

The Nineteen Pith Instructions of the Great Scholar Saraha

Homage to the Guru.

Oral teaching given by the great brahmin Saraha to the victor Maitripa in nineteen key points.

1. Although you know appearances are assembled within the mind, don't cease from generating virtue.
2. Although you might have awakened to your mind as Buddha, don't disregard your root master.
3. Although free of hope towards gaining buddhahood, don't insult the holy dharma.
4. Although free of concern towards going to hell, discard even the smallest sin.
5. Although free of concern towards becoming a hungry ghost, don't cease from even the smallest acts of generosity.
6. Although free of concern towards becoming an animal, protect your vows of body, voice and mind.
7. Although you are awake to the truth free of gods and demons, do not discard your path deity.
8. Although you are awake to the truth free of birth and death, you enjoy the support of a living body so do your practice.
9. Although you are awake to the truth of the birthless, do not discard the conduct of virtue.
10. Although you are awake to the truth of sameness, do not find fault with ordinary people.
11. Although you know all sights and sounds are the open mode (dharmakaya), apply yourself diligently to your mind.
12. Although you know that all are buddhas, do not kill even the smallest sentient being.
13. Although you are not separate from the original state, always protect your vows and promises.
14. Although you are awake to the view free of concepts, apply yourself diligently to the unbiased view.

15. Although you know contemplation free of wavering, apply yourself diligently to freedom from grasping and attachment.
16. Although your conduct has become fearless, act in harmony with others.
17. Although you have fulfilled your commitments without deceit, keep your mind sincere.
18. Although the mind's awareness is free of birth and death, reflect on the impermanence of the assembled aggregates.
19. Although the vastness of awareness has opened to you, carry your holy Guru on the top of your head.

Translated by James Low, January 2021