

The Spontaneous Vajra Song

Happiness can not be found
through great effort and willpower,
but is already present,
in open relaxation and letting go.

Don't strain yourself,
there is nothing to do or undo.
Whatever momentarily arises
in the body-mind
has no real importance at all,
has little reality whatsoever.
Why identify with,
and become attached to it,
passing judgement upon it and ourselves?

Far better to simply
let the entire game happen on its own,
springing up and falling back like waves
without changing or manipulating anything
and notice how everything vanishes and
reappears, magically,
again and again, time without end.

Only our searching for happiness
prevents us from seeing it.
It's like a vivid rainbow which you pursue
without ever chatching,
or a dog chasing its own tail.

Although peace and happiness
do not exist as an actual thing or place,
it is always available
and accompanies you every instant.

Don't believe in the reality of good and bad
experiences;
they are like today ephemeral weather,
like rainbows in the sky.

Wanting to grasp the ungraspable,
you exhaust yourself in vain.
As soon as you open and relax
this tight fist of grasping,
infinite space is there -
open, inviting and comfortable.

Make use of this spaciousness, this
freedom and natural ease.
Don't search any further
looking for the great awakened elephant,
who is already resting quietly at home
in front of your own hearth.

Nothing to do or undo,
nothing to force,
nothing to want,
and nothing missing -

Emaho! Marvelous!
Everything happens by itself.

-By Venerable Lama Gendun Rinpoche