

“This life is as rare as a star in daytime and as short as a tail on a goat.”

Tulku Urgyen Rinpoche

“No matter what you do, no matter what situation you are in — whether walking, sitting, eating or lying down — always suspend your attention within the nature of nondual awareness. That’s it!”

Tulku Urgyen Rinpoche

“Relying on curious attention in all activities  
It’s like having Shakyamuni himself as your constant companion”

Jamgon Kongtrul

Placing my trust in the guru and the three jewels  
with the compassion regarding all beings as parents  
and with the diligence to accomplish enlightenment in one lifetime  
grant your blessing so that I may equalize life and practice.

From the Kunzang Thuktik sadhana