

*Regard all dharmas as dreams.*

*Examine the nature of  
unborn awareness.*

*Let even the remedy itself drop  
away naturally.*

*Rest in the nature of the alaya,  
the essence.*

*In postmeditation,  
be a child of illusion.*

*Sending and taking should be  
practiced alternately.*

*These two should ride  
the breath.*

*Three objects, three poisons,  
three roots of virtue.*

*In all activities,  
train with slogans.*

*Begin the sequence of sending  
and taking with yourself.*

*When the world is filled with  
evil, transform all mishaps into  
the path of awakening.*

*Drive all blames into one.*

*Be grateful to everyone.*

*There's nothing real about your  
confusion, don't worry.*

*Four practices are the best of  
methods.*

*Whatever you meet  
unexpectedly, join with  
meditation.*

*Practice the five strengths:*

- Be committed*
- Familiarize*
- Cultivate the white seeds, not the  
black*
- Turn totally away from ego*
- Dedicate all merit for the benefit of  
others*

*Practice the five strengths and  
you are ready for death at any  
moment.*

*All teachings have the same  
goal.*

*Follow the inner witness rather  
than the outer.*

*Always maintain only a joyful  
mind.*

*If you can practice even when  
distracted, you are well  
trained.*

*Always abide by the three basic  
principles:*

- Regularity of practice*
- Not wasting time on the inessential*
- Not rationalizing your mistakes*

*Change your attitude, but  
remain natural.*

*Do not discuss others defects.*

*Do not ponder the actions of  
others.*

*Work with the greatest  
defilements first.*

*Abandon all hope of results.*

*Abandon poisonous food.*

*Don't rely on consistency.*

*Don't malign others.*

*Don't wait in ambush.*

*Don't bring things to a painful point.*

*Don't transfer the ox's load to the cow.*

*Do not compete.*

*Do not be treacherous.*

*Do not abuse divine power for selfish reasons.*

*Don't seek profit from others misfortune.*

*In all activities have a single purpose.*

*Correct all wrongs by accepting the bad and sending out the good.*

*Renew your commitment upon arising and before retiring.*

*Accept good and bad with  
equal mind.*

*Keep your vows, even at the  
risk of your life.*

*Recognize neurosis, overcome,  
and transcend them.*

*Accept a teacher, train your  
mind, choose a lifestyle that  
allows practice.*

*Focus body, mind, and spirit on  
the path.*

*Love your teacher, enjoy your  
practice, keep your vows.*

*Train without bias in all areas.  
Do this pervasively and  
wholeheartedly.*

*Always meditate on whatever  
provokes resentment.*

*Don't let emotions distract you,  
bring them to the practice.*

*Concentrate on achieving what  
is most meaningful.*

*Don't misinterpret.*

*Don't let your practice become  
irregular.*

*Train wholeheartedly. Do not  
underestimate your ability.*

*Liberate yourself by examining  
and analyzing.*

*Don't wallow in self-pity or be  
boastful.*

*Don't be jealous or retaliate.*

*Remain focused.*

*First,  
train in the preliminaries:  
-Precious Human Life  
-Death and Impermanence  
-Karma  
-Dangers of samsara*