Nectar of the Path
A Reminder for Daily Practice
BY YONGEY MINGYUR RINPOCHE
THE FOUR THOUGHTS

Begin by cultivating a sense of delight in the qualities of the freedoms and riches:

MI LÜ YÖN TEN DU MÉ DAK NYI CHEN
Seeing its many wonderful qualities,

YIN PAR SHÉ NÉ GA TRO JÉ YI RANG
I rejoice and delight in this human life.

Next, contemplate the impermanent nature of phenomena:

NGÖ NAM MI TAK GYA TSÖ LAP JI ZHIN
Like waves in the ocean, all things are impermanent.

GANG JUNG DANG DU LANG TÉ DROK SU KHYER
I will accept whatever happens and make it my friend.
Contemplate the interdependence of causes and conditions:

GYU KYEN DZOM NA DRÉ BU NGÉ MIN PÉ
When causes and conditions come together, a result is sure to follow,

So I will do my best to help others and engage in positive deeds.

Contemplate the dreamlike quality of the suffering of samsara:

DRO WÉ DUK NGEL TSO WO SEM KYI JÉ
The suffering of beings is mainly produced by the mind.

I must free myself from my self-created bonds.
REFUGE AND BODHICHITTA

Bring to mind the Three Jewels, the guides who will free you from the ocean of samsara’s suffering:

MI LU TEN GYI KYAP NÉ KÖN CHOK SUM
Three Jewels, undeceiving and everlasting sources of refuge,

DAK SOK TÖN PA LAM DANG DROK DZÖ CHIK
Please be the guide, the path, and companions for myself and all beings.

Then recite the following three lines as many times as you are able:

NAMO BUDDHAYA
NAMO DHARMAYA
NAMO SANGHAYA

DÖN DAM KYAP NÉ RANG LA DZOK PA TÉ
The ultimate refuge is perfectly complete within me,
SEM NYI DÉ SHEK NYING PO YÉ SANG GYÉ
For my mind is buddha nature, enlightened from the very start.

Next, meditate on loving-kindness and compassion by thinking of all the infinite number of beings as members of your own family, recognizing that they share your wish to be happy and free from suffering:

RANG NYI JI ZHIN DÉ DUK LANG DOR LÖ
I feel compassion for all the beings

YONG SU KHYAP PÉ DRO NAM NYING RÉ JÉ
Who, like me, want to be happy and free from suffering.

Generate bodhichitta, thinking to yourself, “I will practice on the path to bring all the infinite number of beings to the state of buddhahood.”

KÜN KYANG NAM KHYEN GYEL WÉ GO PANG LA
To bring all beings to the state of omniscient buddhahood,
I will now practice the path.
In the space before you, imagine your own guru in the form of Vajradhara or whichever buddha inspires you.

Think of me, O Guru. In essence, you are equal to all the buddhas,

But in the kindness you have shown me, you are even greater.

Then recite the following as many times as you are able:

Think of me, O Guru.

Imagine that the guru melts into light and dissolves into you, your minds merging indivisibly.
Ultimately, I am the same as the guru in essence, 

For the nature of the student is the same as that of all the buddhas.
To conclude, let the mind rest naturally, without meditating yet undistracted, in the state in which you, the guru, and the buddhas are indivisible in essence. Maintain the flow of the mind’s true nature — ordinary, just as it is.

RANG DANG LA MA SANG GYÉ KÜN GYI TUK
My mind inseparable from the minds of the guru and all the buddhas,

YER MÉ MA CHÖ RANG BAP NYUK MÉ SHI
I rest naturally, without fabrication, in my basic nature,

MA YENG MI GOM ZO MÉ RANG GA MA
Not meditating and not distracted, in uncontrived ordinariness.

RIG PA RANG NYI RANG GI NGANG DU DEL
Awareness relaxes into itself.
DEDICATION

With the buddhas of the three times and ten directions, along with their offspring, as your witnesses, dedicate the virtue to the welfare of others:

DAK GI DÜ SUM SAK PÉ GÉ TSOK DANG
I dedicate all the virtue I have gathered throughout the three times

GYEL DANG JANG SEM DRO WÉ GÉ KÜN DOM
Along with the virtue of the victorious ones, the bodhisattvas, and all beings,

JI TAR SANG GYÉ SÉ CHÉ NGÖ PA ZHIN
Following in the footsteps of the buddhas and their heirs,

KHA KHYAP DRO KÜN TEN DÉ TOP CHIR NGO
To the lasting happiness of all the infinite number of beings.
At the request of the students of the Tergar community, Mingyur Dorjé composed this during a meditation session in 2010 at St. John’s University in the northern United States.