

Enam Nasihat
(Six Words of Advice)
oleh Tilopa



Don't recall.
Don't imagine.
Don't think.
Don't examine.
Don't control.
Rest.

This advice consists of only six words in Tibetan. The above translation was developed to capture its brevity and directness. Some years ago, Ken McLeod also developed the translation shown below, which some people prefer:

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.

English's translation by Ken McLeod

Jangan mengenang-mengenang.
Jangan berandai-andai.
Jangan berpikir.
Jangan menganalisa.
Jangan mengendalikan.
Bersemelehlah.

Biarkanlah apa yang telah berlalu.
Biarkanlah apa yang akan terjadi di masa mendatang.
Biarkanlah apa yang sedang terjadi sekarang.
Jangan mencoba memahami apa pun.
Jangan mencoba membuat sesuatu terjadi.
Rileks, sekarang, dan bersemelehlah.