

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Green Heroine's Heart Treasure

Thursday evening

verses 43 – 48



Contents

Forty-three.....	pg. 3
Forty-four	pg. 7
Forty-five.....	pg. 11
Forty-six.....	pg. 15
Forty-seven.....	pg. 19
Forty-eight.....	pg. 23

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Forty-third passage

Emptiness Explained – Nature of Mind

Ín the (*non-graspable*) **nature** of mind,
the simplicity of **void** awareness,
everything ís freed;

thoughts,
the spontaneous creativity of awareness,
are purified
in their own sphere.

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Mínd and awareness

are one

in the single essence (*of non-graspability*).

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Ín the **NON**-meditation
of **Dhar-ma-ká-ya**'s
(*má*stery of awareness and letting-go),
recite the *ten*-syllable **mán**tra.



Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Forty-fourth passage

Appearance – the First of Six Senses

Tó recognize as (*non-graspable as*) the *pure land*
whatever *circumstances* **á**pppear
ís the crucial point
of the *creatió*n stage;

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

clinging to appearance
as beautiful or ugly
is liberated into
its own (*non-graspable*) **náture.**

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Frée of clinging,
mind as it appears
is (*as non-graspáble*

ás) the (*real or imagined*) *paradise* (*of light*)
of Supreme *Green Tára*.

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

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



Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Forty-fifth passage

Sounds – the Second of Six Senses

To recognize sounds
as (*non-graspable as*) mantra
is the crucial point
of recitation practice;

clinging to sound
as pleasant or unpleasant
is liberated into
its own (*non-graspable*) nature.

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Free of grasping, the spontaneous sound
of (*fear of*) Sam-sa-ra
and (*hope for*) Nir-vá-na

is (*as non-graspable*
as) the voice of the *ten*-syllables.

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

In the self-liberation
of hearing,
recite the *ten-syllable* mántra.



Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Forty-sixth passage
Scent – the Third of Six Senses

To recognize *scents*
as (*NON-graspable as that which is*) unborn
is the crucial point
of the completion stage;

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

clinging to odor
as fragrant or foul
is liberated into
its own (*non-graspable*) nature.

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Frée of grasping, all *scents*
are (*as non-graspáble*
ás) the fragrant (*NON-violent*) discipline
of Supreme *Green Ta-ra*;

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

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



Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Forty-seventh passage

Flavor – the Fourth of Six Senses

To recognize flavors
as (*non-graspable as*) a sacramental feast
is the crucial point
of offering.

Attachment to taste
as delicious or disgusting
is liberated into
its own (*non-graspable*) nature;

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

(*ónce*) **free** of grasping,
food and drink
are substances to delight
Supreme *Shya-ma Ta-ra*;

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

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



Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

Forty-eighth passage
Sensation – the Fifth of Six Senses

To recognize sensations
as essentially **sameness**
is the crucial point
of equal taste;

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

feelings of repletion and hunger,
hot and cold,
are liberated into
their own (*non-graspable*) **nature**.

Free of grasping,
all sensations and feelings
are (*as NON-graspable as*)
the *archetype's body* (*comprised only of light*);

Thursday evening's – Dza Patrul Rinpoche's Final Meditation manual – ADAPTED by Lama Jigme Gyatso

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



