

## *On Saying Sorry*

Venerable Gyatrul Rinpoche

February 10, 2017

People are always saying “Sorry!” They say “Sorry!” but actually they are sort of complaining, not really sorry. Your sorry is a sort of useless one.

You aren’t embarrassed? You aren’t embarrassed by your “Sorry!” lie?

Actually, “Sorry!” is supposed to mean that you are already embarrassed, you already got there. “Sorry!” means at least you understood that—at least you understood that you have a reason to be sorry. But you say “Sorry!” without recognizing anything! A real “Sorry!” is that first you recognize that you have some fault or did something wrong—then you are sorry.

Your “Sorry!” is the opposite. You say “Sorry!” to cover up your faults rather than seeing them! Your “Sorry!” is just like a band-aid to cover up your fault or your mistake or whatever, or like toilet paper—you wipe your butt with your “Sorry!” and then you throw it in somebody’s face, all your shit smell there, and you think, “Now I am clean! I really cleaned up nicely!” You use your “Sorry!” to cover up your own shit, instead of recognizing it and then cleaning it up. “Sorry!” is supposed to mean that you do finally smell your own smell, you see your own shit, and then you are embarrassed because everyone has to smell your smell and see that, so disgusting. So you say “Sorry!” for making a mess, for doing something disgusting. That is supposed to be the meaning of “Sorry!”

If you are really sorry, then first comes the “Sorry!” words and then comes the action of cleaning up. First you are sorry, which is recognizing your problem, and then you try to clean it up or fix it or whatever; you don’t just leave the mess there. With your “Sorry!” it is not a sign that cleaning up is coming—your “Sorry!” is like an excuse so you don’t have to fix anything or clean anything up. Liars. Liar “Sorry!” I don’t even have any English but I know “Sorry!” isn’t supposed to mean that!

That kind of “Sorry!” is a lie, it is useless, it is just nothing. Nothing useful, benefitting nothing.

A real “Sorry!” is useful. It means you have recognized your fault or your problem or your mistake or whatever, then you have regret. Then you can try to fix or whatever. Some people never say “Sorry!” because they think it’s embarrassing. Actually they are

shaming themselves by not recognizing their own faults. A real “Sorry!” means you have seen your fault and you are being open, not covering it up.

Or sometimes your “Sorry!” actually means “Serves you right!” Like scratching your chin in my country, which means “You deserved it!” Sometimes your “Sorry!” is just like that.

Sometimes people use “Sorry!” when they really mean, “Look at me! I’m the best!” Sometimes go-go ladies say “Sorry!” when they mean, “I want you to be my boyfriend!” Or guys say “Sorry!” when they mean “I want sex!”

These guys, they can be such liars, worse than go-gos! Look at this guy, on the television, he thinks he is SO handsome! Liar! Look at his eyes! Slick, pretending he is something important! He is saying, “Oh, yes, oh, yes, it’s okay! Everything is okay! Everything is okay, just eat my shit! I will put a little money in your pants! Oh! You have no pants! That’s okay, no problem. I promise, I promise! If you need a promise, I promise, no problem! I will do everything just for you, always! Only you...except all my other go-gos.”

Go-go ladies. Go-go guys. Both liars. Mr. and Mrs. Liar.

Really, whole thing is shameless, disgusting!

You say, “Calm down—it’s just television!”

Give me a break! Whole world, whole universe like this. Whole samsara, exactly this. Exactly! That is why samsara! Exactly!

So many “Sorry” liars!

I don’t think in all samsara you can find one sincere “Sorry!” Like stars in the daytime.

How come we are so much stupid, such liars? We lie to everybody, even ourselves. Even our boyfriend and girlfriend. Supposed to be that we respect those ones the most! But most people, those ones they want them to eat their shit the most! They lie to each other, then lie to themselves. When you lie to yourself, you are eating your own shit. That is really the most stupid. That cuts off your own path. You can’t benefit yourself at all if you lie to yourself, not being honest.

Try not to do that. Try not to be a liar with “Sorry!” or with anything. We don’t have time for that kind of stupid.

Tashi Delek!

*-Gyatrul*

*This material is being made available as a free download by Vimala Treasures. ©2017 Vimala*