The Four Thoughts That Turn the Mind

The Precious Human Birth

DANG PO GOM JA DAL JOR RIN CHHEN DI

First, this precious human birth,
So favorable for the practice of dharma,

T'HOP KA JIK LA DA RE DÖN YÖ JA

Is difficult to obtain and easily lost.
At this time, I must make this meaningful.

The Precious Human Birth
**Impermanence**

NYI PA NÖ CHÜ T’HAM CHE MI TAK CHING
Second, The world and all its inhabitants are impermanent.

NAM CHHI CHHA ME SHI TH’HE RO RUN GYUR
It is uncertain when I will die and become a corpse.

GÖ SU DRO WAY T’SHE SOK CHHU BUR DRA
In particular, the life of each being is like a water bubble.

DE LA CHHÖ KYI P’HEN CHHIR TSON PE DRUP
As it is only the dharma that can help me at that time, I must practice now with diligence.

**Karmic Cause and Effect**

SUM PA SHI TH’HE RANG WANG MI DUR WAR
Third, At death there is no freedom and karma takes its course.

GE WAY JA WE TAK TU DA WAR JA
And always devote my time to wholesome actions.

LEN NI DAK GIR JA CHHIR DIK PA PANG
As I create my own karma, I should therefore abandon all unwholesome action.

ZHE SAM NYIN RE RANG GYÜ NYI LA TAK
With this in mind, I must observe my mindstream each day.
The undependability of Samsara

ZHI PA KHor WAy NE DROK DE JOR SOK
Fourth,
Just like a feast before the executioner leads me to my death,

DUK NGAL SUM GYI TAK TU NAR WAY CHHIR
The homes, friends, pleasures, and possessions of Samsara,

SÖ SAR T’HRI PAY SHE MAY GA TÖN TAR
Cause me continual torment by means of the three sufferings.

ZHEN T’HRI CHE NE TSÖN PE JANG CHHUP DRUP
I must cut through all attachment,
And strive to attain enlightenment.