

## Song of Four Mindfulnesses

*A treatise on the Middle Way, a song to release a shower of siddhis*

On the throne of unchanging method and wisdom combined,  
Sits your kind root guru, synthesis of all objects of Refuge.  
See him as a Buddha, both transcended and realized;  
Not thinking he has faults, with pure vision turn to him;  
Not letting negative thoughts arise,  
Turn to him with devotion.

In the dungeons of limitlessly painful samsara  
Wander the six types of living beings deprived of happiness.  
See them all as parents who cared for you with love;  
Not holding partiality, meditate upon love and compassion;  
Not letting negative thoughts arise, turn to them with compassion.  
Generate unforgetting mindfulness and hold in the realm of compassion.

In the inconceivable mansion of great bliss joyful to know,  
Sits the pure aspect of one's body and mind as the Yidam.  
See yourself as the yidam of three indivisible kayas;  
Not holding ordinary views, practice divine pride and clear manifestation;  
Not letting negative thoughts arise, turn to the deep and clear;  
Generate unforgetting mindfulness and hold it in the realm of the deep and clear.

In the mandala of knowable things appearing and evolving,  
The sky of clear light, ultimate reality, everywhere pervades.  
See everything in this indescribable light of reality;  
Not holding intellectual falsifications, look to this immaculate emptiness;  
Not letting negative thoughts arise, turn to the face of emptiness;  
Generate unforgetting mindfulness and hold it in the realm of emptiness.

At the junction of manifest objects and the six consciousnesses,  
The chaos of duality, a baseless fabrication, is seen.  
See the drama, the illusion, the magical creation;  
Not thinking it to be real, look to the face of emptiness;  
Not letting negative thoughts arise, turn to the appearance and emptiness;  
Generate unforgetting mindfulness and hold it in the realm of appearance and emptiness.

*The colophon:* This song was written by the Buddhist monk Lozang Kalzang Gyatso in order to lay instincts of the perfect view upon his own and others' minds. It incorporated the four mindfulness meditations given as special oral precepts by Manjushri – the Bodhisattva of the Wisdom of Emptiness – to Lama Tsongkhapa, a mighty king of doctrine.

*Translation: Glenn Mullin*