

Nectar of the Path: The Four Thoughts

by Mingyur Rinpoche

Original translation in black, verse translation in blue

1. This precious human life

Seeing its many wonderful qualities,
I rejoice and delight in this human life.

This life has free-doms and re-sour-ces, / a-bun-dant qual-i-ties, so won-drous!
Ap-pre-ci-at-ing my good for-tune / I re-joice and take de-light.

2. Impermanence and death

Like waves in the ocean, all things are impermanent.
I will accept whatever happens and make it my friend.

Like waves upon the o-cean's sur-face / all things are fleet-ing, quick-ly pass-ing.
I'll wel-come ev-ery-thing that hap-pens, / and come to see it as my friend.

3. Karma: cause and result

When causes and conditions come together, a result is sure to follow,
So I will do my best to help others and engage in positive deeds.

When cause-es and con-di-tions rip-en / in-fall-i-bly re-sults will fol-low.
I'll do my ut-most to en-gage in / pos-i-tive and help-ful acts.

4. The suffering of samsara

The suffering of beings is mainly produced by the mind.
I must free myself from my self-created bonds.

Most suf-fer-ing of be-ings is / a prod-uct of the mind's per-cep-tion.
I'll set my-self [and oth-ers] free / from bond-age that cre-ates it-self.