



## Emptiness, Meditation, Action

Kalzang Gyatso

An image of a sun enthroned in the heavens,  
Radiating one thousand beams of light :  
Were one to shower bright rays of love upon all beings,  
How excellent.

An image of a kingly eagle gliding high in space :  
Were one's mind to glide without grasping  
In the space of truth itself clear and void,  
How excellent.

An image of fresh, white clouds,  
Bright, pure and drifting freely :  
Were one to build clear, blissful meditation  
In the perfect mystic mandala,  
How excellent.



An image of a gray wind flowing forcefully through the sky :  
Were one to maintain an energy flow always beneficial to others,  
The best of spiritual practices, never artificial,  
How excellent.

An image of the vast sky everywhere free of obstruction :  
Were this song on emptiness, meditation, and action  
Without hindrance to benefit the world,  
How excellent.

Kalzang Gyatso, the 7<sup>th</sup> Dalai Lama (1708-1757) saw two eagles playing freely among the clouds, and was moved to compose this poem.

Drawing : Cécile Wadlow