

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

Heart Treasure of the Enlightened Ones

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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yoú 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;

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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 (*you are like*),
Lord Chen-ré-zik,

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You are my
only protector!

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

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 *me* now.

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

Nów the time has come
to do what is truly useful
recite the 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 Three Jewels;

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the Three Jewels’
single essence
is (*their ambassador*) Chen-re-zik.

With total,
unshakable *zeal*
for his wisdom,

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enthusiastic and decisive,
recite the six-syllable mantra.



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