

Parting From the Four Clingings

by Drakpa Gyaltzen





Namo Shakyamuni Buddha (3x)

1

My teachers, who are so kind,
Meditation **deities** so compassionate;
To you I **go** for refuge from my heart.
Pray, bestow your blessings upon me.

2

Conduct **contrary** to the teachings has no use;
Thus to act in accord with the teachings,
There is the **instruction** on parting from
the four clings

2

Conduct **contrary** to the teachings has no use;
Thus to act in accord with the teachings,
There is the **instruction** on parting from
the four clingings.

I offer this to your very ears.

3

If you **cling** to this life,
you are not a practitioner;
If you cling to the three realms

3

If you **cling** to this life,
you are not a practitioner;
If you cling to the three realms
that is not renunciation;
If you **cling** to self-interest,
you are not a bodhisattva;
If grasping arises, it is not the view.

4

First, not **clinging** to this life:

4

First, not **clinging** to this life:
Ethical discipline, study, reflection, and meditation;
One who **pursues** these for this life's sake
Is not a practitioner; so cast this aside.

5

First to **explain** ethical discipline:
It's the root of higher transmigration;
It's the **staircase** to liberation;

5

First to **explain** ethical discipline:
It's the root of higher transmigration;
It's the **staircase** to liberation;
It's the antidote to suffering.

6

You cannot **succeed** without ethical discipline.
As for ethical **discipline** that clings to this life:
Its root is in the eight worldly concerns.

6

You cannot **succeed** without ethical discipline.
As for ethical **discipline** that clings to this life:
Its root is in the eight worldly concerns;
It attracts **accusations** of immoral behavior;

7

It makes you jealous of those with ethical discipline;
It makes your **own** discipline a mere pretense;
It's the seed that creates lower transmigration:

7

It makes you jealous of those with ethical discipline;
It makes your **own** discipline a mere pretense;
It's the seed that creates lower transmigration;
So **cast** aside the pretense of morality.

8

Those who **engage** in study and reflection
Are enriched by resources
that enhance knowledge;

Those who **engage** in study and reflection
Are enriched by resources
that enhance knowledge;
They are **endowed** with the light
that dispels ignorance;
They are familiar with the road
to guide sentient beings;

They are **endowed** with the seed
of the dharmakaya;

You cannot succeed without study and reflection.
As for the **study** and reflection that clings to this life,
It provides resources that produce conceit;

It causes **contempt** for those inferior in
learning and reflection;

It causes **contempt** for those inferior in
learning and reflection;

It causes envy toward those who possess
learning and reflection;

It causes you to **seek** retinues and wealth;

It's the root that brings forth lower transmigration.

So **cast** aside study and reflection

So **cast** aside study and reflection
driven by the eight concerns.

All who **undertake** meditative practice are
Endowed with the antidote to the afflictions;
They **possess** the root of the path to liberation;

They possess the seed of Buddhahood;
You cannot **do** without meditative practice

They possess the seed of Buddhahood;
You cannot **do** without meditative practice.

As for meditative **practice** pursued
for this life's sake:

It brings distractions when residing in solitude;

It makes you **adept** in the art of empty chatter;

It makes you defame those engaged

It makes you **adept** in the art of empty chatter;

It makes you defame those engaged
in study and reflection;

It makes you **jealous** toward other meditators;

So cast aside the meditative concentration
of the eight concerns.

To seek **nirvana**, the state beyond sorrow,

To seek **nirvana**, the state beyond sorrow,
Relinquish clinging to the three realms.
To relinquish **clinging** to the three realms,
Reflect on the defects of cyclic existence.

First is the dukkha of pain:
This includes the sufferings of the three lower realms.
If you **contemplate** these well, fear will arise,

First is the dukkha of pain:

This includes the sufferings of the three lower realms.

If you **contemplate** these well, fear will arise,
for if ripened upon you, they are indeed unbearable.

Not **gathering** the virtuous karma
that overcomes these

And continuing to cultivate the fields

Not **gathering** the virtuous karma
that overcomes these
And continuing to cultivate the fields
of lower realms,
Wherever such conduct exists, spit on it.

Reflect on the dukkha of change:
From higher realms you can fall to lower realms;

Reflect on the dukkha of change:

From higher realms you can fall to lower realms;
The god **Indra** can be reborn as a mere earthling;
Sun and moon can turn into darkness;

A universal **monarch** can be reborn as a servant.

These can be known by means of scripture,
But cannot be **perceived** by ordinary beings.

A universal **monarch** can be reborn as a servant.
These can be known by means of scripture,
But cannot be **perceived** by ordinary beings.
Therefore, observe your own experience of human-
level changes:

A **rich** person turns into a poor one;
A confident person changes into an anxious one;

A **rich** person turns into a poor one;
A confident person changes into an anxious one;
Many **people** unite together as one;
This list of such phenomena is inconceivable.

If you **reflect** on the dukkha
of pervasive conditioning,
Karmic deeds are endless.

If you **reflect** on the dukkha
of pervasive conditioning,
Karmic deeds are endless.

You **suffer** with too much, you suffer with too little;
You suffer if rich, you suffer if starved.

We waste our **entire** lives in preparations.
While in preparation we all die

We waste our **entire** lives in preparations.

While in preparation we all die.

Even in **death** there is no end to preparations,

For we begin preparations for the next life.

Spit on those who **continue** to cling to

This mass of dukkha called cyclic existence

Spit on those who **continue** to cling to
This mass of dukkha called cyclic existence.
When **freed** of this clinging, you go beyond sorrow;
When gone beyond sorrow, you attain happiness.

Freedom from these two **clingings** is
the experience of expanse.

Freedom from these two **clinging**s is
the experience of expanse.

Your individual **freedom** alone is of no value.
Beings of the entire three realms are your parents;
Spit on those who leave their **parents** behind
In the storm of dukkha
and seek their own happiness.

May the **sufferings** of the three realms ripen upon
me; May sentient beings receive all my merit;
Through the **blessings** of this meritorious act,
May all sentient beings become fully awakened.

In whatever **way** you abide in reality
There is no release as long as you grasp.

In whatever **way** you abide in reality
There is no release as long as you grasp.
To **explain** this in greater detail:

There is no liberation for those
who grasp at existence;
There is no **higher** rebirth for those
who grasp at nonexistence:

There is no liberation for those
who grasp at existence;
There is no **higher** rebirth for those
who grasp at nonexistence;
Those who grasp at both are ignorant;
So **place** your mind freely in the nondual sphere.

All things are but **objects** of the mind.

All things are but **objects** of the mind;
Without searching for a creator of the four elements,
Such as a wise **diviner**, Isvara, and so forth,
Place the mind freely in the sphere of mind itself.

The **illusory** nature of all appearances
And the truth of dependent arising as well,
One cannot **describe** their true mode of being;

The **illusory** nature of all appearances
And the truth of dependent arising as well,
One cannot **describe** their true mode of being;
So place the mind freely in the ineffable sphere.

Through the **merit** derived from this virtue
Of presenting parting from the four clings,
May all **beings** of seven classes without exception

Through the **merit** derived from this virtue
Of presenting parting from the four clings,
May all **beings** of seven classes without exception
Be led to the ground of Buddhahood.



