

# SEVEN DELIGHTS

By Gotsampa



When thoughts there that is something, perceived and a perceiver,  
Lure my mind away and distract,  
I don't close my senses' gateways to meditate without them  
But plunch straight into their essential point.  
They're like clouds in the sky; there's this shimmer where they fly.  
Thoughts that rise (1), for me sheer delight!

When kleshas get me going, and their heat has got me burning,  
I try no antidote to set them right.  
Like an alchemistic potion turning metal into gold,  
What lies in kleshas' power to bestow  
Is bliss without contagion, completely undefiled.  
Kleshas coming up (2), sheer delight!

When I'm plagued by godlike forces or demonic interference,  
I do not drive them out with rites and spells.  
The thing to chase away is egoistic thinking,  
Build up on the ideas of a self.  
This will turn the ranks of maras into your own special forces.  
When obstacles arise (3), sheer delight.

When samsara with it anguish has me writhing in its torments,  
Instead of wallowing in misery,  
I take the greater burden down the greater path to travel  
And let compassion set me up

To take upon myself the sufferings of others.  
When karmic consequences bloom (4), delight!

When my body has succumbed to the attacks of painful illness,  
I do not count on medical relief,  
But take that very illness as a path and by its power  
Remove the obscuration blocking me,  
And use it to encourage the qualities worthwhile.  
When illness rears its head (5), sheer delight!

When it's time to leave this body, this illusionary tangle,  
Don't cause yourself anxiety and grief.  
The thing that you should train in and clear up for yourself –  
There's no such thing as dying to be done.  
It's just clear light, the mother and child clear light uniting,  
When mind forsakes the body (6), sheer delight!

When the whole thing's just not working, everything's lined up  
against you,  
Don't try to find some way to change it all.  
Here the point to make your practice is reverse the way you see it.  
Don't try to make it stop or to improve.  
Adverse conditions happen (7); when they do it's so delightful.

They make a little song of sheer delight

Note:  
Kleshas refers to the emotional states that tend to hook us or disturb us the most  
Mara refers to demons  
Samsara is the endless cycle of birth, death, and rebirth  
Obscuration means whatever distorts, blocks, or biases our perception