

Excerpt from “The Prayer in Seven Chapters to Padmakara.”

By Phakchok Rinpoche

Do this towards all you see:

Outside, inside, environment and beings, all things-

Whilst seeing them, without grasping, remain.

This freedom from the trap of duality, subject-object clinging, is
the very form of the deity, luminous and empty.

To this lama, the very self-liberation of desire and attachment, we pray!

To the Lotus-born Guru of Orgyen, we pray!

Do this towards all that you hear:

All sounds, grasped as sweet or harsh,

Whilst hearing them, empty, without after-thought, remain.

This empty sound, with no beginning and no end,
is the speech of the victorious ones.

To this empty sound, the speech of all the buddhas, we pray!

To the Lotus-born Guru of Orgyen, we pray!

Do this towards all that stirs in the mind:

Whatever thoughts and emotions of the five poisons arise,

Don't invite them, don't chase after them,

don't let mind fabricate or contrive:

Simply allowing them to settle in the face of their own arising,
is liberation into the dharmakaya.

To this lama, rigpa's self-realization, we pray!

To the Lotus-born Guru of Orgyen, we pray!

Thus, outwardly purify appearances of their allure;

Inwardly, free mind from grasping;

And, by the self-recognition of luminosity,

May the compassion of all the sugatas of past, present and future

Inspire and bless beings like us with self liberation!