

Six Words of Advice

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nä kyi zer drug

six essential key points

by Tilopa ཉི་ལོ་པ་

translated by Ken McLeod

མི་མཐོ་ mi mno

Don't recall

Let go of what has passed

མི་བསམ་ mi bsam

Don't imagine

Let go of what may come

མི་སེམས་ mi sems

Don't think

Let go of what is happening now

མི་དཔྱོད་ mi dpyod

Don't examine

Don't try to figure anything out

མི་སྒྲོམ་ mi sgom

Don't control

Don't try to make anything happen

རང་སར་བཞག་ rang sar bzhag

Rest

Relax, right now, and rest

This advice consists of only six words in Tibetan. The translation to the left in bold letters was developed to capture its brevity and directness. Some people prefer the translation to the right.