

THE FRESH BUDDHA:
PRACTICE WHAT YOU ALREADY POSSESS

Venerable Gyatrul Rinpoche
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Part 1 of heart advice to some senior students that Rinpoche asked to have shared with the general sangha.

We are crazy. We ignore the real, raw, fresh buddha in front of us. If you say OM MANI PADME HUNG and visualize Chenrezig with a thousand or any number of arms, that's fresh, not rotten or old. A fresh buddha, there for you. It's the same if you say OM BENZAR SATO HUNG and look at a Vajrasattva statue; there is nothing old, rotten, or missing there. It is a fresh buddha here and now, with fresh blessings and all buddha qualities complete! Actually, the only thing that's missing is you! Your own brain, your own focus, your own appreciation, your own faith. You are so smart, then so naughty, because you are wasting and ignoring your smartness. Your smartness is your merit, your ability to practice and rely on the buddha, dharma, and sangha.

Hey, don't ignore. Please! We are losing our opportunity, losing our Age of Great Fortune, missing our fresh buddha every time. Now we are facing our own Age of Stupidity, as our human faculties decline and we get dumber and dumber. Eventually, we will have lost all the positive things and will no longer be human beings with precious human rebirths. So please, try to take advantage of the opportunities that you still have left!

Hey! What are you guys doing? Don't talk about him and her and what's going on here and there. We have done that for too long. Since you became a Buddhist, how many days have you spent doing that? Enough's enough! We are Buddhism, not Gossiperism or Slanderism.

Say: OM BENZAR SATO HUNG, OM BENZAR SATO HUNG! Everybody!

Everybody, practice; don't hang out with an empty mouth. Please, practice. We are gonna die, and at that time we will have nothing. Therefore, we need to practice.

You were born lucky with great merit, but now you are wasting your opportunity. We are not that crazy, not that dumb, not that stupid! You guys are smart, so it's time. Don't be selfish. Don't ignore what you have in your hand. Don't make a big deal, just say OM MANI PADME HUNG. That's Chenrezig! Or OM BENZAR SATO HUNG. That's Vajrasattva! Or you can say, NAMO BUDDHAYA, NAMO DHARMAYA, NAMO SANGHAYA. That's refuge. Or you can say refuge in Tibetan: LAMA LA KYAB SU CHI'O, SANGYE LA KYAB SU CHI'O, CHÖ LA KYAB SU CHI'O, GENDUN LA KYAB SU CHI'O.

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If you practice, then you will have freedom in where you are born and how you can benefit other sentient beings. You will have freedom in whatever you want to do. If you don't, then your freedom will be exhausted. In fact, it is already happening. For example, years ago, you could have many boyfriends and girlfriends if you wanted, but now you are old and that's exhausted. In the same way, all our worldly freedoms and our dharma freedoms are being exhausted, one by one. It happens even before death. But when you die, then you truly lose the chance to benefit self and others.

Therefore, practice OM BENZAR SATO HUNG and OM MANI PADME HUNG. At Tashi Choling, we have a big Vajrasattva statue and we have a Chenrezig statue, too. We can focus our attention on them and say their mantras, being aware of their qualities. You don't need to pay and you don't need to make a big deal doing big work. You don't have to go do complicated things for the benefit of sentient beings. Just stay and practice. Just adjust your motivation.

You guys are smart. Wake up, wake up. You don't need to wake up by running in one hundred directions. Just wake up what you already possess. Buddha's essence, that is what you can awaken. That is what you can practice.

Tashi Delek!

- Gyatrul