

Excerpts from the BARDO THODOL*

Oh, Nobly Born, you who are the son or daughter of the Buddha,

Remember who you are in these times of change.

Remember the Buddha who has taken birth in your own form.

Step out of the small self, out of the body of fear,

And rest in generosity and kindness of heart.

Rest in your own true virtue and wisdom.

Rest in the graciousness of patience,

The dedication and equanimity and compassion

You share with all life.

That is who you really are.

Trust it, rest in your own true nature.

*W.Y. Evans-Wentz, **THE TIBETAN BOOK OF THE DEAD**
[OF THE GREAT LIBERATION ON HEARING IN THE
BARDO]* (NY: Oxford U. Press, 3rd ed. 1960).
Adapted by Jack Kornfield.

*Literal translation of BARDO CHODOL CHENMO.