Jigten Sumgon's Song of the Realisation of the Five Limbs of Mahāmudrā

(This song has been translated before, also by me. Lama Tsering recently asked me for the text and looking through it, I think I was able to improve it a bit.)

I bow down to the feet of glorious Phagmodrupa!

When, concerning love and compassion — the stallion — you do not cover the whole distance — the benefit of others — you will not receive the acknowledgment of the assembly of gods and men. Therefore, make serious efforts at cultivating the preliminary resolve.

When, concerning your body, the king — the body of the deity — you do not seize the firm support, which is the foundation, the mother — the dakini with her retinue — will not appear. Therefore, make efforts concerning the body, which is the deity of meditation.

When on the guru, the snow-capped peak of the four bodies, the sun of devotion does not shine, the stream of blessing will not arise. Therefore, make efforts concerning the mind-set of devotion.

As long as the cloud accumulations of thoughts do not dissipate in the vastness of space — the nature of mind — the planets and stars of the twofold knowledge are without splendor. Therefore, make efforts concerning a mind that is free from thoughts.
When you do not polish the wish fulfilling gem – the two accumulations – with aspiration prayers, the necessary and desired results will not arise. Make, therefore, efforts concerning the concluding dedication.

The Song of the Realisation of the Five Limbs of Mahāmudrā, composed by Kyoba [Jigten Sumgön].

(Translated by Jan-Ulrich Sobisch)