

“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

“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