

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

Green Heroine’s Hearth Treasure

Saturday morning

verses 61 – 66



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Sixty-first passage

Speech – Leaping Over Mental Clinging

Conceptualizing
speech and sound
is what causes
delusion;

overthinking is yet another symptom of our controlling tendencies

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if you recognize it
as (*NON-graspable as a whispered*) **mántra**,

résounding yet (*as NON-graspable
as a vast, empty*) **void**,
it is (*like*) *Green Tara* (*comprised only of light*),

**it is none other
than (*as NON-graspable as*) the sublime
Líon’s Roar.**

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Ín the recognition of sound
as (*NON-graspable as*) mantra,
recite the *ten-syllable mántra*.



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Sixty-second passage

Mind – Leaping Over Mental Clinging

(*Rígidly*) clinging to mind’s perceptions
as true
is the delusion
that causes (*rigid*) **Sam-sá-ra;**

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if you leave mind in its natural state,
free from (*the tyranny of*) thoughts,
it is (*as NON-graspable*
as the archetype) **Green Tara** (*comprised only of light*),

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it is none other than

(*as NON-graspable as*)

the sublime **Unwinding**
in Ultimate Mind.

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Ín ultimate mind,
the (*mastery of awareness and letting-go*
thát is the) Dhar-ma-ka-ya,
recite the *ten-syllable mántra*.



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Sixty-third passage

Liberation – Leaping Over Mental Clinging

Éverything that exists
is (*as NON-graspable as*)
the primordially pure continuum
of the Dhar-ma-ká-ya;

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if you MEET the Dhar-ma-ka-ya’s
(mastery of awareness and letting-go) **face tó face,**
it is *(as NON-graspable*
as the archetype) **Green Tara** *(comprised only óf light)*

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It is none other than
(as beneficial as) **the sublime**
Sovereign of the Universe.

“it” is a reference to the mastery of awareness and release

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Ín the continuum
of (*the*) all-pervading purity
(*of awareness and release*),
recite the *ten-syllable* mántra.



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Sixty-fourth passage

The Simplification of Tantra’s Three Ring Circus

Óne *archetype,*
Green Tara,
embodies all **Bú**ddhas;

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óne mantra,
the *ten* syllables
embodies all **mán**tras;

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óne Dhar-ma, Bo-dhi-chit-ta(’s)
(wishing love, active love, mindfulness and letting-go),
émbodies all practices
of the *creation* and completion stáges.

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Knowing the one
which liberates all,
recite the *ten-syllable* mántra.



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Sixty-fifth passage

The folly of agenda and contrivance

What use

is all you have done?

Being so busy

just causes (*controlling*) **Sam-sá-ra**

look how meaningless
all you have done
has been.

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Nów you had better
just stop trying
to do anything;

behold our ultimate enemy: controlling tendencies

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Drópping all
(contrived and scattered) activities,
recite the *ten-syllable* mántra.



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Sixty-sixth passage
The folly of blathering

Whát use
is all you have said?
It was all
just pointless práttle

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lók how much
irrelevant *turmoil*
it hás brought.

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Nów you *had* better
just keep sílent;

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céasing completely
to speak (*destructively*),
recite the *ten-syllable mántra*.



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