

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

Green Heroine’s Heart Treasure
Wednesday evening
verses 31 – 36



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Thirty-first passage

Corpus – the Second of Four Bases of Mindfulness/

Making Love in the Name of Virginity

The mind can NOT cope
with all the many
visualization practices;

tó meditate
on one Su-ga-ta *joyful buddha*
is to meditate
on thém ALL.

Whatever *we feel*,
sensations are (*as NON-graspable as*)
the form of
Shya-ma Ta-ra (*of light*);

ín the realm
of the *archetype*’s body,
sensual yet **void**,
recite the *ten-syllable* mántra.



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Thirty-second passage

Communication – the Third of Four Bases of Mindfulness

**Récitations, Sa-dha-nas,
and powerful spells
are just complications;**

thé all-inclusive
ten-syllable mantra
is the very sound
of the Dhár-ma.

ÁLL sounds
have never been other than
(*as NON-graspable as*) the speech
of Sublime *Dról Jang*;

récognizing them
as (*NON-graspable as*) **mántra**,
résounding yet (*as NON-graspable
as a vast, empty*) **void**,
recite the *ten-syllable* **mántra**.



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Thirty-third passage
Consciousness – the Fourth of Four Bases of Mindfulness/
Metaphysical Parlor Tricks

As thoughts
and the two obscurations (*of hate and craving*)
are pacified,
experience and realization increase;

ás your perceptions
(*influenced by competition and clinging*)
come under cóntrol,

énemies₁ and obstructing₂ influences
are subjugáted.

*1 – replacing competition with cooperation transforms enemies into friends
i.e.: “I destroy my enemies by making them my friends” – Abraham Lincoln*

2 – by letting go of our reactions to obstructions they are transformed into assets on the path

Ít is (*our devotion to the example
of the archetype of Enlightened Action:*) **Green Heróine**
thát bestows in this very life
the supreme and common **Síd-dhis;**

ás the four activities
are accomplished
by themselves,
recite the *ten-syllable mántra*.



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Thirty-fourth passage
The Folly of Dharma Work

Óffer the Tor-ma (*offering cakes*)
of whatever (*spontaneously*) aríses
tó the guests
of (*wisdom’s*) immediate **liberátion**;

móld the clay
of whatever (*spontaneously*) appears
into (*wisdom’s*) Tsa-tsa (*relief sculpture*)
of **void** appéarance;

statue

*Just as literal-minded folk use Tsa-Tsa molds to transform meaningless clay into meaningful Buddha statues
we can make whatever we spontaneously notice into something meaningful
by simply physically relaxing and mentally releasing in harmony with each exhalation.*

offer the prostration
of (*the single taste of*) NON-duality
to the *Lady* of Mind’s
(*NON-graspable*) Náture.

(*Wisely*) consummating
these Dhar-ma activities,
recite the *ten-syllable mántra*.



Thirty-fifth passage
Life’s Work

Overcome your enemy,
hatred,
with the weapon
of love;

**Prótect your family,
the beings of the six realms,
with the skillful means
of compásson;**

hárvest
from the field of devotion
the crop
of experience and realizátion.

**Cónsummating
your life’s work,
recite the *ten-syllable mántra*.**



Thirty-sixth passage
Our Duty to the Dead

Crémate that old corpse
of clinging to things as real
in the fire
of NON-attáachment;

cónduct the weekly funeral ceremonies
of ordinary life
by practicing
the essence of **Dhár**-ma;

ás the smoke-offering
to provide for the departed,
dedicate your accumulated merit
for all their future lives.

Cónsummating
ALL positive actions
done for the sake of the dead,
recite the *ten-syllable mántra*.



