

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

Green Heroine’s Heart Treasure

Friday morning

verses 49 – 54



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Forty-ninth passage
Phenomena – the Sixth of Six Senses

Tó recognize all phenomena
as (*being as NON-graspable*
as a vast, empty) **void**
is the crucial point of **thé** view;

bélief

in (*in the graspability of so-called*) **true and false**
is liberated into its own **náture**.

Frée of (*the tyranny of*) grasping,
everything there is, all (*fear*) of Sam-sa-ra
and (*hope for*) Nir-vá-na,

ís like the continuum
of the Dhar-ma-ka-ya’s
(*mastery of awareness and letting-go*);

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in the self-liberation
of thoughts,
recite the *ten-syllable* mántra.



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Fiftieth passage

Hatred – the First of Five Poisons

**Dó NOT follow after
the object of hatred;
watch
the *angrý* mind.**

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Ánger, **liberated** by itself
as it arises,
is the cléar void;

thé clear void
is none other than
mirror-like wísdóm.

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Ín the self-liberation
of hatred,
recite the *ten-syllable* mántra.



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Fifty-first passage

Pride – the Second of Five Poisons

Dó not chase after
the object of pride;
watch the (*self-*) clinging mind.

Sélf-importance,
liberated by itself
as it arises,
is primordial voidness;

this primordial voidness
is none other than
the wisdom
of essential sámeness.

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Ín the self-liberation
of pride,
recite the *ten-syllable* mántra.



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Fifty-second passage

Greed – the Third of Five Poisons

Dó NOT hanker after
the object of desire;
watch the craving mind.

Désire,
liberated by itself
as it arises,
is blíss-void;

this bliss-void
is none other than
discerning wisdom.

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Ín the self-liberation
of desire,
recite the *ten-syllable* mántra.



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Fifty-third passage

Jealousy – the Fourth of Five Poisons

Dó NOT follow after
the object of jealousy;
watch the competitive mind.

Jéalousy,
liberated by itself
as it arises,
is void intéllect;

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**this void intellect
is none other than
all-accomplishing wisdom.**

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Ín the self-liberation
of jealousy;
recite the *ten-syllable* mántra.



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Fifty-fourth passage
Confusion – the Fifth of Five Poisons

Dó NOT just take for granted
ideas forged by *confusion*;
look at the nature
of *clinging* **itself**.

The hosts of thoughts,
liberated by themselves
as they arise,
are awareness void;

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**this awareness-void
is none other than
the wisdom
of the absolute éxpanse.**

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Ín the self-liberation
of clinging,
recite the *ten-syllable* mántra.



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