

Wednesday morning – Dza Patrul Rinpoche’s Final Meditation Manual – ADAPTED by Lama Jigme Gyatso

Dorje Sempa’s Heart Treasure

Wednesday morning

verses 25 – 30



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Twenty-fifth passage

Bodhichitta – the Second of Five Preliminaries – A Happy and Fulfilling Life

The basis
of the Ma-ha-ya-na path
is the *enlightened mindset*;

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this sublime thought
(of wishing and acting love)

is the one path
trodden
by all the **Búddhas**.

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Néver leaving
this noble path
of the *enlightened míndset*,

Bo-dhi-chit-ta

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with compassion
for all beings,
recite *this* six-syllable mántra.



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Twenty-sixth passage

Purification – the Third of Five Preliminaries

**Wándering in Sam-sa-ra
from beginningless time
untíl now,**

the habit of being a puppet to our impulses: scatted and contrived

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whát you have done
(*that*) was wrong
will lead
to further wandéring.

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Fróm your heart acknowledge
all wrongdoing and downfalls,
(*as well as*) conféss them,

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with the four powers complete,
recite *this* six-syllable mántra.

object, regret, resolve, & antidote



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Twenty-seventh passage

Offering – the Fourth of Five Preliminaries – Our Self-centeredness

The mind,
holding on to (*the illusion*) of “*me*,”
clings to everything
this is the cause of Sam-sá-ra;

the habit of resistance

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só, as offerings to the exalted
in Nir-va-na
and charity to the lowly
in Sam-sá-ra,

the mastery of awareness and acquiescence

gíve everything
body, possessions, and virtue
and dedicate
the merit tó all;

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cásting all attachments
far away,
recite *this* six-syllable mántra.



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Twenty-eight passage

Guru Yoga – the Fifth of Five Preliminaries – Is your Lama a good teacher?

**The noble teacher
has the nature
of all Bú-dhas,**

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and of all Bud-dhas,
it is he (*or she*)
who is the kindest.

for he is present and they are not

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Séeing the teacher
as (*if*) inseparáble
fróm *Dor-je Sem-pa Yab Yum’s*
(*mindfulness, meditation ánd love*),

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with great enthusiasm,
recite *this* six-syllable *mántra*.



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Twenty-ninth passage

Empowerment – Busting Patriarchy’s Disempowering Myths

Purifying the obscurations,
initiating the practice of the path
and actualizing
the four **Ká**-yas,

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thé essence
of the four empowerments
is (*reliance upon*) the *teacher* (*who is like*)
Dor-je Sem-pa Yáb Yum;

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if you recognize your own mind
as (*like*) the teacher’s,
all four empowerments
are complete;

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réceiving innate empowerment
by yourself,
recite *this* six-syllable mántra.



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Thirtieth passage

Circumstance – the First of Four Bases of Mindfulness – Visualization’s Inherent Danger

**Sám-sa-ra is nothing
other than how
things appear tó you;**

when mindfulness mutates into concentration

if you recognize
every *circumstance*
as (*non-graspable as*) the *Pure-land* (*of light*),
the good of others
is consummated.

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Seeing the purity of everything
confers the four empowerments
on ALL beings at once;

through love and letting-go

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drédging the depths
of Sam-sa-ra,
recite *this* six-syllable mántra.



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