

༡༡། །གང་དུ་སྐྱེས་པའི་སྐྱེ་བ་ཐམས་ཅད་དུ། །

GANG DU KYEY PAY KYÉ WA T'HAM CHAY DU

Always, from rebirth to rebirth,

མཐོ་རིས་ཡོན་ཏན་བདུན་ལྔ་ན་ཐོབ་པར་ཤོག། །

T'HO RIY YÖN TEN DÜN DEN T'HOB PAR SHOK

May I obtain a precious human being's body with the seven qualities* of higher realms.

སྐྱེས་མ་ཐག་ཏུ་ཚེས་དང་འཕྲད་གུར་ཅིང་། །

KYEY MA T'HAK TU CHHÖ DANG T'HRAY GYUR CHING

Just after being born, may I meet holy Dharma

ཚུལ་བཞིན་བསྐྱབ་པའི་རང་དབང་ཡོད་པར་ཤོག། །

TSHUL ZHIN DRUB PAY RANG WANG YÖ PAR SHOK

And may I have the freedom to practice according to pure Dharma.

དེར་ཡང་སྐྱ་མ་དམ་པ་མཉེས་བྱེད་ཅིང་། །

DER YANG LA MA DAM PA NYEY JÉ CHING

From that, may I make my holy Root Guru happy

ཉིན་དང་མཚན་དུ་ཚེས་ལ་སྦྱོད་པར་ཤོག། །

NYIN DANG TSHEN DU CHHÖ LA CHÖ PAR SHOK

And may I apply myself only to Dharma day and night.

ཚེས་ཉེགས་ནས་ནི་སྣང་པོའི་དོན་བསྐྱབས་ཏེ། །

CHHÖ TOK NAY NI NYING PÖ DÖN DRUB TÉ

From realizing holy Dharma, accomplishing the essence of the meaning,

ཚོ་དེར་སྤྱིད་པའི་རྒྱ་མཚོ་བརྒྱལ་བར་ཤོག། །

TSHÉ DER SI PAY GYA TSHO GAL WAR SHOK

In that life may I cross the ocean of samsara.

* The noble lineage of human beings, a beautiful body, no sickness, long life, good fortune, wealth, great intelligence.

སྲིད་པར་དམ་པའི་ཚེས་རབ་སྟོན་བྱེད་ཅིང་། །

SI PAR DAM PAY CHHÖ RAB TÖN JÉ CHING
Revealing supreme teachings to samsaric beings,

གཞན་པན་བསྐྱབ་ལ་སྐྱོང་ལ་མེད་པར་ཤོག། །

ZHEN P'HEN DRUB LA KYO NGAL MÉ PAR SHOK
May I make the effort to benefit them, never tired or sad.

རྒྱབས་ཚེན་གཞན་དོན་ཕྱོགས་རིས་མེད་པ་ཡིས། །

LAB CHHEN ZHEN DÖN CHHOK RIY MÉ PA YIY
By great waves of benefit for others, without discriminating between beings,

ཐམས་ཅད་ཕྱུམ་གཅིག་སངས་རྒྱས་ཐོབ་པར་ཤོག། །།

སྲོང་ཚེན་པའི་གསུང་།། །།

T'HAM CHAY CHHAM CHIK SANG GYAY T'HOB PAR SHOK
May all of them attain the state of fully enlightened Buddha, altogether.

Written by Omniscient Longchenpa (Translated by Thinley Norbu Rinpoche).

Of course, those who are nihilists have no belief in karma, virtue, or the Triple Gems; that is why they are nihilists. They think only about this momentary life and that it is not necessary to consider previous births or future reincarnations since they do not believe in them. According to Buddhist theory, however, until one attains the state of enlightenment, one must believe mind is continuous even though one does not see the mind's continuity. Since the mind is continuous, phenomena will be continuous, so the phenomena of suffering and happiness are continuous. Sometimes there are phenomena of suffering and sometimes there are phenomena of happiness, but either way, these phenomena must change. In order not to circle like this between suffering and happiness unceasingly, it is necessary to be liberated to reach unchangeable, flawless ecstasy; and in order to be liberated one needs virtue or merit until the habits of dualistic mind are exhausted. So, one needs to believe in abstaining from negative karma and increasing positive karma and the accumulation of merit and wisdom. In order to make accumulation, first one needs to obtain a precious human birth with the seven qualities of the high realms of gods and humans.