

Saturday evening – Dza Patrul Rinpoche’s Last Meditation Manual – ADAPTED by Lama Jigme Gyatso

*Dorje Sempa Yab Yum’s Heart Treasure of Purification*

*Saturday evening*

*verses 67 – 72*



# Contents

Sixty-seventh.....	pg. 3
Sixty-eighth.....	pg. 7
Sixty-ninth.....	pg. 11
Seventieth.....	pg. 15
Seventy-first.....	pg. 19
Seventy-second.....	pg. 23

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*Sixty-seventh passage*  
*The folly of scatteredness*

What use  
is rushing around?  
Coming and going  
just tires you out

lók how far  
your wandering  
has taken you  
from the Dhár-ma.

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Nów you *had* better  
just settle down  
and **relax your mind**;

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stáying put,  
**carefree and at ease,**  
recite *this* six-syllable mántra.



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*Sixty-eighth passage*  
*The folly of culinary indulgence*

What use  
is all you have eaten?  
It all just turned  
into excrement

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**lók** how insatiable  
your appetite **hás** been.



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**Nów** you *had* better  
nourish yourself  
with the food  
of Sa-má-dhi;

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quít all that eating and drinking,  
recite *this* six-syllable mántra.



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*Sixty-ninth passage*

*The folly of plans*

What use  
are all your thoughts?  
They *have* just brought  
more delúision

l**ó**ok how few  
of all your aims  
you *have* managed  
to **á**chieve.

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**Nów** for this life’s  
concerns  
you *had* better  
**NOT** think too far **á**head;

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drópping all your plans,  
recite *this* six-syllable mántra.



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*Seventieth passage*

*The folly of greed*

What use  
is all you own?  
Property  
is just clinging

**l**ook how soon  
you *will* leave  
whatever you have got  
**b**ehind.



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nów you *had* better  
put an end  
to your possessive  
grásping;

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céasing to acquire  
and hoard things,  
recite *this* six-syllable mántra.



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*Seventy-first passage*

*The folly of laziness*

Whát use is all the time  
you *have* slept?  
It was all just spent  
in a stúpor

lóok how easily  
your life is running out  
in (*slothful*) indólence.

**Nów** you *had* better  
start to exert yourself  
wholeheartédly;

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dáy and night,  
spurning all distraction  
recite *this* six-syllable mántra.



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*Seventy-second passage*  
*The folly of procrastination*

Thére is NO time,  
NO time!  
There is NO time  
tó rest!

**When suddenly death  
is upon you,  
what will you do?**



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**Nów** you *had* better  
start practicing  
the sublime Dhar-ma  
right **á**way;

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nów, quick, hurry  
recite *this* six-syllable mántra.



