Nga den tog pe gur
Jigten Sumgon's Song of the Realisation of the Five Limbs of Mahāmudrā

(This song has been translated before, also by me. Lama Tsering recently asked me for the text and looking through it, I think I was able to improve it a bit.)

Phel phag mo dru pe zhab la du
I bow down to the feet of glorious Phagmodrupa!

Verse 1:
Jam dang nying je ta pho la / zhen phen gyi kyu thog ma chay na
Throm lha mi or chay mi jung we/ sem ngon dro di la nan ten dzo.

When, concerning love and compassion ─ the stallion ─ you do not cover the whole distance ─ the benefit of others ─ you will not receive the acknowledgment of the assembly of gods and men. Therefore, make serious efforts at cultivating the preliminary resolve.

Verse 2:
Rang lu lha ku gyal po la / zhi gyur me kyi ten sa ma zin na
Ma khandro khor bang mi du we / lu yi dam gyi lha la nan ten dzo.

When, concerning your body, the king ─ the body of the deity ─ you do not seize the firm support, which is the foundation, the mother ─ the dakini with her retinue ─ will not appear. Therefore, make efforts concerning the body, which is the deity of meditation.
Verse 3:

La ma ku zhi nge ri la / mo gu kyi nyi ma ma shar na
Jin lab kyi chu ghyiun mi jung we / sem mo gu di la nan ten dzo.

When on the guru, the snow-capped peak of the four bodies, the sun of devotion does not shine, the stream of blessing will not arise. Therefore, make efforts concerning the mind-set of devotion.

Verse 4:

Sem nyi kyi nam kha yang pa la / nam tog gyi trin tsog ma deng na
Khyen nyi kyi za kar mi tra we / sem mi tog di la nan ten dzo.

As long as the cloud accumulations of thoughts do not dissipate in the vastness of space — the nature of mind — the planets and stars of the twofold knowledge are without splendor. Therefore, make efforts concerning a mind that is free from thoughts.

Verse 5:

Tshog nyi yi zhin gyi nor bu la / mon lam gyi ji dor ma je na
Go do kyi dre bu mi jung we / je ngo wa di la nan ten dzo.

When you do not polish the wish fulfilling gem – the two accumulations – with aspiration prayers, the necessary and desired results will not arise. Make, therefore, efforts concerning the concluding dedication.

The Song of the Realisation of the Five Limbs of Mahāmudrā, composed by Kyoba [Jigten Sumgön].
(Translated by Jan-Ulrich Sobisch)