

YOGA
STUDIES
INSTITUTE

TO THE INNER
KINGDOM

BY GESHE MICHAEL ROACH

FROM THE QUIET
RETREAT TEACHINGS

ARIZONA 2001

• yogastudiesinstitute.org •

I

There be some standing here
Which shall not taste of death
Til they see the kingdom;
Jivan mukti, lu ma pangpar,
But how?

The choice is those you love
Ripped away, over the edge.
One house crumbles,
The other is sold.
The empty feeling of the unfulfilled,
Monotony to the grave.

You were not meant to lie within the egg;
Pierce the shell,
See the world in color,
Fly to the empty sky.

Great Garuda,
Guardian of the children of the stars -
You will never be happy until this moment.

Now turn and see
Who put you here.

II

The kingdoms are two,
Inner and outer,
Come to the outer,
And then to the inner.

The outer is the apprentice song
The inner the air that carries it.

Both depend upon the fact
That nothing exists from its own side.

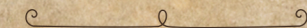
Make one decision,
Seek and learn
From friend and friends,
Hidden gems of the earth.

Samadhi is a state of grace
That borders on the Kingdom
Samadhi before the altar,
Samadhi before the world.

If you would be perfect,
Fight the good war
Against things:
Those that move and those that don't,
Advance guard and troops in the trenches.

Break the tyranny
Of the senses;
The devil is not gone,
Gone to the refrigerator,
The closet, the bed, the paper.

Behind the glass,
Behind the desk.
Seek first for the kingdom.



III

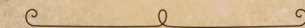
Whatsoever you would,
Move through lives
Without a ripple.

If you're not like him,
Judge not, for you will:
A plank and a piece of dust,
A mountain under forest,
For they are your perfect reflection.

Only a bubble
Touching a bubble;
Desert creatures
Fighting life
And granting it.

People and events
Live like the three,
Resist evil
First at the source;
But be gentle there as well.

Silence and a single-point
Shifting throughout the day;
Hours on the cushion -
The outer kingdom's come.



IV

To learn to play
The final song
You must become then
Sound itself:
Enter the inner kingdom.

The breath, the wind, the inner wind
Moving in reflection
Of heart and understanding,
Key to the realm of emptiness,
Key to the impossible
Possible for heaven,
For in this realm believing
Becomes reality.

Nothing greater than these two;
You have spoken true, and you
Are not far from the Kingdom.