

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

Diamond Mind’s Heart Treasure

Tuesday evening

verses 19 – 24



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Nineteenth passage

Happiness and Suffering – The Fundamental Duality that Fuels our Stress

Thére is NO time
to be happy;
happiness is over
just líke that;

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you do *NOT*
want to suffer,
so eradicate (*the exacerbation of*) *stress*
with Dhár-ma.

Whatever happiness
or suffering comes,
recognize it as the power
of your past actions,

and from now on
have NO hopes or fears
regarding anyone
at all.



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Twentieth passage

Expecting, Needing, and Planning – Spontaneous, Carefree, and at Ease

Éxpecting a lot
from people,
you do a lot
of smíling;

needing many things
for yourself,
you have many needs
to meet;

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máking plans to do
first this, then that,
your mind *is* full
of hopes **ánd** fears;

fróm now on,
come what may,
do *NOT* be
líke that.



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Twenty-first passage

Death, Life, and Youth – Meditation as its own Reward

Éven if you die today,
why be sad?
It *is* the way
of Sam-sá-ra.

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Éven if you live to be a hundred,
why be glad?
Youth will have long
sínce gone.

Whether you live or die
right now,
what does this life matter?

Júst practice Dhar-ma
for the néxt life
thát *is* the point
(of even letting go of enlighténment).



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Twenty-second passage

Teacher, Protector and Mantra – How are we Protected by Red Tara?

Áh! Fount of Compassion,
my root teacher,
Ben-za Gú-ru,

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**You’ are my
only protéctor!**

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This six-syllable mantra,
essence of enlightened speech,
is the sublime Dhár-ma;

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**Fróm now on
I have NO hope
bút you!**



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Twenty-third passage

Know, Done, and Thought – How can we know upon which teaching to rely?

Whatever I know
I *have* left it as theory;
it is NO use to mé now.

Whatever I *have* done
I *have* spent on this life;
it is NO use to *mé* now.

Whatever I *have* thought
was all just delusion;
it *is* NO use to *me* now.

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Nów the time has come
to do what is truly useful
recite *this* six-syllable *mántra*.



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Twenty-fourth passage

*Refuge – the First of Five Preliminaries –
the Best way to Rely upon the Buddha’s: example, teachings, and students*

The **only** never-failing,
constant refuge
is the **Thré**e Jewels;

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thé Three Jewels’
single essence
is (*their ambassador:*
the) *Ben-za Gú-ru.*

With total,
unshakable *zeal*
for his (*or her*) **w**isdom,

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*é*nthusiastic and decisive,
recite *this* six-syllable mántra.



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