1. The Instruction of the way of Man was written on Saturday, the twelvth of Vadra of Rat year. (August)
   Hail! To the Jewel God of Lotus!

2. The teachings of the way of the Man are true, so all men and women should know and practice them.

3. Now all ye listen. Hail! To the Jewel God of Lotus!

4. All ye worship the wonderful and righteous God Takbothing.

5. Now listen to the teachings of the way of the Man.

6. The day of your death has come today.

7. Now you must be born again from your death.

8. Some of the people have the knowledge of righteousness.

9. Some of the people have the knowledge of being kind to birds and animals.

10. But some of the people do not have the knowledge of righteousness.

11. Those who do not have the knowledge of being kind to birds and animals have no conscience.

12. They do not have the knowledge of righteousness.

13. If you do not know this now, then learn it!

14. Do not say that you do not know.

15. While you are living act righteousness!

16. Learn how to entertain those who come from Kham and Bhutan

17. Learn how to entertain travellers with good food.

18. Learn how to be kind even to dogs from Tibetan houses.

19. Learn how to care for all birds, animals, and insects.

20. Learn how to be generous to orphans and poor people.

21. If you have to address someone, learn how to speak with them properly.

22. If you do not know righteous words, learn how to listen.

23. If you have no knowledge of righteous work while you are living you have no knowledge of instruction.

24. When we die, our spirit of righteousness might come and see our dead body. It might think about righteousness.
25. It might think of its brothers and sisters. It might think of its parents.
26. It might think of its husband or wife.
27. It might think of its domestic animals.
28. It might incarnate in its children or grandchildren.
29. Once we die we will never return to human life.
30. What is destroyed goes forever.
31. You will not be able to do anything after death.
32. Now you should hear all these words of righteousness and follow their path.
33. Anyone can follow the path of righteousness.
34. Now you are not on the path of righteousness.
35. Everything you have done will be forgotten.
36. Now you will not be born again.
37. Do not be born as a swine.
38. Do not be born as a bee.
39. Do not be born as a fowl.
40. Go on your way with righteous thoughts.
41. Do not enter this vain, mortal world.
42. Do not think of coming again into this vain world.
43. If you live again in this world it may be as an animal or bird.
44. Just think of going to the place of the righteous God in heaven.
45. If you enter the place of righteousness you will meet the spirits of your ancestors.
46. The name of that place is "Boinda" or Heaven. There is neither illness nor death in that place.
47. The light part of Heaven is the place of the Light God.
48. The dark part of Heaven is the place of the Dark God.
49. The yellow part of Heaven is the place of the Yellow God.
50. The blue part of Heaven is the place of the Blue God.
51. Hail! To the Jewel God of Lotus!
52. Listen!
53. The teachings are not yet completed.
54. When the soul mounts after death, when it searches everywhere, it finds a monestary made of Zi. (Zade)
55. It is the fortress of the Spiritual King.
56. In this place of God there are two goddesses.
57. God and all the righteous spirits dwell there.
58. All of them live there in wonderful happiness.
59. Hail! To the Jewel God of Lotus!
60. This is the place of righteousness!
61. Live there in this place of righteousness.
62. Hail! To the Jewel God of Lotus!
63. I have written these teachings about entering heaven so that all may reach this place of God free from pains and troubles and live there happily forever.
64. I have completed these teachings of the way of Man on Saturday. Let peace come into all! The place of God is near!
140 INAS Journal

1. Namkam lavo sa ketinethap zapasang kolok nam ka
   August month of 12th Saturday Rat year in
   Manlom sa to arye pitho mao. Um mani pyema
   Manlom of instruction this written is God jewel lotus
   hung hri.
   hail to!

2. Manlom sa to thung gum. Tagri tayu gananon yula
   Manlom of instruction true is man woman all know
   matta o
   must.

3. E along nyena o. Um mani pyema hung hri!
   Lo now hear on! God jewel lotus hail to!

4. Ram sangye Tashe thing Takbothing ka magu mao
   God righteous wonderful king supporter father king to worship on

5. Manlom sa ringbo sa oyang nyennao
   Manlom (scripture) of words of instruction listen

6. Ho makkang rye sa sayak sarong thiwong gum o.
   Your death of day today come has

7. Along ho makkang rye ka zyu bam o.
   Now your death in live on

8. Afliknon sangye sa sakchyin nyipa
   Some (of the people) righteousness of idea have

9. Tham chyang thambik sa sakchyin ka kyondit nyipa
   animals and birds of idea to kindness they have

10. Afliknon sangye sa sakchyin mathyakne
    Some (of the people) righteousness of idea do not know

11. Thambu thamchyang sa sakchyin manyine nomyet
    Animals & birds of idea those who have no of no concience
    sa ring marosong yimba
    of words people are

12. Sangye sa sakchyin mathyakne
    righteousness of idea they do not know

13. Along mayunnarye yo o.
    Now what you don't know know!

14. E mayanna mamatnan o
    Lo don't know don't do (don't say)

15. Zybamba sangye sa to rye matta o.
    While you are living righteousness of instruction do on.

Man is the female priest of the Lepcha people.
16. Khampu men from Kham of Tibet Propu or men from Bhutan Lomlatpu or any guest azom athen bin yula matta o. food give knowingly do

17. Nam eyeng tidokungung lomba äsom athen zyumpu Brothers & sisters hungry while walking proper food give -tong yula matta o. -them knowingly do.

18. Kazyu patlikala äzon athen bin yula matta o. dogs even in Tibetan house proper food give knowingly do.

19. Thamchyang thambik takfyil takzyim ganaka zyupu ron yula animals & birds ants & insects all to save them knowing matta o. do.

20. Aryotkapsong mayinakala bin yula matta o. orphans poor people give knowing do

21. Moro ka abung ligongla ringdula ring lin people to month if you have to say manner of speech speak to them yula matta o. knowing do.

22. E sangye sa ring mayanna matlang nyenna o. line righteousness of words innocent making yourself listen

23. Zyu bamba sangye sa sakchyin manyina to While living righteousness of idea there is no instruction sa sakchyinrye manyine of idea there is no

24. E ka makba ku sagong sangyesa sakchyin la Lo we die when statue inside righteousness of idea also latsyong gum o. To sa sakchyinla latsyong gum o. might come instruction of idea also might come

25. Nameng sa sakchyin la latsyong gum. Bo mu Brothers & sisters of idea also might come Father mother sakchyin la latsyong gum. idea of also might come

26. Num vomzong sa sakchyin la latsyong gum. husband & wife of idea also might come

27. Thamchyang thambik sa sakchyin la latsyong gum. animals & birds of idea also might come.

142 INAS Journal

29. Ka makanon nung namshimyo ka lot lung gyeksa manyine
    We died having human life in come and born do not

30. Ya nonsyong gum
    Destroy will go & for ever.

31. Holen to shyula mamattan o.
    You to anything will not do.

32. Along sangye sa ring atetburye totla ngaklang
    Now righteousness of words so much attentively seen having
    sangye sa lomka lomsyong gum.
    righteousness of way in walk on

33. Tomla sangye sa lomka nontho matlung latta o.
    any body righteousness of way in good work done having go on.

34. along holon to shyukala manyine
    now you in anything are not

35. Yil lel lang gummo.
    You have finished and forgotten.

36. along ho gyek sagong magyeeknon o.
    now you birth inside do not born.

37. Mon ka magyek non o.
    swine in do not born.

38. Hu ka magyeeknon o.
    bee in do not born.

39. Hik ka la magyeeknon o.
    fowl in even do not born.

40. Sangye sakchyn non lotnon o.
    righteousness thought having go away.
    (thinking)

41. Along pato sa mak lyang arye ka mavonnon o.
    now vain of death place this in do not enter.

42. Zamboing lyang arye ka bamshyongsayong machyingnon o.
    the earth place of this in living do not think of

43. Sakdam arye ka bampong thambik thamchyang ka gyeknonsyong gum
    world this in if you live animals & birds in you may born

44. Talla sangye sa Ram lyang ka lotsyongsa sakchynna o.
    above righteousness of God place to going of think of

45. Ho sangye sa lyang ka vonsyongsa ne bo kon
    You righteousness of place in enter if room the side
    lyang gum o.
    The place is
46. Aryenon talla nonglung Boinda yong gum o. Taba thi
this from above gone having heaven there is above reaching
aryenon talla Ram lyang ka lot thi ban Ram madokna
this from above God place in having come Good not suffering
illness

47. To lyang adumrye Ram adum sa lyang gum o.
that place white god White of place is

48. Lyang anokrye Ram anoksa lyang gum o.
place black god Black of place is.

49. Lyang payor sa lyangrye Ram Payor sa lyang gum.
place Yellow of place god yellow of place is

50. Lyang ingbulye Ram Finbu sa lyang gum.
place Blue god blue of place is.

51. Um mani pema hung hri!
God jewel lotus hail to!

52. Ho nyenna o.
You listen on!

53. Samjama dan maleline.
in detail it cannot be told.

54. Fang arye talla nongba hu to latnongrye ganna thot don
dead soul this above going he up having reached all seek-
-gnungszi sa gampu nyima o.
ing after Jade of temple there is

55. Pamthing sa di gamma o.
the king of the palace it is

56. Ram lyang oba tyetmu nyet nyima o.
God(in place of there angels two there are

57. Ramne ganna sangye sa lyang ka oba gumma o.
Gods all righteousness of place in there are

58. Agyen akyets sa gana oba nyima o.
wonders pleasure of all there are,

59. Um mani pyema hung hri.
God jewel lotus hail to

60. Sangye sa lyang arye gumma o.
righteousness of the place this is

61. Sangye sa lyang oba bamma o.
Righteousness of(in) place there live(you)

62. Um mani pema hung hri!
God jewel(of) lous hail to!
63. Lomton sa to arye piryen madoknabu ganna way (to heaven) of instruction this is written unsufferable all
rum liyang ka bamnyi thitlella mata o.
god place in of live to reach to do.

64. Zapasang ka manlom sa tonam lella o.
Saturday in manlom (religious book) of instruction (I have)
finished

Tashi syo.
Let peace be come.

Ram liangrye thol ma o.
God place of near is.