

Glorious Saraha's Five Uncontrived Seals of Emptiness (Mahamudra): Summary of his instructions to Parphuwa

The great brahmin, Saraha, said:
The seal of emptiness is unborn
Rest in the uncontrived
The aspect of the unconditioned (dharmakaya).

Whether going, standing, resting or sitting
Relax activity of mind so fleeting
And all five senses ever flitting.

Relax your six senses and empty bliss is uninterrupted.
Spoken by the earlier saintly ones, this truth
Is unmade and instantly present.

Your mind has these five, the free of contrivance:

1. Afflictions and thoughts are free of contrivance
—this is how the three realms of samsara abide.
2. Good experiences are free of contrivance
—these are the prior causes of birth in the god realms.
3. How the mind actually abides is free of contrivance
—dwelling on the level of nirvana.
4. The non-duality of samsara and nirvana is free of contrivance
—the mahayana teaching is union.
5. The ultimate beyond intellect is free of contrivance
—effortlessly arising and instantly present.

With this, benefit for others occurs without effort: the fulfilment of the result
beyond learning.

What concerns you I don't know.
Please have a look at this.

Translated by James Low, January 2021