

Rain Shower of Feats

(A Song of the Four Mindfulnesses as a Guide to the View of the
Middle Way)

(Tib: Tagur Drenpa Shedhen)

- H.H. Kalsang Gyatso, the VIIth Dalai Lama

Mindfulness of the Spiritual Mentor

1. On the unwavering cushion of the union of method and
wisdom,
Sits the kind Lama who is the nature of all Protectors.
There is a Buddha in the state of the culmination of realiza-
tions and cessations.
Beseech him in the light of admiration, through casting
away critical thoughts.
Don't let your mind go astray, but place it within admiration
and reverence.
Through not losing mindfulness, hold it within admiration
and reverence.

Mindfulness of Compassion

2. In unending Samsara, the prison of suffering,
Wander the sentient beings of the six realms, bereft of happiness.

They are your parents who reared you with affectionate kindness.

Meditate on compassion and affection by relinquishing attachment and aversion.

Don't let your mind go astray, but place it within compassion.

Through not losing mindfulness, hold it within compassion.

Mindfulness of Your Body as a Divine Body

3. In the celestial mansion of great bliss, joyous to sustain,
There exists the divine form of your body which is a purified state of the aggregates.

There is a deity in the nature of union of the three divine bodies.

Don't view it as ordinary, but train in divine dignity and immaculate appearance.

Don't let your mind go astray, but place it within profundity and clarity.

Through not losing mindfulness, hold it in an attitude of profundity and luminosity.

Mindfulness of the View of Emptiness

4. The sphere of appearing and existing phenomena

Is pervaded by the space of the ultimate clear light of
suchness.

There is an ineffable ultimate reality.

View this nature of emptiness through abandoning mental
contrivances.

Don't let your mind go astray, but place it in the ambience
of reality.

Through not losing mindfulness, hold it in the ambience
of reality.

5. At the crossroads of the six collections (of consciousness)

which have diverse perceptions,

Are seen the hazy dualistic phenomena which are baseless.

There is a magical show, which is by nature, deceptive.

Don't believe it to be true, but view it as having the nature
of emptiness.

Don't let your mind go astray, but place it in the nature of
appearance-emptiness.

Through not losing mindfulness, hold it in the nature of
appearance-emptiness.

*Colophon: Lama Tsongkhapa passed down this teaching to Jetsun Sherab
Senge. The VIIth Dalai Lama wrote it down.*

- Translated by Geshe Dorji Damdul, November 22, 2006.