Six Words of Advice

ཉའི། །གནད་གྱི་གཟེར་དྲུག།

nä kyi zer drug

six essential key points

by Tilopa ཏི་ལོ་པ་

translated by Ken McLeod

མི་མནོ་ 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་སྒོམ་ 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.

prepared as pdf-file by Michael K. Nisch