

Liberation From Self-Cherishing

Further Comments on the Troma Retreat at Orgyen Dorje Den

Venerable Gyatrul Rinpoche

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A few days after the conclusion of the 2019 Troma Retreat led by Sangye Khandro at O.D.D., Rinpoche was again watching some short videos from the retreat and shared the following remarks:

O.D.D. is an amazing place. That means you need to keep it nicely, not just blah, blah, blah. Not only you guys—in the future, people will need it. You can show pictures of practice in our temple to His Holiness the Dalai Lama—he will really enjoy that because he sent me here. The Karmapa, the Dalai Lama, and his two teachers—I think they saw omnisciently that this kind of center would happen.

Also, it's so wonderful how Sangye doesn't need to sit on a throne. Tibetans may think they need a throne because of their tradition or habit. For me, I like this style. High lamas, like Dudjom Rinpoche, the Karmapa, and so on, they need a high throne, yes. But other lamas, maybe it's not necessary.

It's wonderful to see that finally people are learning. Thank you! How many years ago did we start? You guys are finally going there, finally doing it nicely. Thank you, everyone! But in the future, we need more discipline. You are doing really good right now, but in the future we need more discipline, and we need to be a little bit more conscious, more smooth. Everybody's doing wonderfully, but it could be a bit more smooth. And, everyone please learn to chopon, learn to umzed, learn each aspect of the tradition. We need to always be learning more. Older students, don't be wild; and you can teach the younger naughty girls and boys. Younger people, follow in the footsteps of the older ones, which means follow the teaching. For what? Because we need to liberate body, speech, and mind. Need to liberate from what? Suffering. Liberate from self-cherishing, from being self-centered.

If we continue to improve, then in the future our Troma practice will be wonderful—Dudjom Lingpa's lineage, Dudjom Rinpoche's lineage, connecting down to us and directly benefitting us and the world. When we practice as nicely and as well as we can, that is the profound connection we make.

If you focus with faith and trust, you will learn and progress. If you trust the buddha, the dharma, the teacher, the tradition, the rules, everything, then you will get the blessing, get the practice. If you don't trust, then nothing much will happen. So it comes down to cultivating trust and faith in what you are doing. Don't only play the drum; you need to think about yourself—what are you drumming? Troma Nagmo, she is not an ordinary African lady, she is wisdom. Troma Nagmo is the embodiment of the nature of all things.

-Gyatrul

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