

Song of Realization of the Five-Fold Mahamudra

By Jigten Sumgon (1143-1217)

I bow at the feet of glorious Phagmo Drupa.

If the race of helping others has not been won upon the stallion of love and compassion, the cheers from crowds of gods and humans will not come. So, persevere in this primary intention.

If the stronghold of the unchanging ground is not seized in one's own body, the king of the deities, then the court of mother dakinis will not convene. So, persevere in the yidam of the body.

If the sunlight of devotion has not dawned upon the Guru's four-kaya snow mountain, the flowing river of blessings will not issue forth. So, persevere in this mind of devotion.

If the conceptual thoughts amassed like clouds have not subsided within the spacious sky of the nature of mind, the planets and stars of two-fold knowledge will not shine. So, persevere in this non-conceptual mind.

If the wish-granting gem of the two provisions has not been polished by prayers of aspiration, the fruits of our wishes and desires will not come. So, persevere in this final dedication!

The Song of Realization of Five-Fold Mahamudra was composed by the protector [Jigten Sumgon] himself.