

The Four Thoughts That Turn the Mind Toward Dharma Prayer

A human form, from which arises all qualities, is hard to find again; from effortlessly obtaining these meaningful opportunities and leisure, circling within the ocean of suffering of samsara and the lower realms through multiple impermanent lives, according to the virtue or vice I have followed. Grant your blessings that the wish for liberation be born in my mindstream.

Excerpt from Chod Ngondro by Ani Shuksep Rinpoche, Dharma Shri, and Terdak Lingpa