

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

*Heart Treasure of Purification*

*Sunday morning*

*verses 73 – 78*



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*Seventy-third passage*  
*The folly of impermanence*

What can you say  
about years, months, or days

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**l**ook how things change  
every moment, **r**ight now!

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Éach moment  
that passes  
brings you closer  
tó death;

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**nów,**  
**THIS** very moment,  
recite *this* six-syllable **mántra**.



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*Seventy-fourth passage*

*The folly of aging*

As your life runs out  
like the setting sun  
sinking away,

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death closes in  
like the lengthening shadows  
of evening.



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**Nów** what is left  
of your life will vanish  
as fast  
as the last fading sháadows;

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there is **NO** time  
to waste  
recite *this* six-syllable **mántra**.



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*Seventy-fifth passage*  
*The folly of superficialities*

*This* six-syllable mantra,  
although perfect  
as Dhár-ma,

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is fruitless recited  
while chatting  
and looking áround;

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and to cling  
to the number recited  
is to miss the point  
outright.

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Úndistractedly  
watching the mind,  
recite *this* six-syllable mántra.



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*Seventy-sixth passage*

*The folly of forgetting the quintessence*

**If you check your mind  
over and over ágain,**

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whatever you do  
becomes the perfect path



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Óf all the hundreds  
of vital instructions,  
this  
is the very quintéssence;

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fúsing everything  
into this one single point,  
recite *this* six-syllable mántra.



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