

## *RESPECT YOUR TIME, RESPECT EACH OTHER'S TIME*

Venerable Gyatrul Rinpoche

February 2nd, 2020

Don't waste others' time.

You think your own time is precious. Others, equally!

You think your own self is precious, your things are precious, your people are precious, your time is precious. Others are equally there! For them, they are precious, their things, their time, equally.

Particularly watch your speech. Oho! We think we are clean and pure but we love to make so much negativity with our speech. Gossip and slander, particularly. Or wasting it, just boasting and meaningless things. We lie with our speech, we cheat others, our jealousy is through our speech, our anger, our hatred, our desire, our arrogance—all the five poisons adorn our speech!

We think, “I don't kill. I don't steal. Therefore, I am pure!” No, no. Check your mouth that is saying those words. Is it pure? What is coming out of that mouth? Virtue or non-virtue?

The bottom line is to respect yourself and respect each other. If you respect yourself, you won't say negative things. If you respect others, you won't use your speech to cheat them or lie to them, to gossip or slander or waste their time. Our time is precious—everybody's time! You think you are the only precious one? You think only yourself has a precious human body? No, no.

Everybody has their precious human things. Even animals, to them their body is wonderful and precious. Animals don't want to waste their body. They don't want to suffer. Everybody is the same. To them, their body is precious, their time is precious, their energy, just like yours is for you. Therefore, please don't waste them, your own or others'.

When you call someone on the phone, you are not the only important one happening, okay, dammit? You can't just blah blah blah and take up all their time. Hey, their time is important! If they have some time, you can blah nicely and talk with them a little bit, but their time is a precious thing, too! If you waste it meaninglessly or just gossiping, that's no good. That brings down your merit. That means you are not being a decent person. You don't know their situation, if they have some time or not. Maybe they are rushing. Maybe they are working. Just check. But most important is be respectful. Respectful, humble, helpful.

Use your mouth for virtue. Use your speech more and more respectfully, that way your merit comes more and more easily. Best is if you talk about dharma. Not gossiping and slandering

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about lamas and tulkus and this or that lady! I don't mean that. Real dharma talk, about the meaning, about the teachings.

If you talk to each other about the dharma, then while you are talking, listen to your own mouth. If you are talking about bodhicitta, then follow your mouth; don't just say bodhicitta words but take them into your heart. Dharma friends means the best is dharma talk. Then not just talk, do what you are talking about!

Your time, don't waste it. Others' time, don't waste it. We all have precious things—don't waste or destroy them!

Tashi Delek!

*- Gyatrul*

*Note: This teaching was given on February 2nd, 2020. When it was explained to Rinpoche that the very famous yearly football game called the Super Bowl was happening later that day, he said: "So what? Nobody wins!"*

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