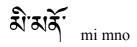
## Six Words of Advice

nä kyi zer drug

six essential key points

by Tilopa में वेंग्य

translated by Ken McLeod



**Don't recall** 

Let go of what has passed

মী'নশশ <sub>mi bsam</sub>

Don't imagine

રી'રોરારા' mi sems

Don't think

גיקציק mi dpyod

Don't examine

રો'સ્સાં mi sgom

**Don't control** 

र्र. अरंज्ल्या rang sar bzhag

Rest

Let go of what may come

Let go of what is happening now

Don't try to figure anything out

Don't try to make anything happen

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.