

Heart Nectar of the Saints:
A Prayer of Aspiration that Condenses the Essence of the Oral Teachings

Sole unfailing and unchanging refuge, lord of the mandala
Most precious and kind root guru, hold me with compassion
When I squander the freedoms and endowments,
Ignoring death, providing only for this life.

This fleeting human life, like a dream,
If it's happy that's all right, if it's unhappy, that's all right.
Without concern for happiness or sorrow
May I constantly practice the supreme teaching.

This mortal existence, like a candle in the wind,
If it's long that's all right, if it's short that's all right.
Without intensifying the tight grip of the ego
May I constantly practice the supreme teaching.

These intellectual judgments, like the lure of a mirage,
If they're suitable that's all right, if they're not that's all right.
Discarding like hay talk that carries the eight worldly concerns
May I constantly practice the supreme teaching.

This entourage, like a flock of birds in a tree,
If it's assembled that's all right, if it's scattered that's all right.
Without letting others lead me by the nose
May I constantly practice the supreme teaching.

This illusory body, like a hundred year old house,
If it survives that's all right, if it collapses that's all right.
Without becoming entangled with obsessions for food, clothes, and medicine
May I constantly practice the supreme teaching.

This religious position like a child's game,
If it's kept up that's all right, if it's dropped that's all right.
Without deceiving myself with numerous diversions
May I constantly practice the supreme teaching.

These gods and demons, like reflections in a mirror,
If they're helpful that's all right, if they're harmful that's all right.
Without perceiving my own hallucinations as the enemy
May I constantly practice the supreme teaching.

This delusive talk, like a trackless echo,
If it's pleasing that's all right, if it's unpleasing that's all right.
Taking the Three Jewels and my own mind as witness
May I constantly practice the supreme teaching.

That which is useless at the time of need, like the antlers of a deer,
If it's known that's all right, if it's unknown that's all right.
Without simply relying on the various sciences
May I constantly practice the supreme teaching.

These religious possessions, like virulent poisons,
If they're acquired that's all right, if they're not that's all right.
Without devoting my life to sinful, unwholesome means of survival
May I constantly practice the supreme teaching.

This form of greatness, like dog shit wrapped in brocade,
If it's obtained that's all right, if it's not that's all right.
Having smelled the rottenness of my own head
May I constantly practice the supreme teaching.

These relationships, like gatherings on a market day,
If they're loving that's all right, if they're spiteful that's all right.
Cutting the ties of passionate attachment from deep within the heart
May I constantly practice the supreme teaching.

This material wealth, like what's found in a dream,
If it's acquired that's all right, if it's not that's all right.
Without deceiving others by flattery and assent
May I constantly practice the supreme teaching.

This rank, like a little bird perched in a tree,
If it's high that's all right, if it's low that's all right.
Without concentrating on that which actually brings sorrow
May I constantly practice the supreme teaching.

This black magic, like a sharpened weapon,
If it's successful that's all right, if it's not that's all right.
Without buying the blade that will cut off my life
May I constantly practice the supreme teaching.

These recitations, like a parrot's six syllables,
If they're repeated that's all right, if they're not that's all right.
Without counting the numbers of the various practices

May I constantly practice the supreme teaching.

Mere religious discourse, like a mountain cascade,
If it's eloquent that's all right, if it's not that's all right.
Without thinking of this glibness as Dharma
May I constantly practice the supreme teaching.

The mind quick to judge, like a pig's snout,
If it's sharp that's all right, if it's dull that's all right.
Without uselessly digging up the rubble of anger and attachment
May I constantly practice the supreme teaching.

The yogi's experience, like a stream in spring,
If it expands that's all right, if it recedes that's all right.
Without chasing rainbows like a child
May I constantly practice the supreme teaching.

These pure visions, like rain on a mountain top,
If they happen that's all right, if they don't that's all right.
Without giving credence to illusory experiences
May I constantly practice the supreme teaching

The freedoms and endowments, like a wish-fulfilling gem,
If I do not obtain them there is no way to accomplish Dharma.
When I have them in hand, without letting them spoil
May I constantly practice the supreme teaching.

The glorious guru, light on the path of liberation,
If I do not meet him there is no way to realize the true nature.
When I know the way to go, without jumping into the precipice
May I constantly practice the supreme teaching.

The holy Dharma, like a cure that removes sickness,
If I have not heard it there is no way to decide what to give up and what to take up.
Distinguishing the beneficial from the harmful, without swallowing the poison
May I constantly practice the supreme teaching.

The alternation of happiness and suffering, like the changing of summer and winter,
If I do not recognize it there is no way to develop renunciation.
Being certain that I will suffer in turn
May I constantly practice the supreme teaching.

This immersion in samsara, like a stone in water,
If I do not get out of it now I will not be free of it later.

Holding on to the lifeline of the compassionate Three Jewels
May I constantly practice the supreme teaching.

The qualities of liberation, like an island of jewels,
If I am unaware of them there is no way to develop diligence.
Seeing the unending benefits to be gained
May I constantly practice the supreme teaching.

The life stories of the great saints, like the essence of nectar,
If I am unacquainted with them there is no way to awaken faith.
When I recognize the real gains and losses
May I constantly practice the supreme teaching.

The aspiration towards enlightenment, like a fertile field,
If I do not cultivate it there is no way to attain buddhahood.
Without becoming indifferent to the accomplishment of this great goal
May I constantly practice the supreme teaching.

These thoughts of mine, like a monkey's antics,
If I do not tame them there is no way to eliminate my negative emotions.
Without falling into all kinds of crazy mimicry
May I constantly practice the supreme teaching.

This attachment to ego, like an inherent shadow,
If I do not give it up there is no way to reach the peaceful land.
When I recognize the enemy, without befriending it,
May I constantly practice the supreme teaching.

The five poisons, like glowing embers in the ash,
If I do not extinguish them I cannot abide in mind's self nature.
Without breeding venomous baby snakes in my bed
May I constantly practice the supreme teaching.

This temperament of mine, like the stiff hide of a butter bag,
If I do not soften it the Dharma and my mind will never blend.
Without indulging the child that is born from myself
May I constantly practice the supreme teaching.

These ingrained bad habits, like the course of a river,
If I do not eliminate them I cannot part from the profane.
Without delivering weapons into the hands of the enemy
May I constantly practice the supreme teaching.

These distractions, like the ceaseless rippling of water,
If I do not reject them there is no way to become steadfast.
When I have the freedom of choice, without devoting myself to samsara
May I constantly practice the supreme teaching.

The guru's blessing, like the warming of water and earth,
If I do not receive it there is no way to recognize my own true nature.
When I step on the short path, without turning in circles
May I constantly practice the supreme teaching.

The solitary place, like a summer valley of medicine plants,
If I do not dwell there, there is no way for the good qualities to grow.
When I stay in the mountains, without wandering off to samsaric cities
May I constantly practice the supreme teaching.

This desire for comfort, like a greedy ghost lodged at the hearth,
If I do not part from it painful efforts will never cease.
Without making, as to a god, offerings to a hungry demon
May I constantly practice the supreme teaching.

This alert mindfulness, like the key to a fortress,
If it is not relied upon the movements of delusion will never stop.
At the time the thief arrives, without leaving the latch unfastened
May I constantly practice the supreme teaching.

The true nature, like unchanging space,
If I do not realize it the ground of the view will not be found.
Without chaining myself in iron fetters
May I constantly practice the supreme teaching.

This awareness, like a stainless crystal,
If I do not see it the concept and effort of meditation cannot dissolve.
When I have this inseparable companion, without searching for another
May I constantly practice the supreme teaching.

This natural mind, like an old friend,
If I do not recognize it all my activities will be deluded.
Without fumbling around with my eyes closed
May I constantly practice the supreme teaching.

In short, if I do not abandon the concerns of this life
There is no way to apply the teachings for the benefit of the next life.
Having resolved to be kind to myself

May whatever I do become the supreme teaching.

To doubt the guru's instructions that accord with the Dharma,
To feel bitterness toward the deity when bad karma emerges,
To discontinue the sadhana and so forth when adverse circumstances arise,
May such obstacles not occur as accomplishment approaches.

All this doing has no more meaning than walking around a desert.
All these efforts make my character rigid.
All this thinking just reinforces my delusions.
What worldly beings consider to be Dharma is the cause of binding myself.

All this exertion produces no result.
All these ideas bring not a single actualization.
All the numerous wants will never be fulfilled.
Abandoning activities, may I be able to meditate on the oral instructions.

If you think you want to do it, take the Victorious One's words as witness.
If you think you will really do it, blend your mind with Dharma.
If you think you can practice, follow the example of the past saints.
You spoiled ones, is there any other way?

Taking a humble position, rich with the treasure of contentment,
Free from the binds of the eight worldly concerns,
Firm and strong hearted in practice,
Receiving the guru's blessing, realization becomes equal to space

May we attain the Kingdom of the All Good.

Thus having united the meaning of the diamond words of the past saints, I have
written this as my own prayer – Jigdrel Yeshe Dorje (Dudjom Rinpoche)