

## *The Musings of a Practitioner*

Through the power of the blessings of Great Vajradhara on down  
to the kind root guru,  
And through the merit of the intrinsic virtue, along with all the  
virtue I have accumulated in the three times,  
Please bless me to understand the purpose of practicing Dharma.  
Please bless me not to corrupt that root.  
May I understand the cause of well-being to be virtue.  
May I understand the cause of pain to be non-virtue.  
May I understand the nature of cause and result to be infallible.  
In practice, may I know diligence.  
In benefiting others, may I know sacrifice.  
In relying on the Lama, may I know trust.  
In desire of experience and realization, may I know faith.  
In practicing Secret Mantra, may I know pure view.  
In desire of bliss and emptiness, may I know their indivisibility.  
In desire of buddhahood, may I know non-clinging.  
In the clarity of my own mind, may all become naturally clear.  
With nothing to renounce, may all be naturally renounced.  
With nothing to attain, may all naturally be attained.

*This composition is based on some scattered thoughts and feelings that were written down as soon as they arose by the Tibetan practitioner Thinley Nyinpo at the delightful retreat center, Drikung Chöling, located in the state of Kentucky. Whatever virtue from writing it down as it arose, I dedicate to all beings.*

*Translated by Virginia Blum 2025.*