of the home life
Fall upon you in a flash,
It's just as if a child
Brought up safely by its parents
Turns around and kills them;
It's all because the wheel of knives
Has turned on us again.
From now on then the wisest thing
Is to live the life of a person
Who has left the home life behind.

,DE LTAR LAGS PAS DGRA BO BDAG GIS ZIN, ,JABS NAS BSLU BA'I CHOM
RKUN BDAG GIS ZIN, ,RANG DU BRDZUS NAS BSLU BA'I ZOG PO NI, ,AE
MA BDAG 'DZIN 'DI YIN THE TSOM MED,

Since this is the way things are,
I've finally realized
Just who my enemy is.
I've caught the thief who lay in wait

And deceived me with his trap.
He's a masquerader fooling others,
And fooling himself as well. I see it now!
He's the habit I have
Of grasping to myself,
And of this there can be no doubt.

,DA NI LAS KYI MTSO CHA KLAD LA BSKOR, ,KHROS PA'I TSUL GYIS
LAN GSUM KLAD LA BSKOR, ,BDEN GNYIS ZHABS BGRAD THABS SHES
SPYAN MIG GDANGS, ,STOBS BZHI'I MCHE BA GTZIGS PA DGRA LA
BSNUN,

Now let's see the wheel of knives,
Of karma, cut his skull! O Angel of Wrath,
Now cut his skull, cut thrice!
Stand like a god on widespread legs,
A knowledge of two truths;
Stare in hatred with two eyes,
Of method, and of wisdom;
Open your jaws and show your fangs,
Four powers of confession,
Sink them deep within the flesh
Of this, my hated foe.

,DGRA BO GZIR BA'I RIG SNGAGS RGYAL PO LA, ,KHOR BA'I NAGS SU
RANG DBANG MA MCHIS PAR, ,LAS KYI MTSO CHA THOGS NAS
RGYUG BYED PA, ,BDAG 'DZIN 'GONG PO ZHES PA'I GDUG RTZUB CAN,
,RANG GZHAN 'PHUNG DU 'JUG PA'I DAM NYAMS KHUG,

I call on the King of the secret knowledge
And secret words that work
To torture all these enemies.
There is no freedom here in the woods
Of the vicious circle of life.
Take up in your hands the wheel of knives,
Take up the wheel of karma,
Speed to the side of my foe,
The cruel one, evil demon that he is,
This grasping to myself,
Broken vows and promises,

Waster of my life and others,
Go and fetch him here.

,KHUG CIG KHUG CIG KHRO BO GSHIN RJE GSHED, ,RGYOB CIG RGYOB
CIG DGRA BDAG SNYING LA BSNUN, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

Fetch him, bring him,
Lord of Anger, Lord of Death;
Strike, strike now,
Strike this highest foe in his heart;
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,H'Um H'Um YI DAM CHEN PO RDZU 'PHRUL BSKYED, ,DZ:DZ:DGRA BO
'DI NI DAM LA THOGS, ,PHAt PHAt 'CHING BA THAMS CAD BSGRAL DU
GSOL, ,BSHIG BSHIG 'DZIN PA'I MDUD PA BCAD DU GSOL,

Huung huung!
Mighty Angel, show your mystic power.
Dza dza!
Force the enemy to swear his allegiance.
Phet phet!
Break I beg you all my chains.
Break and smash!
Cut the ties that make me grasp.

,TSUR BYON YI DAM KHRO BO GSHIN RJE GSHED, ,KHOR BAR LAS KYI
'DAM RDZAB SBYOR BA YI, ,LAS DANG NYON MONGS DUG LNGA'I
RKYAL PA 'DI, ,DA LTA NYID DU SHIG SHIG DBRAL DU GSOL,

Come to me, Angel of Wrath, Lord of Death;
Take this pitiful sack filled with five poisons,
Mired by the force of karma and afflictions
In this filth of the vicious circle of life;

Come, I beg you, come right now,
And rip this bag to shreds.

,NGAN SONG GSUM DU SDUG LA BSKYAL GYUR KYANG , ,BRED MI SHES
PAR RGYU LA RGYUG PA YI, ,PHUNG BYED RTOG PA'I MGO LA CHEMS SE
CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He would escort me
To the terrors of the three lower realms;
I don't know enough to be afraid of him,
I run to the things that would take me there.
With the roar of hell Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,SKYID 'DOD CHE LA DE RGYU TSOGS MI GSAG,SDUG SRAN CHUNG LA
'DOD NAG RNGAMS SEMS CHE, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He chases after happiness
But knows nothing of how To make it come.
The slightest unpleasant thing
Is unbearable to him,
And at the same time he's full
Insatiable
Wanting all the wrong things.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

, 'DOD THAG NYE LA SGRUB LA BRTZON 'GRUS CHUNG , ,BYA BYED
MANG LA GANG YANG MTHAR MI 'KHYOL, ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A

RA YA,

He's quick to want
And slow to work,
He does everything
And finishes nothing.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,GSAR 'GROGS CHE LA KHREL GZHUNG PHYI THAG CHUNG , ,LTO 'DUN
CHE LA RKU 'PHROG TSOL KHRO REM, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He's quick to make new friends
And slow to show consideration
To the ones he has.
His aspirations
Are limited to food,
And he's ready on a moment's notice
To steal, to covet,
To fly into a fury.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,KHA BSAG GZHOXS SLONG MKHAS LA ZHE MUG CHE, ,BSDU BSOG REM
LA YOD KYANG SER SNAS BCINGS, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He's a master at trying to get things
Out of others

Through flattery and sweet hints,
But he still talks bad
About everyone.
He's ready in a minute
To make a buck,
But he's so cheap
That what he has
Is glued to his pockets.
With the roar of hell Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,KUN LA BYAS PA CHUNG LA SDUG YUS CHE, ,RANG LA KHYER KHA
MED PA RINGAM PO CHE, ,PHUNG BYED RTOG PA'I MGO LA CHEMS SE
CHEMS, ,DGRA BDAG GSHED MA'I SNYANG LA M'A RA YA,

He makes a great show
Of the troubles he takes
To help others in some
Insignificant way;
At the same time he's dying
For a way to help himself
Without any trouble at all.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,SLOB DPON MANG LA DAM TSIG KHUR SHES CHUNG , ,SLOB MA MANG
LA PHAN 'DOGS SKYANG RAN CHUNG , ,PHUNG BYED RTOG PA'I MGO
LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He has lots of big Lamas
And lots of inability

To keep any of the pledges
That they give him.
He has lots of students
Following him,
And lots of inability
To give them any real help
When they need it.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,KHAS BLANGS CHE LA PHAN PA'I NYAMS LEN CHUNG , ,SNYAN PA
CHE LA BRTAGS NA LHA 'DRES KHREL, ,PHUNG BYED RTOG PA'I MGO LA
LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He's sworn himself
To every great deed
And actually accomplished
Practically nothing
That is any help to others.
He's famous,
But if you look closely
The angel was kidnapped
By a devil.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,THOS RGYA CHUNG LA STONG SKAD RBAD KHAM CHE, ,LUNG RGYA
CHUNG LA MI RTOG DGU LA RTOG,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

The breadth of his spiritual learning
Is about zero,
But his talk is big,
And meaningless.
The breadth of his spiritual study
Is about zero,
But still he's had
A million realizations,
Of realizing nothing.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

, 'KHOR G-YOG MANG LA 'KHUR MKHAN SU YANG MED, ,DPON PO
MANG LA RGYAB BSTEN MGON DANG BRAL, ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A
RA YA,

He has many attendants
Following in his wake,
And not one who takes any responsibility.
He has many princely sponsors
But not one he can count on to help,
No one to support him.
With the roar of hell
Smash now the skull

Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,GO SA MTHO LA YON TAN 'DRE BAS CHUNG , ,BLA MA CHE LA CHAGS
SDANG BDUD LAS RTZUB, ,PHUNG BYED RTOG PA'I MGO LA CHEMS SE
CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He holds the highest of positions,
And has less qualification
Than the devil himself.
He is a high holy Lama,
But his anger and desire
Are crueller than any demon's.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,LTA BA MTHO LA SPYOD PA KHYI LAS NGAN, ,YON TAN MANG LA
GZHI MA RLUNG LA SHOR, ,PHUNG BYED RTOG PA'I MGO LA CHEMS SE
CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

His philosophy is exquisite,
And the way he lives his life
Is worse than any dog's.
The fine outer qualities
That you see are many,
But the inside core
Has gone to rot.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,ZHE 'DOD THAMS CAD RANG GI PHUGS SU ZHUGS, ,G-YOGS SKOR
THAMS CAD DON MED BZHAD GAD BYED, ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A
RA YA,

He cherishes great hopes and plans

Deep within his heart;
The people around him waste their time
In meaningless amusements.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,NGUR SMRIG GYON NAS BSRUNG SKYOB 'DRE LA ZHU, ,SDOM PA
BLANGS NAS SPYOD LAM BDUD DANG BSTUN, ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG theWEGSHED MA'I SNYING LA
M'A RA YA,

He dons his saffron robes
And goes to the devil for refuge;
He swears to sacred vows
And acts like an unholy demon.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,BDE SKYID LHA YIS BYIN NAS SDUG 'DRE MCHOD, ,DREN PA CHOS KYIS
BYAS NAS DKON MCHOG BSLU, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

Happiness is a gift of the angels,
But he makes his offerings
To evil spirits of pain.
Guidance comes from the Dharma itself,
But he cheats the Triple Gem.
With the roar of hell
Smash now the skull
Of my misperceptions,

The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,RTAG TU DGON PA BSTEN NAS G-YENG BAS KHYER, ,DAM CHOS GTZUG
LAG ZHUS NAS MO BON SKYONG , ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He takes up permanent residence
In a monastery
And his mind is permanently
Wandering somewhere else.
He receives holy teachings
In the scriptures,
Then wastes his time
In fake fortune-telling
And spiritual quackery.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,TSUL KHRIMS THAR LAM BOR NAS PHA KHYIM 'DZIN, ,BDE SKYID CHU
LA 'PHO NAS SDUG LA BSNYAG,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He throws away the idea
Of living an ethical life,
The way to freedom itself,
And instead settles down
In the house where he grew up;
His happiness is swept downstream
While he goes chasing pain.
With the roar of hell
Smash now the skull
Of my misperceptions,

The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,THAR PA'I 'JUG NGOGS BOR NAS SA MTHA' 'GRIM, ,MI LUS RIN CHEN
RNYED NAS DMYAL KHAMS BSGRUB, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

On the very threshold of freedom
He turns and wanders off
Somewhere in the boondocks.
He finally stumbles across
The precious jewel of a human life
And uses it to travel to hell.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,CHOS KYI 'GYUR KHYAD BZHAG NAS TSONG KHE BSGRUB, ,BLA MA'I
CHOS GRVA BZHAG NAS GRONG YUL 'GRIM, ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A
RA YA,

He drops his investment in the Dharma,
That pays a million-fold,
And runs to chase the other profits
Of the business world.
He leaves behind the garden of learning
At the side of his Lama
And runs instead to town.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;

Bring your death
To the heart of this butcher,
My greatest enemy.

,RANG GI RANG 'TSO BZHAG NAS 'DU SGO 'PHROG,RANG GI PHA ZAS
BZHAG NAS GZHAN LA RKU, ,PHUNG BYED RTOG PA'I MGO LA CHEMS
SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He could learn to feed himself forever,
But he drops it
And lives off taking money
Meant for the Dharma instead.
He could have dinner in his father's house,
But he drops it
And steals things from others.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,AE MA SGOM SRAN CHUNG LA MNGON SHES RNO, ,LAM SNA MA ZIN
DON MED RKANG PA MGYOGS, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

It's amazing! He has no patience
To do his meditation,
But somehow he's already gained
An advanced form of clairvoyance.
He's failed to take the very first step
On the path itself,
But he's reached the mystical power
To move himself miles in minutes.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death

To the heart of this butcher,
My greatest enemy.

,PHAN PAR BSLAB NA SDANG SEMS DGRA RU 'DZIN, ,MGO BSKOR BSLU
NA SNYING MED DRIN DU GZO, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

If you give him some advice from the heart
Truly meant to help him,
He turns on you as enemy, in anger;
But if you mislead him
With some sweet talk, he lavishes you
With gratitude for the nothing you gave.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,NANG MIR BR TEN NA SNYING GTAM DGRA LA 'CHAD, ,PHEBS PAR
'GROGS NA KHREL MED GLO SNYING RKU, ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A
RA YA,

If you take him into your confidence,
He tells your innermost secrets
To all of those who hate you.
If you get too intimate with him,
He shamelessly relieves you
Of your pants and shirt.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,KO LONG DAM LA RNAM RTOG SU BAS RAGS, 'GROGS PAR DKA' LA
BSHI NGAN RGYUN DU BLANG , ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

His temper is short,
And his mind is filled
With negative doubts of others.
It's hard to be around him,
And his heart is dark,
All day.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,BCOL NA MI NYAN LKOG NA GNOD PA BSKYEL, ,BSTUN NA MI 'DUD
RGYANG NA RTZOD PA 'CHANG , ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

If you slip up with him,
He says something unpleasant
And finds ways to hurt you
Behind your back.
If you get too close to him,
He shows you his lack of respect;
If you get some distance from him,
He attacks you from afar.
With the roar of hell Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,BKA' BLO MI BDE RTAG PAR 'GROGS PAR DKA', ,PHOG THUG MANG LA
RTAG TU 'DZIN PA DAM, ,PHUNG BYED RTOG PA'I MGO LA CHEMS SE
CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

Having a discussion with him
Is an unpleasant experience;
He's always difficult to be around.
He has all these plans
Of how to hurt others,
And he never forgets a wrong.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,MTHO DMAN CHE ZHING DAM PA DGRA RU 'DZIN, ,DOD CHAGS CHE
BAS GZHON NU DANG DU LEN, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He's acutely aware of your status,
And he feels as though those people
Who are truly spiritual are his foes.
He is full of thoughts of desire,
And so happily takes himself
To those in the bloom of youth.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,PHYI THAG THUNG BAS SNGAR 'GROGS RGYANG DU 'PHEN, ,GSAR
'GROGS CHE BAS KUN LA KHA DROD GTING , ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A
RA YA,

His ability to sustain a relationship
Is limited, so he leaves

His old friends far behind.
He chases after new friends,
Makes all of them big promises,
And doesn't help anyone much.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,MNGON SHES MED PAS RDZUN SKYON DANG DU LEN, ,SNYING RJE
MED PAS BLO GTAD SNYING LA BRAB, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He has no clairvoyance,
So he gets by with made-up lies;
He has no compassion,
So his attention is fixed on himself.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,THOS PA CHUNG LA KUN LA SBAR CHOD BYED, ,LUNG BRGYA CHUNG
BAS YONGS LA LOG LTA SKYE, ,PHUNG BYED RTOG PA'I MGO LA CHEMS
SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

His learning is little,
So he's an impediment to all;
His study of scripture too is small,
So he has wrong ideas
About just about everything.
With the roar of hell
Smash now the skull
Of my misperceptions,

The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,CHAGS SDANG GOMS PAS GZHAN PHYOGS YONGS LA SMOD, ,PHRAG
DOG GOMS PAS GZHAN LA SGRO SKUR 'DEBS, ,PHUNG BYED RTOG PA'I
MGO LA CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A
RA YA,

He has trained himself
To be a master
In liking and disliking,
And so he speaks badly
Of everyone else.
He has trained himself
To be a master In the art of jealousy,
And so he puts down
Other people.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,SLOB GNYER MA BYAS RGYA CHEN KHYAD DU GSOD, ,BLA MA MI
BSTEN LUNG LA SMOD PA BYED, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He has no great
Desire for spiritual learning,
And so he disregards
Those who have great knowledge.
He doesn't know how
To relate to his Lama,
So he says bad things
About what
The holy books say.

With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,SDE SNOD MI 'CHAD RANG BZO RDZUN DU BSGRIG,DAG SNANG MA
'BYONGS LAB TSAD 'BA' SHAR SMRA, ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He doesn't teach the scriptures,
Instead he concocts
Some fake thing of his own.
He hasn't trained himself
To see the world as pure,
So he always has to exaggerate.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,CHOS MIN LAS LA SMOD PAR MI BYED PAR, ,LEGS BSHAD YONGS LA
SUN 'BYIN SNA TSOGS GTONG , ,PHUNG BYED RTOG PA'I MGO LA
CHEMS SE CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He doesn't know enough
To attack those ways of living
That contradict the Dharma;
Instead he thinks up a thousand reasons
Why exquisite sacred words
Must all be something mistaken.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;

Bring your death
To the heart of this butcher,
My greatest enemy.

,NGO TSA'I GNAS LA NGO TSAR MI 'DZIN PAR, ,NGO MI TSA LA NGO
TSA'I CHOS LOG 'DZIN, ,PHUNG BYED RTOG PA'I MGO LA CHEMS SE
CHEMS, ,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He doesn't feel at all ashamed
In situations that call for shame,
And yet he feels embarrassed when
He's doing something he should.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,BYAS NA RUNG BA GCIG KYANG MI BYED PAR, ,MI RIGS BYA BA THAMS
CAD BYED PA YIS, ,PHUNG BYED RTOG PA'I MGO LA CHEMS SE CHEMS,
,DGRA BDAG GSHED MA'I SNYING LA M'A RA YA,

He never does a single thing
Of those things that he should,
He always does all of those things
That he should never have.
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,AE MA BDAG LTA'I 'GONG PO 'JOMS MDZAD PA'I, ,BDE GSHEGS CHOS
KYI SKU MNGA' MTHU STOBS CAN, ,BDAG MED LAS KYI MTSON CHA
DBYUG THO CAN, ,THE TSOM MED PAR KLAD LA LAN GSUM BSKOR,

Come now You of mystic might,
Lord of the body of emptiness,
Being of bliss who shatters
This hateful evil demon
Of grasping to some "self."
With the roar of hell
Smash now the skull
Of my misperceptions,
The ones who have wasted my life;
Bring your death
To the heart of this butcher,
My greatest enemy.

,RNGAMS STABS CHEN POS DGRA 'DI BSGRAL DU GSOL, ,SHES RAB CHEN
POS RTOG NGAN GZHOM DU GSOL, ,SNYING RJE CHEN POS LAS LAS
SKYAB TU GSOL, ,NGES PAR BDAG NI BRLAG PAR MDZAD DU GSOL,

Come with mighty wrath
And make blood sacrifice of my foe.
Come with mighty wisdom
And destroy my wrong ideas.
Come with mighty compassion
And shelter me from my karma.
Come I beg you, obliterate
With finality this "self."

, 'KHOR BA PA LA DU:KH CI MCHIS PA, ,BDAG 'DZIN 'DI LA NGES PAR
DPUNG DU GSOL, ,GANG LA NYON MONGS DUG LNGA CI MCHIS PA,
,RIGS MTHUN 'DI LA NGES PAR DPUNG DU GSOL,

Take all the pain of the entire world
And lay it at the doorstep
Of the one whose fault
That all of it really is:
This tendency that I have
Of grasping to my self.
And lay upon his doorstep too
Every single mental affliction
Every single one of those five
Poisons of the mind

That any single living being
Has within their heart.

,DI LTAR NYES PA'I RTZA BA MA LUS PA, ,THE TSOM MED PAR RIGS PAS
NGOS ZIN KYANG , ,DA DUNG 'DI YI KHA 'DZIN SHAGS 'DEBS NA, ,DZIN
MKHAN DE NYID BRLAG PAR MDZAD DU GSOL,

And so I have used the art of reasoning
To learn with certainty
Who it is that lies behind
Every problem in my life.
And if by chance he should arise
Once more and come to struggle,
To convince me of his view,
Then I beg you come and lay him to waste
In the middle of his eloquence.

,DA NI LE LAN THAMS CAD GCIG LA GDA', ,SKYE BO YONGS LA BKA'
DRIN CHE BAR BSGOM, ,GZHAN GYI MI 'DOD RANG GI RGYUD LA
BLANGS, ,BDAG GI DGE RTZA 'GRO BA YONGS LA BSNGO,

And so all the blame there could ever be
Belongs to him, and him alone.
Think of the kindness that every
Living creature around you shows to you.
Pray that you could take upon yourself
The problems of every living thing.
Take every good thing you have ever done
And offer it to their happiness.

,DE LTAR 'GRO BA GZHAN GYI SGO GSUM GYIS, ,DUS GSUM BGYIS PA
BDAG GIS BLANGS PA YI, ,RMA BYA DUG GI MDONGS DANG LDAN PA
LTAR, ,NYON MONGS BYANG CHUB GROGS SU 'GYUR BAR

So now may I take upon myself
All the bad karma committed by others
In the past, and now, and in the future,
In their thoughts or words or deeds.
Help me be a peacock
With all those exquisite designs

The colors that come from poison,
Woven into her feathers;

Let me turn my mental afflictions
Into opportunities
For reaching Buddhahood.

SHOG,BDAG GI DGE RTZA 'GRO LA SBYIN PA YIS, ,BYA ROG DUG ZOS
SMAN GYIS GSOS PA LTAR, ,SKYE BO YONGS KYI THAR PA'I SROG BZUNG
NAS, ,BDE GSHEGS SANGS RGYAS MYUR DU THOB PAR

By giving away the store of goodness
Within me to others like this,
May all of them be cured,
Like crows that have eaten poison
But taken then medicine herbs.
May I thus save the life
Of their freedom for every being,
And may they quickly reach
The state of a being of bliss,
The enlightenment of a Buddha.

SHOG,NAM ZHIG BDAG DANG PHA MAR GYUR PA RNAMS, ,'OG MIN
GNAS SU BYANG CHUB MA THOB BAR, ,'GRO BA DRUG TU LAS KYIS
'KHYAMS NA YANG, ,PHAN TSUN GCIG SEMS GCIG GIS 'DZIN PAR

And for whatever time remains
In the days before myself
And those who are my parents
Have reached our enlightenment
In the Heaven Below No Other,
May all of us as we wander together,
Driven by karma through six worlds,
Love and cherish one another,
Love and cherish each other as one.

SHOG,DE TSE 'GRO BA GCIG GI DON DU YANG, ,NGAN SONG GSUM DU
BDAG GIS YONGS ZHUGS NAS, ,SEMS DPA' CHEN PO'I SPYOD PA MA
NYAMS PAR, ,NGAN SONG SDUG BSNGAL BDAG GIS DRONGS PAR

And in those days as well may I find
The strength to dwell alone
Within the three realms of misery
If this would be of service
To a single other being.
May I find the strength
To never give up
This bodhisattva behavior,
May I draw into my being
The suffering all those feel
In the three lower realms of pain.

SHOG,DE MA THAG TU DMYAL BA'I BSRUNG MA RNAMS, ,BDAG LA BLA
MA'I 'DU SHES SKYES GYUR NAS, ,MTSON CHA DAG KYANG ME TOG
CHAR DU GYUR, ,GNOD PA MED PAR ZHI BDE 'PHEL BAR

And in the very moment after
I arrive in the realms of hell,
May the hellguards look upon me
And see their holy Lama;
May the rain of weapons they release upon me
Turn to a shower of blooms before they land;
May I stand untouched,
May peace and bliss then
Spread throughout my heart.

SHOG,NGAN SONG BA YANG MNGON SHES GZUNGS THOB NAS, ,LHA
MI'I LUS BLANGS BYANG CHUB SEMS BSKYED DE, ,BDAG GIS DRIN LAN
CHOS KYIS GZO BAR SHOG,BDAG LA BLA MAR BZUNG NAS BSTEN PAR

And then too may those beings tortured
There in the three lower realms
Achieve the powers of clairvoyance
And of sacred secret spells.
May their bodies suddenly transform into
Those of humans and deities;
And suddenly may their minds
Be filled with the
Wish for enlightenment.

In this moment may I repay their kindness
With the gift of the holy Dharma;
May they take me as their Lama,
And commit themselves to my care.

SHOG,DE TSE MTHO RIS 'GRO BA THAMS CAD KYANG , ,BDAG DANG
MTSUNGS PAR BDAG MED RAB BSGOMS NAS, ,SRID DANG ZHI BA RNAM
PAR MI RTOG PAR, ,MNYAM PA NYID DU TING 'DZIN BSGOM PAR
SHOG,MNYAM PA NYID DU RANG NGO 'PHROD PAR

And in this moment too
May every single being
Within the three higher realms
Begin to meditate
On the emptiness of a self
Just as I do, my-self.
May they never feel the slightest urge
For the extremes of this vicious circle
Or a lower, personal peace.
May they be with me, and may we together
Perfect our meditation.
May they be with me, and may we together
Find our real nature.

SHOG,DE LTAR BYAS NA DGRA 'DI CHOMS PAR 'GYUR, ,DE LTAR BYAS
NA RNAM RTOG CHOMS 'GYUR TE, ,MI RTOG YE SHES BDAG MED
BSGOM 'GYUR TE, ,GZUGS SKU'I RGYU 'BRAS CI STE THOB MI 'GYUR,

If you and I can do this together,
The foe will be defeated.
If you and I can do this together,
Our misconceptions will be destroyed.
And we will meditate together
On the wisdom that sees no self;
And we will both together attain
What brings us the body of voidness.

,KA YE DE DAG THAMS CAD RTEN 'BREL YIN, ,RTEN 'BREL RTOGS PA
RANG TSUGS MED PA YIN, ,PHAR BSGYUR TSUR BSGYUR BRDZUN
SNANG SGYU MA YIN, ,GAL ME BZHIN DU SNANG BA'I GZUGS BRNYAN

YIN,

Think now, everything we see
Is something that happens from something else.
Understanding that everything comes
From something else
Is to see that nothing exists by itself alone.
Things come,
Things go,
But nothing is what it seems,
Everything is an illusion.
The face in a mirror
Is no face itself;
When you spin a burning stick
And see a solid crimson circle
It's only as real as an image
Seen in a looking glass.

,CHU SHING BZHIN DU SROG LA SNYING PO MED, ,KHUG SNA BZHIN
DU BTUD NAS 'JIG PA MIN, ,SMIG SGYU BZHIN DU RGYANG NAS MDZES
PA YIN, ,ME LONG GZUGS BRNYAN LTA BUR BDEN BDEN 'DRA, ,SPRIN
DANG NA BUN BZHIN DU SDOD SDOD 'DRA,

Life is like a stick of bamboo;
Its inner essence is nothing.
The things around us are like a morning mist;
When you come up close enough,
There's nothing you could touch.
The world is like a desert mirage,
Lovely, but only from afar.
It all seems real, so very real,
Like a face within a mirror.
It all seems solid, so very solid,
Like a cloud or a bank of fog.

,DGRA BDAG GSHED MA 'DI NI DE BZHIN DU, ,YOD YOD 'DRA STE NAM
YANG YOD MA YIN, ,BDEN BDEN 'DRA STE GANG DU'ANG BDEN MA
BYED, ,SNANG SNANG 'DRA STE SGRO SKUR YUL LAS 'DAS,

This butcher, my ultimate enemy,

Is exactly the same as well.
He seems to be there, he so much
Seems to be there,
But no one is there at all.

He seems to be real, so very real,
But nothing is real at all.
Everything seems to be happening here,
It so much seems to be happening here,
But nothing is what I made it to be,
It's far beyond all that.

,DE LA LAS KYI 'KHOR LO GANG ZHIG YOD, ,DI NI 'DI LTAR RANG
BZHIN MED NA YANG , ,CHU PHOR GANG DU ZLA BA'I GZUGS BRNYAN
SHAR, ,LAS 'BRAS 'DI NI BRDZUN PAS SNA TSOGS BKRA, ,SNANG BA
TZAM DU BLANG DOR BYA'O AANG ,

There is no wheel of karma here at all.
Nothing is anything,
Nothing is this or that.
It looks like the moon itself
Is floating in your teacup.
The things we do, and their consequences,
Float by in the multitude
Of the things in the world around us.
I beg you now be careful,
Do the things you should,
And give up the things you shouldn't,
If only in a movie.

,RMI LAM YUL DU BSKAL PA'I ME 'BAR TSE, ,RANG BZHIN MED KYANG
TSA BAS 'JIGS SKRAG LTAR, ,DMYAL KHAMS SOGS LA RANG BZHIN MED
NA YANG , ,BTZO BSREGS LA SOGS 'JIGS PAS SPANG BAR BYA,

Within a dream you see this
Earth Enveloped in the fire
That marks the end of the world.
The fire has no reality,
But in the dream
Your heart begins to race.

The realms of hell and the rest as well
Have no reality of their own,
But still I beg you, feel now terror
That you yourself could very well pass
And burn there in the flame;
Do what you must now not to go.

,TSAD PAS 'KHRUL TSE MUN NAG YONG MED KYANG , ,GTING RING
PHUG TU RGYU ZHING 'TSUB PA LTAR, ,MA RIG SOGS LA RANG BZHIN
MED NA YANG , ,SHES RAB GSUM GYIS 'KHRUL BA BSAL BAR BYA,

It happens sometimes that in broad daylight,
Not on some dark night or the like,
You make a miscalculation and end up
Miles from where you wanted to be,
Wandering here and there,
Blown like autumn leaves.
The emotions of ignorance and the rest
May have no reality of their own,
But still they can lead you astray,
And still they can be removed from your mind
By the three forms of holy wisdom.

,ROL MO MKHAN GYIS DGYES PA'I GLU BLANGS TE, ,DPYAD NA SGRA
DE'I RANG BZHIN MA MCHIS MOD, ,MA DPYAD TSOGS PA'I SNYAN PA'I
SGRA BYUNG NAS, ,SKYE BO SEMS KYI GDUNG BA SEL BA LTAR,

A master musician may please your heart
By crafting a beautiful tune,
But if you really examine the song
It's just a pile of sounds
Without any special identity
That comes from its own side.
And despite the fact that this is the case,
The song can nonetheless bring us joy
And save us from some sadness,
Assuming that we simply sit back,
And enjoy the whole,
Without dissecting it
Into its component parts.

,LAS DANG RGYU 'BRAS YONGS SU DPYAD PA NA, ,GCIG DANG THA
DANG RANG BZHIN MED NA YANG , ,SNANG SNANG LTA BUR CHOS LA
SKYE 'JIG BYED, ,YOD YOD LTA BUR SKYE 'JIG SNA TSOGS MYONG ,
,SNANG BA TZAM DU BLANG DOR BYA'O AANG ,

If you carefully examine and analyze
Karma and its consequences,
You find that these have no nature
Of being even one thing or many
From their own side alone.
Things can still start,
Things can still stop,
If only in an illusory way.
You know things start, A
nd you know things stop,
As if they really were.
And so I beg you be careful;
Do those things that you should,
And give up those things you shouldn't,
If only in a movie.

,CHU YI THIG PAS BUM PA KHENG PA NA, ,CHU THIG DANG POS BUM
PA MI KHENG BZHIN, ,THA MA LA SOGS RE RES MA YIN NO, ,RTEN
'BREL TSOGS PAS BUM PA GANG BA LTAR,

Think of filling a water pitcher
With single drops of water.
The pitcher isn't filled up
When the first drop drops.
Neither is it the last that fills it,
Nor any other of the drops alone.
It's when the whole is done,
When things that come from others
Have come from the others,
That the pitcher is filled.

,BDE SDUG 'BRAS BU GANG GIS MYONG BA NA, ,RGYU YI SKAD CIG
DANG POS MA YIN ZHING , ,THA MA'I SKAD CIG SOGS KYIS MA YIN
KYANG , ,RTEN 'BREL TSOGS PAS BDE SDUG MYONG BAR 'GYUR, ,SNANG

BA TZAM DU BLANG DOR BYA 'O AANG ,

It's just the same whenever we experience
The results of our previous actions,
Whether it's pleasure or pain.
It is not the first instant of the cause
That brings us the result,
Nor is it the last or one of the rest.
It's when the whole is done,
When things that come from others
Have come from the others,
That we feel the pain or pleasure.
And so I beg you be careful;
Do those things that you should,
And give up those things you shouldn't,
If only in a movie.

,AE MA MA BRTAGS GCIG PUR NYAMS DGA' BA'I, ,SNANG BA 'DI LA
SNYING PO MA MCHIS MOD, ,'ON KYANG YOD PA LTA BUR SNANG BA
YI, ,CHOS 'DI ZAB TE DMAN PAS MTHONG BAR DKA',

Do you see?
If you don't go too far into it,
If you leave things alone as they are,
They appear quite well as if they existed,
Though in truth this very appearance
Never had any essence of its own.
This teaching is profound,
Something that those of lesser minds
Find difficult to grasp.

,DA NI 'DI LA MNYAM PAR 'JOG PA NA, ,NGES PAR SNANG BA TZAM
YANG CI ZHIG YOD, ,YOD PA CI YOD MED PA'ANG CI ZHIG YOD, ,YIN
MIN DAM BCA' GANG DU'ANG CI ZHIG YOD,

Suppose now that you go into
A deep meditation upon these things.
You would never be able
To find a thing
As solid as it seems.

You would never be able
To say that any particular thing
Existed
Or didn't exist.
You would never be able
To swear that something
Was or wasn't something.

,YUL DANG YUL CAN CHOS NYID MA MCHIS SHING , ,BLANG DOR KUN
BRAL SPROS DANG BRAL BA YIS, ,GNYUG MA'I NGANG DU BLO GROS
MA BCOS PAR, ,LHAN NE GNAS NA SKYES BU CHEN POR 'GYUR,

Neither the things that the mind perceives
Nor the mind itself
Have any real nature of their own.
There is nothing you should practice,
There is nothing you should give up.
Strip everything of your perceptions.
Leave your mind as it came
From the beginning that never was.
Don't confuse things by trying to understand them.
Live in the place called as-it-is,
And then you will become
A high and holy being.

,DE LTAR KUN RDZOB BYANG CHUB SEMS DANG NI, ,DON DAM BYANG
CHUB SEMS LA DPYAD PA YIS, ,TSOGS GNYIS BAR CHAD MED PAR
MTHAR PHYIN NAS, ,DON GNYIS PHUN SUM TSOGS PA THOB PAR

Use this way to analyze
The apparent Wish for enlightenment
And the ultimate one as well.
With these then you can amass
The collections of merit and wisdom
Without the slightest obstacle,
And come to the perfect accomplishment
Of every single need
That you and others have.

SHOGDGRA BO GNAD LA DBAB PA MTSON CHA'I 'KHOR LO ZHES BYA

BA, 'JIGS PA'I GCAN GZAN SNA TSOGS RGYU BA'I NAGS KHROD DU
LUNG RIGS DANG RTOGS PA'I RNAL 'BYOR PA DHARMA RKshII TA CHEN
PO DES BLA MA DAM PA'I GSUNG LTAR SDEBS NAS DUS KYI SNYIGS MA
LA 'JIGS PA DANG BCAS PA'I NAGS KHROD DU NYAMS SU BLANG BA'O,

And so here ends "*The Wheel of Knives*," an instruction which strikes the enemy at his heart. This work was composed by that great secret practitioner, Dharma Rakshita, master of scripture and reasoning, and highly realized being, as he lived deep in the forest, surrounded by every imaginable kind of dangerous wild beast. He wrote it according to the teachings of the Holy Lamas, and it is a teaching that you should go now and put into your own life, here in the last degenerate days of the world, full as they are of their own frightening events.

,DES AA TI SHA LA GNANG NAS, AA TI SHAS KYANG GDUL DKA' BA'I
SEMS CAN MANG PO 'DUL BA'I PHYIR, PHYOGS DANG PHYOGS MTSAMS
MED PAR NYAMS SU BLANGS TE, RTOGS PA 'KHRUNGS PA'I TSIGS SU
BCAD PA'ANG 'DI SKAD GSUNGS SO,

Dharma Rakshita granted this instruction to Atisha, and Atisha himself followed it deeply in every corner of the known world, so that when the time came he would be able to use it to tame the wild minds of his many very difficult disciples. In the end, he achieved great realizations from this teaching, and composed the following lines in honor of it:

,KHO BOS RGYAL SRID SPANGS NAS DKA' BA SPYAD PA'I TSE, ,BSOD
NAMS BSAGS NAS BLA MA MCHOOG DANG MJAL, ,DAM CHOS BDUD RTZI
'DI BSTAN CHOS DBANG BSKUR, ,DENG SANG GNYEN PO THUB NAS
TSIG SKYA BZUNG ,

You know I renounced a throne and undertook great spiritual hardships; Because of the karma I thus collected, I was able to meet an incredible Lama. He granted me the nectar of this holy teaching, and gave me empowerment-- And because it has begun to work for me, I now consider it the holiest word.

,GRUB PA'I MTHA' LA PHYOGS RIS MA MCHIS PAR, ,BLO GROS BKRAM
NAS KUN NAS BSLAB PA'I TSE, ,YA MTSAN DPAG MED BDAG GIS
MTHONG MOD KYI, ,SNYIGS MA'I DUS 'DIR CHOS 'DIS PHAN PAR BYUNG
,

You know I delved into the meaning of a wide variety of spiritual schools; I used

my wisdom to search in them, I studied far and wide.
And though I must admit I've seen an infinite display of wonders there,
This teaching is the one I find will help us here in degenerate times.

,ZHES GSUNGS NAS, RGYA BOD NA SLOB MA BSAM GYIS MA KHYAB PA
MCHIS PA'I NANG NAS BCOM LDAN 'DAS MA SGROL MA LA SOGS PA YI
DAM GYI LHA DPAG TU MA MCHIS PAS, , LUNG BSTAN PA'I SNOD DANG
LDAN PA'I SLOB MA AU PA SI KA LA, BOD MTHA' 'KHOB KYI GDUL BYA
MA RUNGS PA 'DUL BA'I CHOS SU GNANG BA STE, LO PA n YANG RGYAL
BA YAB SRAS GNYIS KYIS MDZAD DO, ,

With these words, Lord Atisha granted this teaching to the Great One with lifetime layman's vows [Dromtun Je], a veritable reservoir into which the holy Dharma was poured, and a being who--among all the inconceivably extraordinary disciples of both India and Tibet--was the single one foretold both by that Enlightened Woman, the Victorious One, Tara, the Lady of Liberation, and by an unthinkable number of other close Angels as well. Lord Atisha gave Dromtun Je these instructions to aid him in his task of taming the wild minds of those first disciples of a faraway and barbarian land: Tibet. It has also been said, by the great translators and masters of days gone by, that this teaching actually came down from Lord Buddha, and from his two spiritual sons.

JO BOS STON PA, PO TA BA, SHA RA BA, 'CHAD KA BA, SPYIL BU PA, LHA
CHEN PO, LHA 'GRO BA'I MGON PO, 'OD 'JO BA, MKHAN PO DMAR STON,
MKHAN PO SHES RAB RDO RJE,

The instructions then were passed from Lord Atisha down through Potawa, Sharawa, Chekawa, Chilbupa, Hla Chenpo, Hla Droway Gunpo, Ujowa, Kenpo Martun, and Kenpo Sherab Dorje.

DES MKHAN PO BUD DHA RA{tn} LA, DES K'AIRTI SH'AI LA LA, DES
RGYAL BA BZANG PO LA, DES SNUBS CHOS LUNG PA BSOD NAMS RIN
CHEN LA, DES GZHON NU RGYAL MCHOG DKON MCHOG 'BANGS LA,

From them it came down to Kenpo Buddha Ratna, who taught it to Kirti Shila, who taught it to Gyalwa Sangpo, who taught it to Sunam Rinchen of Nupchu Lung, who taught it in turn to Gyalchok Konchok Bang.

BLA MA DHARMA RKshII TA'I BLO SBYONG GI SKOR RO, ,

These then are the teachings of Lama Dharma Rakshita on developing the good heart.

, , SRBA HE 'DZUM, , , ,

Sarva he dzum!

With this then all is done!