

Patrul Rinpoche's Four Yogas of Mahamudra

Within stillness, cut the moving momentum of thoughts;
Within movement, recognize the nature of stillness.
With stillness and movement non-dual, sustain ordinary mind.
In the experience of one-pointedness, recite the six-syllable mantra.

Through analyzing apparent reality, determine the nature of genuine reality;

Look at how from within genuine reality, apparent reality manifests.
The two truths are undifferentiable, inconceivable basic being.
In the view free from fabrication, recite the six-syllable mantra.

From appearances, cut away the clinging of mind;
From mind, demolish the false lair of appearances.
Appearance and mind are non-dual in the all-pervading freedom from extremes;

In the realization of one-taste, recite the six-syllable mantra.

Mind's own nature is emptiness-awareness, free in being the native state;

Thoughts are awareness's own energy, pure in their own place.
Thoughts and awareness are non-dual in the nature of the single bindu.
Within no-meditation, dharmakaya, recite the six-syllable mantra.

Under the guidance of Khenpo Tsultrim Gyamtso Rinpoche, adapted by Ari Goldfield from a translation in the The Heart Treasure of the Enlightened Ones, Boston, Shambala Publications, 1992, pp.189-191.