

# The Three Essential Points of Mahāmudrā Shamatha Without Support

## 1. *Cutting Through Suddenly-Arisen Thoughts*

When resting one-pointedly without movement,  
And a thought arises suddenly in relation to an object,  
Do not sustain the discursiveness: cut through the thought and hold your  
attention tautly.  
Strengthen your mindfulness and meditate repeatedly.

## 2. *Resting Uncontrived with Whatever Occurs*

Whatever thought arises, rest within just that.  
Rest without following after the thought or stopping it.  
Set up the sentinel of mindfulness of mind itself and meditate.

## 3. *Being Skilled in the Essential Points of Resting*

Rest like a Brahmin spinning thread. (A)  
Rest like cutting the rope of a bundle of hay. (B)  
Rest like a child looking at a temple. (C)  
Rest like striking an elephant with thorns. (D)

The summary of those:

- A. Just as balance between tight and loose is needed when spinning thread,  
Meditation's resting needs an evenness of tight and loose.  
Too tight leads to wildness and more thoughts.  
Too loose leads to torpor and laziness.
- B. Shamatha is a continuity of resting naturally self-settled.  
Not tainted by viewing thoughts as something to be abandoned and  
mindfulness as the antidote,  
Be free of effort in your mind.  
With nothing to do, rest like cutting the rope of a bundle of hay.
- C. Whatever experiences of empty forms, bliss, or nonthought arise,  
Do not foster or deny them by viewing them as good or faulty.  
Be free from fixation toward their mere appearance, like a child looking at a  
temple.
- D. When within a state of resting a thought suddenly arises,  
Hold the thought with mindfulness and cut its river-flow.  
Do not block or encourage thoughts; rest in their own place.  
This is taught to be like striking an elephant with thorns.

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*This draft translation from the original Tibetan was made under the author's guidance by Tyler Dewar, © 2004.  
Distributed for attendees of the Wild Awakening seminar at Nalanda West, Seattle, February 27-29, 2004.*

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