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How to Transform Sickness and Other Circumstances

Gyalse Tokme Zangpo

LOTSAWA HOUSE

nad la sogs pa lam du 'khyer tshul

Translated by Adam Pearcey

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How to Transform Sickness and Other Circumstances

by Gyalsé Tokmé Zangpo

Namo guru!

This illusory heap of a body, which, like others, I possess—
If it falls sick, so be it! In sickness I'll rejoice!
For it will exhaust my negative karma from the past.
And, after all, many forms of Dharma practice
Are for the sake of purifying the two obscurations.

If I am healthy, so be it! In freedom from sickness I'll rejoice!
When body and mind are well and at ease,
Virtuous practice can develop and gain strength.
And, after all, the way to give meaning to this human life
Is to devote body, speech and mind to virtue.

If I face poverty, so be it! In lack of riches I'll rejoice!
I will have nothing to protect and nothing to lose.
Whatever quarrels and conflicts there might be,
All arise out of desire for wealth and gain—that's certain!

If I find wealth, so be it! In prosperity I'll rejoice!
If I can increase the stock of my merits that will suffice.
Whatever benefit and happiness there might be, now and in the future,
All result from merits I have gained—that's certain!

If I must die soon, so be it! In dying I'll rejoice!
Without allowing negative circumstances to intervene,
And with the support of positive tendencies I have gathered,
I will surely set out upon the genuine, unerring path!

If I live long, so be it! In remaining I'll rejoice!
Once the crop of genuine experience has arisen,
As long as the sun and rainfall of instructions do not diminish,
If it is tended over time, it will surely ripen.

So, whatever happens then, let us always cultivate joy!

In response to a question from a Sakya geshé, asking what should be done in the event of sickness and the rest, I, the monk Tokmé, who discourses on the Dharma, set down these ways of bringing sickness and other circumstances onto the spiritual path.

Sarva maṅgalam!

| Translated by Adam Pearcey, 2007. Edited by Phillippa Sison. Revised 2012.

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