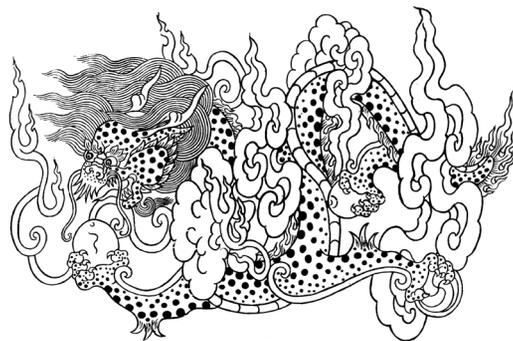


## The Four Thoughts That Turn the Mind



### *The Precious Human Birth*

**DANG PO GOM JA DAL JOR RIN CHHEN DI**

First, this precious human birth,  
So favorable for the practice of dharma,

**T'HOP KA JIK LA DA RE DÖN YÖ JA**

Is difficult to obtain and easily lost.  
At this time, I must make this meaningful.

*Impermanence*

**NYI PA NÖ CHÜ T'HAM CHE MI TAK CHING**

Second, The world and all its inhabitants are impermanent.

**NAM CHHI CHHA ME SHI TH'HE RO RUN GYUR**

It is uncertain when I will die and become a corpse.

**GÖ SU DRO WAY T'SHE SOK CHHU BUR DRA**

In particular, the life of each being is like a water bubble.

**DE LA CHHÖ KYI P'HEN CHHIR TSON PE DRUP**

As it is only the dharma that can help me at that time,  
I must practice now with diligence.

*Karmic Cause and Effect*

**SUM PA SHI TH'HE RANG WANG MI DUR WAR**

Third, At death there is no freedom and karma takes its course.

**GE WAY JA WE TAK TU DA WAR JA**

And always devote my time to wholesome actions.

**LEN NI DAK GIR JA CHHIR DIK PA PANG**

As I create my own karma,  
I should therefor abandon all unwholesome action,

**ZHE SAM NYIN RE RANG GYÜ NYI LA TAK**

With this in mind,  
I must observe my mindstream each day.

*The undependability of Samsara*

**ZHI PA KHOR WAY NE DROK DE JOR SOK**

Fourth,  
Just like a feast before the executioner leads me to my death,

**SÖ SAR T'HRI PAY SHE MAY GA TÖN TAR**

Cause me continual torment by means of the three sufferings.

**DUK NGAL SUM GYI TAK TU NAR WAY CHHIR**

The homes, friends, pleasures, and possessions of Samsara,

**ZHEN T'HRI CHE NE TSÖN PE JANG CHHUP DRUP**

I must cut through all attachment,  
And strive to attain enlightenment.

