

*From the teachings of Lord Kaldan Gyatso, Rebkong Mahasiddha from Amdo, it states:*

O solitary meditators who hope to wander in isolated places,  
listen here to this song with a mind of delight.

If you don't communicate with yourself,  
then it is rare to find a true friend who will encourage you in this way.

If you are inspired to retreat to a remote mountain—at the upper slopes of a mountain concealed  
by misty clouds, where a glacial cave awaits you—  
if you can remain there, then happiness in this and the future will ensue.

If you are inspired to retreat to a remote forest—in the midst of the densely growing groves of  
trees, a cool abode awaits you made of fresh forest leaves. If you rely upon a place such  
as this, joyful delight will ensue.

If you are inspired to retreat go to a remote snow mountain—somewhere on the slopes of the  
white snow, in a practice cave where you can remain in solitude alone—by relying upon  
a place such as this, 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 this, there is true  
natural happiness.

If you are inspired to retreat to a remote rocky mountain where vultures' nests abound, with  
natural astonishing caves marking its face—in a place such as this, awareness awakens.

If you are inspired to retreat to a remote crag—in the midst of its colored strips and piles of  
sliding rocks, within a cave where there are no distractions—in a place such as this, one  
can accomplish whatever comes to mind.

If you are inspired to retreat to a glacier mountain area—below the sheets of shale, a stone  
structure where a simple beggar can stay awaits you. In a place such as this, there is  
natural freedom.

If you are inspired to have a companion in these remote places—when you look at your friends  
who are the birds and animals around there—in an instant, their sounds become pleasing  
and captivating. To rely on such friends is a source of great joy!

If you are inspired to go to a remote lake, slapping waves washing its shores and waters that  
create gentle repetitive sounds—in a place such as this, 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 vessels,  
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 unto itself!

So it is as taught.