

**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-genang.
Jangan berandai-andai.
Jangan berpikir.
Jangan menganalisa.
Jangan mengendalikan.
Bersemayamlah.

Lepaskanlah apa yang telah berlalu.
Lepaskanlah apa yang akan terjadi di masa mendatang.
Lepaskanlah apa yang sedang terjadi sekarang.
Jangan mencoba memahami apapun.
Jangan mencoba membuat sesuatu terjadi.
Rileks, sekarang, dan bersemayamlah.