

### **Nature of Mind conduct:**

No matter what you do, no matter what situation you are in — whether walking, sitting, eating or lying down — always suspend your attention within the nature of nondual awareness. That's it!

Tulku Urgyen Rinpoche

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.

From Trungpa Rinpoche to HH Dilgo Khyentse Rinpoche.

### **The conduct of a true yogin:**

“Naropa, until you realize the unborn essence,  
Never leave the vehicle  
Of the two accumulations.”

Tilopa to Naropa

The great masters of the Kagyü lineage state that it is delusion to count on any method for recognizing mind essence other than purifying obscurations, gathering the accumulations, and relying on the blessings of a realized master. This means that no matter how smart or strong we are, if we don't follow a master and instead stubbornly push ourselves through years of meditation training without developing compassion and devotion, purifying obscurations, and gathering the accumulations, we will remain deluded.

In the Kagyü and Nyingma traditions it is said that devotion is the universal panacea, the medicine that can cure all sicknesses. If one just focuses on devotion one does not need to spend years studying debate, philosophy, grammar, art and so forth. In the past, thousands of practitioners attained accomplishment through the path of devotion combined with the paths of Mahamudra and Dzogchen.

To ignore compassion, devotion, and renunciation is like a bird trying to fly without wings: it's not possible.

Devotion and compassion are the greatest techniques, the most eminent means. They are a hundred times better than meditating on deities and reciting mantras.

Tulku Urgyen

‘In the moment of love the empty essence nakedly dawns.’

*The Aspiration of Mahamudra* by the third Karmapa, Rangjung Dorje