

Tilopa's Meditation Instructions (*Gnad kyi gzer drug*):
The Six Nails that Strike the Vital Point

- * Don't recall
- * Don't imagine
- * Don't think
- * Don't examine
- * Don't control
- * Rest
- * Let go of what has passed
- * 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

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*Not pondering, not reflecting, not anticipating,
not theorizing, not meditating;
just rest in one's own nature.*

—*Tilopa*

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