

## THE SINGLE SUFFICIENT PATH

### *Gampopa*

Homage to all the sacred masters.

This instruction, entitled "Gampopa's Single Sufficient Path of Mahamudra," has three parts:

1. Resolving the natural state.
2. Pointing out the mode-of-being.
3. Training in thatness as the path.

The first section, resolving the natural state, has five points:

- Mahamudra has no cause.
- Mahamudra has no condition.
- Mahamudra has no method.
- Mahamudra has no path.
- Mahamudra has no fruition.

The second section, pointing out the mode-of-being, has five points:

- Mahamudra has no cause, yet faith and devotion are the cause.

- Mahamudra has no condition, yet a sacred master is the condition.
- Mahamudra has no method, yet nonfabrication is the method.
- Mahamudra has no path, yet undistracted mind is the path.
- Mahamudra has no fruition, yet freeing concepts into dharmata is the fruition.

The third section, training in thatness as the path, has four points:

1. As a preliminary, practice the guru yoga three times during the day and three times at night with faith, devotion, and respectfulness.
2. As the main practice, settle the mind in the state of nonfabrication and embrace it with nondistraction.
3. As a conclusion, recognize whatever occurs as being your own mind and train your awareness in that recognition.
4. Training in the way in which experiences manifest, exert yourself in meditation practice until concepts have been exhausted.

There are two types of experiences that occur: disturbing and harmonious. The former include dullness, excitement, sickness, fear, jadedness, doubt, and so forth. Since they result from practice, no matter which of these may occur, recognize them to be temporary experiences. Without trying to discard these experiences, make them the aim of your view and med-

itation. Henceforth, harmonious experiences will naturally occur.

The first harmonious experience is the occurrence of stillness; from this, the experience of the empty essence follows. Next comes the experience of attainment, and finally the experience of revulsion.

Exert yourself in meditation practice. Do not regard the way in which experience and realization occur to be enough. Beyond this, it is not enough for your mind to be still; you must practice seeing its essence. It is not enough to only see its essence; you must practice to attain realization. It is not enough to attain realization; you must practice to turn from attachment. It is not enough to only turn away from attachment; you must practice to free your conceptual mind in dharmata and attain buddhahood in the exhaustion of phenomena and concepts.

*Thus spoke Gampopa. This completes the heart essence, "The Single Sufficient Path of Mahamudra," which was first transmitted by the great pandita Lord Naropa.*

*Translated by Erik Pema Kunsang, 2012.  
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