

Excerpt from
An Ambrosia Ocean of Sublime Explanations:
A Clearly Compiled Commentary Based upon the Close Lineage of Chöd
Pema Lungtog Gyatso

Second are the general enumerations concerning the corresponding things to be known about isolated environments. From the teachings of the lord Kaldan Gyatso [a Rekong Mahasiddha from Amdo], it is stated:

O solitary meditators who hope to wander in isolated places, listen here to this song with a mind of delight. Not being able to decide yourself, it is rare to find a true friend who will encourage you in this way.

If you feel inspired to retreat to a remote mountain—then if you can remain at the upper slopes of a mountain concealed by misty clouds where a glacial cave awaits you, happiness in this and the future lives will ensue. If you feel inspired to retreat to a remote forest—if you rely upon a place such as that in the midst of a densely growing grove of trees, a cool abode awaits you where joyful delight will ensue.

If you feel inspired to retreat go to a remote snow mountain—somewhere on the slopes of the whiteness, by relying upon a practice cave where you can remain alone in solitude, then virtuous activities will increase. If you are inspired to retreat to a remote highland plain—in the meadows of brilliantly blooming flowers, a delightful grassy green shelter awaits you. In a place such as that, true natural happiness will prevail.

If you are inspired to retreat to a remote rocky mountain where vultures' nests abound and with natural astonishing caves marking its face—in a place such as that, awareness will awaken. If you are inspired to retreat to a remote crag in the midst of its colored strips and piles of sliding rocks—in a place such as that within a cave where there are no distractions, whatever comes to mind will be yours.

If you are inspired to retreat in a glacier mountain area—below the sheets of shale, a stone structure where a simple beggar stays will await you. In a place such as that, freedom is natural. If you are inspired to enjoy companionship in these remote places—while observing your friends, the birds and animals that abound, in an instant their sounds captivate you with pleasure; for to rely on such friends is a source of great joy.

If you are inspired to go to a remote lake, where slapping waves wash its shores and waters create gentle repetitive sounds—in a place such as that, there is constant delight. If you aspire to partake of the food of isolation—the provisions are the nettles and fruits that grow here and there. When savored, their flavor is most delicious. To rely upon such sustenance, how astonishing indeed!

If you aspire to listen to this song of isolation, a song that benefits your stream of mind, then it is always necessary to keep these habits strong; for to rely upon a song such as this is a great marvel itself!

So, it is as taught.



December, 2013: Translated by Light of Berotsana, this excerpt will be included in a book due for publication in 2014 that will be a compilation of two invaluable chöd commentaries: *An Ambrosia Ocean of Sublime Explanations* by Pema Lungtog Gyatso, and *Heart Essence of Saraha* (2nd edition) by Dudjom Lingpa, retranslated by Light of Berotsana.