

## **Dzogchen Practice Tips – Number 3**

### **4 Times**

Past

Present

Future

Dzogchen – the 4<sup>th</sup> time, timeless time. Beyond past, present and future

Padmasambhava's instructions, cutting through the concept of time, from 'Self-Liberation Through Seeing with Naked Awareness'

You should relinquish all notions of the past and abandon all precedents. You should cut off all plans and expectations with respect to the future. And in the present, you should not grasp (at thoughts that arise) but allow (the mind) to remain in a state like the sky.

Since there is nothing upon which to meditate (while in the primordial state), there is no need to meditate.

And since there does not exist any distraction here, you continue in this state of stable mindfulness without distraction.

In this state which is without meditation and without any distraction, you observe everything with a naked (awareness).

Your own awareness is inherently knowing, inherently clear, and luminously brilliant.

When it arises, it is called the Bodhichitta, "the enlightened mind."

**REST IN THE VIEW**

## **E ma ho !**