

1. Text number	Ds 270
2. Text title (where present) in Tibetan	ལྷན་མཁའ་རིན་པོ་ཆེ་ཨ་ཁེ་ལྷོ་གྲིས་ཀྱི་སྒྲོན་འཕྲོ་མི་རྟག་པ་དང་གསོལ་འདེབས་བཞུགས།།
3. Text title (where present) in Wylie transliteration	<i>Man ngag rin po che a khrid kyis[kyi] sngon 'gro mi rtag pa dang gsol 'debs bzhugs+ho/</i>
4. A brief summary of the item's contents	Contemplating the impermanence of the External World and Internal Life, and praying for the blessings of the meditation deity and lineage of masters, to attain enlightenment.
5. Number of folios	9
6. Scribe's name	
7. Translation of title	The recollection of impermanence and the prayer of the A khrid Dzogchen system
8. Transcription of colophon	a khrid kyi mi rtag pa 'di ni g.yas ru khar[mkhar] sna dpal du bru ston rgyal ba g.yung drung gis sbyar ba rdzogs+ho/  de nas khra chags med bkra shis rgyal mtshan la rgyud[brgyud]/ de'i a mtsho kun dga' rgyal mtshan dang don ldan tshul khrims 2 gyi[gyis] bzhus[zhus]/ de'i slob dpon bstan pa 'od zer la rgyud/ de'i rtsa ba'i bla ma'i drung du bdag la'o/ yang bru rgyal ba nas bod pa bsod nams g.yung drung la rgyud[brgyud] pa 'di ltar ro//
9. Translation of colophon	The contemplation of impermanence and the prayer of the A khrid system (of the Great Perfection), completed by Bru ston rGyal ba g.yung drung, at gYas ru mkhar sna dpal monastery.  From here, the lineage was transmitted to bKra shis rgyal mtshan, and accepted by A mtsho Kun dga' rgyal mtshan, and Don ldan tshul khrims from him, then it was further passed on to Slob dpon bsTan pa 'od zer. From him, it was transmitted to my root Guru and then to me. Additionally, the transmission from Bru rgyal ba gYung drung to Bod pa bSod nams g.yung drung is as follows.
10. Remarks	The colophon of the text provides a list of how the A khrid system teachings were transmitted to the Ya ngal lineage from Central Tibet. The relevant information is complemented by the contents of the text Drangsong 262.

	<table border="1"> <tbody> <tr> <td>1</td> <td colspan="2">dGongs mdzod ri khrod chen po (1038-1096)</td> </tr> <tr> <td>2</td> <td colspan="2">rTogs ldan sgom chen 'bar ba</td> </tr> <tr> <td>3</td> <td colspan="2">Grub chen khyung sgo jo g.yung</td> </tr> <tr> <td>4</td> <td colspan="2">rTogs ldan dam pa tshul shes</td> </tr> <tr> <td>5</td> <td colspan="2">Sum ston gYor po me dpal (1134-?)</td> </tr> <tr> <td>6</td> <td colspan="2">A zha bDud rtsi rgyal mtshan</td> </tr> <tr> <td>7</td> <td colspan="2">A zha Blo gros rgyal mtshan (1198-1263)</td> </tr> <tr> <td>8</td> <td colspan="2">Rang grol 'Dul ba rgyal mtshan (1239-?)</td> </tr> <tr> <td>9</td> <td colspan="2"><b>Bru chen rGyal ba g.yung drung (1242-1296)</b></td> </tr> <tr> <td>2</td> <td>Bru Nam mkha' 'od zer</td> <td>Bod sgom bSod nams g.yung drung</td> </tr> <tr> <td>11</td> <td>Bru bsod nams rgyal mtshan (1268-1321)</td> <td>mKhas grub Tshul khirms 'od zer</td> </tr> <tr> <td>12</td> <td>Bru bSod nams blo gros (1268-1321)</td> <td>rTogs ldan bsod nams rgyal mtshan</td> </tr> <tr> <td>13</td> <td>Bru rNam rgyal ka ra</td> <td>Gar tsha bSod nams rgyal mtshan</td> </tr> <tr> <td>14</td> <td>mKhas grub rin chen blo gros</td> <td>sPa ston bstan rgyal bzang po</td> </tr> <tr> <td></td> <td></td> <td>Slob dpon Khro bo rgyal mtshan</td> </tr> <tr> <td>15</td> <td colspan="2"><b>mNyam med shes rab rgal mtshan (1356-1415)</b></td> </tr> <tr> <td>16</td> <td>mMhas btsun Rin chen rgyal mtshan (1360-?)</td> <td>rNal 'byor Kun dga' rgyal mtshan</td> </tr> <tr> <td>17</td> <td>rNam sprul nam mkha' ye shes</td> <td>Dran mchog bsTan pa 'od zer</td> </tr> <tr> <td>18</td> <td>Don ldan kun bzang rgyal mtshan (1464-?)</td> <td>mKhas btsun sMon lam rgyal mtshan</td> </tr> <tr> <td>19</td> <td>mKhas grub blo gros rgyal nmsthan</td> <td>rTa'u nyi ma rgyal mtshan</td> </tr> <tr> <td>20</td> <td>mNga' ris bsod nams rgyal mtshan</td> <td>rTogs ldan blo gros rgyal mtshan</td> </tr> <tr> <td>21</td> <td>bkra shis rgyal mtshan</td> <td>'Bru sgo Nyi ma 'od zer (1562-1637)</td> </tr> <tr> <td>22</td> <td>A mtsho Kun dga' rgyal mtshan don ldan tshul khirms</td> <td>Khyung ston Tshul khirms 'od zer</td> </tr> <tr> <td>23</td> <td>Slob dpon bsTan pa 'od zer</td> <td>mKhas grub Tshe dbang tshul khirms</td> </tr> <tr> <td>24</td> <td>rTsa ba'i bla ma</td> <td>Byang sems Tshul khirms rin chen</td> </tr> <tr> <td>25</td> <td>bDag (lDong sgom bsTan pa lhun grub</td> <td><b>Yang ston Rin chen rgyal mtshan</b></td> </tr> <tr> <td></td> <td></td> <td><b>Yang ston 'Od zer rgyal mtshan</b></td> </tr> </tbody> </table>	1	dGongs mdzod ri khrod chen po (1038-1096)		2	rTogs ldan sgom chen 'bar ba		3	Grub chen khyung sgo jo g.yung		4	rTogs ldan dam pa tshul shes		5	Sum ston gYor po me dpal (1134-?)		6	A zha bDud rtsi rgyal mtshan		7	A zha Blo gros rgyal mtshan (1198-1263)		8	Rang grol 'Dul ba rgyal mtshan (1239-?)		9	<b>Bru chen rGyal ba g.yung drung (1242-1296)</b>		2	Bru Nam mkha' 'od zer	Bod sgom bSod nams g.yung drung	11	Bru bsod nams rgyal mtshan (1268-1321)	mKhas grub Tshul khirms 'od zer	12	Bru bSod nams blo gros (1268-1321)	rTogs ldan bsod nams rgyal mtshan	13	Bru rNam rgyal ka ra	Gar tsha bSod nams rgyal mtshan	14	mKhas grub rin chen blo gros	sPa ston bstan rgyal bzang po			Slob dpon Khro bo rgyal mtshan	15	<b>mNyam med shes rab rgal mtshan (1356-1415)</b>		16	mMhas btsun Rin chen rgyal mtshan (1360-?)	rNal 'byor Kun dga' rgyal mtshan	17	rNam sprul nam mkha' ye shes	Dran mchog bsTan pa 'od zer	18	Don ldan kun bzang rgyal mtshan (1464-?)	mKhas btsun sMon lam rgyal mtshan	19	mKhas grub blo gros rgyal nmsthan	rTa'u nyi ma rgyal mtshan	20	mNga' ris bsod nams rgyal mtshan	rTogs ldan blo gros rgyal mtshan	21	bkra shis rgyal mtshan	'Bru sgo Nyi ma 'od zer (1562-1637)	22	A mtsho Kun dga' rgyal mtshan don ldan tshul khirms	Khyung ston Tshul khirms 'od zer	23	Slob dpon bsTan pa 'od zer	mKhas grub Tshe dbang tshul khirms	24	rTsa ba'i bla ma	Byang sems Tshul khirms rin chen	25	bDag (lDong sgom bsTan pa lhun grub	<b>Yang ston Rin chen rgyal mtshan</b>			<b>Yang ston 'Od zer rgyal mtshan</b>
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