

How To Live in Happiness

**This has been composed by the eminent
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1) Composite phenomena are Impermanent like
water-bubbles.

There is no instant of real happiness in samsara.
Those who desire to be released from the seal of suffering,
The wise ones, should take refuge in the Triple Gem.

2) The source of all happiness and joy for oneself and
all sentient beings, Is loving kindness, compassion
and bodhicitta.

This is the basic disposition of cause and result-
dependent relation.

3) All phenomena are discursive thoughts and discursive
thoughts are solely mind.

Mind, as it is, is primordially unborn,
Like the sky, free from boundaries and a center.

4) From the natural radiance of Dharmakaya, free from
proliferation,

The power of the union of wisdom and compassion
spontaneously arises.

Within the dimension of the knowable the awakened
activities are performed for the benefit of beings in
Whatever way they are tamed.

5) One's own mind is set in the state of bliss by mindfulness
and heedfulness.

In the mandala of ultimate bodhicitta

Within the non-referential sphere,
the root of virtue is dedicated.

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