

AFTER DINNER TEACHING PART 2

WHAT ARE YOU PROSTRATING TO?

Venerable Gyatrul Rinpoche
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The following is an excerpt from spontaneous teachings Rinpoche gave one evening while sitting around the dining table after dinner:

When you do a prostration to a buddha, any buddha, you can have perfect confidence that there is no better buddha to be bowing down to. There is no reason to be wishy-washy. For one thing, you come from an amazing, authentic lineage, and all the realized masters of that lineage bowed down to every buddha equally. Therefore, you can follow their example and prostrate to any buddha without doubt or hesitation.

However, you can also learn for yourself what a buddha is and the reasons for prostrating to them. Then your understanding will deepen. As you understand more and practice more, you will have more confidence, and then you will slowly recognize the buddha you are prostrating to, whichever one it may be, is yourself.

What are you seeing when you recognize the buddha? Actually, you are recognizing your own nature. When you are liberated, what are you going to liberate into? You are going to be liberated as a buddha. That is exactly the same buddha you are recognizing right now and bowing down to again and again. That is what you are understanding more and more: your own nature *is* buddha, already.

Hearing that, you might wonder, “Really? If my nature is already buddha, what have I been doing until now, stuck in samsara?”

Exactly!

That is why we are learning; that is why we are practicing; that is why we are prostrating—to connect to our real nature. Your nature is not wishy-washy—it is buddha itself! You can't be wishy-washy, either, to connect with it. The more and more we focus on our true nature, the more it becomes our stable habit. Finally, there is no more obscuration or separation from that nature, and then we just say we are 'buddha.'

Even when we do one prostration, that is our real purpose.



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