

Free and Easy

Sometimes called "Happiness"

-By Gendun Rinpoche

Happiness cannot be found  
through great effort and willpower,  
but is already present,  
in open relaxation and letting go.

Don't strain yourself,  
there is nothing to do or undo.  
Whatever momentarily arises  
in the body-mind  
has no real importance at all,  
has little reality whatsoever.  
Why identify with,  
and become attached to it,  
passing judgment upon it and ourselves?

Far better to simply  
let the entire game happen on its own,  
springing up and falling back like waves  
without changing or manipulating anything  
and notice how everything vanishes and  
reappears, magically,  
again and again, time without end.

Only our searching for happiness  
prevents us from seeing it.  
It's like a vivid rainbow which you pursue  
without ever catching,  
or a dog chasing its own tail.

Although peace and happiness  
do not exist as an actual thing or place,  
it is always available  
and accompanies you every instant.

Don't believe in the reality of good and bad  
experiences;  
they are like today's ephemeral weather,  
like rainbows in the sky.

Wanting to grasp the ungraspable,  
you exhaust yourself in vain.  
As soon as you open and relax  
this tight fist of grasping,  
infinite space is there -  
open, inviting and comfortable.

Make use of this spaciousness,  
this freedom and natural ease.  
Don't search any further  
looking for the great awakened elephant,  
who is already resting quietly at home  
in front of your own hearth.

Nothing to do or undo,  
nothing to force,  
nothing to want,  
and nothing missing -

Emaho! Marvelous!  
Everything happens by itself.