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.