

# Six Words of Advice

༄༅། །ལམ་དུ་གྱི་གཟེར་དུག་།

*nä kyi zer drug*

*six essential key points*

by Tilopa ཉི་ལོ་པ་

translated by Ken McLeod

མི་མོན་ 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་དཔྱད་ 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