

*This Wonderful Time:
A Message for Losar 2019*

Venerable Gyatrul Rinpoche
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You have time, in a wonderful way. You can learn—you have a wonderful time to learn, without complications to get in your way. You can learn everything. That is a wonderful time, isn't it? If you want to practice, you can practice, no problem, nobody will tell you "No." That's a wonderful time, isn't it? You have the chance to meditate, without cheating yourself, without lying to yourself. The chance to practice honestly, truthfully, clear like a crystal. You can learn, and practice, and from that you can teach others. What do you need beyond that wonderful?

Therefore, everybody don't hide your naughty things, your bad habits. Drop those naughty things in the garbage. You are not just naughty 5-year-old boys and girls anymore. Sorry, you lost THAT wonderful time! Now you are just old men and old ladies—a bunch of geezers and hags. Are you handsome geezers? Oh, yeah, sure! Are you pretty hags? Hahaha!

No, no. Nothing anymore pretty or handsome. Everybody is losing, losing, losing. Whose fault is it? That is the nature of impermanence. Nothing is somebody's fault. You think that's no good? Then practice! Be more nice to each other! You ignored your wonderful time and now you are becoming hags, old funky ladies. It used to be everybody would bug you and you thought you were pretty, so you could get away with a lot of whining and being nasty. Now you lost that chance because you've become an old lady! Who's gonna bug you now?

And you old geezers, are any of you handsome? Forget it. And everybody says you are sort of naughty like a rascal, sort of embarrassing, but also easily upset. Like some old men we know with a bald head and no mustache. If it's a man, then he should have a mustache, right? But no mustache. Not even a mustache like an old lady. That way kind of embarrassing. You think you are still like a hero? You want to be proud? Hahaha!

Don't be proud. We don't have things to be proud of. Just we need to practice.

Don't gossip and slander—then you won't make a lot of problems for yourself.

Don't pop up with arrogance and think you are something really special or wonderful, even if you are a scholar or leader. If you pop up, you won't get anywhere except deeper into embarrassing yourself.

Don't ignore your dharma centers. Don't ignore your own essence. Dudjom Rinpoche's centers, we called "Yeshe Nyingpo," which means wisdom essence. That name was given so we don't ignore that essence.

What is the reason for dharma centers? Showing you your essence. Sort of reminding you, showing you your real face, your nature. Don't ignore that.

We have practice and we have retreats—every month, every year, step by step, slowly we built. What is that for? Reminding, reminding, reminding. Thank you, everybody, for always keeping those practices. Every month learning, every month training, every month practicing. That way works. Then you don't forget. When you practice and learn together, that way everybody is supporting each other, reminding each other, teaching each other. Trying to help each other, harmoniously. Then that means sangha. Not poking at each other.

Okay, looks like time to shut up! Bottom line is, don't waste your time. Whatever you have that is precious, this life is more precious, more wonderful. Don't waste.

Everybody, Tashi Delek!

-Gyatral