



## Tilopa's Six Nails

*These points are not just for meditation time.*

*Print this short list to keep in your pocket, purse, wallet. When you come upon it during the day, consider: how can I let go of my usual efforts in this very moment, and be at rest with the way things are right now.*

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|----------------------|------------------------------------|
| <b>Don't recall</b>  | Let go of what has passed.         |
| <b>Don't imagine</b> | Let go of what may come.           |
| <b>Don't think</b>   | Let go of what is happening now.   |
| <b>Don't examine</b> | Don't try to figure anything out.  |
| <b>Don't control</b> | Don't try to make anything happen. |
| <b>Rest</b>          | Relax, right now, and rest.        |