

On New Year's Day 2017

Venerable Gyatrul Rinpoche

They say today is the new year, so Happy New Year! Actually, if everybody really honestly needs that 'happy,' then they need to pray to the Buddha and Dharma. Pray and continuously focus on that. Don't lie to yourself. Don't lie to the buddhadharma. Just focus. You don't need a drum, you don't need a horn, you don't need an army, you don't need a Trump. Just your mind straight, focused on your prayer to Buddha, Dharma, and Sangha, these three. The refuge objects according to all of Buddhism are these: one, two, three. This is the Buddha, who doesn't lie; the Dharma, that doesn't cheat; and the Sangha, that isn't wishy-washy. Therefore, we take refuge in them. Therefore, we say:

NAMO BUDDHAYA
NAMO DHARMAYA
NAMO SANGHAYA

Everybody try. Who needs to try? Who needs to do it? *We do. We need to try. We say, "I am a Buddhist."* That means we need to know our objects of refuge, and we need to try to take refuge in them purely, sincerely. Don't copy me—for me, that I am a Buddhist means I am just crow's shit. Are you a real Buddhist? I don't know. Could be a raccoon's poop. Anyway, you check and you try.

Here I am in Half Moon Bay, with a beautiful view, beautiful land, beautiful house, beautiful room, everywhere is wonderful, wonderful. This sponsor, Mimi, is taking care of me, and herself, Ila, and Shashi giving me whatever I need or ask for, taking care of me every minute like Buddha, Dharma, and Sangha. They are taking care of me, and right now I am really fortunate, I have no problem—I am not sick or anything. Maybe too spoiled, that's it!

But the biggest problem is I am lazy. I don't practice. I ignore the Buddha, Dharma, Sangha. My biggest fault. Why? Ego. And then ignorance. Desire for samsara and then the three poisons are all there! Don't do like me! Don't follow me! Don't copy me! Everybody try, okay? Honestly, sincerely. That will be the real "happy."

Tashi Delek!

-Gyatrul