

From the teachings of Dilgo Khyentse Rinpoche

If you conquer the primordial nature by distinguishing mind from awareness,

The view of the absolute will gradually become clear.

Even if inwardly awareness is not yet clear right now,

Simply keep the mind from wandering outside.

This will do, for awareness lies in the very depth of the mind.

They are, it is said, like water and ice:

Water and ice are not entirely the same,

For the latter is solid and can be held.

But molten ice is none other than water,

So, in truth, water and ice are not two things, but one.

Likewise mind is not awareness, being deluded,

But mind's nature, when realised, is none other than awareness.

Although mind and awareness are different in sense,

They cannot be distinguished by analytic reasoning.

One day, as your confidence in awareness grows,

Mind will appear as witless as a child

And awareness as wise as a venerable old sage.

Awareness will not run after mind, but eclipse it;

In a relaxed, serene state, rest at ease.