

## **The Three Essential Points**

(Tib: Nyingpo Dhon Soom)

- *Yogi Mitra Joki*

Practise consistently the deity meditation in (the process of) life.

Practise the instruction of transference of mind when close to death.

Practise the mixing during the intermediate state.

Above all others, is consistency in practice.

1. *Practise consistently the deity meditation in (the process of) life.*

By being mindful of impermanence and suffering,

Concertedly generate Great Compassion.

(Visualize) the Guru on the crown of your head and the deity at your heart.

Meditate upon your mind as unborn.

2. *Transference (of mind) – the heart practice at the time when one is close to death.*

By giving away your body,

Abandon all (thoughts) on the dependents.

By the practice of the light-ray cylindrical channel,  
Eject your mind to the realm of Tushita.

3. *The mixing – the heart practice in the intermediate state.*

By knowing this as the intermediate state,  
Transform the external, internal and secret.  
Through the essential yoga of emptiness-compassion,  
The wise, learned ones connect (themselves) to their next  
lives.

*As a side remark is the quintessence of view, meditation and  
conduct.*

Identifying all that appears is the quintessence of view.  
Not wavering is the quintessence of meditation.  
Acting mindfully in the same taste is the quintessence of  
conduct.

This is the instruction of a greatly realized yogi.

*Colophon: The instruction on the Three Essential Points is  
presented as a spiritual gift by the great seer Mitra Joki to the  
translator Jampa Pel.*

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