

## **The Advice Given to the Three Fortunate Women Before Departure** **abridged from Canto 102 of *The Life and Liberation of Padmasambhava***

Then Ngang Chung, the glorious noble queen, invited the Guru, that second Buddha, into the temple of turquoise dedicated to her tutelary deities. Piling up on a precious throne fine silks and tables of divination and regaling him with many pleasing things, she greeted him respectfully and made this request:

Give me a few words of great import, an effective verse which I can memorise. Though I have not renounced the world, I would like to cherish within me a Doctrine which at a later time would lead me to Buddhahood.'

To this the Guru replied, 'Listen, Queen Ngang Chung! To begin with, pay urgent attention to impermanence, then strongly turn your mind towards taking Refuge, and direct your prayers to the lamas. These are the preliminaries without which no means exists. After that, disposing yourself physically to be calm, as in an empty house the raindrops slowly gather, relax - do not force your mind or body. Since the tranquillity of Shunyata is the foundation, by forcefully turning your mind to emptiness, you chase misconceptions. In the thoughts which arise, understanding will come without doing anything

Again and yet again work on whatever estranges you from meditation! Lay bare whatsoever arises, good and bad thoughts alike! The child who knows his way carries along on the path every harmless thing he happens upon and nothing that harms him. During the time of insight which is surrounded by a calm and gentle aura, openness and appearance are inseparable. The six senses come forth, though appearance and voidness are inseparable; this is the real foundation, without which no means exists.

During the period of meditation, there is not anything; it is simply open. But whenever you waver towards appearances, delusions will arise. After careful examination, understand not to discriminate, to neither accept nor reject. As anything can happen, peace will arise from within. Even when you do not meditate, for personal growth you need to exercise effort. If you do so without accomplishing anything thereby, know that at all times Realisation is your own nature, and from within, act for the benefit of all beings! Unceasingly do Dharma actions; when you purify yourself of your faults, Realisation will naturally come from within.

Seal your virtuous action with prayers and a dedication for the purpose of all beings. Without such prayers and dedication, no means exists. Not falling into the errors of excitement or passivity, be filled with confidence. Here, in a few words of great import, lie preparation, enactment, and fulfilment; the Doctrine's deepest reaches, of this life as of the life to come.

Thus did he speak. And Queen Nang Chung was led to salvation.