

## **THREE BARDOS OF THIS LIFE:**

### **BARDO OF LIVING:**

*Now, when the bardo of birth is dawning upon me,  
I will abandon laziness for which life has no time,  
Enter the undistracted path of study, reflection, and meditation,  
Making projections and mind the path, and realize the three Kayas;  
Now that I have attained a human body,  
There is no time on the path for mind to wander.*

### **BARDO OF DREAMING:**

*Now when the bardo of dreams is dawning upon me,  
I will abandon the corpse-like sleep of careless ignorance,  
And let my thoughts enter their natural state without distraction;  
Controlling and transforming dreams in luminosity,  
I will not sleep like any animal,  
But completely unify sleep and practice.*

### **BARDO OF MEDITATION:**

*Now when the bardo of samadhi-meditation dawns upon me,  
I will abandon the crowd of distractions and confusions,  
And rest in the boundless state without grasping or disturbance;  
Firm in the two practices: visualization and completion,  
At this time of meditation, one-pointed, free from activity,  
I will not fall into the power of confused emotions.*

### **THREE BARDOS BEYOND THIS LIFE:**

#### **BARDO OF DYING:**

*Now when the bardo of the moment before death dawns upon me,  
I will abandon all grasping, yearning, and attachment,  
Enter undistracted into clear awareness of the teaching,  
And eject my consciousness into the space of unborn mind;  
As I leave this compound body of flesh and blood,  
I will know it to be a transitory illusion.*

#### **BARDO OF DHARMATA:**

*Now when the bardo of dharmata dawns upon me,  
I will abandon all thoughts of fear and terror,  
I will recognize whatever appears as my projection  
And know it to be a vision of the bardo;  
Now that I have reached this crucial point,  
I will not fear the peaceful and wrathful ones,  
My own projections.*

#### **BARDO OF BECOMING:**

*Now when the bardo of becoming dawns upon me,  
I will concentrate my mind one-pointedly,  
And strive to prolong the results of good karma,  
Close the womb-entrance and think of resistance;  
This is the time when perseverance and pure thought are needed,  
Abandon jealousy and meditate on the Guru with his consort.*