

## Patrul Rinpoche's Verses on the Five Poisons

Do not chase after the object of your anger; look at the angry mind.  
Anger is self-arisen and self-liberated, clarity emptiness by nature.  
Clarity-emptiness is nothing other than mirror-like wisdom---  
Within anger self-liberated; recite the six-syllable mantra.

Do not cling to the object of your pride; look at the clinging mind.  
Clinging to oneself as best is self-arisen and self-liberated, originally emptiness by nature.  
Original emptiness is nothing other than the wisdom of equality---  
Within pride self-liberated; recite the six-syllable mantra.

Do not be attached to the object of your desire, look at the mind of attachment.  
Attachment is self-arisen and self-liberated, bliss-emptiness by nature.  
Bliss-emptiness is nothing other than discriminating wisdom---  
Within desire self-liberated, recite the six-syllable mantra.

Do not be obsessed with the object of your jealousy; look at the examining mind.  
The examining mind is self-arisen and self-liberating, intellect-emptiness by nature.  
Intellect-emptiness is nothing other than all-accomplishing wisdom---  
Within jealousy self-liberated, recite the six-syllable mantra.  
Cease to be mistaken about the object of your stupidity; look at the stupidity itself.

Thoughts are self-arisen and self-liberated, awareness-emptiness by nature.  
Awareness-emptiness is nothing other than dharmadhatu wisdom---  
Within stupidity self-liberated, recite the six-syllable mantra.

*Under the guidance of Khenpo Tsultrim Gyamtso Rinpoche, adapted by Ari Goldfield from a translation in the Heart Treasure of the Enlightened Ones, Boston, Shambhala Publications, 1992, pp. 195-197.*