

“THIRTY PIECES OF ADVICE FROM THE HEART”

by gyalwang longchenpa

In the midst of the all encompassing sky of his wisdom, the
Absolute space, the warm rays of his compassion shining
Upon the clouds of his prayers, the abundant rain of amrita falls
Continuously on the field of the beings to be trained, ripening the
Sprouts of the Three Kayas we bow down to the feet of the Guru,
The protector, the supreme of the Three Jewels.

Through the power of my aspirations I could join the supreme
Lineage of accomplishment; but lacking in diligence, this existence,
Lived in vain, comes now to its twilight. I had the intention to do as
The rishis but I am now utterly dejected and I have seen others like
Me. This is why, to arouse in my mind a clear renunciation I have
Uttered these thirty pieces of advice from the HEART!

(1)

Alas! Having, through all kinds of skilful means, gathered round
oneself a large circle of people, one may hold a flourishing monastic

Estate. But this is the source of quarrels and causes great

Attachments for oneself. To remain alone is my advice from

The HEART!

(2)

At the occasion of village ceremonies intended to discard obstacles

And subdue evil spirits, one may display one's qualities in the crowd.

But through covetousness for food and riches, it is one's own mind

That will be carried away by the demon. To subdue one's one mind

Is my advice from the HEART!

(3)

Having collected great contributions from poor people, one may thus

Erect statues and monuments, distribute plenty of alms and so on.

But his is to cause others to accumulate sins on virtuous grounds.

To make one's mind virtuous is my advice from the HEART!

(4)

Desiring one's own greatness, one will expound Dharma to

Others and through numerous deceitful tricks one will retain a

Circle of important and humble people. But such a mind clinging

To gross realities is the cause of pride. To have only short term plans

Is my advice from the HEART!

(5)

Selling,loaning with interest,and all these kinds of deceits: with the
Wealth amassed in this wrong way one may very well make large
Offerings,but merits resting upon greed are the source of eight
Worldly Dharmas. To meditate upon the rejection of covetousness is

My advice from the HEART!

(6)

Acting as witness,guarantor,and getting involved in low disputes,
One may thus settle others' quarrels,thinking this is for the good of
All, But to indulge in this will bring up interested aims. To remain
Without either expectation or apprehensions is my advice from the

HEART!

(7)

Administering provinces,having attendants and material wealth
One's renown may thus spread all over the world. But at the time
Of death these things do not have the slightest use. To endeavour in

One's practice is my advice from the HEART!

(8)

Bursars,attendants, those in responsible positions and cooks,
Are the pillars of the monastic community.But a mind

Interested in these is the cause of worry. To minimize this

Confusing bustle is my advice from the HEART!

(9)

Carrying religious objects, offering, books and cooking

Paraphernalia, one may go to the mountains solitudes with all

The necessary. But to be well equipped now is the source of

Difficulties and quarrels. To have no needs is my advice

From the HEART!

(10)

In these decadent times one may reproach the crude people

Around one, although one thinks it will be useful to them, it is

Just the source of poisonous thoughts. To utter peaceful words is

My advice from the HEART!

(11)

Without any selfish consideration, one may, with affection, tell

People their defects, only thinking of their own good. But

Although what one says is true this will ulcerate their hearts.

To say gentle words is my advice from the HEART!

(12)

One engages in controversies, defending one's point of view

And contradicting the other's thinking thus to preserve the purity

Of the teachings But in such a way one induces impure thoughts.

To remain silent is my advice from the HEART!

(13)

Thinking one is rendering service,one supports in a partisan way

One's Guru's lineage and philosophical views.But to praise

Oneself and belittle others ripens one's own attachments and

Hatred. To leave these things my advice from the HEART!

(14)

Having examined thoroughly the Dharma one has head,one

May think that understanding other's errors is proof of having

Discriminative wisdom.But to think in this way is to cause the

Accumulation of one's own sins. To view everything as pure is my

Advice from the HEART!

(15)

Speaking only the language of blank emptiness and disdaining cause

And effect,one may think that non-action is the ultimate point of

Dharma.But to forsake the two accumulations will wither the

Prosperity of one's practice. To unite these two is my advice from

The HEART!

(16)

Concerning the third initiation.there is the descending of the essence
And so on.One may think that the way of the other's body will lead
To outstanding progress.But on this path of the impure many great
Meditators have been ensnared. To rely upon the path of liberation

Is my advice from the HEART!

(17)

To bestow empowerments upon unqualified people and distribute
To crowds sacramental substances is the source of abuse and of
Spoiling the samaya. To prefer upright behaviour is my advice

From the HEART!

(18)

To go naked in public and other eccentricities one may think is to
Act as a yogi.But this is how one causes worldly people to lose
Faith. To be thoughtful in all things is my advice from the HEART!

(19)

Wherever one stays,with the desire to be the greatest one will act in
A traditional and clever fashion.But this is the cause of falling from
The highest to the lowest. To be neither tense nor relaxed is my

Advice from the HEART!

(20)

Whether one dwells in villages, monasteries, or mountain retreats,
Without searching for intimates one should be friends with all, but
With neither intimacy nor animosity. To keep one's independence is

My advice from the HEART!

(21)

Assuming an artificial countenance one may pay homage in a fine
Way to the patrons who take care of one's subsistence. But feigning
On account of others causes one to entangle oneself. To act with

Uniform taste is my advice from the HEART!

(22)

There are innumerable writings upon divination, astrology,
Medicine and so on. Although they all deal with the methods,
Based upon the interdependent links, leading to omniscience,
To become very fond of these various things will scatter one's
Contemplation. To minimise the study of these sciences is

My advice from the HEART!

(23)

At the time one stays inside arranging the interior, one may thus

Have all comforts in the midst of solitude. But his is how to fritter
Away one's whole life on trivial details. To put off all these activities
Is my advice from the HEART!

(24)

Learned, virtuous and so on, also having some diligence towards
Accomplishment, thus one's personal qualities may reach the peak.
But the clings associated with this will just entangle oneself. To
Know how to be free, without egocentricity is my advice from the
HEART!

(25)

To make nail and thunder fall, cast magic spells, while protecting
Oneself from all these, one may think to subdue what has to be
Subdued. But by burning another's being one will end up in the
Lower realms. To remain humble is my advice from the HEART!

(26)

One might have an abundance of all desirable texts, spoken advices,
Notes and so on. But if one does not put them into practice, at the
Time of death they will be of no use. To study one's mind is

My Advice from the HEART!

(27)

At the time one practices one-pointedly, one may have experiences, Discuss them with others, write spiritual verses and sing song of Realization. Although such things are natural manifestations of the Practice, they will increase wandering thoughts. To keep away from

Intellectualization is my advice from the HEART!

(28)

Whatever thoughts arise it is important to stare at them. thus When one has a clear understanding of the mind it is important to Remain with it. Although there is nothing to meditate upon, it is Important to remain such meditation. To be always attentive is my

Advice from the HEART!

(29)

In the midst of emptiness, acting according to the law of cause and Effect, having understood non action keeping the three vows, with Absolute compassion, may we strive for benefit of all beings. To unite

The two accumulations is my advice from the HEART!

(30)

One has followed many wise and accomplished Gurus, received Many profound instruction, and looked through a few sutras and Tantras, still one does not apply them. Alas! One is just deceiving

Oneself. Thus for myself and those alike me I have spoken these
Thirty pieces of advice from the HEART!. Whatever little merit
May arise from such a spirit of renunciation, may all beings be
Guided in the wild expanses of existence; and be established in the
Great bliss, By walking in the footsteps of the Buddhas and
Bodhisattvas of the three times and of all the great saints, may
We become their supreme sons. Thus urged by a little bit of
Renunciation, Tsultrim Lodro conceived these thirty pieces of
Advice from his HEART!. Geow! ShrisavaBizayatti! Mangalm!

OM SHRIANANTA VAJIRA! BIZAYANTU! SOVHA!