

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

Dorje Sempa’s Heart Treasure

Saturday evening

verses 67 – 72



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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

look how few
of all your aims
you *have* managed
to achieve.

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**ó**ok how soon
you *will* leave
whatever you have got
b**é**hind.

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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
whole-heartédly;

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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.



