

## A Daily Practice For Recognizing the Inner Radiance at the Time of Death

When the time of death arrives, I will adopt an altruistic motivation and concentrate my thinking as follows:

‘I have arrived at the time of death, so now, relying on the process of death, I will single mindedly cultivate an altruistic intention. I will meditate on the generation of loving kindness, compassion and an altruistic intention to attain enlightenment. For the benefit of all sentient beings, who are as limitless as space, I must attain perfect buddhahood

And in particular, [I will think]:

‘At this moment, for the sake of all sentient beings, I will recognize [the time of death as the arising of] inner radiance, the Buddha-body of reality,

and while in that state,

I will attain the supreme accomplishment of the Great Seal, and thereby act for the good of all sentient beings.

If I do not achieve this accomplishment,

then, recognizing the intermediate states as it is, I will actualize the coalescent Buddha-body of the Great Seal during the intermediate state, and thereby, manifesting in order to instruct each in accordance with his or her needs, I will act for the benefit of all sentient beings, who are as limitless as space.’

Without giving up the focus on cultivating an altruistic intention, in the above way, I will recollect the meditative experiences which I formerly developed.

*Daily Practice - 2-*

When pure inner radiance, reality itself, arises before me, I will recognize it!

this radiant essence that is my conscious awareness is a brilliant emptiness.

It is beyond substance, beyond characteristics and beyond colour, completely empty of inherent existence in any respect whatsoever.

*Daily Practice - 3-*

The essence of my own conscious awareness is emptiness.  
Yet, this is not a vacuous or nihilistic emptiness;

    this, my very own conscious awareness, is  
unimpededly radiant, brilliant and vibrant.

    The utterly indivisible presence of these two: the  
essence of my own awareness, which is empty, without  
inherent existence with respect to any substance  
whatsoever, and my own conscious awareness, which is  
vibrant and radiantly present, is the Buddha-body of  
reality.

    This intrinsic awareness, manifest in a great mass of  
light, in which radiance and emptiness are indivisible, is  
the buddha [nature] of unchanging light, beyond birth or  
death.

    Just to recognize this is enough!

    If I recognize this brilliant essence of my own conscious  
awareness to be the buddha [nature], then to gaze into  
intrinsic awareness is to abide in the enlightened intention  
of all the buddhas.

*Daily Practice - 4-*

**I** will recognize signs of the dissolution of the elements:

I will recognize the shimmering **mirage** of Earth  
dissolving,

I will recognize the **smoke** of Water dissolving,

I will recognize the **fireflies** of Fire dissolving,

I will recognize the **candle flame** of Wind dissolving,

I will recognize a brilliant **whiteness** as the White Drop flows  
downward,

I will recognize the brilliant **redness** as the Red Drop flows  
upward,

I will recognize the **blackness** as the Red and White Drops  
meet at the heart.

As soon as my respiration ceases, [**the luminosity**] known as the 'inner radiance of the first intermediate state',... will arise.

... all phenomena will become empty and utterly naked like space.

[At the same time], a naked awareness will arise, not extraneous [to myself], but radiant, empty and without horizon or center.

At that moment, I will personally recognize this intrinsic nature and rest in the state of that [experience].