

The stillness that you are

Place ineffable awareness undistractedly.

If a thought arises, it arises out of yourself and

dissolves into yourself.

There is no basic view, meditation,

or instruction superior to this."

-Vairotsana, Great Tibetan Master

Let thoughts and feelings be

simply truly see

that you are the stillness among the waves

you know them all as they rise and fall

You are prior to thought

thus never caught

Like paintings on water

they dissolve in your presence

the pure natural essence

You always stay

as daylight

in the

day

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