

DZOGCHEN REFUGE PRAYER

"Sanjay, cho dang gedung la kyapsutsiwo"

"Lama, Yidim, Khandro la kyapsutsiwo"

"Tsa, Lung, Tiggly la kyapsuchiwo"

"Chuku, Lonku, Truku la kyapsutsiwo"

"Rang sem tong-sel ngowo la kyapsutsiwo"

" I take refuge in the buddha, dharma, sangha"

" I take refuge in the teacher, the archetype, the Dakinis

" I take Refuge in the channels, the Qi, the life force drops"

" I take refuge in the Dharmakaya, Sambhogakaya, Nirmanikaya"

" In the true nature of my own mind emptiness-clarity, I take refuge"

The outer refuge....

" I take refuge in the buddha, dharma, sanga" "Sanjay, cho dang gedung la kyapsutsiwo" (in Rimpoche's Khampa drawel)

Buddha, Dharma, Sangha.....

That means ALL Buddhas, everywhere. Everywhen. That means the true nature of all life, the direct perception of Buddha nature of which all living beings are capable, which at some point in the infinity of forever all beings will/do/have realized.....where all beings ARE all Buddhas.....

the Dharma in all its many forms which points the way to this realization.....

and the Sangha, all Beings seeking to know their true nature.....

The inner refuge.....

Lama, Yidim, Khandro "I take refuge in the teacher, the archetype, the dakinis" "Lama, Yidim, Khandro la kyapsutsiwo"

The teacher, all your teachers who point the way. the root guru who shows you that which is beyond concepts, the lineage gurus who are inseparable from the true nature of your own mind.

The Yidim. The symbolic archetypes which speak to your unconscious.....which dance the symbols beyond the four times showing you the true nature of your own mind, of mind without an owner.....

and the Khandro, the wild free energy of the dakinis.....the dance of the thoughts and phenomena, without the constraint of any limiting belief system.

The secret refuge.....

Tsa, lung, tiggly.....

Tsa, energy channels, which contain all universes.

Lung, energy of life.....enlivens all universes

Tiggly, life force essence drops. The arising of the time/space continuum.

The total refuge.....

Dharmakaya, Sambhogakaya, Nirmanikaya..... " I take refuge in the Dharmakaya, Sambhogakaya, Nirmanikaya" "Chuku, Lonku, Truku la kyapsutsiwo"

Dharmakaya.....The utter emptiness..... inconceivable..... unlimited..... vast beyond all knowing.....unborn, undying.....always there, forever unchanging.....Look directly at it, Who looks?

Sambhogakaya.....the utter transparency of that emptiness, its potential for all possibilities.....no limits, no projections, no opinions to cloud it.....complete openness.....With out the limiting concepts of "self" and "other" openheartedness is the natural state of all life.

Nirmanakaya.....The ALIVENESS of that transparent emptiness.....the dance of thought and form.....the see-er and that which is seen, transparent emptiness dancing.....birth and death....thoughts arise and vanish never having been any thing at all.

The ultimate refuge "In the true nature of my own mind emptiness-clarity, I take refuge" "Rang sem tong-sel ngowo la kyapsutsiwo"

Love,

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from Lama Lena (Santa Cruz, May, 2018)