

## *Post-Retreat Instructions*

Venerable Gyatrul Rinpoche

June 16th, 2019

I have heard that everything has gone very nicely at your retreat, Vajrasattva and Chimed Sok Tig, and that people are trying to pay attention to the practice. That is wonderful. I hope you also have not been forgetting all sentient beings as you practice. You are practicing, so naturally you benefit yourself, but also don't forget your daddy and mommy. They are important. And then more and more beings, your relatives and others close to you; and then more and more far away ones; and then all beings who have any connection with you, good and bad and anything. Your Vajrasattva is for them. We promise we will benefit all beings when we take the bodhisattva vow, but we have such ignorance, who can really keep that promise? We have five poisons like rocky mountains! But! When you practice, you keep that promise a little bit. So don't ignore your daddy and mommy—and *all* the daddies and mommies. All sentient beings are those two, nobody is left out of that. Don't ignore them, whether there is a retreat or not or practice or not. They are the objects to keep in your heart continuously. Even if you say just one mantra—for them.

Also don't ignore the offerings. I was really happy to hear that more people are learning about the offerings on the shrine, how to arrange the mandala and the meaning of each piece, and also that people are finally learning more of the instruments. My goodness, it seems like for many years the trumpets and everything had poison on them or maybe they were smelly or something, everybody was afraid to touch them. Except a few people played the long horns, but with some people you didn't know if the sound was from the horn or from their butt. Anyway, they were trying, which is 'thank you.' It seems like maybe now more people are learning more nicely, getting better. I hope so! Thank you to Lisbeth for poking everyone, I heard you were pushing that. Sometimes you need to poke or people are too busy just sitting and staring with their mouths open and don't think that it's time to stand up. So thank you!

Now that the practice is finishing, don't just drop everything. Don't say "BENZAR SATTO HUNG" one second and then think the next instant you have to say, "Dammit! I don't like that lady! I don't like that guy! He has a sour face!" Try to see everyone as your Vajrasattva. Yourself, too, of course, that already has been your visualization for so many days. You don't have to give that up just because the practice is finished and you closed your book. Whether you are practicing or not, either way maintain that precious idea as much as you can, remembering that. There is no law that says you can't visualize your Vajrasattva continuously. There is no rule you can't say the mantra, anytime! Nobody has a gun or a sword, forcing you to instantly be stupid again and jump into samsara's sewer or put your brain instantly back into the dirty things. Think about that!

Also I have heard everyone was very harmonious at this retreat, helping and working together and supporting each other. That really made me happy. That really means you were sangha together. Now that the retreat is over, that doesn't mean you instantly have to be a jerk and go

into your own idea like a rattlesnake. You should continuously act like a gentleman, a gentlelady or gentleman. That means be gentle! Does gentle just mean soft? No. It means educated. It means you understand what is the right way and the wrong way, so you don't make yourself upside down. It means you understand what Vajrasattva is for, which is to benefit all sentient beings, and so you try to do that yourself. You understand, then your doing and your understanding fit together. You don't understand one thing but do another. If you understand, why don't you do it? You can follow your understanding with your actions—you lose nothing! In fact, the opposite of losing something, you are gaining merit and purifying negativity!

Maybe you are going to say, "I don't need to purify negativity—I already took a shower!" Give me a break! That's not a gentleman. Or lady either. That's a smelly one. Maybe not outside, but inside that smell is the worst! Think about that. I don't think a gentleman tries to cover up his smell in a sneaky way. Enough's enough. Time to practice.

This year now, you did two weeks or three weeks of retreat—that is wonderful. In the future, check, stage by stage, your situation and what you can do. This kind of retreat has more value than \$100 million. Does that mean I'm going to pay you? Forget it! I'm not saying that. Sorry! Maybe you thought I said that because, you know, my English is not so good and I made a mistake—or maybe you need to listen more carefully. Anyway, I'm not going to give you one penny, forget about \$100 million!

Actually, when you practice, you are paying yourself. Paying all beings, too. Paying back your debt. Repaying their kindness. That is your generosity and your offering, to the refuge objects, to yourself, and to other sentient beings.

Now Lingtrul Rinpoche looks like he thinks he is our mommy, coming to take care of our centers like his baby every time—his kindness that way is really amazing for us.

Thank you, Rinpoche, and thank you everybody! I'm not going to give you any pennies, but I will give you my 'thank you,' really sincerely from my heart. That is my penny.

Tashi Delek!

*-Gyatral*