

Do not alter the mind but allow it to settle as it is.
And, in such a state, look naturally within.
There will unfold an experience that is indescribable,
Which has no fixed character as either this or that,
And the natural radiance of which will not cease.
This is the genuine state, the natural condition,
The actual dharmatā, beyond conception.
It is the insight born of natural luminosity,
The view: like a mountain, left as it is.

As you simply abide by that natural state,
There is neither meditation nor distraction.
Without suppressing, cultivating, evaluating or analyzing,
Allow yourself to settle fully into the genuine state.
This is the natural concentration of dharmatā,
Uncorrupted by the bonds of deliberate action.
Abiding in the yoga that is the King of Space,
This is meditation: like the ocean, left as it is.⁶

Key Points of Trekchod by Mipham Rinpoche