

BCA Stanza #: 4

Sanskrit:

**kshanamasampadiyam sudurlabhaa
pratilabdhaa purashaarthatasadhanii
yadi naatra vichintyatey hitam
punarapyesha samaagamaha kutaha**

Tibetan:

**Dal jor di ni nyey par shin tu ka
Kyey bu'i doen drup thob par gyur pa la
Gel te di la phen pa ma drup na
Chi di yang dag jor par ga la gyur**

English:

**These freedoms and advantages are extremely difficult to obtain.
Since I have gained (the opportunity) to accomplish that which is meaningful for a person,
If I do not practice what is beneficial in this (lifetime),
How will a perfect opportunity like this come about later?**