Should fascinate the heart of scholars who realised the essence:

As a sign of mastering the vital Sutra and Mantra; The essence of Buddha nature as the basis;

Knowing all the cyclic existence and transcendence;

Should charm the heart of all supreme teachers;

As sign of mastering the four reflections of mind;

Even the well-being of celestial realms;

Seeing the suffering of heat and cold of the hell below; Should strike their desiring mind;

As a sign of mastering the three perfect qualities of refuge;

Even if you are asked to select between state affairs and death;

By not abandoning the Triple Gem which liberates our souls:

Should captivate the hearts of people with no faith; As a mark of training the mind to be compassionate;

As you cannot bear the suffering of your parents in this life;

By benefiting even the perpetual enemies;

Should transform the minds of bigoted people;

As the sign of knowing the nature of cyclic existence and transcendence;

By giving away the present well-being to the wind; And making great effort to attain the ultimate bliss; Should appeal to the hearts of people leading purposeless lives;

You, Choekyi Dorje [my] youthful nephew;

Examine meaning of the seven points of realisation above:

No need to advise if you see their meaning;

If you have not, stimulate yourself again and again;

[Thus] from Tshangkha monastery;

By an old man of dog year cast aside from the mist of mankind;

Composed a poem of what came to mind.

Written quickly while in the bed of my retreat.

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