

*, RJE BTZUN GRAGS PA RGYAL MTSAN GYIS MDZAD PA'I ZHEN PA BZHI
BRAL BZHUGS SO,,

**Herein Contained is "*Freedom from the Four Attachments*,"
as Taught by the Holy Lama Drakpa Gyeltsen**

, BKA' DRIN CAN GYI BLA MA DANG , ,THUGS RJE CAN GYI YI DAM LHA,
,SNYING NAS SKYABS SU MCHIS LAGS KYIS, ,BDAG LA BYIN GYIS BRLAB
TU GSOL,

From my very heart I go for protection
To the kind one, my Lama,
And to my close Angel, the compassionate one;
I beg that you grant me your blessing.

,CHOS MIN SPYOD PA DGOS RGYU MED, ,CHOS BZHIN SGRUB PAR BYED
PA LA, ,ZHEN PA BZHI BRAL GYI GDAMS NGAG 'TSAL, ,DE KHYED KYI
SNYAN DU GSOL BAR BGYI,

I'll give the advices of freedom from four attachments,
For those who see no point in what's not Dharma,
And who hope to practice in keeping with it;
I beg you now to listen well.

,TSE 'DI LA ZHEN NA CHOS PA MIN, ,KHOR BA LA ZHEN NA NGES
'BYUNG MIN,

,BDAG DON LA ZHEN NA BYANG SEMS MIN, ,DZIN PA BYUNG NA LTA
BA MIN,

A person who is still attached to this life is no Dharma practitioner.
A person who is still attached to the three worlds has no renunciation.
A person who is still attached to getting what they want is no bodhisattva.
A person who still grasps to things has no worldview.

,DANG PO TSE 'DIR MA ZHEN PA, ,TSUL KHRIMS DANG THOS BSAM
SGOM PA GSUM, ,TSE 'DI LA DMIGS NAS BSGRUB PA DE, ,CHOS PA MIN
GYI SHOL LA ZHOG,

Here is the first. Give up attachment to this life.

Anyone who keeps the ethical life,
Or practices the three of learning, Contemplation, and meditation,
Only for goals of this life has slipped
Into someone who is no practitioner of the Dharma.

,THOG MAR TSUL KHRIMS BSHAD TZA NA, ,MTHO RIS BSGRUB PA'I TZA
BA CAN, ,THAR PA BSGRUB PA'I THEM SKAS CAN, ,SDUG BSNAL SPONG
BA'I GNYEN PO CAN,

Suppose that first we talk about
The ethical life. If you keep it,
You've planted the roots of a higher life.
You stand on the stairway to freedom.
You've found the antidote that cures
Every form of pain.

,TSUL KHRIMS LA MED THABS MI 'DUG STE, ,TSE 'DI LA ZHEN PA'I TSUL
KHRIMS DE, ,CHOS BRGYAD BSGRUB PA'I RTZA BA CAN, ,TSUL KHRIMS
NGAN LA GSHE BA CAN, ,TSUL KHRIMS LDAN LA PHRAG DOG CAN,
,RANG GI TSUL KHRIMS NGO PHAG CAN, ,NGAN 'GRO BSGRUB PA'I SA
BON CAN, ,BCOS MA'I TSUL KHRIMS SHOL LA ZHOG,

There's no way you can do without
Living the ethical life. But if you do so
Because you're attached to goals of this life,
Then you've planted the roots for living in
The eight worldly thoughts.
You'll disparage those whose ethics are less.
You'll feel jealous of those who keep
Their ethics well. The ethics you follow yourself
Will be done for the recognition of others.
You will plant the seeds for the lower realms.
You will slip into being a person
Whose ethical life is a sham.

,THOS BSAM BYED PA'I GANG ZAG DE, ,SHES BYA BSGRUB PA'I LONGS
SPYOD CAN, ,MA RIG SEL BA'I SGRON ME CAN, ,'GRO BA 'DREN PA'I LAM
RGYUS CAN, ,CHOS KYI SKU YI SA BON CAN,

A person who follows the arts of learning

And contemplation gains resources
That will allow them to reach all knowable things.
People like this in the world are a lamp
That dispels the darkness of ignorance;
They're guides who show us the way to go,
And possess the seeds that will bring them
The Body of Reality.

,THOS BSAM LA MED THABS MA GDA' STE, ,TSE 'DI LA ZHEN PA'I THOS
BSAM DE, ,NGA RGYAL BSGRUB PA'I LONGS SPYOD CAN, ,THOS BSAM
DMAN LA BRNYAS PA CAN, ,THOS BSAM LDAN LA PHRAG DOG CAN,
,KHOR DANG LONGS SPYOD CHOL BA CAN, ,NGAN 'GRO BSGRUB PA'I
RTZA BA CAN, ,CHOS BRGYAD KYI THOS BSAM SHOL LA ZHOG,

There's no way you can do without
Learning and contemplation. But a person
Whose learning and contemplation are done
Attached to worldly kinds of goals
Is only gaining the resources which
Will allow them to reach the state of pride.
They will speak badly of those whose learning
And contemplation are less than theirs. T
hey will be jealous of others
Whose learning and contemplation are good.
The people around them, and all they own,
Will never be very stable.
They are planting roots to grow
As a birth in the lower realms.
They have slipped into learning and contemplation
That is lost to the eight worldly thoughts.

,BSGOM PA BGYID PA'I GANG ZAG KUN, ,NYON MONGS SPONG BA'I
GNYEN PO CAN, ,THAR LAM BSGRUB PA'I RTZA BA CAN, ,SANGS RGYAS
BSGRUB PA'I SA BON CAN,

Every person who follows the practice
Of meditation gains a medicine
That removes the mental afflictions.
They plant the roots of freedom,
They plant the seeds of enlightenment.

,BSGOM PA LA MED THABS MI GDA' STE, ,TSE 'DI LA DMIGS PA'I BSGOM
PA STE, ,DBEN PAR SDAD PA'I 'DU 'DZI CAN, ,LONG GTAM SMRA BA'I
KHA THON CAN, ,THOS BSAM BYED LA SKUR BA CAN, ,BSGOM PA
GZHAN LA PHRAG DOG CAN, ,CHOS BRGYAD KYI BSAM GTAN SHOL LA
ZHOG,

There's no way you can do without
Learning to meditate. But a person
Whose meditation is focused upon
Achieving worldly kinds of goals
Is a person who in the midst of the forest
Is living in a downtown crowd.
The prayers that they recite
Are worthless blabber.
They put down those who study and contemplate.
They feel jealous of others who meditate.
Their meditative concentration
Has slipped into one-pointedness of mind
Upon these same eight worldly thoughts.

,MYA NGAN 'DAS PA BSGRUB PA LA, ,KHAMS GSUM GYI ZHEN PA
SPANG YANG 'TSAL, ,KHAMS GSUM GYI ZHEN PA SPONG BA LA, ,KHOR
BA'I NYES PA DRAN PAR 'TSAL,

If you wish to reach to nirvana, then
You must also seek to eliminate
All attachment to the three realms.
To abandon your attachment to
These three, you must now seek
To remember all the problems here
In the vicious circle of suffering.

,DANG PO SDUG BSNGAL GYI SDUG BSNGAL DE, ,NGAN SONG GSUM GYI
SDUG BSNGAL YIN, ,DE LEGS PAR BSAMS NA SKYI SHA 'BUNGS, ,THOG
TU BABS NA SRAN THABS MED, ,SPONG BA'I DGE BA MI BSGRUB PAR,
,NGAN SONG GI SO NAM BYED BYED PA, ,DE GANG NA 'DUG KYANG
THE LE LE,

First comes the pain of pain;

The sufferings of the lower realms.
If you really think them over,
Your efforts in the spiritual life
Will consume every atom of your being. If they suddenly happened to you,
You would never be able to bear it.
He who fails in accomplishing
The virtue of giving up anything
That hurts another being

Is a farmer plowing the fields
Of the lower realms for himself;
And pity the man or woman
Who ends up in those realms.

, 'GYUR BA 'I SDUG BSNGAL BSAMS TZA NA, ,MTHO RIS NGAN 'GROR 'GRO
BA YOD, ,BRGYA BYIN THA MAL DU SKYE BA YOD, ,NYI ZLA MUN PAR
'GRO BA YOD, ,KHOR LOS BSGYUR RGYAL BRAN DU SKYE BA YOD,

Think about the pain of change.
People in the higher births
Fall to the lower realms.
The King of the Gods Becomes a normal person.
The Sun and the Moon Pass into darkness.
The Emperor of the World,
The Mighty One of the Wheel,
Turns into someone's servant.

,DE LUNG LA BR TEN NAS YID CHES KYANG , ,PHAL PAS RTOGS PAR MI
NUS PAS, ,RANG SNANG MI YI 'GYUR BA LTOS, ,MI PHYUG PO SPRANG
POR 'GRO YIN 'DUG, KHA DRAG PO ZHAN POR 'GRO YIN 'DUG, MI MANG
PO GCIG TU 'GRO YIN 'DUG, DE LA SOGS PA BSAM MI KHYAB,

You can believe that all these things exist,
Because they are spoken in the Word of the Buddha.
Most ordinary people though
Still cannot grasp that they are true.
Look then around you, at the world
Of human beings you can see.
Rich men turn to poor.
The arrogant are humbled.

Masses of people
Are whittled down to one alone.
These and everything like them
Are simply beyond our minds.

,DU BYED KYI SDUG BSNAL BSAMS TZA NA, ,BYA BA'I LAS LA ZIN PA
MED, ,MI MANG YANG SDUG STE NYUNG YANG SDUG,NOR PHYUG
KYANG SDUG STE LTOGS KYANG SDUG,MI TSE THAMS CAD GRABS LA
ZAD, ,GRABS BYED PA'I 'PHRO LA THAMS CAD 'CHI, ,SHI YANG GRABS
LA ZIN PA PA MED, ,TSE PHYI MA'I GRABS KYI MGO LA 'JUG,'KHOR BA
SDUG BSNAL GYI PHUNG PO LA, ,ZHEN PAR BYED RNAMS THE LE LE,

Think of the universal pain.
The things you have to do
Will never end.
It hurts to be around many people,
And it hurts to be around few.
It hurts to have money,
And it hurts to be hungry.

Everyone alive is standing in line,
And the line moves to the final end.
When they reach the front of the line,
Everybody dies.
But the lines don't end there.
You join the back of the line
In the next realm you must go.
Pity the man or woman
Who feels any attachment
To the mind and body of a being
In this vicious circle of pain.

,ZHEN PA BRAL NA MYA NGAN 'DAS, ,MYA NGAN 'DAS NA BDE BA
THOB, ,ZHEN PA GNYIS BRAL NYAMS KYI DBYANGS,

Freeing yourself from all attachment is nirvana.
Nirvana is happiness itself.
I sing to you of the joy
Of freedom from two attachments.

,BDAG GCIG PU THAR BAS PHAN RGYU MED, ,KHAMS GSUM SEMS CAN
PHA MA YIN, ,PHA MA SDUG BSNAL GYI GSEB TU BZHAG,BDAG BDE
BAR 'DOD PA THE LE LE,

It's useless to reach freedom by yourself.
Every living being in all three realms
Is your father and mother.
Pity the man or woman
Who thinks only of their own happiness
And leaves their father and mother
Smothered in suffering.

,KHAMS GSUM GYI SDUG BSNAL BDAG LA SMIN, ,BDAG GI BSOD NAMS
SEMS CAN KHYER, ,BSOD NAMS 'DI YI BYIN BRLABS KYIS, ,SEMS CAN
THAMS CAD SANGS RGYAS SHOG,

Let all the pain of the three realms
Ripen upon me.
Let every living being
Take all of my goodness.
By the mystic power of this good deed,
May every living being
Reach their own enlightenment.

,BDAG JI LTAR 'DUG KYANG CHOS KYI NGAR, ,DZIN DANG BCAS PAS
GROL BA MED, ,DE YANG ZHIB TU BSHAD TZAM NA, ,YOD PAR 'DZIN LA
THAR BA MED, ,MED PAR 'DZIN LA MTHO RIS MED, ,GNYIS KAR 'DZIN PA
MI SHES KYIS, ,GNYIS MED KYI NGANG LA GANG DGAR

It doesn't matter who or where you are;
As long as you still grasp to things
And believe they have some nature of their own,
You will never be liberated.
The details go like this:
If you hold that things exist as they seem,
You will never go to freedom;
If you hold that things then can't exist,
You will never find a higher birth;
And you could hardly hold to both.
Live then happily in that place

Where neither is the case.

ZHOG, CHOS KUN SEMS KYI SPYOD YUL YIN, , PHYA DANG DBANG
PHYAG LA SOGS PA, , 'BYUNG BZHI'I BYED MKHAN MA TSOL BAR, , SEMS
NYID KYI NGANG LA GANG DGAR ZHOG,

Every object that exists
Is a world of the mind.
Don't go looking for
Some builder of the universe,
Some god who made all things.
Live now happily
In the nature of your mind.

, SNANG BA SGYU MA'I RANG BZHIN DANG , , RTEN CING 'BREL PAR
'BYUNG BA YIN, , GSAN LUGS BRJOD PAR MI SHES KYIS, , BRJOD BRAL GYI
NGANG LA GANG DGAR ZHOG,

All the things that appear to you
Are as real as a magic trick;
All of them occur
In dependence on something else.
How could anyone really hear
These words we have to say?
Live now happily
In a place of wordlessness.

, ZHEN PA BZHI BRAL BSHAD PA YI, , DGE BA 'DI YI BSOD NAMS KYIS,
, 'GRO BA BDUN PO MA LUS PA, , SANGS RGYAS SA LA 'GOD PAR SHOG,

By the virtue of the virtuous deed
I've done in teaching these four kinds
Of freedom from attachment,
May every living being there is
Be sent to a world of enlightenment.

, ZHEN PA BZHI BRAL GYI GDAMS NGAG RNAL 'BYOR PA GRAGS PA
RGYAL MTSAN GYIS DPAL SA SKYA'I DGON PAR SBYAR BA'O, , , ,

These words of advice, known as "*Freedom from the Four Attachments*," were written by the deep practitioner Drakpa Gyeltsen at the glorious monastery of Sakya.