The Four Thoughts That Turn the Mind

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

And always devote my time to wholesome actions.

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

With this in mind, I must observe my mindstream each day.

As I create my own karma, I should therefore abandon all unwholesome action.

At death there is no freedom and karma takes its course.

At this time, I must make this meaningful.

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

And always devote my time to wholesome actions.

So favorable for the practice of dharma.
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,

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

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

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