

Heart of Wisdom's Love

# Heart of Wisdom's Love

*by Terton Lama: Jigme Gyatso; Rime Rinpoche*

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# I. Opening Material

## *A. Acknowledgments*

*This sadhana or practice text and its commentary was inspired by:*

*The termas or psychic instructions I received from:  
Avalokiteshvara, Arya Tare, and Padmasambhava,*

*the oral instructions of Bhakha Tulku Rinpoche, Chogyal Namkhai Norbu,  
Lama Chodrak Gyatso, and Lama Olé*

*meditation manuals composed by Gautama Siddhartha: the Buddha*  
*“Maha Satipatthana Sutta– the Greater Discourse upon the Four Bases of Mindfulness*  
*translated by Maurice Walshe,*

*“Satipatthana Sutta –the Discourse upon the Four Bases of Mindfulness”*  
*translated by Bhikkhu Nanamoli*

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**“Anapanasati Sutta – the Discourse of Mindfulness with Breathing”**  
*also translated by Bhikkhu Nanamoli*

*a meditation manual composed by Ven. Dr. Madawela Punnaji Maha Thera*  
**“Ariyamagga Bhavana – the Sublime Eightfold Way”**

## Heart of Wisdom's Love

*one of the last meditation manuals composed by  
Dza Patrul Rinpoche, Jigme Chökyi Wangpo  
**“The Heart Treasure of the Enlightened Ones  
the Practice of View, Meditation, and Action;  
a discourse Virtuous in the Beginning, Middle, and End”**  
and the explanation thereof given by Dilgo Khyentse Rinpoche  
translated by the Padmakara Translation Group,*

*a meditation manual composed by Karma Chagme Rinpoche  
**“The Quintessence of Spiritual Practice,  
the Direct Instructions of the Great Compassionate One”**  
translated by Eric Pema Kunsang*

*a sadhana by Thangtong Gyalpo  
**“All Pervading Benefit of Beings  
The Recitation and Meditation of the Great Compassionate One”**  
translated by Tyler Dewar*

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*a meditation manual composed by Bokar Rinpoche*

**“Chenrezig: Lord of Love,  
the Principles and Methods of Deity Meditation”**

*translated by Christiane Buchet*

*a sadhana compiled from traditional sources*

**“Praises and Requests of the Twenty-one Taras”**

*translated by Ani: Thubten Chodron*

*a meditation manual composed by Atisha – Shrijana Dipamkara*

**“Sadhana of the Venerable Tara:  
Tara Battarika Sadhana”**

*translated by Martin Willson*

*a sadhana composed by His Holiness Dudjom Rinpoche, Jigdral Yeshe Dorje*

**“The Daily Recitation of the Revered Noble Tara”**

*translated by the Vimala staff*

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*a meditation manual composed by Lama Palden Drolma*

**“Love on Every Breath:**

**Tonglen Meditation for Transforming Pain into Joy”**

*a meditation manual composed by Lama Kazi Dawa Samdup*

**“Tibetan Yoga; and Secret Doctrines”**

*translated by Lama Kazi Dawa Samdup and edited by W. Y. Evans-Wentz*

*a meditation manual composed by Gyalwa Wensapa*

**“A Source of Every Realization:**

**Handprints of the Profound Path of the Six Yogas of Naropa”**

*translated by Glenn H. Mullin*

*a sadhana composed by Dudjom Rinpoche Jigdral Yeshe Dorje*

**“The prayer of Calling (the Lama) from Afar**

**A Spontaneous Son of the Original Nature”**

*translated by Yeshe Melong*

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*a commentary composed by His Eminence Chagdud Tulku*

**“Ngondro Commentary:**

**Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom”**

*Compiled by Jane Tromge*

*a sadhana composed by Dudjom Lingpa Rinpoche*

**“Dudjom Tersar Ngöndro”**

*translated under the direction of His Eminence Chagdud Tulku*

*and a meditation manual composed by Lama Surya Das*

**“Natural Radiance: Awakening to your Great Perfection”**



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*C. Heart Treasure Syllabus*

Lesson	Volume	Chapters	Lesson	Volume	Chapters
1 <sup>st</sup>	A-na-pa-na-sa-ti	Sut-ta	9 <sup>th</sup>	8 <sup>th</sup> of 14	43 <sup>rd</sup> – 48 <sup>th</sup>
2 <sup>nd</sup>	1 <sup>st</sup> of 14	1 <sup>st</sup> – 6 <sup>th</sup>	10 <sup>th</sup>	9 <sup>th</sup> of 14	49 <sup>th</sup> – 54 <sup>th</sup>
3 <sup>rd</sup>	2 <sup>nd</sup> of 14	7 <sup>th</sup> – 12 <sup>th</sup>	11 <sup>th</sup>	10 <sup>th</sup> of 14	55 <sup>th</sup> – 60 <sup>th</sup>
4 <sup>th</sup>	3 <sup>rd</sup> of 14	13 <sup>th</sup> – 18 <sup>th</sup>	12 <sup>th</sup>	11 <sup>th</sup> of 14	61 <sup>st</sup> – 66 <sup>th</sup>
5 <sup>th</sup>	4 <sup>th</sup> of 14	19 <sup>th</sup> – 24 <sup>th</sup>	13 <sup>th</sup>	12 <sup>th</sup> of 14	67 <sup>th</sup> – 72 <sup>nd</sup>
6 <sup>th</sup>	5 <sup>th</sup> of 14	25 <sup>th</sup> – 30 <sup>th</sup>	14 <sup>th</sup>	13 <sup>th</sup> of 14	73 <sup>rd</sup> – 78 <sup>th</sup>
7 <sup>th</sup>	6 <sup>th</sup> of 14	31 <sup>st</sup> – 36 <sup>th</sup>	15 <sup>th</sup>	14 <sup>th</sup> of 14	79 <sup>th</sup> – 83 <sup>rd</sup>
8 <sup>th</sup>	7 <sup>th</sup> of 14	37 <sup>th</sup> – 42 <sup>nd</sup>			

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## II. Heart of Wisdom Sutra



Heart of Wisdom's Love

*introduction*

The Bo-dhi-sat-tva Quan Yin,  
while moving in the deep peace  
of Perfect understanding,  
shed light on the five aggregates

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áand found them equally empty.  
After this realization,  
she overcame áall pain.



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*five aggregates – first*

“Lísten, Sha-ri-pu-tra,  
form is emptiness  
emptiness ís form,

fórm does NOT differ from emptiness,  
emptiness does NOT differ fróm form.

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The same is true with feeling,  
appraisal, impulse and awareness.

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*three dualities*

“Listen, Sha-ri-pu-tra, all phenomena  
are marked with emptiness;

they are neither produced nor destroyed,  
neither corrupted nor purified,  
neither increasing nor decreasing.

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*five aggregates – second*

Therefore, in emptiness  
there is neither form, nor feeling,  
nor appraisal, nor impulse, nor awareness;

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*organs*

nó body, nor tongue, nor nose,  
nor ears, nor eyes , nór mind;

*action*

nó feeling, nor tasting, nor smelling,  
nor hearing, nor seeing, nor notícing;

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*object*

nó sensation, nor flavor, nor scent,  
nor sound, nor sight, nor phenoména;

*interdependence*

nó interdependent origins  
and no extinction of them  
(from confusion to old age ánd death);

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*the four noble truths*

**nó** stress, no exacerbation,  
no liberation, no path;  
no understanding, no attainment.

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*the fruit of training*

“Because there is no attainment,  
the Bo-dhi-sat-tvas, supported  
by the Perfection of Understanding,  
find no obstacles for their minds.



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Háving no obstacles,  
they overcôme fear,

líberating themselves  
forever from illusion  
and realizing perfect Nirvána.

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Áll Buddhas of the past, present, and future,  
thanks to this Perfect Understáuding,  
árrive at full, right,  
and universal Enlighténment.

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*mantra*

“Thérefore, one should know  
that Perfect Understanding  
is a great mantra, is the unequalled mántra,

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thé destroyer of all suffering,  
the incorruptible truth.

Á mantra of Praj-na-pa-ra-mi-ta  
should therefore be próclaimed.

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This is the mantra:

“Ga-te Ga-te Pa-ra-ga-te

Pa-ra-sam-ga-te Bod-hi Svvá-ha!

Góne, gone completely and perfectly  
to enlightenment, may it bé so!

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## II. Meditating upon the Four Collections of Five



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*A. The Five Aggregates*

*1. Body*

*Observant inhalation: Notice form...*

*Relaxing exhalation: **relaxing!***

*FIRST set of sixteen breaths  
touch tip of left little finger **palm**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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2. *Bliss, Stress, or Neither*

*Observant inhalation:* ***These feelings...***

*Relaxing exhalation:* ***relaxing!***

*SECOND set of sixteen breaths*  
*touch tip of left thumb to its little finger, slide down to its **lower** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*



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3. *Intensity*

Observant inhalation: *Appraisal...*

*Relaxing exhalation:* ***relaxing!***

*THIRD set of sixteen breaths*  
*slide tip of left thumb up its little finger, to its **middle** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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4. *Survival Instincts*

Observant inhalation: *Impulses...*

*Relaxing* exhalation: *relaxing!*

*FOURTH set of sixteen breaths*  
*slide tip of left thumb up its little finger, to its **higher** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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5. Awareness

*Observant inhalation:* **Awareness...**

*Relaxing exhalation:* **relaxing!**

*FIFTH set of sixteen breaths  
slide tip of left thumb up its little finger, to its **tip**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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## *B. The Five Mental Poisons*

- 1. Relaxing into the dread that strives to shove-away  
transforms it into mirror-like wisdom*

*Observant inhalation: Notice hate...*

*Relaxing exhalation: **relaxing!***

*FIRST set of sixteen breaths  
touch tip of left ring finger to **palm**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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2. *Relaxing into the awareness of the desire that strives to pull-towards transforms it into discerning wisdom*

*Observant inhalation:* ***This craving...***

*Relaxing exhalation:* ***relaxing!***

*SECOND set of sixteen breaths  
touch tip of left thumb to its ring finger, slide down to its **lower** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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3. *Relaxing into the awareness of the befuddlement that fearfully clings-to transforms it into the wisdom of the basic space of phenomena*

*Observant inhalation:* ***This clinging...***

*Relaxing exhalation:* ***relaxing!***

*THIRD set of sixteen breaths  
slide tip of left thumb up its ring finger, to its **middle** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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*4. Relaxing into the awareness of jealousy  
transforms it into all-accomplishing wisdom*

*Observant inhalation: **This vying...***

*Relaxing exhalation: **relaxing!***

*FOURTH set of sixteen breaths  
slide tip of left thumb up its ring finger, to its **higher** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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5. *Relaxing into the awareness of selfishness  
transforms it into equalizing wisdom*

*Observant inhalation:* ***Notice pride...***

*Relaxing exhalation:* ***relaxing!***

*FIFTH set of sixteen breaths  
slide tip of left thumb up its ring finger, to its **tip**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



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## *C. The Five Coarse Cognitions*

### *1. Emotion*

*Observant inhalation:* **Emotions...**

*Relaxing exhalation:* **relaxing!**

*FIRST set of sixteen breaths  
touch tip of left middle finger to **palm**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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2. *Volition*

Observant inhalation: *Intentions...*

*Relaxing exhalation:* ***relaxing!***

*SECOND set of sixteen breaths*  
*touch tip of left thumb to its middle finger, slide down to its **lower** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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3. Cognition

*Observant inhalation:* ***Notice thoughts...***

*Relaxing exhalation:* ***relaxing!***

*THIRD set of sixteen breaths  
slide tip of left thumb up its middle finger, to its **middle** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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4. *Memory*

*Observant inhalation:* **Memories...**

*Relaxing exhalation:* **relaxing!**

*FOURTH set of sixteen breaths*  
*slide tip of left thumb up its middle finger, to its **higher** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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5. *Imagination*

*Observant inhalation:* ***Notice dreams...***

*Relaxing exhalation:* ***relaxing!***

*FIFTH set of sixteen breaths*  
*slide tip of left thumb up its middle finger, to its **tip***  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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## *D. The Five Subtle Perceptions*

### *1. Sensations*

*Observant inhalation:* *Sensations...*

*Relaxing exhalation:* *relaxing!*

*FIRST set of sixteen breaths  
touch tip of left index finger to **palm**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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2. Flavor

*Observant inhalation:* ***This flavor...***

*Relaxing exhalation:* ***relaxing!***

*SECOND set of sixteen breaths  
touch tip of left thumb to its index finger, slide down to its **lower** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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3. Scent

*Observant inhalation:* ***Notice scents...***

*Relaxing exhalation:* ***relaxing!***

*THIRD set of sixteen breaths  
slide tip of left thumb up its index finger, to its **middle** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



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4. *Sound*

*Observant inhalation:* ***Notice sounds...***

*Relaxing exhalation:* ***relaxing!***

*FOURTH set of sixteen breaths  
slide tip of left thumb up its index finger, to its **higher** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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5. Sight

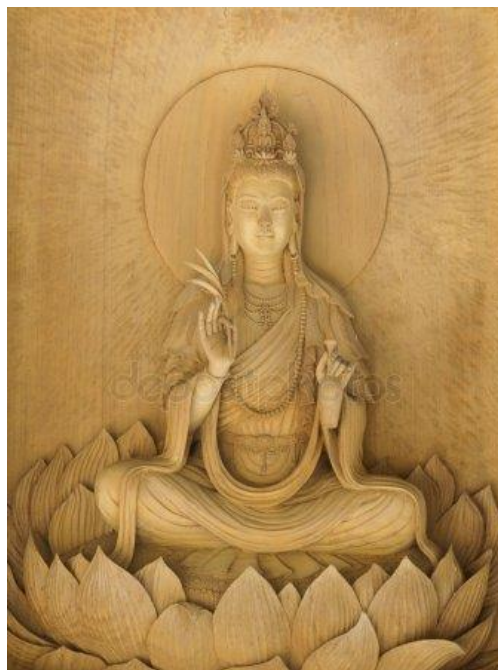
*Observant inhalation:* ***Notice sights...***

*Relaxing exhalation:* ***relaxing!***

*FOURTH set of sixteen breaths  
slide tip of left thumb up its index finger, to its **tip**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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### III. Contemplating the Four Bases of Mindfulness



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## *A. Metta – Loving Kindness*

*Dhamma – phenomena*

*Observant inhalation:* *Good fortune ...*

*Relaxing exhalation:* *for each lot!*

*FIRST set of sixteen breaths*

*touch tip of left thumb to its little finger, slide down to its **lower** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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*Ka-ya – body*

*Observant inhalation: **Profound health...***

*Relaxing exhalation: **for each form!***

*SECOND set of sixteen breaths  
touch tip of left thumb to its little finger, slide up to its **middle** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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*Ve-da-na – interpersonal*

*Observant inhalation:* ***Profound love...***

*Relaxing exhalation:* ***for all speech!***

*THIRD set of sixteen breaths*  
*touch tip of left thumb to its little finger, slide up to its **higher** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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*Cit-ta – mind*

*Observant inhalation:* **Great wisdom...**

*Relaxing exhalation:* **for each mind!**

*FOURTH set of sixteen breaths  
touch tip of left thumb to its little finger, slide up to its **tip**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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## *B. A-nic-ca – Impermanence*

*Dhamma – Phenomena*

*Observant inhalation:* *How could lots...*

*Relaxing exhalation:* *always change?*

*FIRST set of sixteen breaths  
slide tip of left thumb down its ring finger, to its **lower** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



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*Kaya – body*

*Observant inhalation:* ***How could forms...***

*Relaxing exhalation:* ***always change?***

*SECOND set of sixteen breaths  
slide tip of left thumb up its ring finger, to its **middle** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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*Ve-da-na – interpersonal*

*Observant inhalation:* ***How could speech...***

*Relaxing exhalation:* ***always change?***

*THIRD set of sixteen breaths  
slide tip of left thumb up its ring finger, to its **higher** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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*Cit-ta – mind*

*Observant inhalation:* ***How could minds...***

*Relaxing exhalation:* ***always change?***

*FOURTH set of sixteen breaths  
slide tip of left thumb up its ring finger, to its **tip**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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## *C. A-nat-ta – NOT-self*

*Dhamma – Phenomena*

*Observant inhalation: **How circumstance...***

*Relaxing exhalation: **NOT be me?***

*FIRST set of sixteen breaths*

*slide tip of left thumb down its middle finger, to its **lower** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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*Ka-ya – body*

*Observant inhalation:* ***How could body...***

*Relaxing exhalation:* ***NOT be me?***

*SECOND set of sixteen breaths*  
*slide tip of left thumb up its middle finger, to its **middle** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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*Ve-da-na – interpersonal*

*Observant inhalation:* ***How could speech...***

*Relaxing exhalation:* ***NOT be me?***

*THIRD set of sixteen breaths*  
*slide tip of left thumb up its middle finger, to its **higher** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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*Cit-ta – mind*

*Observant inhalation:* ***How could mind...***

*Relaxing exhalation:* ***NOT be me?***

*FOURTH set of sixteen breaths  
slide tip of left thumb up its middle finger, to its **tip**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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## *D. Sa-ti Pa-sa-dhi – Awareness and Release*

*Dhamma – Phenomena*

*Observant inhalation: **How lots look?***

*Relaxing exhalation: **relaxing!***

*FIRST set of sixteen breaths*

*slide tip of left thumb down its index finger, to its **lower** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



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*Ka-ya – body*

*Observant inhalation:* ***How forms feel?***

*Relaxing exhalation:* ***relaxing!***

*SECOND set of sixteen breaths*  
*slide tip of left thumb up its index finger, to its **middle** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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*Ve-da-na – interpersonal*

*Observant inhalation:* ***How speech sound?***

*Relaxing exhalation:* ***relaxing!***

*THIRD set of sixteen breaths*  
*slide tip of left thumb up its index finger, to its **higher** set of creases*  
*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

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*Cit-ta – mind*

*Observant inhalation:* **Minds perceive ...**

*Relaxing exhalation:* ***relaxing!***

*FOURTH set of sixteen breaths  
slide tip of left thumb up its index finger, to its **tip**  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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# VII. Metta Sutta



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This is what should be done  
by one who is skilled in goodness,  
and who knows the path of peace:  
may they be able and upright,  
  
straightforward and gentle in speech,  
humble and NOT conceited,

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cóntented and easily satisfied,  
unburdened with duties  
and frugal in théir ways.

Péaceful, and calm,  
and wise, and skillful,  
NOT proud nor demanding in náture.

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Máy they NOT do the slightest thing  
that the wise would later réprove.

Wíshing: *“In gladness and in safety,  
may all beings be át ease.*

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*Whatever living beings there may be;  
whether they are weak or strong,  
omitting none,*

*the great or the mighty,  
medium, short, or small,  
the seen and the unseen,*



## Heart of Wisdom's Love

*thóse living near and far away,  
those born and un-born —  
may all beings be át ease!*

**Máy** none deceive another,  
nor despise any being in aný state.

Heart of Wisdom's Love

**Má**y none through anger or ill-will  
wish harm upon **anó**ther.

**É**ven as a mother protects **with** her life  
her child, her only **chí**ld,

Heart of Wisdom's Love

**Só** with a boundless heart  
may one cherish all living beings;  
radiating kindness over the entire world:

Heart of Wisdom's Love

spreading upwards to the skies,  
and downwards to the depths;  
outwards and unbounded,  
freed from the tyranny of hatred and ill-will.

Heart of Wisdom's Love

Whether standing or walking,  
seated or lying down

free from drowsiness,  
may one sustain this recollection.  
This is said to be the sublime abiding.

Heart of Wisdom's Love

**Bý NOT holding to fixed views,  
the pure-hearted one,  
having clarity of vision,**

**béing freed from the tyranny  
of sense desires,  
is NOT born again into thís world. 😊**

## Heart of Wisdom's Love

