Spontaneous Vajra Song

Andrea Fella · Notable Dhamma Teachers — Andrea Fella · 5:37

This morning I'd like to share a poem by a Tibetan teacher, Lama Gendun Rinpoche. Many of you may be familiar with this poem. It's pretty well used in our tradition here. And yet the repetition can be helpful, at least for me. I had heard it so many times that during one particular retreat a few years ago, phrases from the poem started arising in the mind like instructions. And so I got a copy and memorized it. I don't still have it memorized, but for that retreat it became my practice instructions in a way.

I thought I'd read it and share it with you this morning. You can just let the words wash over you. You don't have to really think about them. It almost can be like a guided meditation.

Happiness cannot be found through great effort and willpower, but is already present in open relaxation and letting go.

Don't strain yourself. There's nothing to do or undo. Whatever momentarily arises in the body-mind has no real importance at all, has little reality whatsoever. Why identify with and become attached to it, passing judgment upon it and ourselves?

Far better to let the entire game happen on its own, springing up and falling back like waves, without changing or manipulating anything. And notice how everything vanishes and reappears magically, again and again, time without end.

Only our searching for happiness prevents us from seeing it. It's like a vivid rainbow which you pursue without ever catching, or a dog chasing its own tail.

Although peace and happiness do not exist as an actual thing or place, it is always available and accompanies you in every instant.

Don't believe in the reality of good and bad appearances. They are like today's ephemeral weather, like rainbows in the sky.

Wanting to grasp the ungraspable, you exhaust yourself in vain. As soon as you open and relax this tight fist of grasping, infinite space is there—open, inviting, comfortable.

Make use of this spaciousness, this freedom and natural ease. Don't search any further looking for the great awakened elephant who is already resting quietly at home in front of your own hearth.

Nothing to do or undo. Nothing to force. Nothing to want, and nothing missing.

How amazing. Everything happens by itself.

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