



The Yoga Studies Institute Tibetan Heart Yoga, Level Three

I. “LEISURE” AND “FORTUNE” DEFINED

क्षण

kṣana

सम्पन्न

sampanna

II. RECOGNIZING AND TAKING ADVANTAGE OF THIS PRECIOUS HUMAN LIFE

From Master Shantideva’s *GUIDE TO THE BODHISATTVA’S WAY OF LIFE*:

मानुष्यं नावमासाद्य तर दुःखमहानदीम् ।

mānuṣyaṁ nāvamāsādya tara duḥkhamahānadīm ।

मूढ कालो न निद्राया इयं नौर्दुर्लभा पुनः ॥

mūḍha kālo na nidrāyā iyam naurdurlabhā punaḥ ॥

You must make use of this boat,
The human life you have, to cross over
The great river of suffering.
The boat is hard to find again later;
Do not sit then, ignorant one,
At this moment there asleep. (7.14)



III. THE MIRACLES IN OUR LIVES, AND HOW WE GOT THEM

From Master Patanjali's *YOGA SUTRA*:

ततः प्रातिभश्रवणवेदनादर्शास्वादवार्ता जायन्ते ॥ ३६ ॥

tatah pratibha shravana vedana-adarsha svada varta jayante

III.36 WITH THIS YOU DEVELOP
SUPERNORMAL ABILITIES OF HEARING,
TOUCH, SIGHT, TASTE, AND SMELL.

मैत्र्यादिषु बलानि ॥ २३ ॥

maitryadishu balani

II.23 THE POWERS ARE TO BE FOUND IN LOVE AND THE REST.

प्रातिभाद् वा सर्वम् ॥ ३३ ॥

pratibhad va sarvam

III.33 ALL OF THEM COME
FROM TOTAL UNDERSTANDING.



IV. DON'T LET THE SIDDHIS BECOME DISTRACTIONS

From Master Patanjali's *YOGA SUTRA*:

ते समाधाव् उपसर्गा व्युत्थाने सिद्धयः ॥ ३७ ॥
te samadhavupasarga vyutthane siddhayah

III. 37 DURING MEDITATION,
THESE COULD BE AN OBSTACLE;
WHEN YOU RISE FROM MEDITATION,
THEY ARE POWERS.

From Master Shantideva's *GUIDE TO THE BODHISATTVA'S WAY OF LIFE*:

मुक्त्वा धर्मरतिं श्रेष्ठामनन्तरतिसंततिम् ।
muktvā dharmaratiṁ śreṣṭhāmanantaratisantatiṁ ।
रतिरौद्धत्यहास्यादौ दुःखहेतौ कथं तव ॥
ratirauddhatyahāsyaādaū duḥkhahetaū katham tava ॥

You give up the highest kind of pleasure,
The holy Dharma, infinite numbers
Of causes that bring you pleasure.
Why is it you are attracted so much
To being distracted by causes for pain,
To busyness and the like? (7.15)



V. ADVICES ON HOW TO TAKE ADVANTAGE OF THIS
PRECIOUS HUMAN LIFE

From Master Shantideva's *GUIDE TO THE BODHISATTVA'S WAY OF LIFE*:

नातःपरा वञ्चनास्ति न च मोहोऽस्त्यतःपरः ।

nātaḥparā vañcanāsti na ca moho'styataḥparaḥ ।

यदीदृशं क्षणं प्राप्य नाभ्यस्तं कुशलम् मया ॥

yadīdṛśaṁ kṣaṇaṁ prāpya nābhyastaṁ kuśalam mayā ॥

Having obtained an opportunity such as this one,
If I do not use it to practice virtue
There is no greater deceit,
No greater delusion. (4.23)

अविषादबलव्यूहतात्पर्यात्मविधेयता ।

aviṣādabalavyūhataṭparyātmavidheyatā ।

परात्मसमता चैव परात्मपरिवर्तनम् ॥

parātmāsamatā caiva parātmaparivartanam ॥

Never feel discouraged, assemble the forces,
Engage yourself gladly, come to find
Complete command of yourself.
See yourself and other people
As equal, and finally exchange
Yourself and others as well. (7.16)



छन्दस्थामरतिमुक्तिबलं सत्त्वार्थसिद्धये ।

chandasthāmaratimuktibalāṃ sattvārthasiddhaye ।

छन्दं दुःखभयात्कुर्यादनुशंसांश्च भावयन् ॥

chandaṃ duḥkhabhayātkuryādanuśamsāṃśca bhāvayan ॥

The armies used for achieving the goals
Of living kind are will, steadfastness,
Joy, and finally leaving off.
Will is developed by fearing pain,
And engaging in the contemplation
Of the benefits that it gives. (7.31)

From Master Patanjali's *YOGA SUTRA*:

अभ्यासवैराग्याभ्यां तन्निरोधः ॥ १२ ॥

Abhasya vairagyabhyam tan nirodhah.

I.12 STOPPING IT REQUIRES CONSTANT PRACTICE, AND
GIVING UP YOUR ATTACHMENTS.

तत्परं पुरुषख्यातेर्गुणवैतृष्ण्यम् ॥ १६ ॥

Tat param purusha khyater guna vaitirshnyam.

I.16 IN ITS HIGHEST FORM, IT IS THE FREEDOM FROM ATTACHMENT
TO SOLID THINGS, GAINED BY ONE
TO WHOM THE TRUE NATURE OF THE PERSON
HAS BEEN REVEALED.