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ÖSEL TENDZIN, born Thomas F. Rich, is the first Western lineage holder in the Kagyü Buddhist lineage. The dharma heir and Vajra Regent of Vidyadhara the Venerable Chögyam Trungpa Rinpoche, he is the author of *Buddha in the Palm of Your Hand*, *Space, Time and Energy*, and *The Chariot of Liberation*.



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THE POETRY OF THE VAJRA REGENT ÖSEL TENDZIN provides a perspective on one of the least understood aspects of spiritual life: the unique and ancient relationship of a devoted student to a genuine teacher. In these verses, devotion, clarity, surrender, and compassion are expressed at different moments in the Vajra Regent's path, first as the principal student and dharma heir of Vidyadhara the Venerable Chögyam Trungpa Rinpoche, and then as a teacher in his own right. These poems illustrate the transformation of ego into the awakened state of direct, natural, and playful responsiveness to confusion. May they continue to serve as pith instruction, inspiration, and guide to practitioners of all contemplative paths.



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ÖSEL TENDZIN

LIKE WATER POURED INTO WATER

SATDHARMA PRESS

Like Water Poured Into Water

Ösel Tendzin
Selected Poems

IN THIS BOOK OF SPIRITUAL SONGS, you will find poems expressing devotion in its purest form. Complete trust in a spiritual teacher, nurtured by intense practice and motivated by a genuine heart, naturally reveals a student's innate clarity and wisdom. The Vajra Regent Ösel Tendzin demonstrated this through his relationship with the Vidyadhara Chögyam Trungpa Rinpoche. The poetry on these pages is a direct expression of the wisdom that grew out of this relationship.

Through these spontaneously spoken words, which are in turn startling, humorous, tender, wry and thoughtful, the Vajra Regent points out the path to innate wisdom. Some poems proclaim the purity of unborn wisdom; others demonstrate the transformation of doubt through supplication; and still others convey a loving and humorous response to the confusion of ordinary human beings.

Whatever realization these pages contain is dedicated to you, the reader. Use these poems to laugh and cry, to dry your tears, or to cut through doubt and hesitation. Allow the words to move you to spontaneously express whatever will awaken basic sanity in yourself and others.