



## **Pithy Advice on Checking One's Progress on the Path**

*from The Essential Amrita of Profound Meaning: Oral Instructions and Practical Advice Bestowed Upon Fortunate Followers, Eye-Opener to What Is To Be Adopted and Abandoned*

*by Chokgyur Dechen Lingpa*

To see if you're aware of impermanence or not,  
Check if your plans are long or short term.

To see if you perceive samsara as flawed or not,  
Check if you have attachment or not.

To see if you'll attain liberation in the future or not,  
Check if your conduct is good or bad.

To see if you'll attain awakening in this life or not,  
Check if you display the signs of progress in generation and completion.

To see if you've given rise to loving kindness and compassion or not,  
Check how you take care of those in need.

To see if you've tamed the demon of anger or not,  
Check how much hatred you have toward your enemies.

To see if you've tamed the ogre of attachment or not,  
Check how attached you are to your loved ones.

To see if you've dispelled the obscuring demon of ignorance or not,  
Check how much you cling in hope and fear.

To see if you've purified the three poisons or not,  
Check how free from grasping you've become.

You'll know if your Dharma practice has become the path or not,  
By thoroughly examining your own mind.

*This was written by Chokgyur Lingpa at the request of the Galap Dzong Lama, Könc bok Tenzin Chökyi Lodrö. May it bring goodness!*



### Translation Origin

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### Bibliography

#### *Tibetan Source*

mChog gyur gling pa, “rjes ’jug skal bzung rnam la bstsal pa’i zhal gdams bslab bya nyams len gyi skor spang blang mig ’byed zab don snying gi bdud rtsi.” In \*mChog gling bka’ bum skor\*. Vol. 36 of *mChog gling bde chen zbig po gling pa yi zab gter yid bzbin nor bu’i mdzod chen po*, 87–88. Kathmandu, Nepal: Ka-Nying Shedrub Ling Monastery, 2004.