

Leveling out all Conceptions

Serlingpa · Atisha & al.

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by the precious spiritual teacher Protector Serlingpa

'O my son, if you wish to serve others in these degenerate times, you must distill the sacred words of all three collections of discourses, scriptures, and reasonings, as well as all the heartwood instructions of the spiritual teachers, and practice them in one sitting. To accomplish this you need the teachings I shall now give you, teachings that will make you invulnerable to sickness, harm, interference from obstructive forces, demons, or upholders of false teachings, and any other adverse conditions and impediments.'

Level out all preconceptions,
Bring forth the force of all antidotes,
Cultivate the aspiration that embodies all wishes,
And seek the path where all paths converge.
These are the antidotes, the four enlightened factors.
They are essential to tame places that are far from dharma,
They are essential too in times of degeneration
To help bear negative samsara and its misguided ways.

Adverse conditions are one's spiritual teacher,
Ghosts and possessor spirits, the Buddha's emanations.
Sickness is a broom clearing away negativity and obstructions,
The sufferings are ornamentation of ultimate reality's expanse.
These are the four thoroughly unenlightened factors,
They are essential to tame places that are far from dharma,
They are essential too in times of degeneration
To help bear negative samsara and its misguided ways.

It is the great counterpoint to false happiness,
It is the great drawing to a close of miseries.
It is the charm that attracts misfortunes,
And it is the additional wish on top of those least useful.
These are the four antidotes of misguided ways,
They are required in places that are far from dharma.
They are essential too in times of degeneration,
To help bear negative samsara and its misguided ways.

Self is the root of [all] negative actions;
It is the one thing to be discarded with decisiveness.
The other is a source of enlightenment;
It is the one thing to be embraced with enthusiasm.
These two teachings condense those to be relinquished and their antidotes,
They are vital in places afar from dharma

They are essential too in times of degeneration,
To help bear negative samsara and its misguided ways.

Discard with decisiveness, and let go with abandon;
Dismantle with thoroughness, and let it be with tenderness.
These are the four seals of emptiness.

They are vital in places afar from dharma
They are essential too in times of degeneration,
To help bear negative samsara and it's misguided ways.
If one practices in this way,
Beings will be released and free of bondage.

[End]

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