

From *The Ganges River of the Mahamudra*, expounded to Naropa by Tilopa

The self-nature of the mind is like the sky,

There are no phenomena which are not encompassed in it.

Entirely abandoning the movements of the body, let oneself settle into the natural state.

As for one's idle chatter, without speaking much, let it become like an echo.

As for one's mind, without mental discourse, let it simply observe those phenomena which arise.

The body, being like a hollow bamboo stalk, has no essence.

The mind, being like the centre of the sky, transcends the objects of thought.

In that state, without permitting it to wander or clinging fast to it, allow it to relax.

When the mind has no refuge, there is the Mahamudra.

By habitually practising this, one attains unsurpassed Enlightenment.