

The everyday practice of dzogchen is simply to develop a completely carefree acceptance, an openness to all situations without limit. We should realize openness as the playground of our emotions and relate to people without artificiality, manipulation or strategy.

We should experience everything totally, never withdrawing into ourselves as a marmot hides in its hole. The practice releases tremendous energy which is usually constricted by the process of maintaining fixed reference points. Referentiality is the process by which we retreat from the direct experience of everyday life.

Chögyam Trungpa Rinpoche writing to HH Dilgo Khyentse Rinpoche.

One moment makes the difference.

In one moment complete enlightenment.

That moment is the unmistakable Buddha Mind. Don't project outwardly

Don't concentrate inwardly.

Don't keep a state in between.

Totally give up any effort.

It's what's called sheer emptiness.

You don't need to block the five senses, not at all. Everything is vividly experienced.

Tulku Urgyen