

Dear Friends,

I came across this verse of basic instruction in meditation and thought that I would share it with you,

Rest in the natural great peace.
This exhausted mind,
Beaten helpless by karma and neurotic thoughts
Like the relentless fury of the pounding waves
In the infinite ocean of samsara.
Rest in the natural great peace.

Nyoshul Khempo (1931-1999)

From the Tibetan Dzogchen (Pure Meditation) tradition which is very similar to our own.

gassho,

Koten