

Advice from Lama Tsongkhapa

Lama Tsongkhapa, Dharma King of the three realms, has said:

This opportune physical form
Is worth more than a wish-granting gem.
You only gain it like the once.
So hard to get, so easily destroyed,
It's like a lightning bolt in the sky.

Contemplate this and you will realize
All worldly actions are but winnowed chaff.
And night and day you must
Extract some essence of this life.
I, a yogi, practiced in this way.
You, wanting liberation, should do the same!