

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

Green Heroine’s Heart Treasure

Sunday morning

verses 73 – 78



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Seventy-third passage
The folly of impermanence

What can you say
about years, months, **ó**r days

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look how things change
every moment, right now!

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Éach moment
that passes
brings you closer
tó death;

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nów,
THIS very moment,
recite the *ten-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 the *ten-syllable* **mántra**.



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Seventy-fifth passage
The folly of superficialities

The *ten*-syllable mantra,
although perfect
as Dhár-ma,

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is fruitless recited
while chatting
and looking áround;

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

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Úndistractedly
watching the mind,
recite the *ten-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 the *ten-syllable* mántra. $_ \wedge _$



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