

## **A Lamp for the Path to Enlightenment**

By Atisha Dipamkara Shrijnana (982–1054)

Homage to the bodhisattva, the youthful Manjushri.

1. I pay homage with great respect  
To the conquerors of the three times,  
To their teaching and to those who aspire to virtue.  
Urged by the good disciple Jangchub Ö  
I shall illuminate the lamp  
For the path to enlightenment.

2. Understand that there are three kinds of persons  
Because of their small, middling and supreme capacities.  
I shall write clearly distinguishing  
Their individual characteristics.

3. Know that those who by whatever means  
Seek for themselves no more  
Than the pleasures of cyclic existence  
Are persons of the least capacity.

4. Those who seek peace for themselves alone,  
Turning away from worldly pleasures  
And avoiding destructive actions  
Are said to be of middling capacity.

5. Those who, through their personal suffering,  
Truly want to end completely  
All the suffering of others  
Are persons of supreme capacity.

6. For those excellent living beings,  
Who desire supreme enlightenment,  
I shall explain the perfect methods  
Taught by the spiritual teachers.

7. Facing paintings, statues and so forth  
Of the completely enlightened one,  
Reliquaries and the excellent teaching,  
Offer flowers, incense—whatever you have.

8. With the seven-part offering  
From the *[Prayer of] Noble Conduct*,  
With the thought never to turn back  
Till you gain ultimate enlightenment,

9. And with strong faith in the Three Jewels,  
Kneeling with one knee on the ground  
And your hands pressed together,  
First of all take refuge three times.

10. Next, beginning with an attitude  
Of love for all living creatures,  
Consider beings, excluding none,  
Suffering in the three bad rebirths,  
Suffering birth, death and so forth.

11. Then, since you want to free these beings  
From the suffering of pain,  
From suffering and the cause of suffering,  
Arouse immutably the resolve  
To attain enlightenment.

12. The qualities of developing  
Such an aspiration are  
Fully explained by Maitreya  
In the *Array of Trunks Sutra*.

13. Having learned about the infinite benefits  
Of the intention to gain full enlightenment  
By reading this sutra or listening to a teacher,  
Arouse it repeatedly to make it steadfast.

14. The *Sutra Requested by Viradatta*  
Fully explains the merit therein.  
At this point, in summary,  
I will cite just three verses.

15. If it possessed physical form,  
The merit of the altruistic intention  
Would completely fill the whole of space  
And exceed even that.

16. If someone were to fill with jewels  
As many buddha fields as there are grains  
Of sand in the Ganges  
To offer to the Protector of the World,

17. This would be surpassed by  
The gift of folding one's hands  
And inclining one's mind to enlightenment,  
For such is limitless.

18. Having developed the aspiration for enlightenment,  
Constantly enhance it through concerted effort.  
To remember it in this and also in other lives,  
Keep the precepts properly as explained.

19. Without the vow of the engaged intention,  
Perfect aspiration will not grow.  
Make effort definitely to take it,  
Since you want the wish for enlightenment to grow.

20. Those who maintain any of the seven kinds  
Of individual liberation vow  
Have the ideal [prerequisite] for  
The bodhisattva vow, not others.

21. The Tathagata spoke of seven kinds  
Of individual liberation vow.  
The best of these is glorious pure conduct,  
Said to be the vow of a fully ordained person.

22. According to the ritual described in  
The chapter on discipline in the Bodhisattva Stages,  
Take the vow from a good  
And well-qualified spiritual teacher.

23. Understand that a good spiritual teacher  
Is one skilled in the vow ceremony,  
Who lives by the vow and has  
The confidence and compassion to bestow it.

24. However, in case you try but cannot  
Find such a spiritual teacher,  
I shall explain another  
Correct procedure for taking the vow.

25. I shall write here very clearly, as explained  
In the *Ornament of Manjushri's Buddha Land Sutra*,  
How, long ago, when Manjushri was Ambaraja,  
He aroused the intention to become enlightened.

26. "In the presence of the protectors,  
I arouse the intention to gain full enlightenment.  
I invite all beings as my guests  
And shall free them from cyclic existence.

27. "From this moment onwards  
Until I attain enlightenment,  
I shall not harbor harmful thoughts,  
Anger, avarice or envy.

28. "I shall cultivate pure conduct,  
Give up wrong-doing and desire  
And with joy in the vow of discipline  
Train myself to follow the buddhas.

29. "I shall not be eager to reach  
Enlightenment in the quickest way,  
But shall stay behind till the very end,  
For the sake of a single being.

30. "I shall purify limitless  
Inconceivable lands  
And remain in the ten directions  
For all those who call my name.

31. "I shall purify all my bodily  
And verbal forms of activity.  
My mental activities, too, I shall purify  
And do nothing that is non-virtuous."

32. When those observing the vow  
Of the active altruistic intention have trained well  
In the three forms of discipline, their respect  
For these three forms of discipline grows,  
Which causes purity of body, speech and mind.

33. Therefore, through effort in the vow made by  
Bodhisattvas for pure, full enlightenment,  
The collections for complete enlightenment  
Will be thoroughly accomplished.

34. All buddhas say the cause for the completion  
Of the collections, whose nature is  
Merit and exalted wisdom,  
Is the development of higher perception.

35. Just as a bird with undeveloped  
Wings cannot fly in the sky,  
Those without the power of higher perception  
Cannot work for the good of living beings.

36. The merit gained in a single day  
By one who possesses higher perception  
Cannot be gained even in a hundred lifetimes  
By one without such higher perception.

37. Those who want swiftly to complete  
The collections for full enlightenment  
Will accomplish higher perception  
Through effort, not through laziness.

38. Without the attainment of calm abiding,  
Higher perception will not occur.  
Therefore make repeated effort  
To accomplish calm abiding.

39. While the conditions for calm abiding  
Are incomplete, meditative stabilization  
Will not be accomplished, even if one meditates  
Strenuously for thousands of years.

40. Thus maintaining well the conditions mentioned  
In the *Collection for Meditative Stabilization Chapter*,  
Place the mind on any one  
Virtuous focal object.

41. When the practitioner has gained calm abiding,  
Higher perception will also be gained,  
But without practice of the perfection of wisdom,  
The obstructions will not come to an end.

42. Thus, to eliminate all obstructions  
To liberation and omniscience,  
The practitioner should continually cultivate  
The perfection of wisdom with skillful means.

43. Wisdom without skillful means  
And skillful means, too, without wisdom  
Are referred to as bondage.  
Therefore do not give up either.

44. To eliminate doubts concerning  
What is called wisdom and what skillful means,  
I shall make clear the difference  
Between skillful means and wisdom.

45. Apart from the perfection of wisdom,  
All virtuous practices such as  
The perfection of giving are described  
As skillful means by the Victorious Ones.

46. Whoever, under the influence of familiarity  
With skillful means, cultivates wisdom  
Will quickly attain enlightenment—  
Not just by meditating on selflessness.

47. Understanding emptiness of inherent existence  
Through realizing that the aggregates, constituents  
And sources are not produced  
Is described as wisdom.



48. Something existent cannot be produced,  
Nor something non-existent, like a sky flower.  
These errors are both absurd and thus  
Both of the two will not occur either.

49. A thing is not produced from itself,  
Nor from another, also not from both,  
Nor causelessly either, thus it does not  
Exist inherently by way of its own entity.

50. Moreover, when all phenomena are examined  
As to whether they are one or many,  
They are not seen to exist by way of their own entity,  
And thus are ascertained as not inherently existent.

51. The reasoning of the *Seventy Stanzas on Emptiness*,  
The *Treatise on the Middle Way* and so forth  
Explain that the nature of all things  
Is established as emptiness.

52. Since there are a great many passages,  
I have not cited them here,  
But have explained just their conclusions  
For the purpose of meditation.

53. Thus, whatever is meditation  
On selflessness, in that it does not observe  
An inherent nature in phenomena,  
Is the cultivation of wisdom.

54. Just as wisdom does not see  
An inherent nature in phenomena,  
Having analyzed wisdom itself by reasoning,  
Non-conceptually meditate on that.

55. The nature of this worldly existence,  
Which has come from conceptualization,  
Is conceptuality. Thus the elimination of  
Conceptuality is the highest state of nirvana.

56. The great ignorance of conceptuality  
Makes us fall into the ocean of cyclic existence.  
Resting in non-conceptual stabilization,  
Space-like non-conceptuality manifests clearly.

57. When bodhisattvas non-conceptually contemplate  
This excellent teaching, they will transcend  
Conceptuality, so hard to overcome,  
And eventually reach the non-conceptual state.

58. Having ascertained through scripture  
And through reasoning that phenomena  
Are not produced nor inherently existent,  
Meditate without conceptuality.

59. Having thus meditated on suchness,  
Eventually, after reaching "heat" and so forth,  
The "very joyful" and the others are attained  
And, before long, the enlightened state of buddhahood.

60. If you wish to create with ease  
The collections for enlightenment  
Through activities of pacification,  
Increase and so forth, gained by the power of mantra,

61. And also through the force of the eight  
And other great attainments like the “good pot”—  
If you want to practice secret mantra,  
As explained in the action and performance tantras,

62. Then, to receive the preceptor initiation,  
You must please an excellent spiritual teacher  
Through service, valuable gifts and the like  
As well as through obedience.

63. Through the full bestowing of the preceptor initiation,  
By a spiritual teacher who is pleased,  
You are purified of all wrong-doing  
And become fit to gain powerful attainments.

64. Because the *Great Tantra of the Primordial Buddha*  
Forbids it emphatically,  
Those observing pure conduct should not  
Take the secret and wisdom initiations.

65. If those observing the austere practice of pure conduct  
Were to hold these initiations,  
Their vow of austerity would be impaired  
Through doing that which is proscribed.

66. This creates transgressions that are a defeat  
For those observing discipline.  
Since they are certain to fall to a bad rebirth,  
They will never gain accomplishments.

67. There is no fault if one who has received  
The preceptor initiation and has knowledge  
Of suchness listens to or explains the tantras  
And performs burnt offering rituals,  
Or makes offering of gifts and so forth.

68. I, the Elder Dipamkarashri, having seen it  
Explained in sutra and in other teachings,  
Have made this concise explanation  
At the request of Jangchub Ö.

### **Colophon**

This concludes *A Lamp for the Path to Enlightenment*, by the Acharya Dipamkara Shrijnana. It was translated, revised and finalized by the eminent Indian abbot himself and by the great reviser, translator and fully ordained monk Geway Lodrö.

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